



Fort Sam Houston News Leader



Vol. 38, No. 48

Fort Sam Houston – Home of Army Medicine

Nov. 30, 2006

Briefs . . .

Catering extended to Roadrunner

People can make reservations to use the Army Community Service facility for special events and unit functions beginning Friday through the Sam Houston Club's catering office. Reservations will be accepted for the facility's main auditorium and two adjacent meeting rooms. Catering service fees may apply. For more information, call 224-2721.

U.S. Army North to change command

Maj. Gen. Thomas Turner will assume command of U.S. Army North from Lt. Gen. Robert Clark Monday at 10 a.m. during a ceremony in the Quadrangle. Turner, currently the 101st Airborne Division (Air Assault), and Fort Campbell, Ky., commanding general, will pin on his third star in a ceremony prior to the change of command. Clark will retire after more than 36 years of service.

Flu shots available

Flu shots will be offered Monday and Tuesday from 8 a.m. to 3 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. The vaccine will be given to active duty, retirees, dependents (ages 3 and older) and Department of Defense employees.

Tracks close for repairs

The MacArthur running track will be closed for repairs Wednesday through Feb. 23. The Hacienda track will be closed for reconstruction Monday through Feb. 23. Closure dates may vary; check the News Leader for updates.

2006 Holiday Ball

The Fort Sam Houston 2006 Holiday Ball will be held Dec. 8 from 6 p.m. to 12 a.m. at the Sam Houston Club. Dress is formal attire. Tickets are \$25. For more information or tickets, visit <https://www.cs.amedd.army.mil>.

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Photo by Norma Guerra

Up on the rooftop . . .

A crane lowers the top of the atrium onto the Center for the Intrepid, completing the roof and marking a milestone in the construction of the \$45 million physical rehabilitation facility for wounded and disabled military personnel. The four-story, 60,000-square-foot center, funded by the Intrepid Fallen Heroes Fund, is scheduled to open in late January. In addition to the center, the Fisher House Foundation will open two new houses to support the wounded warriors.

Program readies Soldiers for war

Weapons carried in designated areas

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

The Weapons Immersion Program began Nov. 15. The aim of this low-risk program is to prepare Soldiers to safely function in the contemporary operating environment with their assigned weapon.

The policy applies to all basic combat training, advanced individual training and one station unit training. The weapons immersion training takes place as early as possible during the Soldier's initial entry training cycle.

"In order to prevent negligent discharges in the theater, the Training and Doctrine Command developed a training package for Soldiers in basic training and advanced individual training so they have a higher level of awareness and are more comfortable with a weapon," said Maj. Jon Lasell, 32nd Medical Brigade operations.

The negligent discharge of weapons results in the needless wounding or death of Soldiers and civilians. The weapons immersion training was designed to familiarize Soldiers with carrying and maintaining constant accountability of their individually assigned weapons and to eliminate negligent discharges by placing IET Soldiers in an environment closely approximating a war-fighting environment.

According to the policy, the Soldiers are issued a weapon and it stays with them 24 hours a day, five days a week. The focus is on safe weapons handling, weapon orientation, proper loading and clearing procedures prior to and upon entering and exiting a building, and situational awareness at all times.

See WEAPONS on Page 4



Soldiers "take a knee" as they wait their turn to clear their weapons. All weapons are cleared at the end of the training day and before entering or exiting a building. Through the weapons immersion training, Soldiers are familiarized with carrying and maintaining constant accountability of their individually assigned weapons.



Photo by Elaine Wilson

Pony Express Christmas Courier Run

More than 120 Pony Express Christmas couriers deliver the Texas governor's holiday message to Fort Sam Houston at last year's event. 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 Roasas de Castilla, a bareback equestrienne drill; Bexar County Buffalo Soldiers; music from the U.S. Army Medical Command Band; and a Native American dance. The highlight of the event will be the arrival of the Pony Express Christmas Couriers from their seven-county run. The event is free and open to the public.

Thousands of service members to benefit from settlements

By Elaine Wilson

Fort Sam Houston Public Information Office

Life insurance companies are being held accountable for their improper sales practices to military members.

Four companies in the past three months have agreed to a multi-state settlement agreement after Texas Department of Insurance investigators uncovered a pattern of deception to young troops.

Under the agreements, the companies will refund more than \$70 million to over 93,000 consumers, to include about 71,000 service members, according to Texas Department of Insurance news releases.

The first settlement, reached Aug. 3, came after a 20-month investigation by Texas and Georgia, together with the U.S. Department of Justice and the U.S. Securities and Exchange Commission, into the sales practices of three Waco, Texas-based companies: American-Amicable Life Insurance Company of Texas, Pioneer American Insurance Company and Pioneer Security Life Insurance Company.

State regulators and federal agencies claim that the life insurance companies "targeted young recruits and misled them into believing they were buying an investment product." The service members were actually purchasing an expensive term life product that was coupled with a side

fund and called the "Wealth Builder" or "Horizon Life," according to the release.

The three companies will refund cash or other benefits totaling \$70 million to 92,000 consumers, including 70,000 service members.

To view the settlement agreement, visit www.tdi.state.tx.us.

The second settlement, reached Oct. 17, involves the Boston Mutual Life Insurance Company.

In 2004, TDI investigators learned that several Boston Mutual agents were soliciting and selling life insurance to

See **SETTLEMENTS** on Page 4

Fort Sam Houston News Leader

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IMCOM West Region activates at Fort Sam

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

The Installation Management Agency, Southwest Region deactivated and the U.S. Army Installation Management Command West Region activated Nov. 21, marking a historic transformation point for IMCOM.

The combining of the Southwest and Northwest regions into the IMCOM West Region is the first step in a process that will relocate several components of IMCOM to Fort Sam Houston, and will conclude with the movement of the headquarters from Crystal City, Va., in the year 2010.

The host for the day's ceremony was Brig. Gen. John MacDonald, deputy commanding general, IMCOM. The official party included IMCOM West Region Director J. Randall Robinson and IMCOM West Region Command Sgt. Maj. Terry Braddock.

Also participating in the ceremony were Col. Douglas Biggerstaff and Command Sgt. Maj. Kenneth Fyffe, of the Southwest Region.

The Southwest Region was established as one of the original seven worldwide regional offices of the IMA in October 2002. The objective was to implement a standard process so Soldiers and families could count on high-quality, consistent, uniform services at all installations. Additionally, the process was designed to

relieve warfighters and mission commanders of installation-related tasks so the focus could remain on combat training and missions.

Consolidating the installation management structure under IMCOM optimizes resources, protects the environment and enhances the well-being of the Army community. IMCOM will provide fast, efficient and agile support to commanders in the performance of their tactical and strategic missions.

"Those of us who manage the Army's installation have been on the forefront of transformation since 2002, when the IMA stood up. You continue that transformation when we became a command last month. And, today is a key milestone for the IMA as we continue to enhance this organization," said MacDonald.

"Randy Robinson has been our leading agent for change and is the right person to explore new effectiveness in efficiency with the first transformation of our IMCOM regions," lauded MacDonald.

As the director, Robinson is responsible for management and execution of all installation management programs at active and reserve component U.S. Army installation in six states, ranging from Ohio to the West Coast. Prior to his current assignment, Robinson served as director, IMA, Northwest Region.

At the ceremony, Robinson thanked the members of the armed forces, civilians



J. Randall Robinson, new director of the Installation Management Command West Region, uncovers the units colors in a ceremony during the activation which combines the Southwest and Northwest regions into the IMCOM West Region at Fort Sam Houston.

and all those in attendance, for their presence.

"As I look at the flag it is truly a vivid testimony as to why we are here, why the Installation Management Command is here and why we have an Army. We are here to support and sustain the American Soldiers, the heroes who voluntarily take on the struggles to defeat the terrorism that faces our nations. We are here to

make sure our Soldiers have what they need to defend the liberties that we hold dear, to preserve peace and, when necessary, to fight and win," said Robinson.

