



# Fort Sam Houston News Leader



Vol. 37, No. 46

Fort Sam Houston – Home of Army Medicine

Nov. 17, 2005

## Briefs . . .

### Flu shots

Influenza immunizations will be given to military, civilian employees, retirees, family members and contractors today, Friday and Tuesday from 8 a.m. to noon at the Roadrunner Community Center, Building 2797, on Stanley Road.

### Pony Express courier ceremony

The Alamo Area Council of Governments, the Alamo-La Bahia Corridor Committee and the U.S. Postal Service will sponsor the 17th annual Pony Express Christmas Courier Swearing-In Ceremony Saturday at 10 a.m. at the U.S. Post Office, downtown across from the Alamo. Admission is free and open to the public. For more information, call Burma Hyde at 362-5220, or visit [www.aacog.com/tourism](http://www.aacog.com/tourism)

### Christmas Along the Corridor

The Alamo Area Council of Governments and the Alamo-La Bahia Corridor Committee will host the annual Christmas Along the Corridor Grand Finale and Fair Dec. 3 from 1 to 5 p.m. at MacArthur Parade Field. All activities are free to the public. For more information, call 362-5220 or visit [www.aacog.com/tourism](http://www.aacog.com/tourism).

### Holiday Ball

The Fort Sam Houston 2005 Holiday Ball will be Dec. 9 at 6 p.m. at the Sam Houston Club. The cost is \$23 and includes entrée, salad, dinner rolls, beverage and dessert; a vegetarian meal is available. The dress is dress blue, dress mess or Formal Class A for military and formal attire for civilians. People are invited to bring a new, unwrapped gift for Holiday Helping Hands. For reservations, contact a unit activity representative before Dec. 2.

### Christmas tree lighting

The Fort Sam Houston Christmas tree lighting ceremony will be Dec. 15 at 6 p.m. at the U.S. Army Garrison flagpole. The event features remarks from Col. Wendy Martinson, U.S. Army Garrison commander, holiday music, the tree lighting and refreshments.

### Holiday concert

Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, will host a free holiday concert open to the public Dec. 12 at 7:30 p.m. at the Scottish Rite Cathedral, on Avenue E at 4th Street in San Antonio. The event will feature the U.S. Army Medical Command Band and the Texas Children's Choir.

### News Leader seeks feedback

The Fort Sam Houston Public Information Office has published a survey to solicit feedback from the post community. The responses will be used to improve the News Leader. Changes will be integrated starting with the Jan. 5 issue, the first newspaper of the new year. To access the online survey, visit <http://www.samhouston.army.mil/pao/default.html>, and click on "News Leader Survey." The survey deadline is Dec. 16. For more information, call 221-0615 or 221-1031.

### SJA closure

The Fort Sam Houston Office of the Staff Judge Advocate will be closed Friday from 12 p.m. to close of business in observance of Thanksgiving. In case of an emergency, contact the on-call officer at 393-3531.

See BRIEFS on Page 4



Photo by Elaine Wilson

## Paying tribute

Senior enlisted service members from the Army, Air Force, Coast Guard, Navy and Marines help post the armed forces wreath with help from a local Boy Scout and Girl Scout. Nearly 1,000 people attended the Veterans Day ceremony Friday at the Fort Sam Houston National Cemetery. See more photos on Pages 20 and 21.

# Cheers, tears welcome home 228th CSH Soldiers

By Cheryl Harrison  
Fort Sam Houston Public Information Office

The Roadrunner Community Center was full of excitement early in the morning Nov. 9, as families anxiously awaited the return of their loved ones, Soldiers of the 228th Combat Support Hospital, from Iraq. This was the first of three groups of the unit's Soldiers returning this month.

The 228th CSH Soldiers mobilized and deployed a combat support hospital one year ago, leaving behind mothers, fathers, wives, husbands and children to carry on without them. Their return culminated with their arrival amid cheers, tears, applauding and music from the U.S. Army Medical Command Band.

Before being dismissed to their families' open arms, Brig. Gen. James Gilman, Brooke Army Medical Center commander, told the Soldiers, "Rest, relax, this will be the shortest

speech you've ever heard from a commanding officer."

He went on to remind the returning men and women to have patience, "The families you left and the families you have come home to are not the same; they have changed, just as you have."

Once dismissed, the Soldiers, having already searched out those they were returning to, left the stage to be welcomed by loved ones.

Sgt. Mario Ruffino was engulfed with two sets of parents, aunts, uncles and brothers. His mother, Robin Brooks, who came in from Arkansas to greet her oldest son back home, said, "I'm absolutely thrilled to have him back."

Sgt. 1st Class Deidre Cobbins had her 3-year-old grandson, Nakiri, holding onto her neck so tightly she could barely speak. And little 7-year-old Kaci Evans wasn't letting go of her father, Staff Sgt. John Evans, long enough to say anything. Her actions

See WELCOME on Page 4

## BRAC becomes law, changes on horizon for Fort Sam

WASHINGTON, D.C. — The Base Realignment and Closure Commission's recommendations for reshaping the Defense Department's infrastructure officially took effect at 12:01 a.m. Nov. 9 after Congress allowed them to pass into law.

The nine-member BRAC panel delivered its final report to President Bush Sept. 8, and he, in turn, sent it to Congress for legislative review Sept. 15. Congress had 45 legislative days, until Nov. 9, to accept or reject the report in its entirety. Congress was not authorized to make any changes.

By statute, the Defense Department now has until Sept. 15, 2007 — two years from the date President Bush sent Congress the BRAC commission's final report — to begin closing and realigning the installations as called for in the report.

The process must be completed by Sept. 15, 2011, DoD officials explained.

The 2005 BRAC recommendations represent the most aggressive BRAC ever proposed, affecting more than 800 installations, officials said.

Fort Sam Houston is one of those installations, with several realignments and expansions on the horizon, which include:

- Medical training will become joint with Air Force and Army students coming from Sheppard Air Force Base, Texas; Navy students from Great Lakes, San Diego and Portsmouth, N.H.; and Army students from Walter Reed Army Medical Center, Washington, D.C.
- The 59th Medical Wing and all inpatient services from Wilford Hall Medical

Center at Lackland Air Force Base, Texas, will move on post.

• The Directed Energy Lab from Brooks City-Base, San Antonio, will move to Fort Sam Houston. Other research components will come from the Great Lakes and Bethesda, Md.

• Fort Sam Houston will gain several headquarters, including the Installation Management Agency, the Community Family Support Center, Army Family Liaison Office, Network Enterprise Technology Command Northwest Regional Chief Information Office, the Army Contracting Agency, the Army Environmental Center and the Center for Health Promotion and Preventive

See BRAC on Page 4

# More DoD civilians sought for flexible spending accounts

By Jim Garamone  
American Forces Press Service

WASHINGTON, D.C. — It may be the most underused good deal in the government. But, less than 5 percent of eligible Department of Defense civilians have enrolled to use flexible spending accounts.

The benefit, also known as FSAFEDS, allows federal employees to set aside pre-tax money for a wide range of medical and dependent-care expenses.

The FSAFEDS open season runs through Dec. 12. About 700,000 DoD civilians are eligible for the program. Right now, 33,561 defense employees are enrolled in FSAFEDS, officials said.

Taking the money off the top means the government calculates your taxes at a lower level, said Chris Ryan, vice president for marketing with SHPS, the firm that administers the federal program. Essentially, federal employees in the program reserve a tax-free portion of their salaries to pay out-of-pocket medical or dependent-care expenses.

There are two types of flexible-spending accounts. The health care FSA allows employees to pay for medical expenses not covered by insurance. For example, most insurance programs have co-pays. That money can be reimbursed via the flexible-spending account. The FSA can also reimburse for prescriptions, glasses or

eye care, dental procedures, orthodontia, medical screening tests and even nonprescription over-the-counter medicines.

A second account is for dependent care. This reimburses employees for expenses incurred for child care or elder care.

The money put into the accounts is exempt from federal income taxes, Social Security taxes and Medicare taxes. FSAs are also exempt from most state and local taxes, notable exceptions being New Jersey and Puerto Rico. Pennsylvania taxes the portion placed in dependent care FSAs. The money will not show up on yearly W-2 forms.

Few federal employees have participated in the program. One reason could be a fear of losing unused funds. If users overestimate

expenses and money is left in the account at the end of the effective period, that money is lost. For the 2006 plan, the effective period runs from Jan. 1, 2006, to March 15, 2007.

Employees can also increase the program for just one year. "If someone knows the kids are going to need braces, then increasing the FSA will help," Ryan said.

"Many people think that if they sign up once, they are in the program for life," Ryan said. "This is not the case."

Employees who want to enroll in the program can get more information online at [www.fsafeds.com](http://www.fsafeds.com) or via toll-free (877) FSA-FEDS or (877) 372-3337. The Web site has an online calculator that can give employees an idea of savings they can earn.

## Fort Sam Houston News Leader

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**Army Medical Department  
Center and School and  
Fort Sam Houston Commander**  
Maj. Gen. George W. Weightman  
**Garrison Commander**  
Col. Wendy Martinson  
**Public Affairs Officer**  
Phillip Reidinger  
**Public Information Officer**  
Yolanda Hagberg  
**Editor/Writer**  
Elaine Wilson  
**Staff Writer**  
Cheryl Harrison  
**Layout Artist**  
Lori Newman

# Buffalo Soldiers recall history, frontier service

Story and photos by Phil Reidinger  
Fort Sam Houston Public Affairs Office

On Veterans Day, members of the Bexar County Buffalo Soldiers Association and the San Antonio community gathered at the old San Antonio National Cemetery on Paso Hondo Street to commemorate the Army's role in frontier history.

Buried there are many Soldiers, to include Medal of Honor recipients, assigned to the 9th and 10th Cavalry with the 24th Infantry, the 25th Infantry and the Black Indian Scouts who served during the Indian War period from 1866 to 1890.

In 1866, legislation was adopted by Congress to create six all African American Army units. The nickname Buffalo Soldier began with the Cheyenne warriors in 1867, according to the Buffalo Soldiers National Museum Web site. The actual Cheyenne translation was "wild buffalo" out of respect for the fierce fighting ability of the 10th Cavalry. Recruits came from varied backgrounds including former slaves and Civil War veterans.

The Buffalo Soldiers served at outposts in Texas and along the southwest border supported by headquarters and depot operations at Fort Sam Houston to protect settlers against Indian raids. Perhaps the most famous of the war chiefs, Geronimo, was held captive at Fort Sam Houston with his remaining warriors in 1886.

The ceremony began as members of the Bexar County Buffalo Soldiers Association dressed in period uniforms marched into the cemetery. The Sam Houston High School Junior ROTC posted the colors and the Sam Houston High School band played the national anthem.

Keynote speaker retired Col.

