

FORT SAM HOUSTON News Leader

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"HOME OF ARMY MEDICINE"

Soldiers help during 10th Annual Stand-Down

Soldiers helping Soldiers who are down-on-their-luck

Story and Photo by Spc. Tim Luukkonen
314th Military Intelligence Battalion

The 10th Annual Stand-Down was held Nov. 9 at the American GI Forum Residential Center for Veterans, located at 519 N. Medina in San Antonio. Thirty Soldiers from the 314th Military Intelligence Battalion took an active part in the set-up of clothing stands, ushering veterans through the lines and distributing other necessary items.

In 1988, the first stand-down was held by the Vietnam Veterans of San Diego to provide coordinated, comprehensive services to homeless veterans over a three-day period at one site. In 1999 the first American GI Forum National Veterans Outreach Program Stand-Down was held and has grown in the number of attendees each year.

Although exact numbers are nearly impossible to track, the

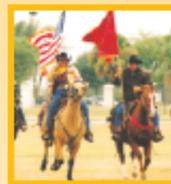
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Sgt. Tanya Whale places clothing into the duffel bag of one of the veterans at the 10th Annual Stand-Down Nov. 9 at the American GI Forum Residential Center.

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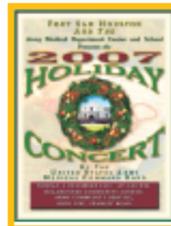
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Fort Sam Houston's Magistrate, providing civilian justice

By Minnie Jones
Fort Sam Houston Public Information Office

There are two categories of people that commit crimes on Fort Sam Houston, military personnel and civilians. Depending on what class the individual falls into, decides what legal system will prosecute them.

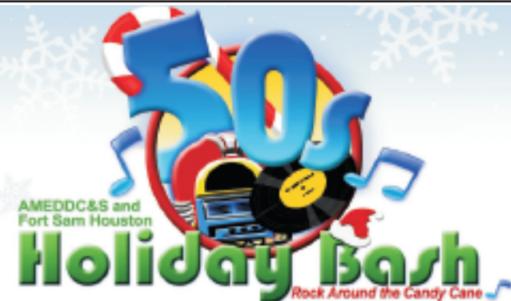
The military and civilian court systems differ. In the civilian criminal justice system, it is the function of federal, state or county prosecutors to file charges against a defendant in the civilian criminal justice system. In the military justice system, charging determination rests in the hands of the Soldier's chain of command, which prefers charges upward for referral to the Commanding

General, acting as Convening Authority, with the authority and ability to convene a court martial.

Prosecuting attorneys or Trial Counsels from the Office of the Staff Judge Advocate have been appointed as Special Assistant U. S. Attorneys to handle criminal offenses committed by civilians.

This means when civilians on Fort Sam Houston commit crimes, their cases are turned over to a Special Assistant U.S. Attorney, whose mission is to prosecute civilians and for misdemeanors (punishable by 1 year or less of imprisonment) and traffic offenses in federal court before a U.S. Magistrate Judge. These offenses involve primarily violations of Title 18

See **MAGISTRATE P6**



Dec. 8, 2007 at 6 p.m. at the Historic Sunset Station, 1174 E. Commerce Street

Featuring:

- Dinner catered by Sunset Station's renowned chef
- Live music by "The Tailpipes"
- Dance contest, costume contest and prizes
- Dressy casual or 50's costume attire (uniforms not required)

Tickets are \$30 per person

Permanent party military, DA civilians, adult family members and retiree's are welcome.

See your unit/activity rep for additional information and tickets.

Make checks payable to: AMEDDC&S Social Fund.

Tickets on sale - first come-first served. For more information go to the AMEDDC&S portal at www.cs.amedd.army.mil, e-mail rachel.katherine.moore@amedd.army.mil or call 210-221-8317.

MISSION THANKSGIVING: SOLDIERS ENJOY DINNER WITH FAMILIES PAGE 15

New career advancement accounts for military spouses

The Departments of Defense and Labor announced plans to jointly provide military spouses with opportunities to pursue portable careers in high-demand, high-growth occupations. This two-year demonstration project, offered at 18 sites in eight states with large military populations, will enable military spouses to develop the skills needed to successfully enter, navigate and advance in the workforce. The military lifestyle calls for portable careers.

"The Department of Defense has long been committed to helping military spouses pursue rewarding careers and removing barriers to employment," said Secretary of Defense Robert Gates. "Spouses are called on to pack up and relocate the family often at the cost of their own careers. This makes it difficult to navigate the career licensure and certification requirements that go with most professions."

These career advancement accounts will target nationally identified high-growth, portable occupations such as education, health care, information technology and financial services.

Military spouses may apply at the state one-stop career centers at participating installations' voluntary education centers. Eighteen initial installations identified to participate in the project include: San Diego Metro and Camp Pendleton, Calif.; Fort Carson and Peterson Air Force Base,

Colo.; Jacksonville Naval Air Station, Eglin Air Force Base and Hurlburt Field, Fla.; Fort Benning, Ga.; Hickam Air Force Base, Naval Base Pearl Harbor Schofield Barracks, and U.S. Marine Base Kaneohe Bay, Hawaii; Naval Air Station Brunswick, Maine; Fort Bragg and Pope Air Force Base N.C.; and Fort Lewis, McChord Air Force Base, and Naval Station Kitsap, Wash.

Additional information including eligibility determination, career and education counseling, and skills assessment will be available at each participating installation at the education center and the family support center and online at <http://www.MilSpouse.org>.

(Source: Department of Defense News Release)

"The Department of Defense has long been committed to helping military spouses pursue rewarding careers and removing barriers to employment."

Robert Gates
Secretary of Defense



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News Briefs

Quadrangle closed

The Quadrangle will be closed today for the U.S. Army North Organization Day. U.S. Army North will host a blood drive today from 7:30 to 11:30 a.m. in the Quadrangle.

Voter Assistance Officer training

The Fort Sam Houston Garrison will hold two Voting Assistance Officer training sessions Friday from 9 to 11:30 a.m. and 1 to 3:30 p.m. at the Sam Houston Club, 1395 Chaffee Rd. The sessions are open to all VAO's and representatives. For more information or to register, call Cynthia Taylor, Human Resource Specialist at 221-0107 or e-mail Cynthia.J.Taylor@us.army.mil.

Christmas Along the Corridor Pony Express Courier Run

This year's Pony Express Christmas Courier Run Grand Finale will be held Saturday from 1 to 5 p.m. at MacArthur Parade Field. The holiday fair will include a variety of vendors and special displays, and the program will feature numerous performances, to include Escaramuza Rosas de Castilla, a bareback equestrienne drill; Cadence Cloggers and Salon de Mexico Dancers; a Keetowah Native American Dance; Bexar County Buffalo Soldiers; and music from the U.S. Army Medical Command Band. The highlight of the event will be the arrival of the Pony Express Christmas Couriers following their seven-county run. The event is free and open to the public.

Operation Christmas

The Fort Sam Houston chapel community will designate the offerings from the Saturday and Sunday services for Operation Christmas. The program will provide vouchers for members of the Fort Sam Houston community that need assistance during the holiday season. If interested in contributing to the program, call the Installation Chaplain Office at 221-5007.

Holiday tree lighting

Col. Wendy Martinson, U.S. Army Garrison commander, will host the Fort Sam Houston Holiday Tree Lighting Ceremony Dec. 6 at 6 p.m. at the main post flagpole. Retreat will begin at 5 p.m. and the chaplain will make opening remarks at 6 p.m. followed by the tree lighting, singing and refreshments.

Holiday concert

Fort Sam Houston and the Army Medical Department Center and School will present the 2007 Holiday Concert by the U.S. Army Medical Command Band Dec. 9 at 2 p.m. at the Roadrunner Community Center, Building 2797, Stanley Road. The event is free and open to the public.