"Thank you to the many civilian and contract employees for their hard work and dedication, because without it our Soldiers could not successfully meet the daunting challenge of the battlefield," he said.

Sailor earns Bronze Star for EOD work in Iraq

Petty Officer 1st Class John Morley, leading petty officer, Explosive Ordnance Disposal Mobile Unit 3, 3D Ordnance Battalion was awarded the Bronze Star medal Nov. 6 in a ceremony at Brooke Army Medical Center.

Morley is at BAMC where he is currently an outpatient recovering from injuries sustained while serving in the Global War on Terrorism in Iraq. "I was just doing my job," Morley said. He said his job is something he loves and wishes to stay involved with.

Morley received the Bronze Star for his exemplary performance of duty while serving in Iraq. An entourage of his Navy counterparts came to BAMC to take part in the ceremony held in the occupational therapy clinic.

Navy Capt. Barry Coceano, of the EOD Unit, West Coast, presented the award. "As an EOD team leader, Petty Officer Morley responded to 25 combat EOD missions to include nine improvised explosive devices and several unexploded ordnance responses where items were

identified, rendered safe and were disposed of," Coceano said.

Morley's efforts and that of his team significantly improved the safety of coalition forces during his tenure, Coceano said.

Coceano talked about Morley's dedication to duty, his keen sense as an EOD technician and his innate ability to sense and then detect hidden enemy explosives. He talked about Morley's ability as a leader and NCO stating that "people like John Morley set the example. They are the example."

Thankful to be in attendance and to be the one presenting the award, Coceano said that the job done by EOD technicians like Morley are what keep troops out of harm's way, and the job they do from day to day is testimony to their dedication and resolve to accomplish their mission. "When these people do their very complicated jobs, and they do them well, lives are saved," Coceano said.

(Source: BAMC)



Photo by Norma Guerra

Petty Officer 1st Class John Morley, Explosive Ordnance Disposal Mobile Unit 3, 3D Ordnance Battalion, receives the Bronze Star medal from Navy Capt. Barry Coceano, commodore, Explosive Ordnance Disposal Unit, West Coast, in a private ceremony Nov. 6 at Brooke Army Medical Center. Morley was injured May 7 while serving in Iraq.

Army ups referral bonus to \$2K

By Daisy Bueno
Army News Service

Washington — Bonuses have doubled to \$2,000 for Soldiers and retirees referring future Soldiers to the Referral Bonus Pilot Program.

Active duty and reserve component Soldiers, and Army retirees, are eligible for the referral bonus.

Soldiers working in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program, Active Duty for Special Work Program or the

Future Soldier Training Program are also eligible if the prospective Soldier has not already met with a recruiter.

The bonus is not paid to Soldiers referring members of their immediate family, to include spouses, children, parents, stepparents and siblings.

Referrals should be made through the Army Referral System - Sergeant Major of the Army Recruiting Team Web site at www.usarec.army.mil/smart. An Army Knowledge Online user name and password are required to use the site, at which Soldiers must first establish a user account to make a referral. Users will be asked to

submit personal information such as their Social Security number to facilitate payment.

Referrals may also be made at 800-223-3735, ext. 6-0473.

The bonus is paid in two lump sums. The first half is paid when the Soldier begins basic training, and the second half is paid after the Soldier graduates from one-station unit training or advanced individual training.

There are no retroactive provisions to the change. Sponsors who provided referrals before Nov. 13 are only eligible for the \$1,000 bonus.

Doctor makes house call during USARSO exercise

Story and photo by Air Force Capt. Nancy L. Kuck
United States Military Group – Quito

TOCHINGUE, Ecuador — The distance between Maria Lara's home and the Medical Readiness Training Exercise Team's treatment site was only a 20-minute walk, but for Maria Lara, the walk was an impossible task.

Bed-ridden due to a mild case of osteoporosis, a disease where bones become fragile and likely to break if left untreated, Lara remained at home while her family proceeded to the MEDRETE site in Tochingue, Ecuador, to receive general medical care.

As one of Lara's family members walked down the street, she noticed a car with military members inside. Flagging the car down, she asked the Soldiers inside for assistance.

After hearing about Lara and how she could not go to the school to receive medical treatment, members of the United States Military Group returned to the Tochingue site to request a house call for Maria.

Dr. Andres Borja, an Ecuadorian general medicine physician who has been practicing in Esmeraldas for the past three months, was quick to

respond to the call. Treating patients from age 2 months to well over 70 years, Borja said he was glad to help.

Lara was lying in her bed when Borja arrived at her home. After a medical assessment and review, he made his diagnosis and returned to the medical site with Lara's family member to pick up a prescription.

"She has osteoporosis and we have medicine that will help with the pain," the doctor said.

Returning with medication in hand, Lara's family was grateful that the Ecuadorian and U.S. military doctors were there to help members of her family too ill to seek medical treatment on their own.

The purpose of the U.S. Army South-coordinated MEDRETE from Nov. 6 to 15, was to bring humanitarian assistance and medical care to the people of Ecuador while providing a joint training opportunity for U.S. and Ecuadorian forces.

USARSO coordinates 20 to 30 medical exercises annually in its area of responsibility, which is Central and South America and the Caribbean, with doctors treating between 500 to 1,000 people per day.



Dr. Andres Borja, a general medicine physician from Esmeraldas, Ecuador, makes a house call to Maria Lara during a U.S. Army South-coordinated Medical Readiness Training Exercise held Nov. 6 to 15 at Tochingue, Ecuador.

Briefs cont. . . .

Health benefits open season

The open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the new Federal Employees Dental and Vision Insurance Program will be held through Dec. 11. For comparison booklets, visit http://apps.opm.gov/rates/non_postal.cfm?year=2007. To make open-season enrollments, changes or cancellations, visit the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or call toll-free 1-877-276-9287.

Christmas tree lighting

The post Christmas tree lighting will take place Dec. 14 at 6 p.m. at the main post flagpole on Stanley Road. The host will be Col. Wendy Martinson, U.S. Army Garrison commander. Refreshments will be served. The ceremony will be followed by "Journey to Bethlehem" at the Main Post Chapel.

Post Exchange notice

People who purchased Polish pottery Nov. 15 or 16 should contact the Polish vendor, Halina, at 630-776-6532 or the Post Exchange service office, Building 2434, at 225-1319.

Leave donation for Katrina victims

Many federal employees in the Gulf Coast regions of Louisiana and Mississippi remain affected by Hurricane Katrina and its aftermath. A government-wide program was established in September that enables interagency transfer of annual leave donated under the Emergency Leave Transfer Program. An emergency leave donor may donate a minimum of one hour of annual leave and a maximum of 104 hours of annual leave. The donor may not donate annual leave for transfer to a specific emergency recipient. Civilian employees who would like to donate to the ELTP must complete OPM Form 1638; visit www.opm.gov/forms/html/emerg.htm. Fax the completed form to the Civilian Personnel Advisory Center at 221-9328. For more information, call Lena Boutelle at 221-0639.

Weapons training simulator

The Engagement Skills Trainer 2000 weapons training simulator is now ready for use by any military unit located on Fort Sam Houston or in the San Antonio area. The system provides realistic training on all Army small arms. The system is versatile and can be used for basic zeroing and grouping, practicing record fire, firing from defensive positions and realistic "shoot, don't shoot" scenarios. For more information, call Edmund Martin at 295-0509.

Weapons

Continued from Page 1

During training, each Soldier is issued one M-16 rifle, one 30-round magazine, one blank adapter, five rounds of blank ammunition and a cleaning kit.

The weapon remains in the possession of the Soldier 24 hours a day with the exception of weekends. Weapons are turned in on Friday and issued again on Sunday, preventing the Soldiers from taking the weapons beyond the designated areas.