William McAtee described the heroism of the Buffalo Soldiers while they themselves were dealing with racial prejudice and social injustice. McAtee noted that they served proudly and with battlefield distinction with the hope that the example of their service would lead to social equality for future generations.

The ceremony concluded with Taps sounded by Sam Houston High School and the rifle salute by the Fort Sam Houston Honors Platoon.

Following the ceremony, the association hosted a reception at the site of the future Buffalo Soldier Memorial Park, which will be located at the intersection of 1600 Wyoming and Palmetto Streets.



Members of the Bexar County Buffalo Soldiers Association dressed in period uniforms march into the San Antonio National Cemetery Friday during the Buffalo Soldiers' Veterans Day commemorative ceremony.



Sam Houston High School Junior ROTC students prepare to post the colors at the Veterans Day ceremony.



Members of the Fort Sam Houston Honors Platoon fire a rifle salute at the conclusion of the Buffalo Soldiers' ceremony.

## Boerne community remembers heroes

By Phil Reidinger  
Fort Sam Houston Public Affairs Office

In small towns across the nation, Americans gathered on Veterans Day to remember friends and neighbors, men and women who served in the Armed Forces, many of whom never returned.

The Veterans Day ceremony in Boerne, Texas, was representative of thousands of others in small communities. About 100 residents, some wearing caps representing local veterans groups, stood around the town veterans' memorial in a park along the main street.

The Boerne High School band and choral group provided patriotic music. The high school Air Force Junior ROTC cadets raised the flag and the band played the national anthem and sounded Taps to honor their community's veterans.

A constant stream of cars and trucks passed along the busy main street. Many honked their horns to acknowledge the ceremony and, in their own way, share a sense of patriotism with the veterans and their families who waved to the vehicles as they passed.

Keynote speaker for the ceremony was Col. Wendy Martinson, U.S. Army Garrison commander. "We spend this morning," she said, "remembering the Soldiers who have come together for more than 230 years to fight for a common cause."

Martinson thanked the veterans and asked the community to remember their families.

"Whenever troops have been called to action, they leave behind their spouses and children, their parents and all their loved ones," she said. She continued to say that those families, during all of America's wars, waited for letters, phone calls and, today, e-mails that told them their loved ones were safe.

Martinson also said that 30 percent of the more than 26 million veterans who have served their country have returned home with varying degrees of disability from combat injuries. "Just as our veterans have made sacrifices, so have the families of our veterans made sacrifices as well," she said.

Martinson reminded the Boerne audience that Soldiers, Marines, Sailors, Airmen and

Coastguardsmen who know the true meaning of courage are ordinary people from towns across America who have been placed in extraordinary circumstances.

"History records the valor of our armed forces in terms of units, armies and forces," she said. "However, the role of the veteran is the story of each individual who accepted the call of duty. Today, during this ceremony, we are about to recognize one of those veterans, Chief Warrant Officer Two Donald Reynolds, for his service as a helicopter pilot in Vietnam."

Following her remarks, Martinson presented the Distinguished Flying Cross Medal to Carole Thompson, Reynolds' widow. Between Nov. 14 and 17 in 1965, Reynolds distinguished himself during combat operations in the Ia Drang Valley near Cambodia as a member of the 229th Assault Helicopter Battalion supporting the 2nd Battalion 5th Infantry Regiment and the 7th Cavalry Regiment. He successfully



Photo by Judith Pannebaker

Col. Wendy Martinson, U.S. Army Garrison commander, presents the Distinguished Flying Cross Medal to Carole Thompson, widow of Chief Warrant Officer David Reynolds, while Thompson's daughter, Donna, looks on at the Veterans Day ceremony in Boerne, Texas. The medal was for Reynolds' service as a helicopter pilot in Vietnam.

maneuvered the transport of a battalion to and from pick-up and landing zones, delivered supplies and removed wounded Soldiers under heavy hostile fire Nov. 14. He removed wounded Soldiers from a 2nd Battalion 7th Cavalry landing zone surrounded by enemy troops Nov. 17 with only the help of an

infantryman's flashlight to mark the location.

Accepting the award with her daughter, Donna, Thompson said that her husband, who died in 2000 and retired as an Eastern Airline pilot, never talked about his combat experiences. He told her that he was just doing what his government asked him to do, she said.

# Welcome

Continued from Page 1

alone spoke volumes to everyone around.

Master Sgt. Granderson Alexander summed up the experience as, "One I will never forget." When asked if it was worth it, he humbly said, "As a Christian, I believe it was something we have to do, and I would do it again."

The 58 Soldiers of the 228th CSH provided level III medical care to U.S. service members, coalition forces, and others with special emphasis on resuscitative, initial wound care and post operative treatment. Their return was celebrated and recognized for the tremendous success of mission accomplishment while contributing to the Army's overall success of Operation Iraqi Freedom.



Sgt. William Gonzalez shares a moment with his wife, Susan, at the welcome home ceremony for the 228th Combat Support Hospital.



Sgt. Mario Ruffino is excited to see his family who traveled to San Antonio from as far away as Arkansas to welcome him home.



Photos by Elaine Wilson

A Soldier from the 228th Combat Support Hospital is thrilled to see her family after a yearlong deployment to Iraq. The 228th CSH Soldiers were welcomed home by family and friends Nov. 9 at the Roadrunner Community Center.



(Above) Soldiers of the 228th Combat Support Hospital are moments away from greeting their families after a yearlong deployment to Iraq.

(Left) Seven-year-old Kaci clings to her father, Staff Sgt. John Evans, after their tearful reunion.

## Briefs cont. . . .

### Newcomers' Extravaganza

The Fort Sam Houston Newcomers' Extravaganza will be Nov. 29 at 9 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. The event is mandatory for all permanent party in-processing Soldiers, lieutenant and below, within 60 days of their arrival. Soldiers, civilians and families will have the opportunity to learn about Fort Sam Houston and the San Antonio area. Children are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

### Safety officer training

The next collateral duty safety officer training class will be Dec. 13 from 7:30 a.m. to 4 p.m. in Building 2841, Room 2202. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@sam-houston.army.mil.

## BRAC

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Medicine South, from Fort McPherson, Ga.

As a result of these changes, the population at Fort Sam Houston will increase by 13,500 military and civilian employees and 5,493 family members.

Many of the recommendations call for major transformational changes. For example, McChord Air Force Base and Fort Lewis, Wash., will be combined; as will Fort Dix and McGuire Air Force Base and Naval Air Engineering Station Lakehurst, N.J.

Additionally, the Army will close 12 major installations over the next six years under the plan, and close or realign hundreds of small installations. Major Army installations slated for closure include:

- Fort Monroe, Va.
- Fort McPherson, Ga.
- Fort Gillem, Ga.
- Fort Monmouth, N.J.
- Newport Chemical Depot, Ind.
- Kansas Army Ammunition Plant, Kan.
- Selfridge Army Activity, Mich.
- Mississippi Army Ammunition Plant
- Umatilla Chemical Depot, Ore.;

- Lone Star Army Ammunition Plant, Texas
  - Deseret Chemical Depot, Utah
  - Riverbank Army Ammunition Plant, Calif.
- The final BRAC report included six major realignments for the Army:

- Walter Reed Army Medical Center will relocate its specialty care to Bethesda. Its primary and secondary care will move to Fort Belvoir, Va.
- Rock Island Arsenal, Ill., will gain First U.S. Army headquarters but relocate offices from the Tank and Automotive Command, NETCOM, IMA and Defense Finance and Accounting Service.
- Fort Knox, Ky., will relocate its Armor School and Center to Fort Benning, Ga., but activate a new infantry brigade and gain units from overseas.
- Human Resources Command – St. Louis, Mo., will relocate some human resources activities.
- Fort Eustis, Va., will gain the Training and Doctrine Command headquarters and IMA-Northeast.
- Red River Army Depot, Texas, will relocate some functions to McAllister Army Ammunition Plant, Okla., and other depots.

Along with closing and realigning installations, BRAC will close many Army Reserve centers and National Guard armories, replacing them with new multi-component armed forces reserve centers.

The Army Reserve Command will also disestablish its 10 Regional Readiness Commands and stand up four Regional Readiness Sustainment Commands, six sustainment brigades and two maneuver enhancement brigades. The Regional Readiness Sustainment Commands will be located at Fort Dix; Fort Jackson, S.C.; Fort McCoy, Wis.; and Moffett Field, Calif.

A community conference, to be held in Baltimore Nov. 28 through Dec. 1, will focus on many of the issues involved in BRAC 2005 and the programs available to address them.

For more information, visit <http://www.defenselink.mil/brac/>.

(Sources: An article by Donna Miles of the American Forces Press Service contributed significantly to this report. Other information came from the Final DoD BRAC Report and an Army News article by Eric Cramer.)



**Post Pulse:**

**What is your secret for success?**



**“Teach youth duty and honor and encourage them to participate in their culture.”**

**Erwin De Luna with grandson, Andrew Carrel  
United San Antonio  
Pow Wow**

**“Dedication and hard work are the keys to success in any occupation.”**

**Capt. Rachel Wienke  
Graduate student**



**“Honor your creator, your elders, and do the best job you can do no matter what it is.”**

**Retired Lt. Col.  
Gaylord Lindsay**

**“Don’t give up. I never have, and I’m getting ready to graduate in June with three degrees.”**

**Air Force Master  
Sgt. Michael Beard  
Lackland Air Force  
Base, Texas**



**“Get your education. It’s also important to have a positive attitude and to be a team player.”**

**Mary Tolbert  
Brooke Army Medical Center**



Andrew Carrel performs the Eagle Dance, a dance that represents the flight of the eagle.

**Native American Indian Heritage Month**

**Powwow honors veterans with festive dance, song**

**Story and photos by Elaine Wilson  
Fort Sam Houston Public Information Office**

More than 1,000 people were treated to song, dance and brilliant colors Saturday at the post’s sixth annual Honoring the Veteran powwow at the Hacienda Recreation Center.

Native Americans from throughout the country and a variety of tribes traveled to Fort Sam Houston to showcase their culture and pay tribute to veterans past and present.

“A lot of the American Indians here are active duty, veterans or family members of someone in the service,” said Erwin De Luna, from the United San Antonio Pow Wow, who was dressed in red, white and blue Native American clothing.

“This is a very patriotic event for us.”

De Luna said American Indians have a long-standing relationship with the military. They have fought in all American wars since the Revolutionary War, and one out of four American Indian males is a military veteran.

The powwow opened with gourd dancing and an opening ceremony followed by the Grand Entry, a parade of dancers who open each powwow session. Singers at the northern and southern drums played the “Flag Song,” a memorial song and a victory song to thank veterans and celebrate the nation. Dancers then performed intertribal and exhibition dances throughout the day, with sessions that lasted from 11 a.m. until 9 p.m.