Utility Service Reimbursement Policy

New policy rewards residents for energy conservation

The Department of the Army implemented a "Utility Service Reimbursement Policy" for all privatized housing that will either reward residents for energy conservation or charge for excess utility consumption. The policy was implemented to comply with Office of the Secretary of Defense Utility Policy. The Department of Defense has mandated per the Army Residential Communities Initiative Utility Policy dated March 27, 2007 that residents of family housing be responsible for paying for utilities. Lincoln Military Housing issued the first mock bills in July under the Resident Utility Program.

To date residents have received four mock bills which have identified consumption baseline, actual consumption and the "mock" charge or credit due as result of exceeding or falling below their baseline.

Monthly Baseline Consumption Calculation by the following criteria:

- All homes of same or similar size are considered one profile (Example new housing three-bedroom, renovated Patch Chaffee and non-renovated Patch Chaffee)
- The established profile of homes is used to calculate the specific baseline consumption.



- To calculate the current baseline consumption per profile:
 - Remove any home of zero usage from profile
 - Remove unoccupied homes from profile
 - Remove partial homes of partial billing periods (move ins/move outs)
 - Remove top 5 percent and bottom 5 percent of high and low energy consumers

- Calculate baseline consumption per profile

- The average is considered the baseline per profile

Ista, the third-party billing company hired by LMH is responsible for calculating baselines for each profile and to distribute mock bills and ultimately actual bill to the resident.

Other items that LMH is reviewing globally are:

• Additional comparison of all meter numbers on file to meter numbers on each home

• Tracking exterior lighting to ensure light poles are metered separately or resident receives credit for light poles consumption. Credit letters will be issued prior to start of actual billing.

• Review of all profiles to ensure homes are placed in proper profiles

• Completing maintenance repairs as requested by residents (air filter changes, weather stripping, inspecting HVAC systems and hot water heaters)

Over the past few months of data collection and through communications with residents we have discovered, repaired and are investigating:

- Homes with spikes in consumption
- Homes with extremely low consumption
- Maintenance concerns

Other items that LMH is reviewing globally are:

• Additional comparison of all meter numbers on file to meter numbers on each home

• Tracking exterior lighting to ensure light poles are metered separately or resident receives credit for light poles consumption. Credit letters will be issued prior to start of actual billing.

• Review of all profiles to ensure homes are placed in proper profiles

• Completing maintenance repairs as requested by residents (air filter changes, weather stripping, inspecting HVAC systems and hot water heaters)

If a resident discovers or suspects exterior lighting is attached to their home they should contact LMH directly. Residents should also call LMH at 270-7638 or visit Ista at www.ista-direct.com with any questions or concerns about "mock billing."

(Source: Residential Communities Initiative)

Street closure will not affect gate operations

The Cunningham/Broadway Street intersection will be closed effective Dec. 7 for about three months in order to complete an underground drainage project. The Cunningham/Broadway closure will not affect the Wilson Access Control Point operation. There is a detour via Brahan Boulevard just one block north of Cunningham off Broadway Street and Haywood Avenue. to the Wilson ACP.



Ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blessé Auditorium, Willis Hall, Building 2841:

Monday from 9 to 10 a.m.

Dec. 14 from 1 to 2 p.m.

For more information, call Gerald Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.

Tucker to lead Warrior Transition Unit efforts

By Jerry Harben
U.S. Army Medical Command Public Affairs
Office

One of the Army's top advocates for the care and treatment of its ill and wounded Soldiers and their Families now will serve as assistant surgeon general for warrior care and transition.

The Army has assigned Brig. Gen. Michael Tucker, who has been deputy commander of the Army's North Atlantic Regional Medical Command as well as director of the Army Medical Action Plan, to lead the service's warrior care and transition effort.

Tucker, a two-time combat veteran, has been known by the media as a "bureaucracy buster," and was charged with transforming wounded warrior care in March following news reports a month earlier about standard living conditions and procedural obstacles for wounded Soldiers at Walter Reed Army Medical Center in Washington, D.C.

"As a leader of Soldiers, I am humbled by this responsibility and the implications it will have on the force for years to come," said Tucker, a 35-year Army career veteran. "What we do today to transform the military health care system and respond to the needs of our Soldiers and their

Families – at a time in their lives when they need us most – will shape the force for years to come. Anything other than a complete transformation of the system is unacceptable."

Tucker and his staff have spearheaded efforts to create warrior transition units to give better leadership and supervision to Soldiers recovering from wounds, to improve their housing and other service facilities and to establish centers to provide administrative and social-work services for Soldiers' and Families.

According to Maj. Gen. Gale Pollock, Acting, the Surgeon General, "Soldiers who are recovering from injuries or illnesses in our hospitals, or who are leaving the Army for civilian life or to receive care from the Department of Veterans Affairs, have earned the very best service and support we can provide. They have an advocate in Mike Tucker. He impresses everyone with his energy and enthusiasm as he aggressively tackles these important issues. He will continue that focus in his new position as assistant surgeon general for warrior care and transition."

While Tucker's title has changed, his team remains focused on providing policy and program oversight of 35 WTUs with a staff in excess of 2,400 military members and civilian employees, and a budget of more than \$1.2

million for Fiscal Year 2008.

In the WTUs, each patient is assigned a squad leader, a case manager and a primary-care manager to make sure the wounded Soldier receives appropriate treatment and adequate administrative support, and his or her Family's needs are met.

Tucker, a former drill sergeant, said that during his career he has faced many challenges, but the personal responsibility he feels for improving the lives of his fellow Soldiers is what drives him to bust through the bureaucracy.

The general is quick to credit the team of Army physicians, nurses, social workers, benefits counselors, platoon sergeants, squad leaders and other support staff members who have stepped up to this new challenge and who have repeatedly shown their dedication and commitment to serving and caring for their brethren.

"Our team has worked hard to change the way we provide care to our ill and wounded," Tucker said. "I am proud of their work."

The AMAP chief of staff agrees, adding that it has taken courage and leadership to see this vision through.

"We are determined from top to bottom (of the organization) to transform this process," said Col. Jimmie Keenan, chief of staff for AMAP. "General Tucker has empowered all of us to make a difference. Of course, it is



Photo by Gary Sheffick

Brig. Gen. Michael Tucker, recently named Army assistant surgeon general for warrior care and transition, speaks during a recent meeting of the Association of the United States Army.

not perfect. We will have to make adjustments as we move through this process to make sure we are truly meeting the needs of our troops, and we will. There is so much passion and commitment at all levels of the organization from our specialists to senior Army leaders to make sure we are serving our fellow Soldiers as fiercely at home as they served the nation on the battlefield. I can see the sense of duty and responsibility in the eyes of

See TUCKER P6

Army trauma training center CRNA named top nurse anesthetist

MIAMI — United States Army Maj. Brad West, MSN, CRNA was selected as the best Nurse Anesthetist by the University of Miami Miller School of Medicine Anesthesiology Department. The Anesthesiology department was founded at Jackson Memorial Hospital in 1958.

"We strive to not only be the biggest program but the best program in the nation" said Dr. David Lubarsky who has been the Chief of the Department since 2001. Today this Anesthesiology program is one of the premier training programs in the country.

With more than 70 faculty anesthesiologists over 150 interns, residents and fellows this is certainly the largest residency training program in the country. Current fellowship programs available include pediatric, pain, cardiac, ICU, obstetric,

trauma, and liver transplant anesthesia. Jackson Memorial Hospital can accommodate this large program because of the tremendous volume of patient care. For example, this facility sees between 60 and 80 surgical patients a day, which is about equal to the number of patients seen in a week for your average operating room in America.

These coveted annual awards are given to persons within this large department who exemplify the best of what Anesthesiology is all about. This year the graduating class, who select the recipients, surprised everyone by giving the best Nurse Anesthetist award to someone outside of the department. West is the Chief Anesthetist and an instructor for the Army Trauma Training Center located within Jackson's Ryder Trauma Center. West was

assigned to this position over three years ago when the members of this years graduating class were interns.