The designated brigade area is the only place the community of Fort Sam Houston should see Soldiers carrying their weapons, and they are to remain in that area.

If a Soldier leaves the designated area for sick call or an appointment, for example, they must turn in their weapon. The only other time a Soldier will have a weapon outside the barrier area is to go to training during the day or weekends, during which time a drill sergeant marches them in formation.

The general public needs to be aware that the program is ongoing and not be concerned that weapons will be carried into public access areas. It is training that is not new to the Soldiers. They are familiar with immersion and have had nine weeks of it during basic training.

Weapons off-limit areas include: off post, religious services, post exchange, financial institutions, post office,



Photo by Cheryl Harrison

Soldiers go through clearing procedures prior to entering or exiting a building. Weapons are also cleared of blank cartridges at the end of each training day.

schools, health and dental clinics, recreations activities, all Morale, Welfare and Recreation activities, taxis, shuttle buses and privately owned vehicles.

The program is a coordinated effort between the Provost Marshal Office, U.S. Army Garrison, Army Medical Department Center and School and the 32nd Medical Brigade.

Settlements

Continued from Page 2

low-ranking Soldiers in the Fort Hood, Texas, area by misrepresenting the insurance as a savings or investment plan, said Jim Hurley, TDI spokesman. The activity led to the multi-state examination of the company's sales to military personnel.

The company will refund a total of \$427,529.57 to 1,784 to military members who bought life insurance policies between Jan. 1, 2002, and April 30, 2005.

"Service members need to be skeptical and shop around if interested in purchasing life insurance," said Tim Haight, acting chief, Client Services Division, Fort Sam Houston Legal Assistance Office. "Educate yourself. The best place to start when considering investments or additional insurance is to get sound advice from a certified financial planner."

The companies are notifying service members with current or lapsed policies affected by the agreements, Hurley said. Consumers who feel they are affected but have not received notification can call the companies' consumer service center at 1-800-736-7311.

For all you do...
this Ball's for you

FORT SAM HOUSTON

2006 Holiday Ball

Date: 8 December 2006
Time: 1800 - 2400
Location: Sam Houston Club
Tickets: \$25 per person
Attire: Formal

Photos available through Janie's Photo Creations.
Cash, check or VISA/Master Card - Several packages available
(Payment must be made in advance.)

For tickets and additional information, see the AMEDDC&S Portal.
<https://www.cs.amedd.army.mil>

264th Medical Battalion career counselor earns annual award

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

A career counselor from the 264th Medical Battalion has earned the title of 2006 Medical Command Career Counselor of the Year after standing out in a competition against six other top MEDCOM counselors.

Staff Sgt. Robert Zamora accepted the award Nov. 2 at the Worldwide Retention Conference in Addison, Texas.

"I was honored to be nominated, then selected," said Zamora, who had to excel at an oral board staffed with top Soldiers from his career field. Zamora stood out for his responses at the board as well as for exceeding fiscal year retention objectives by 112 percent.

Zamora also was awarded the Commanding General's Retention Award for exceeding Army retention objectives while keeping Soldiers' best interests in mind.

Zamora has been a career counselor since February 2005, after serving as a combat medic with an occupational therapy specialty for five years.

"I enjoyed being a combat medic, but I've always wanted to do retention," Zamora said. He was selected as the battalion retention counselor while stationed in Germany and applied for formal training. He found out his packet was accepted while deployed to Iraq.

"I was excited. I came into the Army to help Soldiers, which I did in the medical field," he said. "But as a career counselor, I'm still caring for Soldiers and their families."

Zamora's job is to counsel Soldiers on the benefits of staying on active duty, to include entitlements and career opportunities. He also encourages Soldiers who no longer want to be on active duty to look into the reserve components.



Staff Sgt. Robert Zamora, 264th Medical Battalion career counselor, helps Staff Sgt. Pete Lopez, of A Company, 264th Medical Battalion, explore his career opportunities. Zamora is the Medical Command Career Counselor of the Year.

"The focus is on keeping Soldiers with combat experience on active duty," he said.

Zamora said his goal is to combine the needs of the Army with the wants and desires of the Soldier. "I try to meet them halfway and offer them viable options. There are a lot of options — school, money and assignments — for Soldiers who want to stay in the Army."

Zamora's job doesn't end once the Soldier signs on the dotted line. "I follow up with Soldiers to make sure they receive what they're promised, whether it's bonus money or a new assignment. I try to stay involved and keep the Soldier and leadership informed."

He's been successful so far; he's never missed his objectives yet.

Next up for Zamora is the Secretary of the Army Career Counselor competition, which will be held next month in Washington, D.C.



Photo by Norma Guerra

Magic man

Renowned magician David Blaine performs a card trick in the lobby of Brooke Army Medical Center for wounded warriors (from left) Cpl. Ricardo Ramirez, Spc. Domingo Soto-Santana and Cpl. Aaron Mankin. Blaine spent two days at BAMC performing his therapeutic magic tricks for the wounded, their family members and staff. Blaine's ability to overcome life-threatening endurance challenges has made him a household name. For his latest challenge, Blaine escaped from shackles while dangling five stories above New York City's Times Square. When asked how he was able to accomplish the task, Blaine said, "I had a start time and a finish time. The wounded don't."

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.



ARNORTH excels at earthquake response exercise

U.S. Army North completed a weeklong Defense Support of Civil Authorities exercise Nov. 19 in Sacramento, Calif.

The exercise, dubbed Golden Guardian, revolved around a disaster scenario involving an earthquake in San Francisco measuring 7.9 on the Richter scale. The scenario is one of 15 Department of Homeland Security planning scenarios in the National Response Plan.

The scenario caused all command elements within ARNORTH to respond and pro-



Courtesy photo

Timothy Thomas, a satellite systems technician at U.S. Army North, sets up communications equipment during exercise Golden Guardian in California.

vided the framework to drive critical battle staff processes.

"We needed a scenario big enough to drive (Department of Defense) involvement," said Lt. Col. Paul Condon, chief of exercises for ARNORTH. "A catastrophic event of that magnitude would be expected to result in a significant role for DoD."

Soldiers and civilians from ARNORTH's Operational Command Post 1 deployed by air Nov. 16 from San Antonio to the Wildland Fire Training Center in Sacramento. The exercise tested the OCP's ability to deploy and conduct Defense Support of Civil Authorities operations.

"We provided OCP 1 with everything they needed to practice Defense Support of Civil Authorities," said Col. Kerry Larrabee, ARNORTH director of training and exercises. "The Training and Exercises Division assembled members of the command, contractors and augmentees from other units and services to support a realistic and challenging exercise."

Larrabee, who is also OCP 1's chief of staff, said the exercise was beneficial and met the training objectives for both the OCP and

the Training and Exercise Division.

ARNORTH also used the exercise as an opportunity to conduct the first ever air deployment of the command's new communications vehicle, the Sentinel.

Deployment of the Sentinel allowed rapid establishment of Internet, telephone, cellular telephone and radio communications, which would be vital during a real disaster, said ARNORTH Network Manager Kyle Monsees.

"The main take-away for us was the training for all of us (in the communications directorate) and our supported users on the capabilities and limitations of the vehicle," Monsees explained. "If we don't know what it is capable of, then we don't know how to properly deploy it."

The ARNORTH exercise was named for California's earthquake emergency response exercise that was held from Nov. 14 to 16. The command used the state's exercise to help drive its scenario as well as to establish and exercise relationships with key partners.

"During the first part of the exercise, we worked with our state and FEMA counterparts, who are the local and federal experts in disaster response," said Lt. Col. Paul Gault, deputy Region IX



Photo by Bob Purteman

A Sentinel communications vehicle assigned to U.S. Army North is offloaded Nov. 15 from a C-17 at McClellan Business Park in Sacramento, Calif. The movement from Fort Sam Houston marked the first time the communications vehicle has been air deployed.

defense coordinating officer.