Powwow attendees were invited to participate in the Round Dance, a social dance for Native Americans that involves clockwise movement around the drum.

See **POWWOW** on Page 7

# POWWOW

Continued from Page 6

"I've never been to a powwow, but I love it," said Monica Durham, of B Company, 187th Medical Battalion. "It's something different and a great way to learn about another culture."

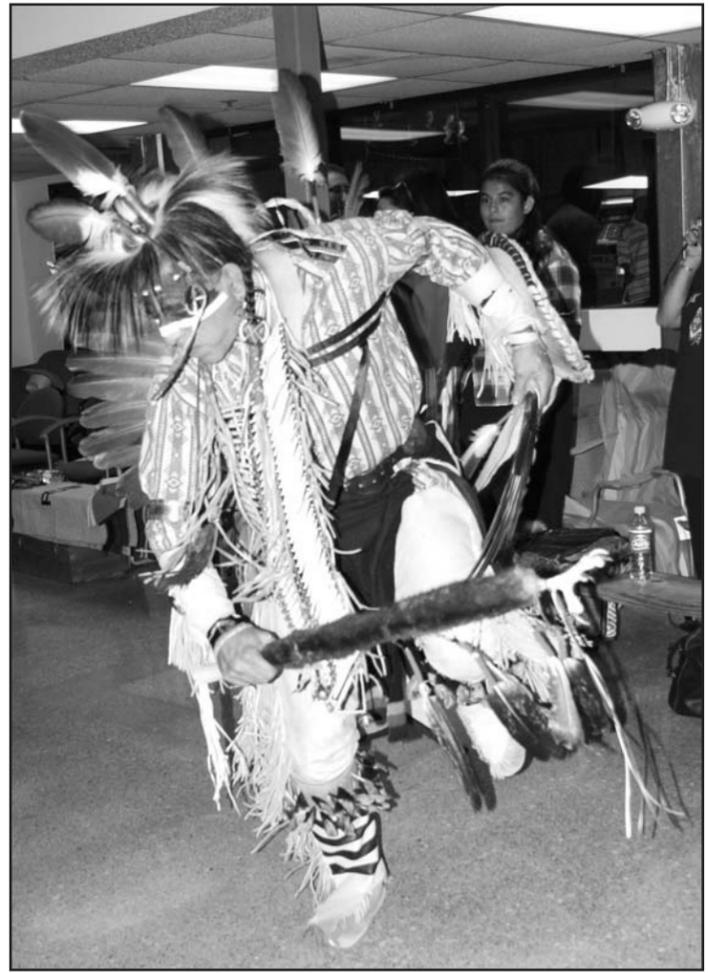
Trinie Reiter, a Defense Language Institute sponsor, brought a group of international students from the institute at Lackland Air Force Base, Texas, to the powwow.

"This is very interesting," said Joaquin Huerta, from Mexico. "There are many similarities between our native tribes and U.S. tribes."

The powwow was sponsored by the post and the United San Antonio Pow Wow, an organization dedicated to promoting the traditions and culture of American Indians.



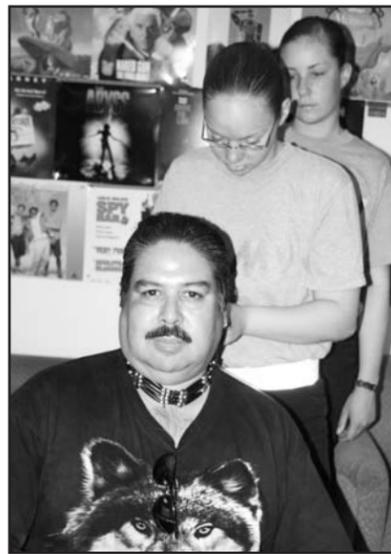
Erwin De Luna places a head-dress or "roach" on his grandson, Andrew Carrel. The roach is made out of porcupine guard hair and deer tail. "We use what is around us; things we can find in nature," De Luna said.



(Above) A dancer participates in the round dance dressed in traditional-style dress. The round dance is a social dance where the men dance around the drum and women dance around the men on the outer fringe of the dance area.

Air Force Master Sgt. Michael Beard, from Lackland Air Force Base, Texas, performs a "fancy dance" at the Honoring the Veteran powwow Saturday at the Hacienda Recreation Center.

This dance is a more active and colorful version of the men's traditional dance.



(Left) Stephanie Buehlmann, of B Company, 187th Medical Battalion, helps Reynaldo Solis with his hair tie at the powwow. "I'm from New York and have been to powwows but not one like this," Buehlmann said. "It's great."

# SWRO women do their part for America

By Ron Joy  
Southwest Region Office Public Affairs Office

Throughout history, American women have served and continue to serve with distinction no matter what the crisis or situation.

Several women from the Installation Management Agency's Southwest Region Office are continuing this proud tradition. They are Lynda Austin-Reed, Leslie Christopoulos and Anne Ferguson.

Austin-Reed will soon travel to the deserts of Iraq, Christopoulos is on her way to Afghanistan and Ferguson just returned to San Antonio from a yearlong assignment in the Balkans.

What all the women have in common is their desire to do their part for the United States, the U.S. Army and the American Soldier.

Austin-Reed is one of the original members of the task force for IMA SWR that began operations in May 2002. After

more than three years, the now chief of budget integration was looking for something that would challenge her both professionally and personally.

That challenge took the form of a six-month deployment working for the U.S. Army Corps of Engineers in Iraq.

Austin-Reed will travel to Iraq in November to serve as a program manager, overseeing engineering programs by ensuring they are funded correctly and on track.

While this job is out of the normal lane for this mother of three sons and grandmother of two girls, she believes it's important that she become personally involved in what is happening in Iraq.

"I need to do what I can to help. We have sent a lot of young people to Iraq and they deserve our support. By taking this assignment, I feel like I'm helping keep a young man or woman out of harm's way," Austin-Reed said. "I know this is going to challenge my normal way of life and I

look forward to the experience."

Christopoulos joined the SWRO team more than two years ago as an environmental protection specialist, and is currently the executive officer to the IMA SWR director.

As the daughter of an Air Force F-4 Vietnam-era fighter pilot, she has seen the faces of young men and women heading into harm's way.

"I remember what happened during Vietnam," she said. "That's why I want to make sure our Soldiers going to Iraq or Afghanistan don't have the same problems we faced when I was growing up. I know what it's like to have someone you care about serving in a dangerous place."

Christopoulos will leave for a yearlong tour in Afghanistan in early December where she will work as a project manager for the U.S. Army Corps of Engineers. She chose this time of the year so a Soldier might be able to return home for the holidays.

In summer 2004, Ferguson was working as the SWRO lead safety specialist; however, she missed "hands-on" and "in the field" work.

Ferguson saw an opportunity in a government announcement for a safety and

occupational health specialist at Camp Bondsteel, Kosovo. With the blessing of her husband, Barry, Ferguson jumped at the chance to work in Kosovo and make a difference.

"Being in Kosovo was extremely rewarding because you had a chance to see your work come to fruition right before your eyes," she said. "One of the most important things I can say about my year in Kosovo is that we didn't have any fatalities."

Trips to the Kosovo countryside were few and far between. However, Ferguson did have a chance to meet many of the local nationals. "Kosovo is a very beautiful country and the people there are well educated, pleasant and very polite," she said.

Ferguson says the experience was a good one, and if her husband and dog were allowed to join her there, she would have stayed longer.

"There are some (Department of the Army) civilians who have family members living at American facilities in Germany who have worked in Kosovo since the late 1990s," she said.

Much like other women who have sacrificed to serve their nation throughout American history, these professionals are making a difference.



# Family Housing continues construction, renovation of homes

The Fort Sam Houston Family Housing, LP development division has started its five-year Initial Development Period plan, which began in March and continues through March 2010.

The demolition and replacement of 181 homes in Harris Heights will be completed within the first two years of the IDP. All of the existing homes have been demolished. The first 20 houses are expected to be ready by the end of March 2006. Each month following, 18 to 22 homes will be built and move completion is scheduled for December 2006.

Other work includes major and minor renovations of 684 homes to include 386 historic homes. A minor renovation project may include kitchen and bathroom upgrades, exterior painting, regrading and landscaping and other repairs. A major renovation project may include floor-plan reconfiguration, detached garages, roof replacement and porch replacement.

Based on the scope of each house, renovations are expected to take about 60 to 90 days. Renovations will be completed during vacancies to minimize inconvenience to families.

Nineteen renovations were budgeted to be completed during the first years of the IDP. Seven major renovations have been finished in Staff Post, three in Artillery Post, two in Infantry Post and one in Wheaton Graham. Eleven more units are offline in various villages for renovation.

The end state of the housing inventory will remain the same at 925 homes. The rank distribution will be adjusted in order to accommodate previously identified housing shortages.

The following chart identifies end state rank distribution:

### RCI Initial Development Period Plan (YRS 1-5)



(Source: Residential Communities Initiative)

## Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston U.S. Army Garrison units will take place Dec. 1 at 9 a.m. and Dec. 13 at 2 p.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

## Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.



(Source: Fort Sam Houston Safety Office)



(From left) Maj. Gen. George Weightman, installation commander; Maj. Gen. Gale S. Pollock, chief, Army Nurse Corps; Col. David L. Maness, dean, Academy of Health Sciences; Col. Patricia Patrician, chief, Department of Nursing; Carolyn Putnam and Mary Bess Autrey, sisters of Brig. Gen. Lillian Dunlap; Bud West, Satterfield and Pontikes Construction, Inc.; and Col. John Minahan, Fort Worth District commander Army Corps of Engineers, break ground at the site of the new Department of Nursing Science building during the official groundbreaking ceremony Tuesday.

## Post breaks ground for new nursing facility

**Story and photo by Cheryl Harrison**  
**Fort Sam Houston Public Information Office**

A groundbreaking ceremony for a new Department of Nursing Science building took place Tuesday, at the site of the new facility, below the Sam Houston Club. The department is part of the Army Medical Department Center and School.

The new facility, Dunlap Hall, will be a general instruction facility for the DNS. The facility will support graduate programs in anesthesia nursing, practical nurse and the surgical technologist.

In a brief description of the missions this new building will accommodate, Maj. Gen. George Weightman, installation commander, said "Fort Sam will have a world class teaching facility for world class medics."

Dunlap Hall will be dedicated to Brig. Gen. Lillian Dunlap, former chief of the Army Nurse Corps, for contributions to Army Medical Department nursing during her career, which spanned more than 30 years of service. Attending the ceremony were her sisters, Carolyn Putnam and Mary Bess Autry.

# SPORTS



Photo by Alexandra Nordeck

## Softball champs

The 264th Medical Battalion took first place in the 2005 fall softball league post season tournament. The game was close until the fifth inning when the 264th Med. Bn. team scored six runs to take a 10-3 lead. In the bottom half of the sixth inning, 5th Army mounted a comeback scoring four runs which led to the final score of 10-7 with 264th winning the championship. The 264th has dominated the spring and fall softball seasons.

