



# Fort Sam Houston News Leader



Vol. 37, No. 49

Fort Sam Houston – Home of Army Medicine

Dec. 8, 2005

## Briefs . . .

### Christmas tree lighting

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

### BAMC tree lighting

The Brooke Army Medical Center tree lighting ceremony will be Friday at 10 a.m. in the Medical Mall. Festivities include an appearance by Santa, music, refreshments, Santa pictures and goody bags for the children.

### BAMC Holiday Ball

Tickets are available for the Brooke Army Medical Center "Miracles and Dreams" Holiday Ball Dec. 16 at 6 p.m. at the Marriott Rivercenter, 101 Bowie Street. Ticket prices are \$20 for E-5 and WG/GS-6 and below; \$30 for E-6 through O-3 and GS-7 to 12; and \$40 for O-4 and GS-13 and above. Tickets are available outside the BAMC Dining Facility Monday through Friday from 11:30 a.m. to 1 p.m. For more information, call Denise Harkrider at 916-0901.

### Holiday Installation Formation Run

The Holiday Installation Formation Run will be Dec. 16 at 5:15 a.m. Units will assemble at MacArthur Parade Field no later than 5:15 a.m. All tenant units on Fort Sam Houston are invited to participate. The BG Johnson track will close during the run. For more information, call Sgt. Maj. Jimmie Jay at 221-4027 or e-mail [jimmie.jay@amedd.army.mil](mailto:jimmie.jay@amedd.army.mil).

### Senator McCain book signing

Senator John McCain will visit the main post exchange at Fort Sam Houston to sign his new book "Character is Destiny" Saturday from 11:30 a.m. to 1 p.m.

### Walters Gate construction

Starting Jan. 2, contractors will start a 75-day construction project at the Walters Gate. The gate's 24-hour, seven-day-a-week schedule will remain, and an outbound lane will stay open throughout the project. Electronic marquis and Fort Sam Houston Police officers will be on hand to direct traffic and inform people of changes as they occur. The News Leader will also provide updates and schedule changes.

### OCSC holiday coffee

The Officers' and Civilian Spouses Club board members will host the annual OCSC holiday coffee at the home of Joan Weightman, 4 Staff Post Road, Tuesday at 10 a.m. OCSC members and guests are invited. No reservations are necessary.

### BAMC parking closure

Parking lot A, south entrance at Brooke Army Medical Center, is closed to ensure the safety of BAMC visitors and patients during the construction of the Center of the Intrepid. Drivers should be vigilant and drive slowly in lot A due to an increase of pedestrian traffic.

### BAMC driveway closure

The Outpatient Clinic medical mall entrance driveway will close for construction beginning Monday until further notice. The Outpatient Clinic medical mall entrance doors and walkway will still be available for use.

See BRIEFS on Page 4



Photo by Elaine Wilson

## Pony Express rides in

More than 120 Pony Express Christmas couriers deliver the Texas governor's holiday message to Fort Sam Houston Saturday after a historic 120-mile ride along the Alamo-LaBahia Corridor and segments of El Camino Real de Los Tejas. The delivery was the culminating event of the 17th annual Christmas along the Corridor Pony Express Courier Run Finale and Fair at MacArthur Parade Field. See related photos, Pages 18 and 19.

## 418th Soldiers deploy, families to draw strength through support system

By Yolanda Hagberg  
Fort Sam Houston Public Information Office

Families and friends gathered at the Roadrunner Community Center to bid farewell to 63 Soldiers of the 418th Medical Logistics Company who deployed to Kuwait Nov. 30. During the deployment, the Soldiers will provide medical logistical support for Operations Enduring Freedom and Iraqi Freedom.

Under the leadership of Capt. Cassandra Mims, the Soldiers will provide medical support to Soldiers combating terrorism in Iraq and re-establishing a government infrastructure to provide humanitarian assistance to the Iraqi people.

Maj. Gen. George Weightman, commander, U.S. Army Medical Department Center and School and Fort Sam Houston, officiated the send off ceremony and wished the Soldiers a successful deployment and accomplishment of the

mission in support of OIF. To the families he said, "They (Soldiers) could not do this alone, they will need your support, your love. This is a team event and it is important to have a support system.