In addition, Lt. Gen. Robert Clark, ARNORTH commanding general, met with California officials to exchange information and tour the state's emergency operations center.

Golden Guardian is the fourth exercise this year for OCP 1 and the seventh exercise that ARNORTH has participated in since the unit's initial stand up in September 2005. As the Army's new component command supporting U.S. Northern Command, the unit pursued a robust training schedule in order to achieve full operational capa-

bility by Oct. 1 this year.

Senior leaders said they were pleased with the conduct of the exercise.

"These (exercises) are hard to do," said Maj. Gen. Walter Zink, commander of OCP 1. "I've seen us grow from exercise to exercise."

"We achieved our objectives," he said, "and continue to improve, which is always one of the goals. I'm happy with the OCP 1 team and feel confident that we can accomplish the mission for ARNORTH and the American people."

(Source: ARNORTH)

Decrease holiday stress with positive outlook

By 1st Lt. Leslie Farrell
Special to the News Leader

Do you ever get stressed about anything? Some examples of stress-inducing conditions people commonly experience are traffic jams during rush hour, relationships with significant others and job-related problems. The holiday season can also be a stressor with long lines at stores, visiting house guests and mounting bills.

Regardless of how significant or insignificant each circumstance may seem, most people have at least one situation in life that triggers a stress response. No one is free of stressors, but the difference lies in how one chooses to handle or overcome that stress.

Stress is defined as "a mentally or emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health, usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability and depression."

According to the 2005 American Psychological Association national poll, 93 percent of Americans believe that perceptions, thoughts and choices affect physical health, while 58 percent believe that good physical health cannot exist without good mental health. Additionally, more than one-third of Americans say they have had an illness that was primarily caused by stress.

Prolonged stress has been known to

adversely affect heart rate and blood pressure as well as cause circulatory problems. Sometimes stress can range from periods of short duration with little impact to long lasting debilitating results. Studies have shown that people who experience feelings of anger or irritability from stress have a greater risk of developing heart disease or suffering a heart attack. Who would have thought that stress, initially an emotional reaction, could be a risk factor for developing physical health problems?

Identifying ways to decrease or minimize stress is imperative in attaining optimal physical and mental health. Everyone adapts and copes in different ways depending upon the situation at hand. However, identifying a stressor is the first step toward overcoming and conquering the external or internal strain. Once people recognize and identify the factor causing the emotional response, the next step is to decide on ways to positively alter the thoughts or perceptions at the given time.

Altering thoughts and perceptions could mean taking another approach toward the situation. Instead of focusing on the negative results a stressor may produce, identify ways in which there could be beneficial outcomes. This simple change in behavior could help people achieve an overall healthier lifestyle.

For more information, call the Department of Behavioral Medicine at 916-1600 or visit www.apa.org or www.medicinenet.com.

Dental activity prepares for BRAC

The Fort Sam Houston Dental Activity will redistribute its customers in preparation for an influx of troops due to upcoming Base Realignment and Closure changes.

"Our customer numbers will be increasing due to BRAC. We are taking a proactive role and disbursing the number of customers seen at each clinic so we can decrease wait times and better accommodate our customers," said Capt. Carl Shaw, DENTAC detachment commander.

Additionally, the Brooke Army Medical Center Dental Clinic will be available for routine dental treatment. In the past, only customers needing a surgical procedure were seen there.

The redistribution will start Jan. 3 with a records transfer Dec. 29. For more information, call Shaw or Master Sgt. Claudio Carrasco at 295-2743.

See redistribution chart below:

BAMC DC 916-2549	Rhoades DC 295-8740	Budge DC 295-4156
Institute for Surgical Research Brooke Army Medical Center	187th Medical Battalion U.S. Army Medical Information Systems Support Agency U.S. Army South Veterinary Command Dental Command Medical Command 5th Army Recruiting/Headquarters Great Plains Military Entrance Processing Station 2/75 Brigade South Texas Branch (Veterinary Services) San Antonio Recruiting Garrison	Advanced NCO Course and Basic NCO Course 440th Blood 470th Military Intelligence 264th Medical Battalion 232nd Medical Battalion Staff Judge Advocate 79th Ordnance Detachment 797th Explosive Ordnance Detachment 418th 43rd Medical Detachment 591st Criminal Investigation Division Medical Command Band DENTAC DFAS HQ 32nd Medical Brigade Camp Bullis Army Medical Department Center and School 228th Combat Support Hospital

(Source: DENTAC)

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.



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 or stop by the office in Building 124 (second floor).

SPORTS BRIEFS . . .

Tough 'Ombre 10K Run

The 26th annual Tough 'Ombre 10K Run will be held Dec. 9 at 9 a.m. at McAllister Park, 13102 Jones-Maltsberger Road in San Antonio. The Tough 'Ombre 10K is the oldest certified race in Texas. All registrants will receive a T-shirt. The fees are \$20 for 10K, \$15 for 5K and \$10 for 3K. The four-person team for the 10K is \$70. For more information, call Cheryn at 830-336-4543, e-mail cheryn@gvtc.com or visit www.active.com to register online.

Women's basketball tournament

The 10th Annual Rangerette Classic basketball tournament will be held Dec. 9 and 10 at the Jimmy Brought Fitness Center. The double elimination tournament follows National Collegiate Athletic Association rules. Awards are given to the top three individual and team winners. For more information, call Earl Young at 221-1180.

Intramural bowling

Letters of intent for intramural bowling are due by Tuesday. Letters should be mailed to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas, 78234-5020, or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held Dec. 12 at 1 p.m. at the Fort Sam Houston Bowling Center. The season begins Jan. 9. For more information, call 221-1180 or 221-1234.

264th Med. Bn. wins flag football championship

The intramural fall flag football league championship games were held Nov. 9 to 15. The 264th Medical Battalion won the regular and post season flag football championships by going undefeated and finishing the year with an 11-0 record. They won the championship by beating Brooke Army Medical Center 28-26 in overtime.

BAMC made a comeback to tie the game at 20-20 with 45 seconds remaining in the game. However, the 264th Med. Bn. started a winning drive that got them to BAMC's third yard line with 13 seconds left in regulation only to throw an interception in the end zone, which led to the overtime.

In overtime, the 264th Med. Bn. scored and made a two-point conversion to take a 28-20 lead. BAMC had a chance to tie and send the game to a second overtime but missed the two-point conversion, thus giving the 264th Med. Bn. the championship.

The victory puts the 264th Med. Bn. in a good position and gives them a chance to win the Commander's Cup trophy for a fourth consecutive year.

Boxing legend surprises Marine on birthday

Story and photo by Kelly M. Jones
Morale, Welfare and Recreation

When Cpl. Merlin German decided to join the U.S. Marines as an artillery man, he knew he would be fighting for his country and his freedom; however, it was not long ago that German also found himself fighting for his life.

German was injured in Iraq by an improvised explosive device Feb. 23, 2005. He sustained burns on 97 percent of his body while fighting the war on terrorism and has since been recovering at Brooke Army Medical Center.

German's 21st birthday, which was Nov. 15, marked a milestone for the Marine and his family. Along with a birthday celebration with his parents, Fred and Lourdes, and friends, German received a surprise birthday gift — a visit from San

Antonio boxing hero and two-time World Boxing Champion "Jesse" James Leija.

Leija was touched by German's story after hearing about it from Robin Trowbridge, a representative of Sprint/Nextel. Sprint/Nextel is a sponsor of Leija and Fort Sam Houston's Boxing at the Brought events.