## SPORTS BRIEFS . . .

### Neanderthal Trail Run

The Neanderthal Trail Run will be Friday at Camp Bullis beginning at 6:30 a.m. The course is 5.2 miles. Cost is \$10. T-shirts will be available for sale prior to the run. For more information or to register, call Staff Sgt. Jason Brooks at 295-7620 or e-mail Jason.brooks@amedd.army.mil.

### Fort Sam Houston Golf Club Championship

The Fort Sam Houston Golf Club will sponsor its annual Club Championship Saturday and Sunday. This 36-hole stroke play event is open to all golf club members, active duty military, their families, and Department of Defense employees and contractors assigned to Fort Sam Houston. The event will be played on La Loma and the Salado Del Rio golf courses, with the start time scheduled for 8 a.m. and shot-gun start on both days. Interested golfers can register in the Pro Shop from 7 a.m. to 7 p.m. daily. The registration fee is \$60 for members and \$80 for nonmembers. For more information, call 221-4388.

### Intramural sports

Fall leagues are forming now. Send letters of intent for the sports listed below to: Attn: Earl Young, 1212 Stanley Road, Suite 20, Fort Sam Houston, TX 78234-5020. For more information, call 221-1180 or e-mail earl.young@samhouston.army.mil.

#### Intramural bowling

Letters of intent are due Dec. 2. A coaches meeting will be Dec. 7 at 1 p.m. at the bowling center. The season begins Jan. 9.

#### Intramural billiards

Letters of intent are due Dec. 3. A coaches meeting will be Jan. 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins Jan. 19.

#### Intramural pingpong

Letters of intent are due Dec. 3. A coaches meeting will be Jan. 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins Jan. 17.

### Golf association seeks new members

The Fort Sam Houston Women's Golf Association is looking for new members. All eligible women golfers are invited to join. The association, which plays Tuesday mornings, offers both a 9-hole group and an 18-hole group. For more information on the first group, call Barbara Rhea at 490-2727, and for the second group, call Nita Whiting at 653-0418.

## Garrison dining facilities Thanksgiving Day schedule

### Rocco Dining Facility

Nov. 24  
Breakfast, 6:15 to 8:15 a.m.  
Lunch, 12 to 2 p.m.  
Dinner, 5 to 6:30 p.m.

### Slagel Dining Facility

Nov. 24  
Breakfast, 6:30 to 8:30 a.m.  
Lunch, 12 to 2:30 p.m.  
Dinner, 5 to 6:30 p.m.



### Camp Bullis Dining Facility

Thanksgiving Day meal observed Wednesday  
Breakfast, 5:30 to 7 a.m.  
Lunch, 11:30 to 1 p.m.  
Dinner, 5 to 6:30 p.m.

The meal rate of \$5.80 will be in effect for cash diners during the Thanksgiving Day lunch meal period at each dining facility.

# Talking turkey

## Food safety prevents sickness from spoiling Thanksgiving meal

Don't spoil the fun this Thanksgiving with unsafe handling and preparation of holiday turkeys.

The U.S. Department of Agriculture recommends only buying frozen, pre-stuffed turkeys that display the USDA or state mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

However, if purchasing a fresh turkey:

- Allow one pound of turkey per person.
- Buy the turkey one to two days before cooking.
- Keep it stored in the refrigerator until ready to cook. Place it on a tray or in a pan to catch any juices that may leak.
- Do not buy fresh pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

If purchasing a frozen turkey:

- Allow one pound of turkey per person.
- Keep frozen until ready to thaw.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within one year for best quality.

Do not thaw frozen pre-stuffed turkeys before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking. There are three ways to thaw a turkey safely — in the refrigerator, in cold water or in the microwave oven.

### Refrigerator thawing

If thawing in the refrigerator (40 degrees Fahrenheit or below), allow approximately 24 hours for every four to five pounds.

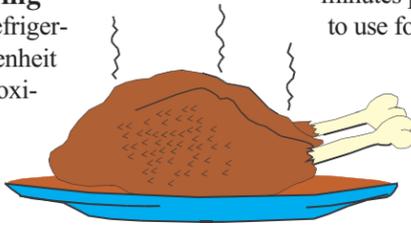
Keep the turkey in its original wrapper. Place it on a tray or pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for one to two days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

### Thawing in cold water

If thawing in cold water, allow about 30 minutes per pound. Wrap the turkey securely, making sure the water is not able to leak through the wrapping. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

### Thawing in microwave oven

Check owner's manual for the turkey size that will fit in the microwave oven, the



minutes per pound and power level to use for thawing. Remove all outside wrapping, place on a microwave-safe dish to catch any juices that may leak and cook the turkey immediately. Do not refreeze or refrigerate the turkey after thawing in the microwave oven.

### Cooking safety

A whole turkey should be cooked to 180 degrees Fahrenheit. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone. A turkey breast should be cooked to 170 degrees Fahrenheit. Insert a food thermometer in the thickest part of the breast to check for doneness.

If the turkey has a "pop-up" temperature indicator, it is recommended to also check the internal temperature of the turkey and center of the stuffing with a food thermometer — 165 degrees Fahrenheit for stuffing, 170 degrees Fahrenheit for breasts and 180 degrees Fahrenheit for whole turkeys.

It is safe to cook a turkey from the

frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

Remember to always wash hands, utensils, the sink and anything else that comes in contact with raw turkey and its juices with soap and water.

### Storing leftovers

- Discard any turkey, stuffing and gravy left out at room temperature longer than two hours; one hour in temperatures above 90 degrees Fahrenheit.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey and stuffing within three to four days. Use gravy within one to two days.
- If freezing leftovers, use within two to six months for best quality.

For more information about food safety, call the USDA meat and poultry hotline at (888) 674-6854 10 a.m. to 4 p.m. Monday through Friday or visit [www.fsis.usda.gov](http://www.fsis.usda.gov).

(Source: U.S. Department of Agriculture)

# Personal tragedy inspires spirit of generosity in Sept. 11 survivor

Story and photos by Elaine Wilson  
Fort Sam Houston Public  
Information Office

When American Airlines Flight 77 struck the Pentagon on Sept. 11, 2001, Lt. Col. Brian Birdwell was just 20 feet away from the impact point. Chaos and destruction ensued; the impact threw Birdwell to the ground and flames engulfed his body.

In terrible pain, Birdwell was certain he was about to die.

But God, said Birdwell on his Web site, had other plans.

Birdwell was rescued and began a painful recovery process

with more than 30 surgeries to heal the burns that covered 60 percent of his body.

He also began a journey to help others with similar injuries, providing comfort and support to burn patients at hospitals nationwide through Face the Fire, a ministry he founded with his wife, Mel.

Birdwell most recently traveled to Fort Sam Houston Nov. 9 and 10 to offer encouragement to patients recovering in the amputee care center and burn unit at Brooke Army Medical Center.

His visit also included a \$10,000 donation to the Fisher

House Foundation and Fort Sam Houston Child and Youth Services. The presentation was Nov. 10 at the Fisher House.

Half of the donation is earmarked for the Fisher House Foundation. Fisher Houses are a "home away from home" for families tending to loved ones at medical facilities. There are currently 32 houses worldwide with two at Fort Sam Houston, according to a foundation fact sheet.

"It cost a lot of money to keep the Fisher Houses running," said Inge Godfrey, manager of the Fort Sam Houston Fisher Houses.

"The support is always welcome. Without it, we wouldn't be able to continue."

Birdwell said he donated the money to pay back a portion of the debt he owes to the Army.

"When the attack happened, I was in my hometown and had great support from my Army family and church," Birdwell said. "My wife and I were treated very well. But, troops who come here from overseas are not in their hometown, so their families have to travel away from their support systems to be with their loved ones. Mel and I wanted to donate money to make their stay more comfortable."



Brian Birdwell, from Face the Fire Ministry, presents a \$5,000 check to Col. Wendy Martinson (far left), U.S. Army Garrison commander, and Inge Godfrey, manager of the Fort Sam Houston Fisher Houses, Thursday at the Fisher House on Fort Sam Houston. Birdwell donated the money on behalf of his ministry to benefit current and future guests of the Fisher Houses.

The other half will be used to create a child care fund for families staying at the Fisher Houses. The fund will enable families to use the Child Development Center for hourly care free of charge when the need arises.

Birdwell said his wife dreamt up the idea for free child care when they saw a mother at BAMC last year with three children under 10 and a husband in the hospital. "It's hard to take care of kids and a hospitalized loved one. The hospital isn't the place for young children."

Col. Wendy Martinson, U.S. Army Garrison commander,

attended the presentation to personally thank Birdwell for his generosity.

"You turned a very bad situation into something very positive," she said. "This gift will continue to give for a very long time."

Now retired, Birdwell works at the same office he did during the attack, the office of the Assistant Chief of Staff for Installation Management at the Pentagon. He and his wife wrote a book, "Face the Fire," about their experiences during and after the attack. The profits are used to assist burn patients and to support the Fisher House Foundation.



Brian Birdwell gives Brenda Berry (center), chief of the Child and Youth Services Division, and Col. Wendy Martinson (far left), U.S. Army Garrison commander, a Face the Fire Ministry coin after donating \$5,000 to the Child Development Center. The money will enable families staying at the Fisher Houses to obtain free child care at the CDC while caring for a loved one at Brooke Army Medical Center.

# Oxygen carriers coursing through clinical trials

By Karen Fleming-Michael  
U.S. Army Medical Research and Materiel  
Command

**FORT DETRICK, Md.** — When warfighters are bleeding severely on a battlefield, getting blood to them is tricky at best, because blood requires refrigeration and has a short shelf life. With this in mind, researchers for decades have been working on fluids, called hemoglobin-based oxygen carriers that do blood's job of carrying oxygen.

"No oxygen equals cell death, tissue death," said Col. Robert Vandre, of the U.S. Army Combat Casualty Care Research Program here. "Once you get below a certain level of red cells in the blood, even if you can put in volume (with intravenous fluids), you're not going to have enough oxygen and everything starts shutting down. Then you start having inflammation problems and going into shock and everything falls apart."

To prevent that falling apart from happening, medical professionals' first choice for replacing lost blood will always be fresh, whole blood.

"The nice things about red cells, they not only carry oxygen, ... they also help in clotting blood," Vandre said. "If you look at a blood clot, it's red. That's because it's made up of red cells that act like little sandbags. Platelets, thrombin and fibrinogen are the glue that hold all the red cells together."

When red cells or whole blood just aren't available, a hemoglobin-based oxygen carrier, or HBOC, serves as a bridge until real blood is available. An HBOC, though an oxygen carrier, is not a blood replacement, said Dr. Michael Dubick, a senior research

pharmacologist who manages resuscitation research at the U.S. Army Institute of Surgical Research at Fort Sam Houston.