"A year from now, you will be sitting here ready to welcome them home, mission accomplished ... repeat guaranteed success on the battlefield," said Weightman.

For Jennifer Rangel and her fiancé, Sgt. John A. Miorelli, who deployed for the second time, it was especially difficult. She said she will stay busy through her work and with her friends. She has a great support system of family and friends and will focus on thinking positively.

It was a different story for Pfc. Jen Zachman, who has only been married eight months. Her husband, Nicholas Zachman, recently got out of the Army after serving four years and was deployed to Iraq from March 2004 to

March 2005. The couple met while in the military and was married in April. Now, she is the one deploying and he is staying behind. "This is big, but we've done this before, we can do it again," he said fighting back tears.

Staff Sgt. Javier Valderrama, who was deploying for the third time said, "Communication is the key. Communicate with the family all the time so they know you are okay." With his wife, Virgen, three daughters and his parents at his side, he added, "It is very hard because the children are small and they will be so big when I return. I will miss watching them grow."

The 418th Medical Logistics Company provides direct support for medical supplies, fabrication and repair of optical lenses and medical equipment and maintenance to division and medical units.

See 418TH DEPLOY on Page 4

Shoppers at the Main Post Exchange enjoyed caroling performed by the Holiday Saxes Tuesday. The group is part of the U.S. Army Medical Command Band.



Photo by Cheryl Harrison

## Holiday concert

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



# DoD implements traumatic injury protection

The Department of Defense has implemented traumatic injury protection insurance under the Servicemembers' Group Life Insurance program as enacted by section 1032 of Public Law 109-13.

The program, known as TSGLI, is designed to provide financial assistance to service members during their recovery period from a serious traumatic injury.

All members eligible for SGLI became insured for traumatic injury protection of up to \$100,000 Dec. 1. Service members must decline SGLI coverage to decline TSGLI. A flat monthly premium of \$1 has been added to the monthly SGLI deduction, regardless of the amount of

SGLI coverage that the member has elected effective Dec. 1.

TSGLI is not disability compensation and has no effect on entitlement for compensation and pension benefits provided by the Department of Veterans Affairs or disability benefits provided by the DoD. It is an insurance product similar to commercial dismemberment policies.

TSGLI provides money for a loss due to a specific traumatic event while disability compensation is intended to provide ongoing financial support to make up for the loss in income-earning potential due to service-connected injuries.

The retroactive provision of PL 109-13 provides that any service member, who suffers a qualifying loss between Oct. 7, 2001, and Dec. 1, 2005, will receive a benefit under the TSGLI program if the loss was a direct result of injuries incurred in Operations Enduring Freedom or Iraqi Freedom.

The DoD developed this program in close coordination with the Department of Veterans Affairs. The Office of the Under Secretary of Defense for Personnel and Readiness will closely monitor implementation with the services and make necessary adjustments if required.

For more information, service members

should contact their individual service. Points of contact for service members are: Army - Jeanette Mendy at (800) 237-1336 or [tsgli@hoffman.army.mil](mailto:tsgli@hoffman.army.mil); Air Force - Thomas Perry at (210) 565-3310 or 2410 or [thomas.perry@randolph.af.mil](mailto:thomas.perry@randolph.af.mil); Navy - Master Chief Petty Officer Ralph Gallagher at (800) 368-3202 or [ralph.gallagher@navy.mil](mailto:ralph.gallagher@navy.mil); Marine Corps - Lt. Col. Will Goldschmidt at (703) 432-9277 or [t-sgli@usmc.mil](mailto:t-sgli@usmc.mil); Coast Guard - Lt. Terrence Walsh at (202) 267-1648 or [twalsh@comdt.uscg.mil](mailto:twalsh@comdt.uscg.mil); and U.S. Public Health Service - Lt. Cdr. Tiffany Edmonds at (301) 594-2963 or [tedmonds@psc.gov](mailto:tedmonds@psc.gov). (Source: DoD news release)

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# Fort Sam expands, improves pollution prevention program

By Elaine Wilson  
Fort Sam Houston Public  
Information Office

Fort Sam Houston has introduced a new and improved pollution prevention program that promises to not just help save the environment, but the government money, as well.

The program includes the expansion of three existing recycling efforts and the creation of a new one.