Leija was on hand at the Soldier and Family Assistance Center to meet with German and present him with a pair of autographed boxing gloves. After visiting with German and his family, Leija took pictures and signed autographs for other wounded warriors and Soldiers in attendance. As a world-class fighter for more than 16 years, Leija could appreciate and relate to the struggles German has fought through and wanted to show the young fighter there is still hope.



Two-time World Boxing Champion "Jesse" James Leija pays a surprise visit to Marine Cpl. Merlin German Nov. 15. German was celebrating his 21st birthday with his family and friends at the Soldier and Family Assistance Center.



Photo by Kelly Jones

Turkey Bowl winnings

First Command Financial Planning representative Amy Lorcutt presents Tuan Tran with \$50 Nov. 18 for winning the company's drawing during the 2006 Thanksgiving Turkey Bowl at the Fort Sam Houston Bowling Center. More than 100 Soldiers, families and civilians attended the Turkey Bowl to enjoy a night of free bowling and a chance to win several drawings.

Rank designation, distribution to change in housing

The housing areas will undergo changes in the near future as rank distributions and designations are changed to better suit the needs of current and incoming residents.

Family housing is allocated according to rank categories and bedroom requirements. Rank distribution is based on the 2002 Family Housing Market Analysis requirements and the current demand for housing. The distribution will be adjusted to accommodate housing shortages identified in the HMA.

Lincoln Military Housing is required to complete the final rank re-distribution by the end of 2009. To meet the required deadline, Lincoln has begun implementation of the end state rank distribution. The implementation will take place as permanent change of station moves allow.

The distribution of on-post housing was reviewed, determined and approved by the Department of the Army as part of the legal requirement of the Fort Sam Houston Family Housing Limited Partnership with Lincoln Military Housing.

Changes to the housing rank distribution at Fort Sam Houston include:

General field officers – No change

Senior grade officers – 23 senior grade officer homes will be reassigned to field grade officers and company grade officers

Field grade officers – 25 more homes

Company grade officers – 13 more homes

Senior NCOs – 61 senior NCO homes will be reassigned

to company grade officers and junior NCOs

Junior NCOs – 46 more homes

The end state of housing inventory will remain the same at 925 total homes.

The chart below identifies end state rank distribution.

Rank Distribution			
	Current ranks in on-post housing	Remaining homes to be redistributed	Final rank distribution for on-post housing
GFO	6	0	6
SGO	52	- 23	29
FGO	148	+ 25	173
CGO	78	+ 13	91
SNCO	237	- 61	176
JNCO	404	+ 46	450
Total	925		925

Also, in response to the inventory shortfalls identified within Fort Sam Houston housing areas, LMH has redistributed the rank designations within the Harris Heights village from junior NCOs to company grade officers and senior NCOs, and the Patch Chaffee homes from senior NCOs and company grade officers to junior NCOs.

For more information, call LMH at 270-7638. (Source: Residential Communities Initiative)

The current and future end state rank redistribution includes:

Rank Distribution By Village Area		
	Current	End State
GFO	Staff Post	Staff Post
SGO	Staff Post	Staff Post
SGO	Artillery Post, Wheaton Graham, Dickman and Gorgas Circle	Artillery Post
FGO	Wheaton Graham, Dickman, Artillery Post, Infantry Post and Patch Chaffee	Artillery Post, Wheaton Graham, Gorgas Circle and Infantry Post
CGO	Artillery Post(Quad Plex), Infantry Post, Wheaton Graham, Hancock and Patch Chaffee	Artillery Post (Quad Plex) Infantry Post, Wheaton Graham, Hancock and Harris Heights
CSM	Wheaton Graham	Wheaton Graham and Harris Heights
SNCO	Infantry Post, Watkins Terrace, Patch Chaffee and Harris Heights	Harris Heights and Wheaton Graham
JNCO	Watkins Terrace, Patch Chaffee and Harris Heights	Watkins Terrace and Patch Chaffee

Turkey giveaway

Residents entered their name in a drawing to win one of five turkeys beginning Nov. 1. The turkey recipients include:

- Sgt. Gus Vallejos
- Maj. William Henderson
- Staff Sgt. Kenneth Chapman
- Staff Sgt. Christopher Kane
- Sgt. Jennilyn Bruce



Emergency numbers

Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

Fort Sam Houston teacher earns ExCEL Award

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

Fort Sam Houston Elementary School teacher Debbie McCullough is Fort Sam Houston Independent School District's KENS TV/San Antonio Credit Union's ExCEL Award recipient for the 2006-2007 school year.

San Antonio's local KENS-TV and SACU partner annually to recognize the outstanding educators in the San Antonio area who are making a positive impact on the lives of children.

McCullough, currently a special education/fourth grade teacher, has been teaching since 1993. McCullough demonstrates leadership through service as a grade level chair both at the campus and district levels. She is a team player, serving as a mentor to new teachers and para-edu-

cators in the school setting and working to make decisions that positively impact the school and district.

"Debbie McCullough is by far the most dedicated, hard-working teacher I have ever had the pleasure to work with. She gives 110 percent of herself day in and day out," said fourth grade teacher Cindy Kautz.

"Debbie has an uncanny ability to make students want to behave in a manner that is expected of them," said Lynette Mohr, another fourth grade teacher. "She plans sessions into her day for students to earn points and spend time with her for good behavior. The students want to spend time with her."

McCullough was honored with flowers, a special school-wide assembly and a television spot that aired on KENS TV Channel 5 with Deborah Knapp Nov. 16 and 18. A story on McCullough can be found on the My San Antonio



Debbie McCullough, Fort Sam Houston Elementary teacher, smiles proudly after receiving the KENS TV/SACU ExCEL Award before a school assembly.

Web site at <http://www.mysanantonio.com/news/education/ExcelAwards/storyindex.html>.

AFAP 2007: People invited to submit issues, concerns

People are invited to submit issues for inclusion in the 2007 Fort Sam Houston Army Family Action Plan conference, which will be held Feb. 21 and 22.

The AFAP process lets the Army family — Soldiers, Department of the Army civilians, retirees and their families — identify what is working and what is not working in their community and the Army world-wide to Army leadership. Issues can involve

housing, childcare, recreational activities, post security or any other area of concern important to quality of life.

AFAP alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for keeping the local community informed on the progress of the issues submitted.

The Army is the only branch of the Department of Defense that has such a

program. This process has resulted in the enhancement of local programs and quality of life, change in regulations and enactment of new legislation in support of military components.

Be a part of this important process. Submit issues to the 2007 Fort Sam Houston AFAP conference.

Additionally, people representing all facets of the Army community are needed

as delegates for the conference. DA civilian employees, Soldiers' spouses and retirees are welcome to apply. Soldier delegates will be identified by their units.

Delegates are required to participate in the two-day AFAP conference. For more information or for a delegate application, call Chris Neubeck, AFAP program assistant, at 221-0275.

(Source: Army Community Service)

**Fort Sam Houston
Independent School District
Weekly Campus Activities
Monday through Dec. 9**

Fort Sam Houston Elementary School

Tuesday

Sixth grade holiday concert at Evans Auditorium, 7 p.m.

Wednesday

Early dismissal – kindergarten through fourth grade, 2 p.m.

Early dismissal – fifth and sixth grade, 2:30 p.m.

Dec. 8

Spirit day

Robert G. Cole Jr./Sr. High School

Monday

ATSSB region clinic/concert at Texas Lutheran University, TBA

Boys' basketball at Comfort, 6 and 7:30 p.m.

Tuesday

Girls' basketball vs. Cotulla at Cole, 5:30 and 7 p.m.

Girls' and boys' soccer at St. Mary's Hall, 5 and 7 p.m.

Wednesday

Junior ROTC Battalion Drill Competition, 4 p.m.

Josten's junior class ring delivery, advisory

Dec. 7

Boys' varsity basketball memorial tournament, TBA

Girls' varsity basketball tournament at Pearsall, TBA

Girls' and boys' soccer vs. Feast at Cole, 7 p.m.