"They (HBOCs) don't do all the things that blood does and don't offer the clotting benefits present in platelets," he said. "But they buy you time until you can actually get a blood transfusion."

Anyone can receive an HBOC because everyone has hemoglobin, Vandre said. The fluid doesn't have to be typed and cross matched like blood and doesn't require a full-blown blood-donation program like the kind found in a hospital.

An HBOC may also help when wounded warfighters face long evacuation times, Dubick said.

"In Afghanistan, at times evacuation times were long. We've heard reports (that they were) from 12 to 36 hours. I think there was an anecdote of a helicopter being shot down at 14,000 feet, and it took time to get the people evacuated because they were still under fire," he said. "If you have longer evacuation times, perhaps the regular fluid they (medics) were carrying ... wouldn't be good enough. You don't have blood, but you do want to give them something like blood as soon as possible."

The Army invented the first HBOC at the since-shuttered Letterman Army Institute of Research, in San Francisco. "They first tried taking the hemoglobin out of the blood and using it to deliver oxygen, but straight hemoglobin is a bad idea," Vandre said. "It's so small that it leaked out of the blood vessels quickly. Not only did it not do the oxygen-carrying job, it leached out and made the skin turn color."

Once they linked hemoglobin molecules in big clumps, researchers moved past the

leaking, but first-generation HBOCs had other problems. They raised the recipient's blood pressure, failing in clinical trials in Europe where nearly three times as many patients in the treatment group died compared to the control group, Dubick said.

No product has yet fully met the military's ideal of having a two-year shelf life, needing no refrigeration and having no limit on the number of units that can be given. However, today's second-generation HBOCs in clinical trials are faring much better than their predecessors, Vandre said. The grape-juice colored fluids are packaged in a bag similar to red blood cells so they don't weigh too much. There's little chance of allergic reactions because everyone has hemoglobin, which makes blood red. They do seem to cause the skin to turn yellow as the liver processes the HBOC, but that's a temporary side effect, Dubick said.

One HBOC, called PolyHeme, is already in clinical trials nationwide at trauma centers. In July, Brooke Army Medical Center began participating in the trial after getting permission from the secretary of the Army.

"The Army is participating in this trial because we need an HBOC in the pre-hospital arena on the battlefield, and we need to be involved in the development of the product so when the product is delivered we know and understand and are the experts of this product," said Col. Toney Baskin, a trauma surgeon and principal investigator for the trial at BAMC.

Getting permission from the Army was one hurdle for the trial; getting community consent was another. A trauma patient doesn't know in advance that he's going to be a trauma patient, Vandre said.

"And the ones that need red cells or HBOC are the ones who are really badly hurt. You can't get (informed) consent from them (to use an investigational new drug), ... and sometimes you can't get immediate consent of the next of kin, so you have to get consent of the community," he said.

To gain community consent, BAMC officials explained the trial to the military community and some of the outlying areas that BAMC services.

"I think 87 percent of the people who attended said that they agreed with the study and approved the study," Dubick said. "On a personal basis, whether they would want to have the product themselves is another question." Organizers distributed bracelets for people to wear if they did not want to receive the product.

The BAMC portion of the trial is still ongoing, with a goal of enrolling 20 patients who are 18 or older, not pregnant and who have a systolic blood pressure (the number on top) less than 90 because of blood loss from blunt or penetrating trauma, said Baskin, who serves as chief of trauma and critical care of the Trauma Division at the U.S. Army Institute of Surgical Research and BAMC.

"HBOC on the battlefield ... would provide that bridge of life to get the wounded Soldier off that mountain back to the combat surgical hospital alive where hemorrhage control could be provided and blood volume restored with his or her vital organs still intact and functioning," he said.

"I have been in situations where patients have been losing blood, and blood was not available. Had there been an HBOC available, perhaps lives could have been saved," Baskin said.

**JON R. DISRUD, LAW OFFICE****art#:30431989****order#:20166538****3 X 3****Black****Health Promotions November Class Schedule**

Class	Dates	Time	Place
Asthma Management (adult)	Tuesday and 29 Today	2 to 3:30 p.m.	BAMC Health Promotions, lower level, Room L31-9V
Body Fat Testing	Friday	8 to 11 a.m.	BAMC Health Promotions, lower level, Room L31-9V
Cholesterol Management	Monday	9 to 11:30 a.m.	BAMC Cardiology Conference Room, third floor
Diabetes Management	Monday and 28 29	12:45 to 4:30 p.m.	BAMC nursing administration conference room, third floor, Room 313-11
Living with Fibromyalgia	Wednesday and 30	1 to 4 p.m.	BAMC radiology, conference room, Room 129-13A
Foot Care for Diabetics	28	1 to 2:30 p.m.	BAMC Conference Room, fourth floor, Room 413-11
Weight for Health (weight management)	Friday	12 to 1:30 p.m.	BAMC Health Promotions, lower level, Room L31-9V
Yoga	Wednesday and 30	12 to 1 p.m.	BAMC occupational therapy clinic

To register, call Brooke Army Medical Center Health Promotions at 916-3352. For Diabetes Management, call 916-0794.

**Army Community Service Family Advocacy Program  
November Class Schedule**

Class	Date	Time
Management Skills Series (6)		
New Series (1 and 2)	Today	11 a.m. to 1 p.m.
Evening Class (2 to 4)	Today	5:30 to 7 p.m.
Commander's Training	Today	8 to 9:30 a.m.
Getting Ready for Childbirth 1 and 2	Today	9 a.m. to 12 p.m.
Girl Talk! Ages 6 to 8	30	10 to 11 a.m.
Healthy Pregnancy	Monday	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Monday	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Today	1 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday and 29	11 a.m. to 12:30 p.m.
Stress Management I and II	Tuesday	1 to 2:30 p.m.
Truth or Consequences?	Tuesday	4:30 to 5:30 p.m.
You and Your Baby	30	8 a.m. to 12 p.m.
Saturday Marathon	Saturday	9 a.m. to 5 p.m.

Class space is limited. To register or for more information, call the Army Community Service Family Advocacy Program at 221-0349 or 221-2418.

**Health benefits open season**

The next Federal Employees Health Benefits and Federal Flexible Spending Account open seasons run through Dec. 12. Employees can make open season enrollments, changes or cancellations through the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or by calling (877) 276-9287. Comparison booklets are available at <http://www.opm.gov/insure/health>.

**Blood is fluid of life**

The Brooke Army Medical Center Blood Bank is running critically low on AB Negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the donor center to lend a helping hand.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



## TRICARE officials encourage educated decisions on Medicare Part D

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. — The window for signing up for Medicare's new prescription drug plan opens today, but TRICARE Management Activity officials encourage eligible beneficiaries to weigh the facts before deciding whether to sign on to the plan.

Coverage under the new prescription drug plan, called Medicare Part D, begins Jan. 1 and is open to anyone already enrolled in Medicare. The plan represents the first time Medicare has offered prescription drug coverage for its estimated 42 million beneficiaries. TRICARE officials estimate that about 1.7 million of the 9.2 million TRICARE beneficiaries are eligible to enroll in the new plan, but emphasize that it's not the most prudent choice for everyone.

In most cases, there's no added value for TRICARE beneficiaries to buy the new Medicare prescription drug coverage, officials said. TRICARE generally pays as much or more than a standard Medicare prescription plan, they said. Unlike many non-Department of Defense Medicare beneficiaries, those under TRICARE already have what officials call a "robust" pharmacy benefit. It charges no monthly premiums and requires minimal co-payments for drugs received through the TRICARE Mail Order Pharmacy and retail network. In addition, there is no cost for prescription drugs received at military treatment facilities, officials said.

The one group of eligible TRICARE beneficiaries who may benefit from the new Medicare Plan D are those with limited incomes and assets, officials said. This includes beneficiaries who qualify for Medicaid.

The new Medicare Part D drug plan options will vary by location, officials said, and beneficiaries living overseas are not eligible.

The best way for TRICARE Medicare beneficiaries to determine if the new plan is best for them is to evaluate a variety of factors involved. These include monthly premiums, deductibles, co-payments and drug coverage of several prescription drug plans, including the TRICARE pharmacy program, officials said.

The enrollment period for the prescription drug coverage plan continues through May 15. After that, eligible beneficiaries will have an annual window between Nov. 15 and Dec. 31 to sign up.

To help eligible TRICARE beneficiaries make this decision, TRICARE and the Centers for Medicare and Medicaid Services have teamed up to provide Medicare Part D educational and enrollment information. This information is posted on the TRICARE Web site at <http://www.tricare.osd.mil/medicarepartd>, the Medicare Web site at <http://www.medicare.gov> or by calling (800) MEDICARE (633-4227).

### WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

#### IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



# ICE

### Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

## ***Ammunition supply closures***

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: Jan. 9 to 13, March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call Vanessa C. Alford at 221-1065 or 669-5173.

# **BAMC injured find rest, relaxation during day trip**

**Story and photo by Michael Dulevitz  
Brooke Army Medical Center Public Affairs**

A group of local businessmen offered 21 service members recuperating at Brooke Army Medical Center a chance to escape the rigors of hospital life and rehabilitation efforts with a day trip to the country.

The idea for the trip started when the businessmen visited BAMC a few weeks ago and wanted to do something special for the injured warriors they met there.

They decided the Heritage Ranch, a secluded property 50 miles south of San Antonio in Karnes County, would offer the service members a much-needed day of rest and relaxation.

The Nov. 9 outing included fishing for large-mouthed bass, horseback riding, skeet shooting, a catered barbecue lunch and all the home-baked desserts the warriors could eat. Everything required was provided for a day the wounded warriors would term "awesome."

Sgt. Moses Sonera, who was injured in a rocket attack in Iraq and suffered the loss of his left foot, said he "could not pass up the opportunity to get away from the hospital."

Sonera fished for the first time since his teens. "When I was a kid I used a plastic bottle, fishing line and some worms to fish."

That day, Sonera, smiling all the while, had full tackle and the thrill of hooking and landing three good-sized bass.

Sgt. Wyman Jones, also injured by an explosion in Iraq, said the outing, his first since being injured, was just what he needed. It was only the second time in his life that he had been bass fishing.

"I did not go on any other outings and just spent that time in my room," Wyman said. "Now I see that I have been missing a lot of fun and I plan to take advantage of more of these trips."

Retired Army Reservist Lt. Col. Bob Kelso and his wife, Betty, owners of the ranch, and a



Sgt. Moses Sonera proudly shows off one of three large-mouth bass he caught from a well-stocked pond at Heritage Ranch. Sonera and 20 other service members, recuperating from injuries sustained in the Global War on Terrorism, took a day away from Brooke Army Medical Center for an outing to the ranch located south of San Antonio in Karnes County.

group of close-knit friends were the hosts of the outing and provided a homey atmosphere for the injured and staff in attendance.