West works directly with University of Miami residents in one of the busiest Level I trauma centers in the nation. He shares his expertise and knowledge of trauma anesthesia with the residents and rotating active duty and reserve Nurse Anesthetists and Anesthesiologists.

West stated, "I think the residents enjoy the war stories I tell when we work together on call."

Maj. West has certainly seen his share of action in the field having served in a variety of locations such as Thailand, Honduras, Macedonia, Oman, Afghanistan and Iraq.

In March of 2003 West became the first nurse anesthetist in the United States Army history to officially receive the combat para-

chutist badge. He completed the airborne combat jump into Iraq when his unit, the 250th Forward Surgical Team, was attached directly to the 173rd Airborne Infantry Brigade based out of Vicenza, Italy. With over 1000 paratroopers involved in the jump, this was the largest airborne operation since WWII and previously only physicians were allowed to take part in airborne combat operations.

West is from Knoxville, Tenn. and holds a Bachelors degree from Carson-Newman College and a Masters of Science in Anesthesia Nursing from the U.S. Army Graduate Program in Anesthesia Nursing. This award reflects greatly upon the ATTC, the Army Nurse Corps. and the Army Medical Department.

(Source: Army Trauma Training Center Press Release)

Mother, daughter make Army a family affair

By Minnie Jones
Fort Sam Houston Public Information Office

Setting out to fulfill a life long dream of joining the Army, Michelle Silverman asked her daughter, Amber Pearson, to go with her to the recruiter's office for moral support. Little did she know that her daughter would be joining the Army right along with her.

Silverman, 37, a homemaker taking courses at a local college, felt that something was missing from her life. She had always wanted to join the Army, but put her marriage and children first and career later.

Three children and 18 years later, Silverman headed to the recruiter's office to make a dream come true.

"My husband and I had been talking about it a lot, and when he said, 'I think that would be great; I think you can do it,' I called my daughter and asked her to go to the Army recruiter's office with me," said Silverman.

"My dad went with us and as the recruiter began talking about the Army and answering my mom's questions, I kept saying that's great, that's awesome. My father said, jok-



Pvt. Michelle Silverman (left) and daughter, Pvt. Amber Pearson recall some of their experiences while attending basic training at Fort Jackson S.C. before attending Advance Individual Training here at Fort Sam Houston.

ingly ... 'my daughter will be in tomorrow to sign up.' I never really gave the Army much thought until then," said Pearson.

Silverman and Pearson attended basic training together at Fort Jackson, S.C.

"Going to basic training was a little bit of a culture shock for me.

Like I said, I'm 37. The physical stuff gave me a hard time; it was a challenge for me," said Silverman. "It was also really hard going from the mom who sets the rules, to being on the other end. Adapting to that was a little bit rough at first."

"I had the advantage at basic training. I had support that nobody else

had. The whole time I was in basic training, I would say to myself, this sucks, I'm going to talk to my mom," said Pearson. "A lot of Soldiers at basic training wished they had their moms there to talk to."

"I've always had a lot of respect for my mother. I've always known her to be a strong individual, but in a mental way, now it is also physical. She persevered through it (basic training), she met the standards, just as much as I did," said Pearson.

Both are Army Privates now, and mom and daughter are still pulling duty together. They are attending Advance Individual Training at the 232nd Medical Battalion, to become combat medics, 68Ws. Combat medics are trained Soldiers who are responsible for providing first aid and frontline trauma care on the battlefield.

Second Lt. Sherrilynne Cherry, executive officer, B Company, 232nd Med. Bn., recalls while running physical training one morning, that she heard a Soldier medic encouraging another not to fall out of the run.

"Occasionally I would hear, 'Don't quit Momma keep on going' or 'You

See FAMILY AFFAIR P6

MAGISTRATE from P1

and 21 of the United States Code and Texas Traffic Code and criminal Code.

The Magistrate court hears all types of civilian cases such as drunk driving, shoplifting, and assault. "What people need to understand is that whether military or not, if you commit a crime on Fort Sam Houston you will be prosecuted," said Pat Plumley, Magistrate court, program manager, Fort Sam Houston.

"At any given time we have between 30 and 50 cases in active prosecution. All crimes committed by civilians are considered for prosecution in U.S. District Court. The majority of crimes that are prosecuted include, driving while intoxicated offenses, theft of government property, possession of controlled substances, and assault offenses," said Plumley.

The magistrate court does not only hear civilian cases committed on Fort Sam Houston, but other federal cases as well.

"In the past we were called upon by the U.S. Attorney to hear several federal cases that included the U.S. Fish and Wildlife department, the Veterans Administration and an oil spill incident that hap-

pened at Canyon Lake, we will handle any case that they ask us to take," said Plumley.

Any person, civilian or military, issued a traffic ticket citation for a traffic offense committed within Fort Sam Houston, will appear before the U.S. Magistrate court, unless the person pays the collateral amount found on the citation, by mailing a check to the address on the citation prior to the court date.

For criminal offenses, appearance before the U.S. Magistrate Judge is mandatory for civilians. The U. S. Magistrate Judge hears cases at the United States District Court, Western District of Texas on Durango Boulevard.

Prosecuting crime is a big business on Fort Sam Houston; the Magistrate office opened 158 criminal cases in 2006 and 2007. There are three full-time Magistrate Judges and four appointed Special Assistant Attorneys prosecuting civilian crimes and maintaining justice on Fort Sam Houston.

The Staff Judge Advocates office wants to send out the word, that it doesn't pay to commit a crime on Fort Sam Houston. For more information regarding the U.S. Magistrate on Fort Sam Houston, call 221-0289.

FAMILY AFFAIR from P5

can do it Momma.'

I just thought she was using 'momma' like slang. As we finished the run, I noticed the Soldier applauding the other and referring to her as "momma." They caught me looking at them and they both exclaimed, at the same time, 'that's my daughter - that's my momma, Ma'am!'

Cherry said, "You both are joking right and they responded, 'No ma'am.' They went on to tell me that their entire family had joined the Army. I asked how does the whole family decide to join the Army at the same time; what a conversation they must have had over dinner."

"I came in the Army thinking that I can do everything on my own, but the Army has changed my perspective. Now I know that I can't do everything on my own. We talked about it; we knew that she (Silverman) was going to have an issue with basic, and that I would have a problem at AIT. I helped her through basic, now she's pushing me through

TUCKER from P4

everyone on the staff. We all know what we are doing is the right thing for our fellow Soldiers."

Keenan said the transformed military health care system focuses on the total care of ill and wounded Soldiers and their Families, including the severely injured.

AIT. This experience has made me realize that I definitely can't do everything on my own and it's okay to combine people and take their strengths and weaknesses, somehow mold it together to form a puzzle and make it work to get the end result," said Pearson.

"That's the cohesive thing they (the Army) keep telling us about," added Silverman. "Oh yeah," said Pearson.

"This experience has regrounded me, instead of being somebody's wife or somebody's mother, it (the Army) gave a piece of me back, it help capture some of my identity back," said Silverman. "I think I found my place, and it is not too bad."

After training, the mother and daughter team will return to their hometown of Poland, Maine, as Soldiers serving in the Army National Guard at Camp Keyes, Augusta, Maine.

Silverman's entire family is currently serving in the Army National Guard in Maine, with the exception of younger daughter, Kelly, who plans to join next year, following high school graduation.

No longer will a Soldier or a Soldier's loved one have to search for the ID card section, how to get billeting or even a ride to the airport.

The WTUs will also link Families to warrior medical care, rehabilitation and benefits as they have never been before with the addition of Soldier Family Assistance Centers. The Installation Management Command-sponsored assistance centers will provide help with documents, payments, access cards, insurance and more. Ill and wounded Soldiers will also receive legal assistance concerning Medical Evaluation Board and Physical Evaluation Board cases.

The 35 WTUs are expected to be fully operational by early 2008, AMAP officials said.