"We've taken the existing program and expanded it to include everyone on Fort Sam Houston and Camp Bullis," said David Walker, environmental office chief. "In the past, the program was limited to units serviced by maintenance and logistics."

The first of the expanded initiatives involves recycling batteries, which includes everything from flashlight batteries to those in heavy equipment.

"We've been knocking on doors to offer people green boxes for their batteries," Walker said. "It's very simple. When your box

is full, call us and we'll give you a new one. Any organization on post can do this, so call us if we haven't called you."

For people who use batteries less frequently, "You can call us even if you don't need a box," Walker said. "We'll have a drop-off point for the smaller quantities."

The other two expanded recycling initiatives deal with motor oil and antifreeze.

"We provide people with 50 to 500 gallon drums," Walker said. "A contractor comes to pump out the oil or the antifreeze when the drum is full."

"The great aspect to the antifreeze initiative is that we don't have to pay to get rid of it like we did in the past," Walker said.

"The antifreeze is recycled and comes back so we can use it again. This is a great money saver for the government."



Photo by Laurence Gonzalez

Michael Nosalik, chief of maintenance for logistics maintenance, bags used batteries and places them into a collection box for recycling Tuesday.

Aside from an increased recycling effort, Walker said the expanded initiatives will make a significant dent in the

"waste stream" leaving the post.

The waste stream represents a long-term liability for the post, since anything that leaves the post as waste has to be tracked until it is destroyed.

"The goal is zero waste," Walker said. "We're not there yet, but this will make a big difference in the size of our waste stream since, instead of leaving as waste, we're recycling and using the products again."

"It takes our people a lot of effort to track waste manifests," Walker added. "This will enable us to focus on improving other areas of our program."

The new recycling initiative is aimed at recycling items common to just about everyone on post – cell phones and pagers.

The initiative is for any employee on post who is turning in an old cell phone or pager or

turning in one that's not being used, Walker said. The phones and pagers are dropped off rather than picked up.

"This initiative is a great example of teamwork and creative thinking," he said. "We're constantly looking for ways to better our recycling program."

All four recycling initiatives started last week and are ongoing.

"Every recycling effort is important," Walker said. "By doing so, we're reducing our liability, expanding the lifetime of landfills and doing our part for the environment."

"We encourage everyone on post to get involved," Walker continued. "Just give us a call and we'll get you started."

The drop-off point for people with lesser quantities of batteries, phones and pagers is Building 4055, across from the Jimmy Brought Fitness Center. For more information or to participate in the program, call Bill Burton at 833-2246 or Jesse DeHoyos at 391-7490.

## Officer receives Purple Heart at Brooke Army Medical Center

By Nelia Schrum  
Brooke Army Medical Center Public Affairs

A 1999 Texas A&M graduate was awarded a Purple Heart at a Brooke Army Medical Center ceremony Nov. 30 for burn injuries suffered as a result of a vehicle-borne improvised explosive device.

First Lt. Jeff Loaring-Clark, an armor officer, received the medal from Maj. Gen. Robert W. Mixon Jr., commanding general for the 7th Infantry Division and Fort Carson, Colo.

Loaring-Clark, who sustained his injuries in Baghdad, Iraq, in September, suffered burns to his face and hands from the explosion.

Mixon said that he was extremely proud of Loaring-Clark and all of the wounded warriors recovering at BAMC.

"Know that you represent the values of this country and much of what is right and good about this country," Mixon said.

The general said the Global War on Terrorism might be a long war because the world was facing an enemy that would move around the world, trying to escape.

"It's important that we fight away games," he said. "We don't want them to ever come back here."

The lieutenant was joined at the ceremony by his parents, Barbara and Bill Clark, and his fiancée, Allison Avery. The couple married three days later on the campus of Southern Methodist University in Dallas. They will report to Fort Knox, Ky., where Loaring-Clark will serve as an executive officer for the Officer Basic Course.



Photo by Kelly Schaeffer

Maj. Gen. Robert W. Mixon, commander, 7th Infantry Division and Fort Carson, Colo., awards 1st Lt. Jeff Loaring-Clark, an armor officer, a Purple Heart Nov. 30 for burn injuries sustained in Baghdad, Iraq. Loaring-Clark's fiancée, Allison Avery, joined him for the ceremony.