When asked why the group felt it necessary to sponsor the escape, Kelso said, "It is important for guys our age to get to know these kids and the wonderful attitude they have."

See **DAY TRIP** on Page 19

# Day trip

Continued from Page 18

Kelso served in the Army during World War II, and was the youngest known Soldier injured in that conflict. With his recruiter unaware of his real age, Kelso entered service at age 13 and was injured by a German bayonet at 14. He received the Purple Heart for his injury. It was this experience that prompted Kelso to say, "Been there, done that."

Kelso said he knows what it is like to be in combat, injured and a patient recuperating in a hospital. "I know what it is like to be sick of being sick," he said.

Kelso said he had to do something for the young military members after his visit to the hospital. He initially sponsored four injured riders in the Multiple Sclerosis 150, a 150-mile

bike trip from San Antonio to Corpus Christi, and said, "One thing led to another, and now we have them catchin' fish, ridin' horses, shootin' skeet and eatin' barbecue."

Other members of the host group included Jimmy Cavender, of the Cavender automobile empire; Phil Bakke, owner of Oso Ranch, who provided the horses and equipment for riding; A.J. Lewis, senior chairman of the board of Jefferson Bank; Gene Ames, adviser to Operation Comfort, a nonprofit organization that aids injured service members and their families by sponsoring hospital "getaways;" Jim Gorman, a national skeet shooting champion; and Bob Peacock, of the BBQ Station, who donated the lunch.

The group plans to sponsor another outing in the spring.



**Spotlight your unit**  
The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

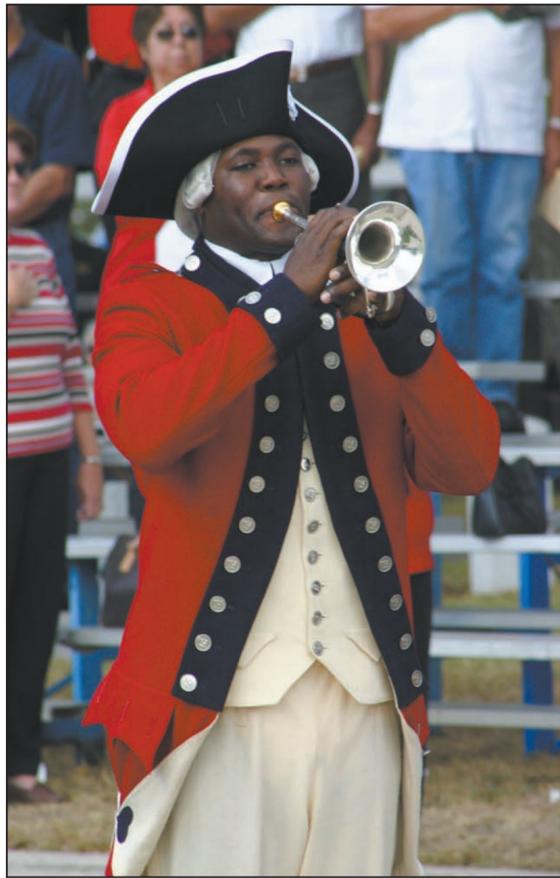
To submit a story or idea or for more information, call 221-0615, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or stop by the office in Building 124 (second floor).

## Hang up

Drivers are no longer allowed to use hand-held or hands-free communication devices such as cell phones and two-way radios or electronic devices such as data assistants while driving a vehicle. People can view the policy at <http://fsh-intranet.amedd.army.mil>, click on "Cell Phone Policy." For more information, call the Fort Sam Houston Safety Office at 221-3866.



# Community honors vets



A bugler from the Old Guard Fife and Drum Corps, from Fort Myer, Va., sounds "Taps" at the Veterans Day ceremony.



Photos by Elaine Wilson

Members of military, veteran and civic organizations, including a Native American contingent, participate in the presentation of wreaths and banners at the Veterans Day ceremony Friday at the Fort Sam Houston National Cemetery. The event was sponsored by the Fort Sam Houston National Cemetery Memorial Committee and various Fort Sam Houston organizations. "It's important to pay tribute to our veterans. It ensures we will continue to keep them in our memory," said Ed Miller, committee chairman.



Members of the Memorial Services Detachment fire a rifle salute at the conclusion of the Veterans Day ceremony.



Robert A. Larios Sr., San Antonio postmaster, presents Maj. Gen. George Weightman, installation commander, with a copy of the Distinguished Marines commemorative postage stamp during the Veterans Day ceremony. The 37-cent stamp, unveiled during the ceremony, is a salute to four Marines who served with distinction and honor during the 20th century — Gunnery Sgt. John Basilone, Sgt. Maj. Daniel J. Daly, Lt. Gen. John A. Lejeune and Lt. Gen. Lewis B. "Chesty" Puller.



The Texas Children's Choir provides entertainment at the Veterans Day ceremony Friday at the Fort Sam Houston National Cemetery.



The Old Guard Fife and Drum Corps, from Fort Myer, Va., made a special appearance at the post's Veterans Day ceremony. They led the way for representatives from various military, veteran and civic organizations who were presenting wreaths and banners in honor of the nation's veterans.



The U.S. Army Medical Command Band, directed by Chief Warrant Officer William Brazier Jr., performed "God Bless America" and "America the Beautiful," along with other musical selections during the ceremony.



Nearly 1,000 people from the San Antonio community helped honor veterans past and present with their attendance at the ceremony. "There are 26 million veterans in this nation," said Maj. Gen. George Weightman, installation commander. "This day, our nation thanks every one of them. Their brave and selfless actions have made our nation safer."



Sgt. Jesus Cuellar, from the Special Troops Battalion, Military Honors Platoon, presents arms during the rendering of honors.





Photo by Alexandra Nordeck

## Getaway winner

Kelly Jones (far left), sponsorship coordinator, and John Fryman, bowling center manager, present Spc. Rebecca Ganger, winner of the Bowling Center's 2005 Turkey Bowl, with her prizes, as Spc. Alicia Sprague looks on. Ganger, of C Company, Brooke Army Medical Center, won a weekend getaway to Orlando, Fla. The promotion was sponsored by Fort Sam Houston Morale, Welfare and Recreation, Hertz car rental, Caliber Collision Center, Comfort Suites Maingate, Southwest Airlines and Army and Air Force Exchange Service.

## Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9v, Brooke Army Medical Center, or call 916-3352 or 916-5538.



# TROOP SALUTE



## 232nd Medical Battalion



### Soldier of the Week

**Name:** Pfc. Nathaniel Johnson

**Unit:** B Company

**Hometown:** Mona, Utah

**Future plans:** Serve for a religious mission, go to medical school, become a doctor and retire from the National Guard

**Reasons for joining:** To ensure the freedom of our great nation and to gain a better appreciation for what I have.



### Junior Leader of the Week

**Name:** Pvt. Joseph Urech

**Unit:** B Company

**Hometown:** Enterprise, Ala.

**Future plans:** Attend Marion Military Institute, Ala., and obtain a degree in pre-medicine, go to physician assistant school, go active, retire, work in the civilian sector for a while and then relax

**Reason for joining:** I have a lot of great potential and I know the Army can bring it out in various ways; I love what the Army stands for and believes in.

## POST WORSHIP SCHEDULE

**Main Post Chapel**, Building 2200, 221-2754

Noon - Worship - Wednesdays

**Catholic Services:**

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant Services - Sundays:**

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

**Jewish Services:** 379-8666 or 493-6660

Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat

**AMEDD Regimental Chapel**, Building 1398, 221-4362

**Troop Catholic Mass:** Sundays: 10 a.m. - 32nd Med. Bde. Soldiers

**Troop Protestant Gospel Services:**

Sundays: 11 a.m. - 32nd Med. Bde. Soldiers

**Troop Protestant Service:**

Sundays: 9 a.m. - 32nd Med. Bde. Soldiers

**Samoan Protestant Service:**

Sundays: 12:30 p.m.

**Dodd Field Chapel**, Building 1721, 221-5010 or 221-5432

**Catholic Services - Sundays:** 12:30 p.m. - Mass

**Protestant Services:**

10:30 a.m. - Collective Gospel

Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.

**FSH Mosque**, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's Religious Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

**Evans Auditorium**, 221-5005 or 221-5007

**Mormon Services:** 9:30 to 11:30 a.m. - Sundays

**Brooke Army Medical Center Chapel**, Building 3600, 916-1105

**Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

**Protestant Services:**

10 a.m. - Worship Service - Sundays

**Installation Chaplain's Office**, Building 2530, 295-2096

**Contemporary service:** 11:01 a.m. - Sundays

**Web site:**

[www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

## RELIGIOUS HAPPENINGS . . .

### Thanksgiving Day Observance

The Fort Sam Houston community is invited to the non-denominational Thanksgiving Day Observance Wednesday from 10 to 10:30 a.m. at the Main Post Chapel.



### Chapel youth group

The Fort Sam Houston Chapel Youth Group meets every Sunday from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations.

The theme "Where Faith and Life Meet" is incorporated in fun activities, Bible applications and off-post events. The group will attend the Pure Excitement seminar and concert Sunday. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

### Officers' Christian Fellowship

The Officers' Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail [rgriffith3@satx.rr.com](mailto:rgriffith3@satx.rr.com) or [robert.griffith1@amedd.army.mil](mailto:robert.griffith1@amedd.army.mil).

## INTERFAITH CALENDAR . . .

### November

**24 - Thanksgiving** - Interfaith USA American holiday proclaimed by the president.

**27 to Dec. 24 - Advent** - Christian time of preparation for observing the birth of Jesus Christ

# Dining & Entertainment

# Dining & Entertainment

# ELEMENTARY SCHOOL NEWS

## Elementary students learn through Thanksgiving celebrations

Story and photo by Dr. Kathy Maxwell  
Fort Sam Houston Elementary School

Fort Sam Houston Elementary School students celebrated Thanksgiving in varied and creative ways. They decorated turkeys, made Native American costumes and percussion instruments, created Pilgrim characters, produced 17th century arts and crafts and collected food donations for families in need.

In the process, students learned that the first Thanksgiving celebrations were harvest festivals which came from the harvest-home celebrations of England. English settlers arrived on the James River near modern-day Charles City, Va., Dec. 4, 1619. According to their charter, the first Thanksgiving celebration was a strictly

religious celebration with church services and prayer. Less than a year after the Plymouth Colony was settled, the first New England Thanksgiving was celebrated with Massasoit's tribe. At this celebration, there was feasting on venison and duck.

Each year in the United States, the fourth Thursday in November is designated as Thanksgiving Day. On this day, people give thanks for their blessings and celebrate with family and loved ones. Thanksgiving has become a family day that is celebrated with big turkey dinners and family reunions.