"These warriors have risked life and limb to defend our nation's freedoms, and it is our duty to honor and serve them with compassion and dignity," Tucker said. "These Soldiers are warriors in need of healing. They need to know that's what we are there to do for them, so that their focus is on recovery and not whether their rent will be paid."

(Amee Roberson with Army Medical Action Plan Strategic Communications contributed to this report.)

Commissaries accept AFFN 'Thank You' cards

FORT LEE, Va. – The Defense Commissary Agency now accepts the Armed Forces Financial Network "Thank You" card at all commissaries stateside and overseas. The "Thank You"

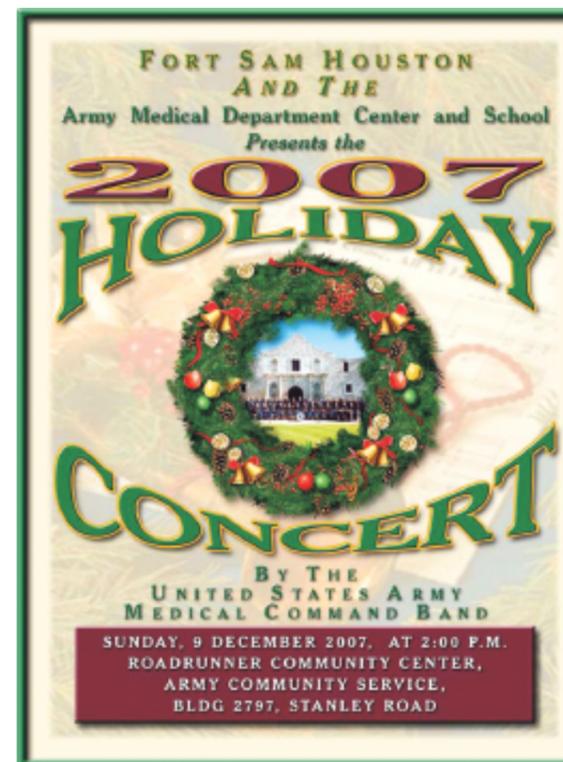
card campaign was designed around giving thanks to military members and their Families during the holiday season. However, the cards can be used all year long. The cards offer military members and their Families a convenient and secure payment alternative to cash, checks or credit cards.

In the past, AFFN partnered with on-base banks and credit unions to provide Certifichecks (gift checks) to Families staying at Fisher houses. The Certifichecks were used for personal care items, food and holiday meals. This holiday season, AFFN has launched the "Thank You" card to replace the gift checks and will distribute more than \$38,000 worth of cards.

Recipients of the \$50 cards receive a four-digit personal identification number with the card, so it can be used at any retail store – just like an ATM or debit card. The card is authorized for point-of-sale transactions only and will not work in an ATM.

For more information on the new "Thank You" card, visit <http://www.AFFN.org> or contact the Armed Forces Financial Network via e-mail at info@affn.org.

(Source: Defense Commissary Agency news release)





Holidays, stress go together

For millions of Families, the holidays are the perfect time to embrace new and old traditions, and reconnect with relatives and friends.

Military Families, however, face unique challenges during the season, especially when a loved one is away.

Dealing with deployment can be difficult during the holidays. When everyone else seems to be talking about giving

thanks and counting blessings, many service members and their Families end up feeling lonely, angry and sad. While they are proud of their service to the country, military Families also deal with unique financial and emotional challenges. Often, the pressure to have the "perfect" holiday can aggravate anxiety and cause stress.

This holiday season, take advantage of the free, anonymous, online and telephone mental health self assessments

available year-round for military personnel and their Families. The self-assessment contains a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a health professional. Once the self-assessment is completed, the individual receives information on how to get help including services provided through the Department of Defense and Veterans Affairs. The program, funded by the DoD, is available to Families in all branches, including the National Guard and Reserve.

Questions included in the online self-assessment are:

- Have you lost pleasure in things you used to enjoy?
- Do you have trouble sleeping or eating?
- Does your mood fluctuate between overly "high" to sad and hopeless?
- Do you feel keyed up and anxious all the time?
- Are you having nightmares about

something that happened in the past?

- Do you suffer from unexplained aches and pains?

This holiday season, take care of your Family by taking stock of your emotions and seeking help if life is especially stressful. The self-assessment is the first step to caring for those you love by helping yourself. To access the anonymous program, visit www.MilitaryMentalHealth.org or call 877-877-3647.

The Mental Health Self-Assessment Program is offered to more than 1.5 million military Families affected by deployment in all branches, including the National Guard and Reserve. It is designed to help Families and service personnel identify their own symptoms and access assistance before a problem becomes serious. The tests available address depression, bipolar disorder, generalized anxiety disorder, post-traumatic stress disorder and alcohol use. After an individual completes a self-assessment, referral information is provided, including services provided through the Department of Defense and Veterans Affairs. The program, part of DoD continuum of care, is fully funded by Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.

(Source: www.militarymentalhealth.org)



Photo by Olivia Mendoza

Injection

Pvt. Justin Szatkowski, a healthcare specialist from Brooke Army Medical Center, prepares to inject the influenza vaccine into John Hall at a flu vaccination clinic Nov. 13 at the Roadrunner Community Center. Flu vaccinations will be held Dec. 3 and 4 from 8 a.m. to 4 p.m. at the Army Community Center, Building 2797. It is mandatory for all active duty members and all hospital staff to be vaccinated.

Golf Shoot Out held in memory of CSM Lankford

BAGHDAD – The 79th Explosive Ordnance Disposal Battalion, and Psychological Operations Task Force 10, hosted the Command Sgt. Maj. Lankford Memorial Golf Shootout at the TF10 golf range at Camp Victory Nov. 11.

The winner of the tournament, Army Lt. Col. Barry Dickerson, a Talladega, Ala., native and equal opportunity program manager, 1st Cavalry Division, stopped over to the range from Camp Liberty. He shot a 23 out of 45 during the tournament and tied for first place with Army Spc. Glen Gleason, Wakefield, R.I., native and intelligence analyst, Multi-National Corps-Iraq. They held a tie breaker — five shots at the 200 yard circle — and Dickerson came out the winner.

The coordinators, Army Capt. Jim Hartman, battalion assistant operations officer of the Fort Sam Houston, Texas based 79th EOD Bn., MNC-I, and Army 1st Sgt. Clinton Merritte, first sergeant and operations NCO, of the St. Louis, Mo. based POTF-10, said the units set up nine flags at various distances and circled the flags with sandbags. After each player took a whack at 10 warm up balls, their goal was to land five balls in each circle for a total of 45.

About 60 individuals from various Coalition Forces and branches of service came out to participate in the tournament.

Merritte, a South Hill, Va., native, said the shootout was a tribute to their friend and golf partner Command Sgt. Maj. Jonathan Lankford, 79th EOD Bn., who passed away earlier this year. Lankford was one of the major players in the organization and development of the range, added Hartman, a Rich Hill, Mo., native.

"We chose to plan it around



Photo by Spc. Stephanie Homan

About 60 individuals, from various branches of service and coalition forces, participated in the Command Sgt. Maj. Lankford Memorial Golf Shoot Out at the TF10 golf range Nov. 11 at Camp Victory. Psychological Operations Task Force 10, Multi-National Corps-Iraq, and 79th Explosive Ordnance Disposal battalion, MNC-I, held the event around Veteran's Day in honor and memory of their comrade, Lankford, who was an avid golf player and helped develop the range.

Veteran's Day so we could honor him along with the veterans here and who have gone before us," said Merritte.

Morale, Welfare and Recreation provided drinks, popcorn and moral support for the event, said Hartman. But that was only the tip of the golf tee for the support that these units received. Multiple organizations that manufacture golf products including Callaway and Ping, donated clubs, balls, towels, covers, shirts and hats for the units to give away as prizes.

"There were 600 golf gloves donated, so each registrant

gets a glove to play with during the shootout," Merritte said.

Army Chaplain Matthew Ahn, Task Force Troy, MNC-I, spent the whole day, nine hours total, at the golf range for the tournament. He said he plays as often as possible and for him it is

just the stress relief that draws him.