Dec. 8

Boys' varsity basketball memorial tournament, TBA

Girls' varsity basketball tournament at Pearsall, TBA

Dec. 9

Boys' varsity basketball memorial tournament, TBA

Girls' varsity basketball tournament at Pearsall, TBA

ACT test date

Junior ROTC John Jay Drill Meet

Holiday band concert

The Robert G. Cole High School varsity band and choir will sponsor a holiday concert Saturday from 11 a.m. to 2 p.m. at the Fort Sam Houston Commissary.

FSH Elementary students get fit with Spurs

Third grade student Phillip Flick and sixth grader A. J. Bray were recently honored by Bruce Bowen and the San Antonio Spurs. Phillip and A.J. were chosen from among hundreds of well-deserving area students for the "Get Fit with Bruce and Buddy" program.

Phillip is a healthy third grade student who exercises and eats right. A.J. is a positive, active sixth grader working to keep his body active and healthy.

According to teacher, Stacey Carter, "Phillip is a gymnast, a runner and plays soccer. He always chooses healthy snacks and he is doing a great job of making the right choices to live a healthy lifestyle."

Ronda Francis, sixth grade teacher, commented, "A.J. Bray is one of the most stalwart and positive students I have worked with. He is a dedicated student and basketball player. A.J. always sports a big smile."

The "Get Fit with Bruce and Buddy" program recognizes students in grades pre-kindergarten through eighth who are working toward leading a healthy lifestyle. Phillip and A.J. epitomize just such students.

Phillip and A.J. received achievement certificates, a T-shirt, photo opportunities

with Bruce Bowen and several other prizes.

(Source: Fort Sam Houston Elementary School)



Fort Sam Houston Elementary third grader Phillip Fick stands proud with San Antonio Spurs' Bruce Bowen after being recognized in the "Get Fit with Bruce and Buddy" program. Phillip was nominated by third grade teacher Stacey Carter.



Courtesy photos

A.J. Bray, a sixth grader at Fort Sam Houston Elementary, is all smiles having received recognition from San Antonio Spurs' Bruce Bowen for adhering to the "Get Fit with Bruce and Buddy" program. A.J. was nominated by sixth grade teacher Chanda Salazar-Curiel.

Playoff run ends for Cole football team

The Robert G. Cole High School football team completed their season Friday with a second-round 50-6 loss to the 2A powerhouse Refugio Bobcats. Sophomore tailback sensation, Greg Washington, rushed for 101 yards and a touchdown, but it wasn't enough as Refugio rolled up over 600 yards in total offense.

To get to the second round, the Cougars eliminated the Stockdale Brahmas 28-14 Nov. 17. In that game, Washington rushed for 248 yards and scored three touchdowns, one on an interception return. The Cougars finished 7-4.

"This is the best all-around football team we have had since the 80s," said Larry Ransom, Cole head football coach. "They won their first playoff game since 1987. It was an outstanding football team."

Assisting Ransom during the 2006-2007 football season were Howard Baer, special education math and health teacher; Eric Boehme, science teacher; Darrell Kurek, history teacher; and Brian Sotak, social studies teacher.

(Source: Robert G. Cole Jr./Sr. High School)

Chapel invites families to visit replica Bethlehem Village

The Sam Houston chapel community invites families to visit a replica of a Bethlehem village Dec. 14, 15 and 16 from 5:30 to 8:30 p.m. each evening at the Main Post Chapel.

"This year we're transforming the Main Post Chapel into a little and overcrowded Bethlehem village," said Brian Merry. "Our Bethlehem Village program will provide fun, memorable Bible-learning activities for families."

Each evening children and adults will join with a small group named after one of the 12 tribes of Israel. The family tribes will come together for singing and then explore traditional family life in Bible times. They can visit the census taker, play authentic games or sample Middle Eastern snacks. Families have the

chance to explore a Bethlehem village marketplace where they will become apprentices in the mosaic shop and make clay toys in the toy-making shop.

"Bethlehem Village is an exciting way for everyone to learn more about God's love and the gift of Jesus," said Brian Merry, of the Installation Chaplains Office. "And the best part is that they learn by becoming immersed in authentic Bible-times culture. Kids and adults will witness real-life dramas in the center of town, chat with shopkeepers about the coming Messiah and discover what it was like to live in the Roman Empire.

"We hope Bethlehem Village will make God's word very real to the people in our community."

For more information, call Merry at 221-5006.

(Source: Installation Chaplains Office)

RELIGIOUS HAPPENINGS . . .

Christmas Eve service

The Protestant Christmas Eve service will be held Dec. 24 at 7 p.m. at the Main Post Chapel. Chaplain (Col.) Gilley Richardson, installation chaplain, will preach.

Catholic Women of the Chapel

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-

1295 or visit www.samhouston.army.mil/chaplain/pwoc.

Fall Bible studies for OCF

The Fort Sam Houston Officers' Christian Fellowship will host Bible studies Sunday and Dec. 17 from 6 to 7:30 p.m. at 1008 Gorgas Circle, Fort Sam Houston, followed by dessert. For more information, call Lt. Col. Bob Griffith at 221-6740 or 385-8451 or e-mail robert.griffith1@amedd.army.mil.

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center - West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367.

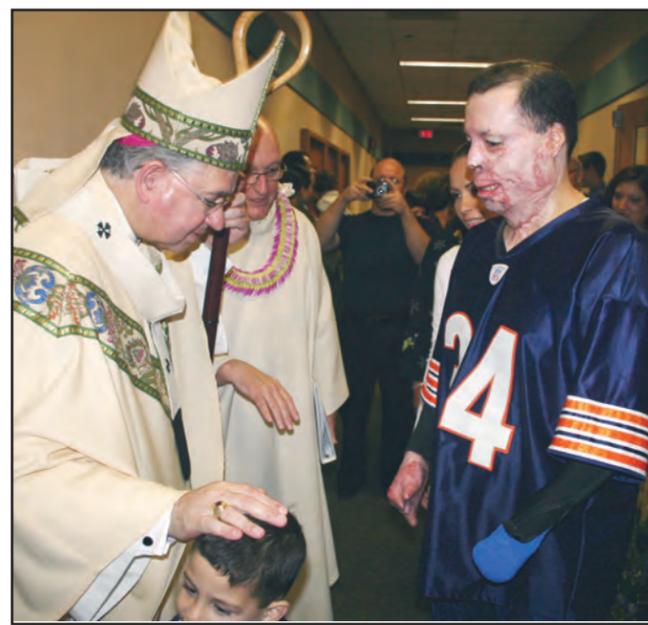


Photo by Norma Guerra

Special blessings

Archbishop of San Antonio Jose Gomez greets wounded warrior Staff Sgt. Israel Del Toro and his family after a Mass performed in the fourth floor auditorium for more than 200 worshippers. During the Mass, the archbishop gave a special blessing to the wounded, their families and BAMC staff. Following a reception held in his honor, the archbishop visited hospital inpatients. Brig. Gen. James K. Gilman, Brooke Army Medical Center commander, presented the archbishop with a commander's coin to thank him for his willingness to come to BAMC and perform the Mass.

For the chapel services schedule, visit www.samhouston.army.mil/chaplain.

Serving those who serve



Story and photos by Phillip Reidinger
Fort Sam Houston Public Information Office

Thanksgiving was a busy day for the post and local communities.

The day started with the arrival of 500 families from the local community who invited more than 1,000 32nd Medical Brigade Soldiers to be their guests for home-style Thanksgiving dinners.

The Mission Thanksgiving program pairs two Soldiers up with a local family so Soldiers in training away from home can experience the holiday in a home setting. The 32nd Medical Brigade Chaplains Office sponsors the annual event, which started nearly 20 years ago.

San Antonio families were met by Col. John Cook, 32nd Medical Brigade commander, and his staff, who volunteered to assist with the pairing of Soldiers with families.