## U.S. Army South prepares for New Horizons military exercise

By Robert O. Appin  
U.S. Army South Public Affairs

U.S. Army South Humanitarian Civic Assistance Division hosted a conference Nov. 29 through Friday in San Antonio to prepare for a large scale military exercise called New Horizons, which takes place annually in Latin America and the Caribbean.

This year, New Horizons will be in the Dominican Republic and El Salvador in February 2006. Four clinics will be built in the Dominican Republic and one clinic, one community center and three schools in El Salvador.

"New Horizons exercises are focused on training and readiness of our deployed units (National Guard and Reserve). However, the side benefit of these activities is that rural communities will have fully functional schools, clinics and community centers," said Thomas A. Heaney, USARSO deputy commander for operations.

In addition, several medical readiness training exercises will be conducted, where National Guard and Reserve physicians will tend to between 500 to 1,000 patients per

day. Veterinarians will also examine both domestic and farm animals.

During special sessions, Kirk M. Dahlgren, director of strategic development for the U.S. Agency for International Development, highlighted areas where interagency coordination with the Department of Defense can take place.

"One area that we can work with DoD is by partnering in improving infrastructure," said Dahlgren. "We could organize and help fund local citizens in rural areas to make a road and have the Army build a bridge. It would be a kind of farm-to-market road."

The Task Force commander for El Salvador is Col. William Buckler, and Lt. Col. Angelica Reyes is the commander for the Dominican Republic. National Guard and Reserve units from several states and territories will participate in the exercises.

New Horizons exercises are directed by the Joint Chiefs of Staff and sponsored by U.S. Southern Command in Miami.

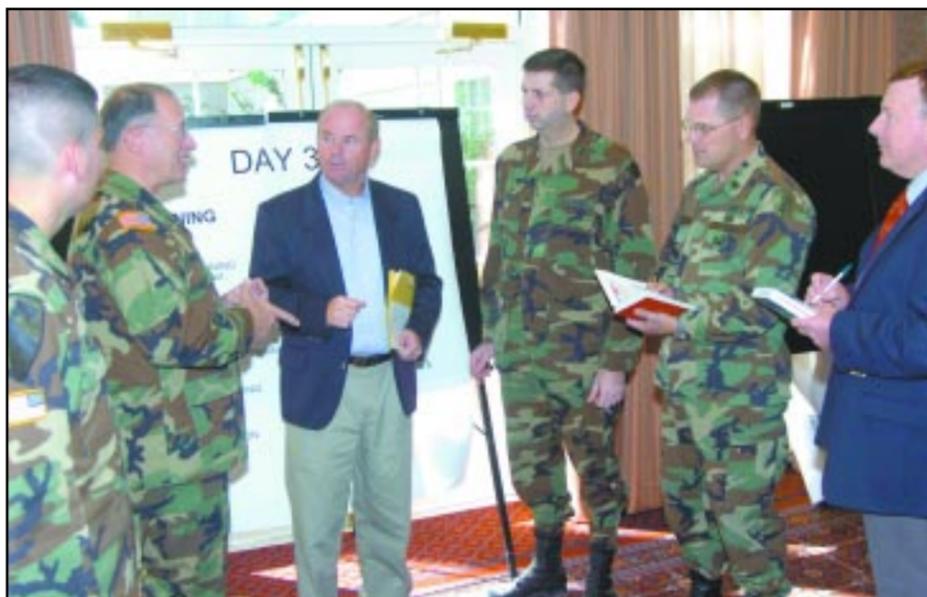


Photo by Jose Saez

Kirk M. Dahlgren, director of strategic development for the U.S. Agency for International Development, answers questions from Col. Robert D. Hudnall, assist deputy commander for exercises, and others at the New Horizons planning conference in San Antonio.

# Briefs cont. . . .

# 418th deploy

Continued from Page 1

### JAG office closure

The Fort Sam Houston Office of the Staff Judge Advocate, to include the claims division and the legal assistance office, will close Dec. 20 from 12 p.m. to close of business for the office holiday celebration. The office will reopen Dec. 21. For emergencies, contact the on-call officer at 393-3531.