"It doesn't matter where the ball goes," said the Yonkers, N.Y., native, who landed 11 out of 45 shots, putting him in the top 50 percent. "It is just fun and relaxing."

Before the awarding of the prizes, Army Lt. Col. Marue Quick, Fairmount, Ill., native and 79th EOD Bn. commander, spoke a few words about the event. She and the unit held the event in high regard as it was in Lankford's honor and thanked all the participants for supporting it.

"Command Sgt. Maj. Lankford loved the challenge of golf. In the last months of (his) life he found solace here golfing with friends," Quick said. "Thank you all so very much for making this day possible."

Everything provided was free and the day was meant to relax and have fun. But it also gave people the opportunity to give back. The unit set up a donation box into which participants could voluntarily contribute to a local Baghdad charitable organization that aids women and orphans. The unit plans to give the donations to the charity in Lankford's honor.

(Source: Multi-National Corps – Iraq Public Affairs Office)

Sports Briefs

Climb high at Jimmy Brought Fitness Center

Intramural bowling

The Fort Sam Houston Garrison intramural bowling league begins Jan. 7. Letters of intent for intramural bowling are due Monday to Earl Young at 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, Texas 78234. A coaches' meeting will be held Dec. 12 at 1 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3185 or email earl.t.young@us.army.mil.

Heartbreaker closes grid season

Robert G. Cole High School senior RJ Evans ran for 242 yards and five touchdowns Nov. 16, but it was not enough; as Stockdale Brahma Ty Warnasch blocked the potential game winning field goal, and teammate Michael Soto ran it back 60-yards for a touchdown as time expired to give Stockdale a 40-34 first round playoff win. The Cougars were lined up for a 52 yard field when the 6-foot-3, 295 pound senior blocked his second kick of the game. "I knew I was going to make the kick," said Cole senior kicker Lukas Sheridan. "When he blocked it, I froze. I couldn't believe it." The Cougars finish the season with a 7-3 record.

The Brought Fitness Center held a weeklong competition Nov. 11 to 16 to race up the same number of steps as the Seattle Space Needle. Over 70 competitors raced up 832 steps using the Stepmill exercise machine.

Faye Miles was the fastest "climber" with a finishing time of five minutes and 15 seconds, closely followed by the men's top finisher Maj. John Parsons with a time five minutes and 20 seconds.

The women's second and third place finishers were Jimmy Brought Fitness Center employ-

ees Penney Villalvalzo, second and Gloria Navarro, third place finisher.

Rounding out the women's top five were Stacey Love followed closely by Liz Henderson.

Men's second place finisher was Pfc. Michael Ford, Lainie Pierce came in third, fourth place went to Leo Rattler and fifth was Pvt. Scott Beckwith.

The next "Race to the Top" will be held in January when the race will be the steps of the Washington Monument with its 897 steps.

(Source: Jimmy Brought Fitness Center)



Courtesy photo

Faye Miles climbs her way to victory during the recent competition held at the Jimmy Brought Fitness Center. The goal, to be the fastest to climb the 832 steps that leads to the top of the Seattle Space Needle, only, in this case, on a Stepmill exercise machine. Miles won with a time of 5 minutes and 15 seconds.



Photo by Esther Garcia

Catch

Fort Sam Houston Rangers basketball team play against the Howard College Hawks, Big Springs, Texas, Nov. 17 at the Brigade Gym. The Rangers fought hard, but lost to the Hawks 101-90. Currently the Rangers record is 9 wins and 5 losses. Their next game will be Saturday against Temple College in Temple, Texas.

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.

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



**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.

Religion

Fort Sam Houston Chapels Holiday worship, event schedule

Friday

Jewish: Oneg Shabbat, 8:30 p.m., Main Post Chapel

Muslim: Jumma, 1:30 p.m., Mosque

Saturday

"Family Christmas Workshop" from 10 a.m. to 2 p.m. at Dodd Field Chapel

Dec. 6

"Christmas Tree Lighting" at 6 p.m. at the Garrison flagpole

Dec. 8

Gospel and Samoan Congregations "Christmas Musical Festival and Celebration" at 6:30 p.m. at Dodd Field Chapel

Dec. 13 to 15

"Journey to Bethlehem" from 5:30 to 8:30 p.m. at the Main Post Chapel

Dec. 16

"Cantata" at 8 and 11 a.m. at the Main Post Chapel (Protestant services)

Dec. 24, Christmas Eve services

Roman Catholic: "Children's Mass" at 5:30 p.m. at Dodd Field Chapel

"Midnight Mass" at 11 p.m. at the Main Post Chapel

Protestant: "Candlelight Service" at 7 p.m. at the Main Post Chapel

Dec. 25, Christmas Day service

Roman Catholic: "Christmas Mass," at 9:30 a.m. at the Main Post Chapel

Dec. 31, New Year's Eve service

Gospel Protestant: "Watchnight Service" at 11 p.m. at Dodd Field Chapel

Jan. 1, New Year's Day service

Roman Catholic: "Holy Day of Obligation, Feast of Mary, Mother of God Mass" at 9:30 a.m. at the Main Post Chapel

Two new worship services

A Christ for the Intrepid contemporary worship service will be held Sunday nights with a free coffee house at 5:30 p.m. followed by a service at 6 p.m. at the Center for the Intrepid Coffee House, on the first floor of the CFI. For more information, call Maj. Chaplain Jim Duke or Capt. Chaplain Jim Combs at 916-1105.

An Episcopal/Lutheran Rite traditional worship service will be held Thursdays at 12:30 p.m. at the Brooke Army Medical Center Chapel. For more information, call Capt. Chaplain Phil Kochenberger at 916-1105

Reminder of schedule change

Due to the closure of the Army Medical Department Center and School Chapel for renovations services have been moved. Church of Latter Day Saints service will be held Sundays at 9:30 a.m. in the Noncommissioned Officer Academy; and Catholic Mass at 8 a.m. Sundays and Protestant service at 9:30 a.m. Sundays will be held in Evans Auditorium.

STAND-DOWN from P1

Veterans Association estimates that nearly 200,000 veterans are homeless on any given night and nearly 400,000 experience homelessness over the course of a year. These former service men and women dedicated a portion of their lives to the service of their country, and because of that should be able to live a life free of sleeping under bridges.

To help veterans get back on their feet, the Soldiers of the 314th MI Bn. volunteered their time and services during Veterans Day and Thanksgiving.

During the recent stand-down, the impact of what they were doing became all too real. Standing among the 350 veterans was a man Sgt. 1st Class Juan Santiago never thought he'd see again, his drill sergeant from basic training in 1986.

The former drill sergeant, who prefers to remain nameless, spoke with Santiago, took his phone number and agreed to call if he needed anything. Which he did, and the two went to lunch before the veteran boarded a bus to Phoenix, where he hopes to get back on his feet.

Among the numerous homeless vets was former Staff Sergeant Shawn Robbins. After serving two tours in Iraq he was medically discharged in July of 2007. Three months later Robbins found himself on the streets without a place to call home.

"There just aren't enough VA hospitals to help the vets who are coming back from Iraq and Afghanistan. There needs to be more services available for Soldiers who receive medical discharges," said Robbins.

Throughout the day, 350 homeless veterans along with many other homeless citizens were given food, flu shots, HIV tests, haircuts and other essentials.

But the need to do more didn't end there for the Soldiers of the 314th MI Bn.

On Thanksgiving Day six more Soldiers volunteered at the residential center for homeless veterans.

Sponsored by the GI Forum, the center has seven bays each with 80 beds, and 30 single room apartments. The center began operation in November of 2005. Any homeless veteran who received at least a general discharge from the military is eligible to stay at the resident for up to two years. Currently, the transitional bays is "home" for 78 veterans and 28 others are living in the single rooms.