Most classrooms had displays of orange and gold autumn leaves, pumpkins, gourds, scarecrows, holiday literature and colorful craft projects to reflect the autumn holiday. The teachers embedded the Texas Essential Knowledge and Skills for reading and language arts, mathematics, science and social studies in their lessons and holiday activities.

In the fifth and sixth grade classrooms, writing projects reflected the tone of the season.

"I have many things that I am thankful for. I am thankful for my family and friends. Through life, I can depend on these people, and they deserve every ounce of thankfulness I can muster," said Ashley Jeffalone, a fifth grader. "I also give thanks for past and future love and sincerity. Though they are not tangible, you can feel their reflective effects."

Another student writer, Marlene Renz, expressed her gratitude, "I am thankful for God, for without Him I'd be nothing. I am thankful for my freedom,



Camrron Dees and Jacob Mester show off the Thanksgiving projects they helped create in Rosa Escamilla's kindergarten class. Fort Sam Houston Elementary School students learned about Thanksgiving through activities that required the students to measure, conduct research, write, build and cook.

my history and my rights."

The culminating activity at the school is a community-wide Thanksgiving luncheon with turkey and all the trimmings today in the Fort Sam Houston cafeteria.

Fort Sam Houston Elementary School will be closed in observance of the Thanksgiving holiday Saturday through Nov. 27.

### Fort Sam Houston Independent School District

Weekly Campus Activities – Monday to  
Nov. 26

Thanksgiving Holiday  
School Resumes Nov. 28

Robert G. Cole Jr./Sr. High School

Tuesday

Girls' basketball vs. Hondo, 5 and 6:30 p.m.

Boys' basketball vs. Holy Cross at Cole, 6 and 7:30 p.m.

Nov. 26

# ■ HIGH SCHOOL NEWS ■

## **Regular board meeting**

The Fort Sam Houston Independent School District board of trustees will meet for a regular board meeting Nov. 30 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.



Photo by retired Lt. Col. Robert Hoffman

Cole Junior ROTC cadets (from left) Josh Selvidge, Tim McCoole and Elizabeth Bagg pay homage to a fallen veteran at the Fort Sam Houston National Cemetery on Veterans Day. The battalion regularly provides assistance on Veterans Day and other occasions at the cemetery.

## **Cole cadets support Veterans Day ceremony**

By Cadet 2nd Lt. Xiomara Martinez  
Junior ROTC Battalion Public Affairs Officer

Thirteen cadets from the Robert G. Cole Jr./Sr. High School Junior ROTC Battalion participated in the Veterans Day commemoration ceremony Friday at the Fort Sam Houston National Cemetery.

Their participation has become an annual tradition, as this is the 10th year the cadets have participated. This year, the cadets assisted with traffic control.

“I wish to express my appreciation for your efforts and those of your associates in making this year’s Fort Sam Houston National Cemetery Veterans Day commemoration another success,” said Ed Miller, chairman of the Fort Sam Houston National Cemetery Memorial Committee. “Without the help of all involved, we would never be able to field a tribute such as we have each Memorial and Veterans Day.”

In 1919, President Woodrow Wilson proclaimed Nov. 11 as Armistice Day to recognize the sacrifices of those who had just served in World War I, the “war to end all wars.” Nov. 11 was selected because World War I ended on the 11th hour of the 11th day of the 11th month. In 1954, the name was changed to Veterans Day to honor veterans of all conflicts.

“My grandfather and my wife’s grandfather both served as doughboys in the first World War,” said retired Lt. Col. Robert Hoffmann, Cole JROTC senior army instructor. “The stories they used to tell about their experiences in that war were truly horrific. Knowing that there are very few World War I vets left alive is sad, because the lessons learned from that war should never be forgotten.”

Cole cadets have assisted at the cemetery in many capacities throughout the years, and look forward to helping out for years to come.

# MWR

## Recreation and Fitness

### Comedy show, free tickets

Free tickets are available for military ID cardholders age 21 and older for a comedy show Friday featuring Rita Survivor, Gary Bell, Andre Meadows and Ray Barnett. The show is at Sunset Station and begins at 9 p.m.; doors open at 7 p.m. Tickets are available at various MWR facilities such as the bowling center, Jimmy Brought Fitness Center, Sam Houston Club and Army Community Service. For more information, call 221-2606 or 221-9904.



### Turkeython

Get ready to work off those turkey and stuffing pounds before the big meal with two hours of aerobics at the Turkeython. This event is Monday from 5 to 7 p.m. at the Jimmy Brought Fitness Center. Cost is \$10. To register, call 221-2020.

### Turkey Trot

The "Turkey Trot" 5K run/walk at the Jimmy Brought Fitness Center will be Saturday at 9 a.m. Cost is \$10 and participants receive a T-shirt. This event is open to the public.

### Garage sale

Clean out your closets for the next garage sale Dec. 3 from 11 a.m. to 5 p.m. at the MacArthur Pavilion parking lot. This event is in conjunction with the Christmas Along the Corridor from 1 to 5 p.m. There is no



cost; however, a seller must have a valid Department of Defense ID card. To pre-register, call 221-2307 or 221-2601.

### Boxing at the Brought

Fort Sam Houston Morale, Welfare and Recreation and USA Amateur Boxing present "Boxing at the Brought," Dec. 10 in the main gymnasium. Doors open at 5 p.m. and the first bout is at 6 p.m. Boxers will be military and civilian men and women registered with USA Boxing. For more information, call 221-1342.



### Library display

The library now has a display of books, videos and pictures for National American Indian Heritage Month.

### Auto Craft Shop

Get your car winter ready with a free winterization check at the Auto Craft Shop. Check includes anti-freeze levels, inspection of all belts and examination of the engine. For more information, call 221-3962.

### Cycling class

The Jimmy Brought Fitness Center offers free cycling classes Tuesdays and Thursdays at noon and Wednesdays at 4:45 p.m.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Sunday brunch

The Sam Houston Club will have brunch Sunday from 10 a.m. to 1:30 p.m. Cost is \$11.95 for members, \$13.95 for nonmem-

bers, \$6.95 for youth ages 7 to 11 and free for age 6 and under.

### Thanksgiving luncheon

The Thanksgiving luncheon is Nov. 24 from 11 a.m. to 3 p.m. Cost is \$14.95 for members, \$16.95 for nonmembers, \$6.95 for children ages 6 to 11 and free for children 5 and under. For reservations, call 224-2721.

### Bowling Center, 221-3683

#### Bowl-A-Jam

Bowl-A-Jam is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun.

#### Ritger Bowling Clinic

Learn basic to advanced bowling skills at the two-day clinic Nov. 26 and 27. The clinic will be taught by John Fryman, Ritger level three coach and Ritger Camp staff member. The clinic is open for all averages and cost is \$100. Deadline to register is Nov. 23. To register, call 221-3638.



### Golf Club, 221-4388

#### Beginners ladies golf clinic

A golf clinic will be Tuesdays and Thursdays from Tuesday through Nov. 29 (except Nov. 24), clubs will be provided, if needed. Learn the basics of playing golf. Cost is \$120. To register, call 355-5429.

#### Golf lessons

Private customized and personalized instructions are



offered at the golf course.

### Around the Corner Frame Shop

The Around the Corner Frame Shop is located at 407 Dickman Road, on the lower level of the former Officers' Club building. In addition to framing service, the shop offers specialty items like engravings, medals, trophies, combat medic statues, military coin racks and flag cases. The engraving shop now has door tags for post housing for \$15. For more information, call 224-7125 or 224-7126.

### Vera's Barbershop

Vera's Barbershop is located at 407 Dickman Road (former Officers' Club), and specializes in military cuts. For more information, call 223-3664.

### Harlequin Dinner Theatre

The Harlequin Dinner Theatre will feature "Sorry! Wrong Chimney," a yuletide farce by Jack Sharkey and Leo W. Sears, through Saturday evenings from Wednesday through Dec. 22. Discounts for military and students are available. For reservations, call the box office at 222-9694.

### MWR Ticket Office

The ticket office has discount tickets available for various events. Laser Quest tickets are available; single for \$6.50 and family fun pack is five for \$32.50. Season passes are available for SeaWorld and Fiesta Texas. For more information, call 226-1663 or visit [www.portsamhouston-mwr.com](http://www.portsamhouston-mwr.com).

## Fort Sam Houston Bowling Center Customer Satisfaction Survey

In an attempt to better serve its customers, Morale, Welfare and Recreation encourages its customers to take the following survey:

- Which best describes your current status?  
 Active duty enlisted     AEI/IET student     Retired military  
 Active duty officer     DoD civilian     Family member
- What is your age group?  
 18 and under     19-29 years     40-49 years  
 30-39 years     50-59 years     60 years and over
- Are you a bowling league member?  
 Yes     No
- How often do you use the Fort Sam Houston bowling center?  
 Every day     Every week     Every month  
 Rarely     Never
- When do you prefer to use the bowling center?  
 Morning     Afternoon     Evening
- How often do you bowl both on and off post?  
 Every day     Every week     Every month  
 Rarely     Never
- Rate the customer service at the Fort Sam Houston Bowling Center.  
 Poor     Fair     Average     Excellent
- Rate the programs and specials at the Fort Sam Houston Bowling Center.  
 Poor     Fair     Average     Excellent
- How do you hear about bowling center events?  
 News Leader     Flyers     Word of mouth  
 Web site     E-mail     Other
- Additional comments:  
 \_\_\_\_\_  
 \_\_\_\_\_

People can mail their completed survey to **MWR Marketing, 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas 78234** by Dec. 3. For more information, call 221-2307.

## MWR CHILD AND YOUTH SERVICES

### Youth Happenings

#### CDC closure

The Fort Sam Houston Child Development Center will be closed Nov. 25.

#### Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

#### Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

#### IMPACT recreation

The IMPACT Recreation Group sponsors a basketball recreation program Saturdays from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

#### Cooking classes

The Youth Center offers cooking classes Fridays from 5 to 6 p.m. For more information, call 221-3502.

### Parent News

#### PAC meeting

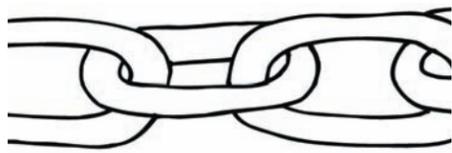
The next Child and Youth Services Parent Advisory Council meeting will be Dec. 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

#### Youth Services registration

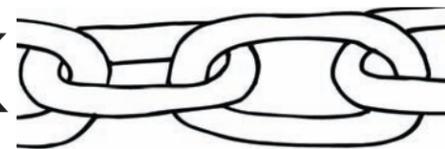
Youth Services registration will start Dec. 5 and be held Monday through Friday from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

#### ArmyFCC Online

Fort Sam Houston Family Child Care Program is now on ArmyFCC Online, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.