### Senior leadership prayer breakfast

The 32nd Medical Brigade senior leadership prayer breakfast will be Jan. 6 at 7 a.m. in the Sam Houston Club. The speaker is Lt. Gen. Robert L. Van Antwerp, commanding general, U.S. Army Accessions Command and deputy commanding general, Initial Military Training. Senior leaders of the military community are welcome to attend. For more information, call Chaplain (Maj.) Jonathan Etterbeek at 221-4210 or 221-4362 or Chaplain (Capt.) Luis Lopez at 221-5254.

### Audie Murphy induction

The Sergeant Audie Murphy Club induction ceremony will be Dec. 16 at 3 p.m. at Blesse Auditorium. The event is sponsored by the Army Medical Department Center and School and 32nd Medical Brigade. For more information, call Sgt. 1st Class Dwight Wafford at 221-9314.

### Change of charge ceremony

The change of charge ceremony for the officer in charge of the Naval School of Health Sciences, San Diego Detachment, will be Dec. 16 at 1:30 p.m. at the Evans Theater, Building 1396, Garden Road, on Fort Sam Houston. Capt. Eugene D. Barron will relinquish charge to Capt. William C. Perry. To attend, call 221-8537 or 221-8294 by Tuesday.

### Honor Medic ceremony

The 32nd Medical Brigade will conduct an Honor Medic ceremony in honor of Maj. Gen. Darrel Porr's retirement Wednesday at 5 p.m. at the main post flagpole on Stanley Road.

### Safety officer training

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

### PX, commissary meeting

There will be a Post Exchange and Commissary Advisory Council meeting Dec. 15 at 9 a.m. at the commissary break room.

### News Leader seeks feedback

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

### Ammunition supply closures

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



(Above) Staff Sgt. Javier Valderrama holds daughters, Melany, 1, and Velmarie, 8, as his wife Virgen, consoles daughter, Suheily, 11, during the departure ceremony at the Roadrunner Community Center Nov. 30. It is Valderrama's third deployment.



Jennifer Rangel and her fiancé, Sgt. John A. Miorelli, spend time with each other during a deployment ceremony. Rangel plans to stay busy with work and to take care of Miorelli's antique car while he is in Kuwait.



Pfc. Jen Zachman and husband, Nicholas Zachman, share a quiet moment together prior to boarding a bus for her departure to Kuwait. In the past, it was Nicholas who departed and she stayed behind. "We've done this before, we can do it again," said Nicholas.



Deploying for the second time, Staff Sgt. Jose Raymundo, spends final moments with his wife, Felicia, and daughter, Amer, 10, at a deployment ceremony Nov. 30.



Sgt. James Welsh kisses his 2-month-old daughter, Elizabeth, just prior to departing for Kuwait for a one year deployment with the 418th Medical Logistics Company.

## Off limits establishments

The following establishments in San Antonio are off limits to armed forces personnel.

Establishment/area	Address	Effective date
Cracker Box Palace	622 W. Hildebrand	Sept. 1, 1997
*Planet K	5619 Evers Road	Sept. 29, 1999
Planet K	1015 E. Mulberry	Sept. 29, 1999
Planet K	2903 Goliad Road	Sept. 29, 1999
Planet K	2138 Austin Highway	Sept. 29, 1999

\*Includes all locations in Bexar, Atascosa, Wilson, Guadalupe, Comal, Kendall, Medina and Bandera counties.

These establishments have been placed off limits by the San Antonio Armed Forces Disciplinary Control Board to help maintain the health, morale and welfare of armed forces personnel. Personnel entering off limits establishments may be subject to disciplinary action per applicable service regulations and the Uniform Code of Military Justice.

# Medical leaders work to improve military trauma medicine

By Navy Lt. Jet Ramos  
 Defense Medical Readiness Training Institute  
 Public Affairs Office

The Department of Defense Combat Trauma Surgical Committee conducted its annual meeting Nov. 17 and 18 at the Defense Medical Readiness Training Institute at Fort Sam Houston.

The CTSC serves as the body that coordinates sustainable combat trauma surgery training programs and recommends tri-service policy changes to improve combat trauma outcomes.