"Our biggest hurdle is funding and getting the staff required to address everyone's needs. You have to believe in what you are doing. If you don't believe in the dignity and worth of the homeless, than you won't be a good volunteer," said Ed Coleman, director of the facility.

Although the residential center is con-



Photos by Tim Luukkonen

Former Airborne Sgt. Huel Pitts, who served in the Army from 1960 to 1980, said he loved the Army and "I'd go back in today if I could."

sidered a transitional facility, many of the residents call the place home. They use it as a new beginning in an effort to regain control of their lives. Because they have the chance to stay there for two years, the staff and residents feel like a family and even celebrate the holidays together.

"People come here and we give them the feeling that this is home. Whenever I go pick up a resident, I always say 'Let's go home,'" said Richard Carrillo the lead case manager.

On Thanksgiving Day, the 314th MI Bn Soldiers set-up the dining area and helped serve food to about 65 of the residents. After dinner the Soldiers cleaned the dining area and washed dishes.

"I wanted to do this because it was the right thing to do. I'm blessed with a lot of things, so I needed to come out and help. Since I am a Soldier there is always the possibility that something like this could happen to me," said Sgt. Jarrod Armstrong.

Future volunteer projects are in the works. The Soldiers of the 314th MI Bn. want to establish an ongoing relationship with the folks at the center and are eager for more opportunities to volunteer. Some of the Soldiers are willing to give computer classes, run bingo night and just talk with the veterans.

It is not uncommon to see a homeless veteran on the streets of San Antonio. However, homeless veterans are no longer just those from the Vietnam, Korean War or World War II era. There is an increasing number of homeless veterans who were Soldiers that served in Iraq and Afghanistan.

For more information about the center or volunteer information, call Ed Coleman at 448-9714.



The Freight Train Riders of America, travel the country never calling any place home. At the 10th Annual Stand-Down Nov. 9 they took a moment to pay tribute to veterans and receive supplies.



Sgt. Jarrod Armstrong stands on the serving line dishing out mashed potatoes to a resident of the transitional facility.



Homeless veteran, retired Master Sgt. Lawrence Lovato, who served 22 years in the Army, receives a haircut from Nancy Alvarez.

Soldiers enjoy dinner with Families on Thanksgiving



Photos by Phil Reidinger

More than 1,000 Soldiers assigned to the 32nd Medical Brigade enjoyed Thanksgiving festivities with San Antonio area Families. Families register to adopt two Soldiers for the day and then meet them at Fort Sam Houston early in the morning. In its 17th year, the event is operated with military precision by a cadre of officers and NCOs well prepared to document which Soldiers were assigned to Families.

Fort Sam Houston and Army Medical Department Center and School commanding general, Maj. Gen. Russell Czerw greets Families arriving to meet Soldiers, thanking them for their generosity and desire to share their Thanksgiving Day Family traditions with Soldiers.



(Above) Sam Shattuck and his son, Nicholas, with two Soldiers. Shattuck works in the installation Department of Plans, Training, Mobilization as an operations officer.

32nd Medical Brigade cadre work quickly to identify Families registered for Mission Thanksgiving and match them with male or female "battle buddies"



(Left) Bud Little, WOAI radio news reporter, greets his guests for Thanksgiving Day. Little has adopted two Soldiers every year since the beginning of the Mission Thanksgiving program in 1990.

Fort Sam Houston Independent School District

Weekly Campus Activities - Monday through Dec. 8

Fort Sam Houston Elementary School

Wednesday

Progress reports sent home

Dec. 7

Spirit day

Robert G. Cole Middle and High School

Monday

National Honor Society meeting in Ms. Malcom's room, 12:50

p.m.

Tuesday

Girl's basketball at Cotulla, 5:30 and 7 p.m.

Boy's basketball vs. Comfort at Cole, 6 and 7:30 p.m.

Dec. 6

Boy's varsity basketball Hondo tournament, TBA

Girl's varsity basketball tournament at Pearsall, TBA

Dec. 7

Boy's varsity basketball Hondo tournament, TBA

Girl's varsity basketball tournament at Pearsall, TBA

Middle School Scrap Book Club, 3:50 p.m.

Dec. 8

Boy's varsity basketball Hondo tournament, TBA

Girl's varsity basketball tournament at Pearsall, TBA

MWR Community Recreation

Post garage sale

A post garage sale will be held Saturday from 10 a.m. to 4 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID is required to participate. Participants may rent tables and chairs on-site from the Outdoor Equipment Center. Table rentals will be on a first-come, first-serve basis as supplies last. The selling of firearms, animals, arts and crafts, or food and beverage items is not permissible. For more information, visit www.fortsamhoustonmwr.com or call 221-5224 or 221-5225 to register.

Coushatta Casino Resort trip

The MWR Ticket Office and the Sam Houston Club are sponsoring a trip to the Coushatta Casino Resort in Kinder, Louisiana. The bus will depart from the Sam Houston Club Tuesday at 7 a.m. and return Wednesday at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Patrons must be at least 21 years old and possess valid photo identification at all times. Make reservations at the ticket office by Saturday. For more information, call 226-1663 or 224-2721.

Golf Club, 222-9386

Warriors Monthly Scramble golf tournament

The Warriors Monthly Scramble is held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament is Dec. 7. Register up to four players to participate in Warriors Monthly Scramble. Shotgun start at 12:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information or to register, call the Golf Club Pro Shop at 222-9386.

Holiday Sale

The Fort Sam Houston Golf Club's Pro Shop is having a holiday sale through Dec. 23. Come by for discounts ranging from 5 to 40 percent off a variety of merchandise. Stop by the driving range and buy a bucket of balls for \$3; if you find a lucky red ball in your bucket of range balls you are an instant winner of a dozen pro line golf balls from the Pro Shop. For more information, call 222-9386.

Dining and Entertainment

Sam Houston Club, 224-2721

Holiday Brunch

A special holiday brunch will be held Dec. 16 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. Features include a chocolate fondue station, complimentary champagne and an international food station. There will be a special appear-

See MWR P17

ance by Santa! Cost is \$17.95 for nonmembers, \$15.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and younger eat free. For more information, call 224-2721.

Super TGIF

Stop by the Sam Houston Club Dec. 14 at 4:30 p.m. for an evening of holiday cheer. Come enjoy free food and karaoke/D.J. For more information, call 224-2721.

Karaoke Fridays

Come by the Sam Houston Club every Friday at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

Harlequin Dinner Theatre

'My Three Angels'

The comedy by Sam and Bella Spewack, "My Three Angels" will be presented at the Harlequin Dinner Theatre through Dec. 15. Performance tickets are \$28 on Wednesdays and Thursdays and \$31 on Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m., and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office

The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. and closed Saturday through Monday. Come by for discounted tickets on local attractions, as well as theme parks like Disney World and Universal Studios. For more information, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

Army Community Service

**Financial Readiness
Program classes**

The Financial Readiness Program will hold classes on Personal Financial Management, Understanding Your Credit Report, Financial Planning, Identity Theft and Checkbook Maintenance. Classes are held from 2 to 4 p.m. in Building 2797. Seating is limited. For more information or to register, call 221-1612.

**Army Family Team
Building**

A three-day Army Family Team Building course will be held Wednesday to Dec. 7 from 9 a.m. to 4 p.m. at the Roadrunner Community

Center, Building 2797. Lunch will be provided. AFTB level 3 teaches effective communication, listening skills, coaching, mentoring, advising, developing presentations, building a cohesive team, group conflict management, media and public relations and much more. AFTB encourages new spouses, Family members, Soldiers and Department of the Army civilians to find out about Army life. For more information, call 221-0946.

Holiday Stress

The Red Cross will hold a class on how to manage stress during the holiday season. Dec. 11 from 11 a.m. to 12:30 p.m. at Building 2650. For more information, call 221-2750.

Blended Families

The stepfamily can be complex when it comes to family relationships. Join the Red Cross, Building 2650, on Dec. 20 from 11 a.m. to 12:30 p.m. to discuss changing family dynamics and the complex roles of parents. Learn tips on dealing with discipline issues and how to avoid common pitfalls. For more information, call 221-2750.