Buses also arrived to take 300 Soldiers to Valero Energy Corporation headquarters for a Thanksgiving Day feast, football games on wide-screen televisions and live entertainment hosted by Valero corporate executives and employees.

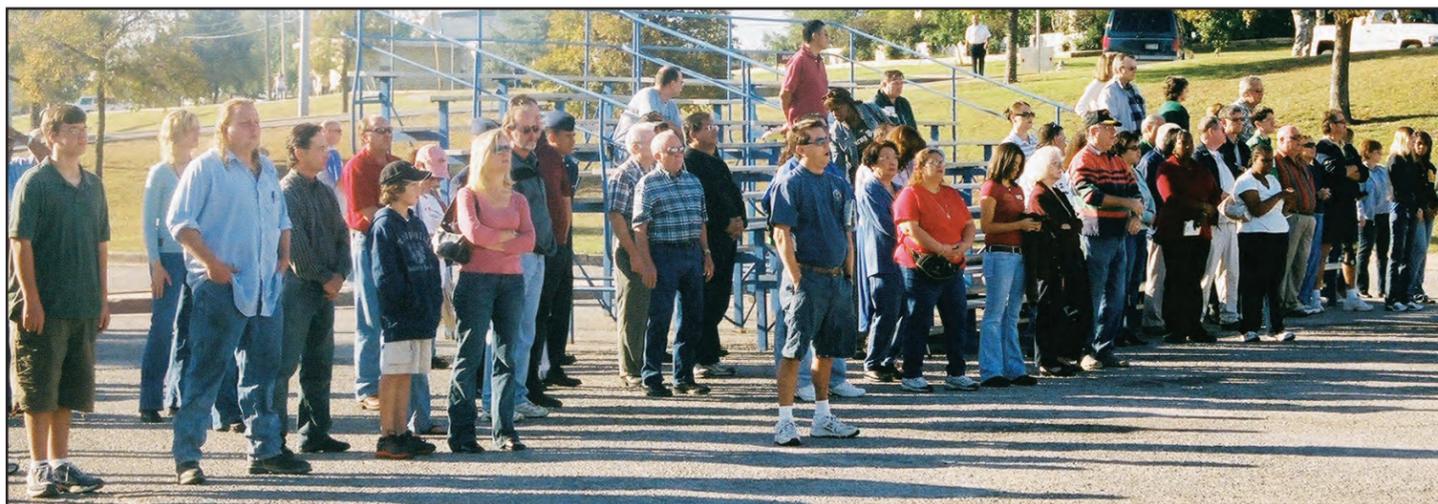
Post dining facilities were busy preparing for hungry Soldiers and families. The Rocco Dining Facility served 448 meals and nearly 700 dined at the Slagle Dining Facility.

Senior officers and NCOs served the Soldiers at the dining facilities, an annual tradition for post leaders and an opportunity for them to thank the Soldiers for their service.

Members of the Military Order of the Purple Heart and their families arrived at the Soldier and Family Assistance Center later in the afternoon to host Thanksgiving Day activities for Soldiers, Marines and their families, serving more than 200 meals.



One-thousand Soldiers assigned to the 32nd Medical Brigade prepare to meet families during the command's annual Mission Thanksgiving program. Through the program, local families are invited to take two Soldiers home for a home-style Thanksgiving dinner.



More than 500 families stood ready to meet their adopted Soldiers for Thanksgiving Day. Some, like WOAI newscaster Bud Little, have participated in the program since it first started nearly 20 years ago.

San Antonio family members meet their adopted Soldiers during a well-practiced, finely tuned operation managed by the 32nd Medical Brigade cadre. Families meet the Soldiers at tables lining the parking lot in alphabetic order as drill sergeants complete the paperwork that document which Soldiers go with each family.





Thanksgiving at the Soldier and Family Assistance Center was a family affair. Soldiers, Marines, their families and center volunteers enjoyed turkey and all the trimmings.

Members of the Military Order of the Purple Heart served nearly 200 meals at the Soldier and Family Assistance Center on Thanksgiving Day.



Jocelyn Johnson enjoys dessert following her turkey dinner at the Soldier and Family Assistance Center.



Matt Binder and Joseph Alfred join the Howard family for Thanksgiving dinner.

Chun Partch readies the Rocco Dining Facility for Thanksgiving dinner guests.



Sun Arriola and Chong Diaz prepare serving lines with fruit and desserts at the Rocco Dining Facility.



Mario Arizpe prepares one of several food displays at the Rocco Dining Facility.

Events

Free holiday messages

The Stars and Stripes newspaper will offer a free holiday message posting service through Friday for service members and families separated during the holidays. Messages will be published in the Dec. 16 editions of the Stars and Stripes — Europe, Pacific and Middle East. Submit early; messages are selected on a “first-come, first-served” basis. People can view posted messages beginning Dec. 16. Stars and Stripes can only publish messages received online and in English. To send a free message, visit www.estripes.com and click on the “holiday messages” button.

Trinity Christmas Concert

Trinity University’s annual Christmas Concert will be held Friday at 8 p.m. in Trinity’s Laurie Auditorium. The concert will feature members of the Trinity Choir, the University Chorus, the Trinity Symphony Orchestra, the Symphonic Wind Ensemble and the Parker Handbell Choir. The concert is free and open to the public; no reservations or tickets are required. For more information, call the Trinity music department at 999-8212.

Boerne Christmas walk

The Randolph Roadrunners Volksmarch Club will host a 5K and 10K walk Saturday starting at St. John Lutheran Church, 315 E. Rosewood Ave., in Boerne, Texas. For more information, call Ellen Ott at 525-8574, e-mail ellenott@sbcglobal.net or visit www.geocities.com/randolphroadrunners/.

Tree of Angels dedication

The San Antonio Victims Advocacy Council invites families and friends of victims and survivors of violent crime to the fourth annual Tree of Angels dedication Saturday at 6 p.m. at the Madison Square Presbyterian Church, 319 Camden St. Bring an angel ornament to place on the tree. A reception will follow in the church hall. The event is free and open to the public. For more information, call Linda Miranda at 226-0303, ext. 229.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club will host a Christmas celebration Dec. 7 from 11:45 a.m. to 1 p.m. at the Sam Houston Club’s sports bar. The club is open to military, civilians and family members interested in developing and enhancing their leadership and communications skills. The club meets the first and third Thursday of every month from 11:45 a.m. to 1 p.m. in the San Antonio Credit Union conference room on Stanley Road. For more information, call Anthony Jones at 221-7835 or e-mail anthony.r.jones@us.army.mil; Deborah Bowman at 221-6517 or e-mail Deborah.Bowman@us.army.mil; or Mariea Shelton at 916-3406 or e-mail Mariea.Shelton@us.army.mil.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramerks@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

Retired Officers’ Wives, Widows Club

The Retired Officers’ Wives and Widows Club, San Antonio area will meet Tuesday at 11 a.m. at the Sam Houston Club. The Cole High School Choir will present holiday music for the event. For more information and reservations, call Arline at 822-6559.

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army

Warrant Officer Association meets the third Monday of the month at 7 p.m. at the Veterans of Foreign Wars Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout at 590-2642 or e-mail bstrou@texas.net, or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil, or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BAMC Chess Club

The Brooke Army Medical Center Chess Club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail michael.veri@cen.amedd.army.mil.

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. Mossaab Benhammou at 295-4014.

Training

NCOA Job Fair

The Non Commissioned Officers Association will host a National Job Fair Wednesday from 9 a.m. to 2:30 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road, Live Oak, Texas. Attendees should bring copies of their resume and be prepared to meet with local and national recruiters; more than 60 employers are expected. The event is free and open to the public. Dress appropriately; military uniform is acceptable. For more information, call Tony White at 653-6161, ext. 222 or visit www.militaryjobworld.com.