# COMMUNITY LINK



## Happenings

### Annual "Stars and Bars" dining In

The annual "Stars and Bars" dining In will be Friday at the Randolph Air Force Base Officers' Club. This year's speaker is Maj. Gen. Gilmory Hostage, the Air Education and Training Command director of operations. Dinner is from 6 to 8 p.m. Entertainment will be "The Air Force Band of the West" from Lackland Air Force Base. For more information, call Capt. Mark LaDrew at 652-4509. For ticket information, call Capt. Kristen Templet at 652-7840 or 1st Lt. Marlon Muthuveeran at 652-3598.

### Civil War weekend

The Civil War weekend will be Saturday and Sunday at the historic Liendo plantation in Hempstead, Texas. Tickets are \$10 per person or \$5 for seniors and children ages 7 to 12 years old. The events are Saturday, 9 a.m. to 5 p.m. and Sunday, 9 a.m. to 4 p.m. Battles are held each day at 2 p.m. For more information, call (979) 826-6252 or (800) 826-4371 or e-mail [www.liendoplantation.com](http://www.liendoplantation.com).

### VFW tribute to veterans

The Veterans of Foreign Wars Post 7110 will present a special tribute to Vietnam veterans and their families with the award-winning documentary film, "In the Shadow of the Blade," Saturday at 1 and 6 p.m. at the Brauntex Theater, 90 W. San Antonio St., New Braunfels, Texas. The film takes the viewer on a 10,000-mile flight across America on a restored battle-scarred UH-1 "Huey" helicopter to hear the untold stories of the Soldiers who once relied on it for survival and the families who waited for them to come home. Tickets are \$15 and are available at the Brauntex Theater Box Office outlets at (830) 627-0808, Logos To Go at (830) 606-2553 and VFW Post 7110 at (830) 625-9961. A reception will follow each showing at the VFW Post 7110 at 600 Peace Avenue, New Braunfels.

### 'The Crucible'

The Sheldon Vexler Theater presents "The Crucible" through Saturday at the theater on Northwest Military Highway at Wurzbach Parkway. General admission is \$15, military are \$13 and students are \$8. Reservations are required; for tickets, call 302-6835.

### 'Charlie and the Chocolate Factory'

Vexler Children's Theater presents "Charlie and the Chocolate Factory" through Sunday. The theater is located on Northwest Military Highway at Wurzbach Parkway. All tickets are \$5; groups of 10 or more are \$4. Reservations are required; for tickets, call 302-6835.

### Chordsmen Christmas show

The 2005 Chordsmen Christmas show will be Dec. 3 at 3 p.m. and 7:30 p.m. at McCallister Auditorium, San Antonio College. Active duty military personnel and students are admitted free. The Chordsmen invite men to sing four-part a cappella harmony with the chorus or as a member of a quartet. The group meets every Monday night from 7 to 10 p.m. at the Western Hills Christian Church, corner of Huebner and Eckert in northwest San Antonio. For more information, call 490-

4191 or 340-1110.

### Trinity University Christmas concert

Trinity University will host its annual Christmas concert Dec. 2 at 8 p.m. in Laurie Auditorium at the university and will feature members of the various Trinity choirs, the Trinity symphony orchestra, the symphonic wind ensemble and the Parker Handbell choir. The one-night-only concert is free and open to the public. No tickets or reservations are required. After the concert, audience members will be treated to seasonal music performed by the Trinity jazz ensemble in the lobby of Laurie Auditorium.

### Universal City walk

San Antonio area volksmarch clubs will sponsor a 10K walk Saturday. Start at the Taco Cabana, 1533 Pat Booker Road in Universal City, between 7:30 a.m. and 1 p.m., finish by 4 p.m. For more information, call Ellen Ott at 525-8574 or e-mail [ellenotter@cs.com](mailto:ellenotter@cs.com).

### Boerne Christmas walk

The Randolph Roadrunners Volksmarch Club will host a 10K walk and a 5K walk in Boerne, Texas, Dec. 3. Start at St. John Lutheran Church, 315 E. Rosewood Avenue in Boerne. For more information, call Suzanne Markgraf at 651-9378, e-mail [suzannemarkgraf5939@earthlink.net](mailto:suzannemarkgraf5939@earthlink.net) or visit the club Web site at [www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/).

## Professional Development

### Army Reserve opportunities

The U.S. Army Reserve is actively recruiting. For more information, call (800) USA-ARMY or visit [www.goarmyreserve.com](http://www.goarmyreserve.com).

### Army health care recruiting

A health care professional's greatest calling is to serve the Soldiers who defend our nation's freedom. The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit [www.healthcare.goarmy.com](http://www.healthcare.goarmy.com).

### Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms and documents required to apply, visit the Web site at [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is (800) 223-3735, ext. 6 and the last four of the phone number.

### Free computer training

Family members of active duty military personnel may receive computer training for the job market through the Family Employment Readiness Program. Automated, self-paced training is available on all Microsoft Office programs. Typing instructions are also available in Spanish. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-

0427.

### St. Mary's University

The St. Mary's University office at Fort Sam Houston is temporarily operating on a limited schedule. St. Mary's University offers more than 20 master of arts and master of science degrees as well as community counseling and international relations online degree programs. Spring term begins Jan. 18, and course schedules are available online at [www.stmarytx.edu/register](http://www.stmarytx.edu/register). For more information, call 658-4852 or visit with a St. Mary's representative Wednesday.

### Cyber security programs at OLLU

Students interested in information technology careers can now specialize in cyber security through programs offered at Our Lady of the Lake University. In addition to traditional technology courses, students take courses geared toward computer and network security management. An OLLU representative will be at the Fort Sam Houston Education Office Nov. 30 from 11 a.m. to 1 p.m. and Dec. 8 and 16 from 10 a.m. to noon. For more information, visit [www.ollusa.edu](http://www.ollusa.edu).

## Meetings

### Native Plant Society meeting

The San Antonio Chapter of the Native Plant Society will meet Tuesday at 7 p.m. in the Lions Field Adult Center, on Broadway at East Mulberry in Brackenridge Park. A social and seed and plant exchange will be at 6:30 p.m. The program will explore the "Natives Instead of Common Exotics." For more information, call 733-0034 or e-mail [www.npsot.org/SanAntonio](http://www.npsot.org/SanAntonio).

### Federally Employed Women

The Fort Sam Houston Federally Employed Women Chapter seeks members for its organization. The chapter meets the second Wednesday of the month. FEW enhances career opportunities for women, maintains a unified and diverse membership and provides opportunities for professional growth through leadership development, education, mentoring and networking. For more information, call Arcelia Longoria at 658-4046 or 823-6344.

### Green to Gold briefing

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Capt. Chez Barela, from St. Mary's University, will be available to answer questions. Briefings will take place Dec. 5 and Jan. 23 at 11 a.m. and 12 p.m. at Building 2247, next to the education center, in the training room. For more information, call 221-9881.

### Purple Heart veterans sought

Purple Heart veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month at 9 a.m. at the Roadrunner Community Center to learn more about combat-related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD Form 214 and a short biography.

### Helicopter pilot association

The Combat Helicopter Pilots Association is incorporated in Washington, D.C., to establish a legacy organization

designed to forge links among past, present and future rated U.S. military helicopter aviators and to celebrate their combat heritage. CHPA will draw from a worldwide veteran and deployed membership base in all U.S. service branches. Several other membership categories related to combat aviation also exist. For more information, visit [www.CHPA-US.org](http://www.CHPA-US.org) or contact its president, Steve Reilly, at (800) 832-5144 or e-mail him at [President@chpa-us.org](mailto:President@chpa-us.org).

### Caribbean American Association

The San Antonio Caribbean American Association seeks new members. There is a gathering on the last Saturday of each month. For more information, call Master Sgt. Pauline Perry at 849-1957 or 221-6913.

### Alamo Silver Wings

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday of the month. For more information, call Joe Turella at 657-0028.

### SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

### BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

## Volunteer

### Girl Scouts seek volunteers

Girl Scouts of the San Antonio area are looking for adults to lead Girl Scout troops in the community. Help young girls grow up to be strong, confident and compassionate. Volunteers do not have to have a daughter in a troop to help. For more information, call Carla Mendez at 349-2404, ext. 217, or e-mail [cmendez@sagirlscouts.org](mailto:cmendez@sagirlscouts.org).

### BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

### SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

# FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 295-0512. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

**For Sale:** General Electric, black, turntable, microwave oven, \$35. Call 286-8588 or 521-0379.

**For Sale:** Video chair, maroon, \$10; five framed Disney lithographs, \$10 each; Odyssey three-ball putter, \$25 obo. Call 697-9261.

**For Sale:** 2001 Honda Accord V-6 coupe, silver with gray interior, all options except rear spoiler, 88,000 miles, new battery and tires, blue book price. Call Fred at 221-1020 or 494-8401.

**For Sale:** 2002 Chevrolet Malibu, silver, 66,200 miles, \$8,800 obo; 100-foot

chain link fence with two gates, \$125; girls white canopy bed, \$75; Little Tykes slide and swing, \$25; wood-framed mirror, \$15. Call 455-3638.

**For Sale:** Seasoned cut mesquite wood, will deliver, \$175 per cord, smaller bundles also available. Call 916-1095 or 822-6587.

**For Sale:** Large, solid wood Sportcraft air hockey table with paddles and overhead scoring, \$125; 8-foot trampoline, \$100. Call 271-3661.

**For Sale:** Sharp carousel microwave, white, \$20; fence with two gates, view at

724 Patch Road, \$250 obo; toddler car seat, blue, \$5; SamTron 13-inch computer monitor, \$10 obo. Call 271-0214.

**For Sale:** Trampoline, \$50; prom dresses, \$25 each; oak computer desk, \$35. Call 295-2372 or 404-1359.

**For Sale:** BOB Ironman Kona jogging stroller, new, assembled, \$275; tan, tonneau cover for 2000 Jeep Grand Cherokee, free. Call 595-7321.

**For Sale:** Hitchhiker II, fifth wheel R.V., with slide-out, refrigerator, commode, new tires, includes hitch and brake control, \$4,995. Call (830) 885-6015.



## CAREER CLIPS

**Field service specialist, San Antonio** – Facilitates pick up and delivery of equipment in and out of health care accounts; provides in-service education to staff; and interacts with hospital departments.

**Clinical intake specialist, San Antonio** – Triage all incoming authorizations; coordinates authorizations with healthcare finder (nurse) and monitors authorizations; and front loads the referrals for timely processing by the nursing staff.

**Administrative support, San Antonio** – Receives and directs telephone calls for all division personnel; performs all administrative and mail distribution; monitors and tracks suspenses and tasks; maintains spreadsheets to better monitor and track tasks; and monitors and stores office supplies for overall office administration.

**The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or by calling 221-1213.**