AER Scholarship Programs

The Maj. Gen. James Ursano Scholarship Program is for dependent children of active, retired and deceased Soldiers. The Maj. Gen. James Ursano Scholarship Program offers scholarships based on financial need, academics and leadership/achievement. For more information or to apply for the scholarship, visit www.aerhq.org or call Army Community Service at 221-1612.

Child and Youth Services

Youth basketball registration

Central Registration will hold registration for basketball today through Dec. 7. Practice begins Monday. Patrons must be registered with Child and Youth Services. To register, patrons must provide Leave and Earnings Statement, spouse's W2 form, updated shots records for kindergarten through fifth grade, a current sport physical valid through the entire season, the child's Social Security number and two local emergency designees, \$18 registration fee and basketball fee of \$45. For more information, call the Sports Office at 221-3502 or Central Registration at 221-1723.

Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held Dec. 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

Youth winter camp

School Age Services and Youth Services will provide Winter Camp from Dec. 24 through Jan. 7. All patrons must be registered in order to be

eligible for the camp. For more information, call School Age Services at 221-4455 or the Youth Center at 221-3502.

Coaches needed

The Youth Sports Program is looking for basketball coaches. Coaches will need to clear a background check. Those interested in coaching may pick up coaching packets from the Youth Center, Building 1630 or Central Registration, Building 2797. For more information, call Sports at 221-5519 or 221-3502.

Youth talent show

Sign-up for the 2008 Youth Services Talent Show. Comedians, dancers, models, steppers, poets/speakers, singers and musicians are needed for the yearly show will be held Feb. 23. Stop by any Child and Youth Services facility between Dec. 26 and Jan. 25 to sign-up. Applicants must be between the ages of 3 and 18. For more information, call 221-4871 or 221-1723.

FCC providers

Family Child Care is seeking Family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

CYS needs instructors

Child and Youth Services is recruiting instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

Plenty of turkey's at third Annual Turkey Bowl

Story and photo by Kelly Jones
MWR Marketing Director

The Fort Sam Houston Directorate of Morale, Welfare and Recreation delivered another wonderful event for Soldiers, Families and the Fort Sam Houston community. Over 250 Soldiers, Family members and DoD civilians attended the Third Annual Turkey Bowl Nov. 17 at the Fort Sam Houston Bowling Center.

The Bowling Center holds the event annually for the community as a way to express thanks to all the Soldiers, Families, civilians and on-post organizations for continued patronage and support of the state-of-the-art bowling center. Furthermore, it gives the community an opportunity to get together and celebrate the holiday season early with other Families and friends prior to the traveling season.

In addition to the Families and permanent-party Soldiers, many Soldiers in advanced individual training and initial entry training enjoyed the event. The high-paced and energetic atmosphere, coupled by hip music is making the bowling center a favorite for younger Soldiers at Fort Sam Houston.

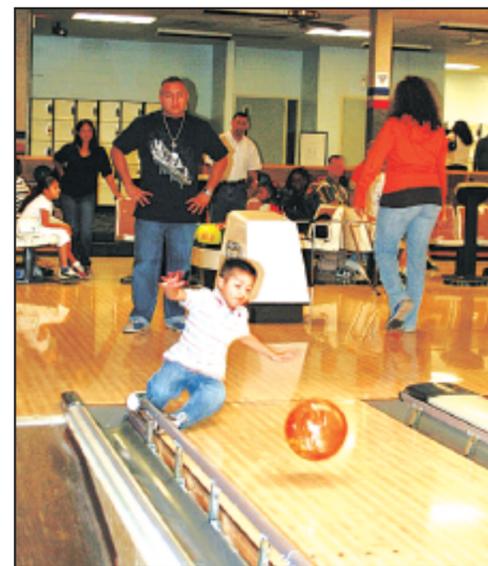
"I am so proud to be associated and

work with members of the MWR family. They truly go above and beyond to make a significant impact for our community and offer a variety of events and programs that can be enjoyed by Soldiers, civilians or Family members," said Sherry Salone, Fort Sam Houston Fire Department. "This was my first time being able to attend one of the bowling events, but the experience has definitely lived up to everything I've heard about them. The free cyber-bowling was enough for us, but to have a chance to win \$200 cash and \$100 Army and Air Force Exchange Service and HEB gift cards before the holidays made it even more worthwhile."

"This is by far one of the most inspiring events I get to be a part of each year. I always get excited to put these Family events on, but to know this event may be the closest thing to celebrating with Family and friends some of these Soldiers and Families get, I'm just so proud to be associated with it and hopefully can make a difference in their holiday season," said John Fryman, Bowling Center Manager. "There are many people and situations I am thankful for that have enabled me to host these events for our community and I am extremely

thankful for the opportunities I've been blessed with. During these trying times in the military, funding for programs has diminished which makes it difficult to provide free events and programs, but we have a committed team of MWR professionals who truly embody our MWR Director's motto, "Service is our Product, but People are our Business." All in attendance were treated to a fun-filled evening of free cyber-bowling from 5 p.m. to midnight, thanks to the efforts of the Directorate of Morale, Welfare and Recreation Marketing and the Sponsorship program.

Staff from Nabi Biopharmaceuticals was on-hand providing free giveaways, literature and products to all in attendance. The stress balls Nabi gave away really came in handy as attendees were trying very hard to get



Joseph Duarte Jr. watches his son, Joseph Duarte III, as he gets his turkey-wobble on in the process of bowling a strike Nov. 17 during MWR's Third Annual Turkey Bowl Nov. 17 at the Fort Sam Houston Bowling Center.

a turkey for free.

The six winners at the Turkey Bowl won free passes to SeaWorld, Army and Air Force Exchange Service gift cards, HEB gift cards, free bowling party and \$200 cash.

A Better Opportunities for Single Soldiers Super Bowl Bowling Party will be held in February. Check out www.footsamhoustmwr.com for more information on the BOSS Super Bowl Bowling Party and more "free" bowling.

The Third Annual Turkey Bowl was sponsored by Sprint, Nabi Pharmaceuticals, Home Depot Supply, First Command Financial Planning, Texas Department of Veterans of Foreign Wars, United Services Automobile Association, SeaWorld, Ford, DeVry University, The Laser Eye Center, Brook Owens of Keller Williams Realty, Central Catholic High School, Cathy L. Austin of Covenant Realty and Military Benefit Representatives. Through sponsors continued support, MWR is able to offer programs, giveaways and services to our Fort Sam Houston community.

COMMUNITY

Events

River boat dinner cruise

The Spouses Club of the Fort Sam Houston area invites you to enjoy the holiday lights while dining on the river today at 6 p.m. at the Casa Rio. Cost of the dinner cruise is \$35. Carpoolers will meet at the commissary parking lot near the PXtra at 5:30 p.m. For more information or reservations, call Alicia at 807-3111 or e-mail a-to-z@earthlink.net.

National job fair

The Noncommissioned Officers Association will host a national job fair Wednesday from 10 a.m. to 2 p.m. at the Live Oak Civic Center, 8101 Pat Booker Rd. Some of the companies that will be in attendance are: Adecco, Air Force Villages, Applied Materials, Bradley-Morris, Inc., Business Coach America, Dallas Independent School District, Department of Labor/Veterans Employment and Training, General Dynamics Information Technology, Houston Police Department, L-3 Communications Integrated Systems, Lockheed Martin, ManTech and more. For more information, call Tony White at 653-6161, ext. 222.

Scholarships for military children

Defense Commissary Agency is accepting applications for 2008 Scholarships for Military Children Program. The \$1,500 scholarships is available for children under the age of 21 (or 23, if enrolled in school) of military active-duty, retired, and Guard and Reserve service members. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall of 2008 or enrolled in a program of studies designed to transfer directly into a four-year program. Applicants must submit an essay arguing for or against the fol-

lowing statement: "Every able-bodied citizen should be required to serve a two-year period of time in the military. Why or why not?" Applications must be turned in to any commissary by Feb. 20. For more information, call 804-734-8061 or visit www.militaryscholar.org.