Army seeks warrant officers

The U.S. Army seeks highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 41 specialties. Current application shortages include military intelligence, special operations, ammunition technician and many more. For more information, call 502-626-0328, 626-0466, 626-0484, 626-0458, 626-0271 or 626-1860; call toll free at 1-800-223-3735, ext. 6 and enter the last four digits of the phone number; or visit www.usarec.army.mil/warrant.

Guard seeks officer candidates

The Texas Army National Guard seeks officer candidates with prior enlisted military service to attend the state’s Officer Candidate School. The OCS training program is 12 to 18 months long. Candidates must have at least 60 credit hours toward a bachelor’s degree or higher, and have served in the Army, Navy, Air Force, Marine Corps or Coast Guard. Upon completion of OCS, candidates will be promoted to the rank of lieutenant and be eligible for a \$10,000 bonus. For more information, call Capt. Teri Bossard at 512-782-5547, e-mail Theresa.Bossard@us.army.mil or visit www.agd.state.tx.us/rr/OCS/.

Special Forces seeks applicants

The U.S. Army Special Forces invites male officers from “Year Group 04” to apply. Officer packets will be accepted through Feb. 15. Early submission is recommended. For more information, visit www.bragg.army.mil/specialforces.

Employment assistance for families

The Family Member Employment Readiness Assistance program offers standard job search assistance as well as career counseling for those contemplating a career change. The assistance program provides training in Microsoft software applications, administrative and clerical job skills, and one-on-one counseling tailored to the needs of the individual. For more information, call Gabriele Dias at 221-0516.

English as a Second Language

English as a Second Language classes are held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. ESL classes are designed to help foreign-born spouses of military increase reading comprehension, vocabulary and pronunciation. Students will participate in beginners, intermediate and advance level classes with individualized group instruction. The ESL classes are sponsored by Region 20 Education Center and the Army Community Service Relocation Assistance Program. For more information, call 221-2418.

Undergraduate evening studies

A St. Mary’s University representative will be available for appointments Wednesdays and Thursdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360. For information on undergraduate admission to St. Mary’s, call the Office of Evening Studies at 436-3215 or e-mail evst@stmarytx.edu. For information on graduate admission, call 436-3214 or visit <http://www.stmarytx.edu/eveningstudies>.

Army ROTC Lateral Entry Program

The University of Illinois Army ROTC Lateral Entry Program is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into the ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Green to Gold Program

The Army ROTC at the University of Illinois at Champaign-Urbana seeks talented enlisted Soldiers who want to earn bachelor’s degrees. Enlisted Soldiers with officer potential and with at least two years on active duty are eligible to participate and enroll in Army ROTC through the Green to Gold Program. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Computer certification

St. Mary’s University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/continuingstudies/>.

St. Mary’s University education office

A St. Mary’s University representative is available Mondays through Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master’s degree in teacher certification. For more information, call Iona Million at 226-3360.

Volunteer

Periodontics patients needed

The Periodontics Department at the MacKown Dental Clinic on Lackland Air Force Base seeks patients. Applicants must be a military retiree, a family member of a retiree or a family member of an active duty military member. Patients must obtain a written consult from their referring dentist and fax it to “Attention Periodontics” at 292-5193, or hand carry it to the clinic during normal business hours. For more information, call 292-4773 after 12 p.m.

Endodontics patients needed

The endodontics department at MacKown Dental Clinic on Lackland Air Force Base seeks patients who need root canal therapy. Applicants must be a military retiree, family member of a retiree or family member of active duty and recently diagnosed by a dentist as having an endodontic condition requiring root canal therapy. Patients should obtain a written consult from their referring dentist and fax it to 292-6431 or bring it the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

Holiday ‘eCarePackets’

Adopt a service member or military family for the holidays by sending an “eCarePackage” online. “eCarePackage” is an extension of Operation Homefront, which is a national nonprofit organization that provides emergency support and morale to military members. Visitors can select individual items to create a customized care package and a personal message for their chosen service member or family. To register, visit www.ecarepackage.org. For more information, call Meredith Leyva at 850-438-5710, e-mail cinc@cinhouse.com or visit www.operationhomefront.net.

Host families needed

The “SHARE!” High School Exchange Program seeks families to host six teens from China as foreign exchange students for the school spring semester. The students speak English and have medical insurance and a spending allowance. For more information, call Yvette Coffman at 800-941-3738 or visit ycoffman@sharesouthwest.org.

USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the downtown community center and the San Antonio airport. Volunteers in the downtown center will serve as greeters, servers and cooks, and volunteers at the airport will staff the reception center. For more information, call Luis Sandoval at 227-9373, ext. 11 or e-mail lsandoval@alamouso.org, or Julie Nichols at 227-9373, ext. 12 or e-mail jnichols@alamouso.org.

Girl Scouts need volunteers

Girl Scouts in the San Antonio area are looking for adult volunteers to become troop leaders, event planners and board members for the Cole service unit located on Fort Sam Houston. Volunteers are needed to help build girls with courage, confidence and character. People with a particular interest or talent could make a big difference in the life of a young girl. Volunteers do not have to have a daughter to help. For more information, call Sandi Juni at 257-9319 or Maria Forte at 221-6277.

Children’s Shelter seeks families

The Children’s Shelter seeks new foster and adoptive parents to care for children in Texas. Children’s ages range from newborn to 17 years old. The Children’s Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads

For Sale: 2002 Westwind 26-foot travel trailer, sleeps six to eight people, in good condition, \$11,000; 1-year-old female collie mix and 5-year-old female malamute mix, spayed, both dogs have current shots, free to good home. Call 830-779-2179.

For Sale: Wrap-around sofa, high back, includes two recliners, sofa sleeper, storage and telephone, seats up to seven, sage green, \$1,400. Call 658-8589 or 577-6200.

For Sale: 1992 Ford Magnum conversion, loaded, \$2,995; two car-top carriers, \$39 and \$99; computer desk, \$37.50. Call 659-6741.

For Sale: Two-inch receiver hitch with mounting hardware and installation instructions for 1994 or newer Ford Ranger/Mazda, \$75 obo. Call 295-3210 days or 494-8401 evenings.

For Sale: Wood entertainment center, holds 27-inch

will not be published. To submit a Fort Freebie, e-mail news.leader@samhouston.army.mil or fax to 295-0512. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



TV, glass door and shelves for storage, \$75 obo; five-piece black dinette set, \$150 obo; 16-inch chrome rims with tires, \$300 obo. Call 396-6966.

For Sale: Cherry wood table with six chairs, two-piece cherry wood cabinet, two cherry wood end tables and coffee table, \$999 obo; clothes dryer, \$100. Call 650-4973.

For Sale: Brother sewing machine, rarely used, \$50; Winnie the Pooh toddler bed, blue, with mattress; \$40; Leap Frog Learn & Groove musical table, \$20; queen-size mattress, firm, best offer; assorted baby and toddler toys. Call 373-7095.

Free To Good Home: Mixed breed short-haired female dog, medium size, 1 year old, spayed, housebroken, can provide a dog house, needs a home with a yard. Call 844-1516.

Career Clips

Case Manager II, San Antonio - Conducts screening and risk assessment of identified members and coordinates with their physicians to facilitate individual plan of care to meet client's needs. Assesses and adjusts as necessary the care plan to ensure compliance and promote desired outcome. Coordinates services between primary care physician specialist and other medical and non-medical providers.

Infection Control Nurse/Employee Health Nurse, San Antonio - Surveys hospital and its population for nosocomial infections, hazards or situations contributing to infections for the purpose of providing quality patient care and a safe working environment. Responsible for implementation and coordination of the CTMC program for infection control, prevention, surveillance and improvement of patient care practices through education and communication.

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 2263, Room B099 or by calling 221-1213.