Training

Senior Leader Equal Opportunity training

The Senior Leader Equal Opportunity training will be held Tuesday from 1 to 5 p.m. in the Wood Auditorium, Building 2792. This training is mandatory for Colonels and above, Command Sergeant Majors and Sergeant Majors in accordance with AR 600-20 and the Fort Sam Houston commanding general. This training is highly encouraged for Majors, Lieutenant Colonels and General Series 13s and above. For more information, call MSgt. Evans at 295-0561 or Sgt. First Class Chambers at 221-4240.

English as a Second Language

Classes for English as a Second Language will be sponsored by the Region 20 Education Center and Army Community Service Relocation Assistance Program Tuesdays and Thursdays from 6 to 8:30 p.m. at Army Community Service, Building 2797. Beginning, intermediate and advanced classes are offered for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation and instructions on citizenship information. For more information, call 221-2418.

Army e-Learning Program

The Army e-Learning Program now has 30 Rosetta Stone foreign language courses and 2,600 other courses available, to include new course content on Lean Six Sigma; the Army has now included the Books 24/7 features that provides a user more than 4,000 Business Professional titles, over 6,000 titles in IT Pro and nearly 350 in office essentials. All reference books are free to authorized users. For more information, call Julie Gueller at 221-6203.

Meetings

NCO Wives' Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them, the first Tuesday of the month at the Sam Houston Club at 10 a.m. For more information, call Angie Luna at 333-0821 or 386-8265.

Tuskegee Airmen meeting

The San Antonio Chapter of Tuskegee Airmen, Inc. will hold its monthly meeting Wednesday at 6:30 p.m. at the Randolph Air Force Base Enlisted Club, Tradition Room. The meeting is open to all interested parties. For more information, call Booker Alexander at 834-1552 or visit the chapter website at www.sactai.com.

Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association meeting will be held Dec. 8 at the home of Randy Blackburn. The January meeting will be on Jan. 21 at 7

p.m. at Chacho's and Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard, Warrant Officers and Family members of current or retired warrant officers are invited. For more information and directions, call Juan Gomez at 295-6596, e-mail juan.gomez@us.army.mil, or Suzan Farrell at 378-0422, e-mail suzan.farrell@us.army.mil.

Spouses' Club holiday coffee

The Spouses' Club board will host a holiday coffee meeting Dec. 18 at 10:30 a.m. at the Stillwell House. The event is free and open to all members, reservations is not required. For more information, call Marcella Garcia at 677-5187.

Volunteer

Kelly Dental Clinic needs patients

The Kelly Dental Clinic at Lackland Air Force Base is currently seeking patients who are dependent children, dependents and retirees, NOT on the United Concordia Dental Insurance Program. Each patient must have had a current examination within the last 13 months, have current health history and x-rays and need routine oral prophylaxis (every six months) for healthy dentition. We will not accept patients with periodontal conditions. Members must have a record or copy of their record with this information. Interested patients should call the Kelly Dental Clinic at 925-1846 and leave a full name and phone number or e-mail. Patients will be handled on a first come, first served basis.

Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active,

For Sale: Ashley three-piece living room set; glass dining room set with six chairs and bakers rack; gas dryer with electronic panel, bisque color, negotiable. Call 493-2910 or 535-2249 or e-mail Getmysale@yahoo.com for pictures.

For Sale: Reversible king comforter set, sheets, plus bathroom accessories, palm tree design, \$75; white wicker fainting couch with cushion, \$90; Bagboy push golf cart, \$75. Call 697-9261 or 363-4056.

For Sale: Left-handed golf clubs, 1-3-5 woods, 3-9 irons, \$165 obo; tube testers, model 800, \$20 and model TV-11, \$30, A ICOM transceiver model IC-260 A/E, \$170 obo; Lafayette shortwave receiver, \$55. Call 227-6590.

For Sale: Princess chair, high back from Thailand, \$50; pair of steel vehicle ramps, \$20; Graber bike rack, holds three, \$75; computer desk set with two file drawers, two book shelves and one file cabinet with two drawers, \$250; male bike and two girl's bike, \$60 to 175. Call 824-4777.

For Sale: 2004 Kymco People 150 motor scooter, silver, seats two, 5K miles, new tires, battery and givi trunk, 80 mpg, \$2,000. Call 845-3919.

For Sale: 2005 H-D Dyna low rider, Stage 1, low miles, performance exhaust, lots of chrome, custom parts and more, \$14,500 obo. Call 945-7627.

For Sale: 1997 Cadillac Northstar SLS, 32V, pearl, runs like new, \$7,950. Call 650-4007.

For Sale: Oak dining room set includes table with leaf, six chairs, long hutch solid bottom and glass doors on top, \$750 obo; Gold's Gym adjustable weight bench with Olympic bar and 195 lbs weight, \$125 obo; Pro Form Quick Lock dumb bells, 40 lbs, \$35; University Equipment, chin-up, dip and hanging leg raise, \$50; GT Tourista mountain bike, 21 speed, Shimano brakes and gear shifts, \$275 obo. Call 221-4115 or 361-232-0235.

For Sale: Yorkie, male, 2 years old, 7 pounds, \$200 negotiable. Call 363-2056 or 324-2003 leave message.

For Sale: Ethan Allen hardwood rocker; grill with cylinder and cover; two patio tables with eight wood chairs; dresser with five deep drawers; VCR/CD/Cassette player; mattress and springs, negotiable. Call 656-6772.

For Sale: Adjustable drafting table, chair

retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@samhouston.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

and light, \$49.95; 1992 Ford Deluxe Magnum Conversion van, loaded with new tires, \$2,995; comfortable blue cloth recliner, \$49.95. Call 659-6741.

For Sale: GE electric stove, good condition, \$75. Call 688-2445.

For Sale: 2005 Toyota Tundra SR-5 Quad-Cab, four doors, 34K miles, 20-inch chrome wheels with new low profile tires, AM/FM/CD player, tilt wheel, captains chairs, factory chrome running boards, sprayed bed liner, towing package, never used to tow, one owner, \$18,900; 2000 Kia Sportage, runs great, nice, economical SUV, 27K miles, bucket seats, alloy wheels, AM/FM/CD player, alarm, \$2,895. Call 454-0019.

For Sale: Four 20-inch XON Cyclops rims, fits new Chevy or GMC, \$550. Call 945-7627.

For Sale: Twin bed with matching dresser and nightstand, \$300 obo; ladies' formals and suits, size 10/12, \$25 each; five-gallon plastic reptile container with accessories, \$15. Call 542-3281.

For Sale: Bose Lifestyle Surround Sound System with six cube speakers, \$400; Lexmark color ink cartridge, #80, \$20. Call 592-1013.

For Sale: 2002 Chevrolet Z24 hood, red, \$100; four tires, 205/55/16 and rims, new, \$275. Call Marvin Baker at 269-1212.

For Sale: 2002 Chevrolet Impala LS, four door, gold colored exterior, light tan cloth interior, front bucket seats, A/C, AM/FM/Cassette/CD, 3.8L engine, 88K miles, automatic, cruise control, remote key entry and trunk release, power door locks and windows and more, good condition, \$8,000. Call Randy at 916-2560 or 508-1697.

For Sale: Battery operated Barbie Jeep, \$80; Coach bag, \$20; baby swing, \$35; Boston terrier, female, red and white, all shots, \$245; bookcase/entertainment center, \$100. Call 633-3859.

Free To Good Home: German Shepherd, 8 year old, female, good with children, does not get along with small pets, needs home with lots of room to run. Call 849-6478 or 658-9421.

Free To Good Home: Solid dark gray male kitten, 5 months old, very loving and playful; black female lab, 1.5 to 2 years old, all shots and spayed. Call 274-7128 leave message.