The CTSC was formed in 1996 as a direct result of several DoD and U.S. General Accounting Office reports on medical operations during the Gulf War that questioned the military's ability to meet its wartime medical mission, particularly in providing trauma care.

Over the past nine years, the CTSC has assessed policy, made recommendations and established trauma training standards and initiatives that have closed the trauma training gap. Air Force Lt. Col. Donald Jenkins, who serves as the trauma medical

director at Wilford Hall Medical Center at Lackland Air Force Base, said the tri-service membership of the committee has crossed service lines to improve casualty care.

"Every person in the room leaves their service pride objectives at the door, and we talk just about the wounded troop," he said. "No one talks bad about each other — only honest recommendations. Everyone in the room is a high-powered, high-ranking, very senior member of this corporation of military health care, and keeps the focus on the wounded troop. It is unparalleled."

Col. David Burris, who serves as the chairman of surgery at the Uniformed Services University, said the CTSC has made significant strides partnering with civilian trauma training centers, whose caseloads matched those casualty-related diagnoses on the military's list of battlefield injuries.

**"Every person in the room leaves their service pride objectives at the door, and we talk just about the wounded troop."**

Air Force Lt. Col. Donald Jenkins  
 Trauma Medical Director  
 Wilford Hall Medical Center

Training Center in Miami, the Air Force Trauma Training Center in Baltimore and the Navy Trauma Training Center in Los Angeles. And, while there are specific training centers for the services, the curriculum is the same and the student seats are interchangeable."

Jenkins said he likes what the CTSC has done in laying the foundation for future military trauma medicine.

"Because of the work of half a dozen or so of the CTSC members, the Emergency War Surgery Handbook was created," Jenkins said. "This handbook was turned over to the next generation of trauma leaders, who used the handbook as the foundation for the course now known as the Emergency War Surgery Course."

"At first, the goal was to have a Joint Trauma Training Center," he said. "Today, we have three Trauma Training Centers: The Army Trauma

Formerly known as the Trauma Refresher Course for Surgeons, this course is a standardized training program that gives medical personnel exposure to critical life-saving skills. It is a three-day course held at various locations throughout the United States.

Jenkins further adds that while military trauma medicine has improved substantially over the years, there is room for improvement.

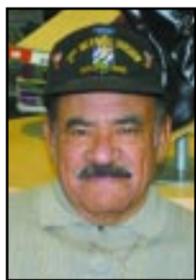
"Somebody had said that we were broken at one time," he said. "We are fixed. We're doing great stuff, and now we have the tools in place to fine-tune it.

Improvements can still be done in the business processes between the services. A lot of good things are happening in the grassroots. For example, the recommendation of putting an Air Force person in an Army system to direct trauma care in the theater is huge."

Jenkins recommends that while there is evidence of improvements across service lines, the system needs to be fine-tuned so processes will work on a continual basis, and not be dependent on individuals.

For more information on the Combat Trauma Surgical Committee and the Emergency War Surgery Course, visit the DMRTI Web site at <http://dmrti.us>.

## Post Pulse: Do you have any tips for spending wisely during the holidays?



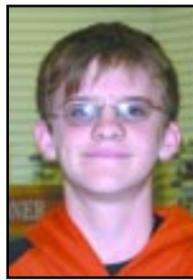
*"We use a budget. My wife and I decide how much we can spend in advance, and we use discounts and coupons."*

**Emilio  
Castrorivera**



*"I try to shop for items that mean something special, rather than concentrating on how much it costs. Having spent a year in Iraq away from my family, this season means more to me."*

**Sgt. Dion Kruczek**



*"I look at prices and save more than I need. I earn my money by doing chores and I save."*

**William  
Zopff IV**



*"I keep track of prices and what I've bought by writing it in a small notebook. Then, at the end of the month I know exactly who I bought for and how much I spent."*

**Sharon Grewell**

# Think safety first, prevent holiday burnout

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

'Tis the season for friends and family, eggnog and cookies, and good times. It is also the season for potentially hazardous situations around the home. Here are a few tips to help keep safety first during the holidays:

### Fire safety

#### Keep trees green, presents safe

- When buying a live tree, have the vendor make a fresh cut an inch from the bottom; this will help the tree drink.
- If bought early, keep the tree outside, store it away from wind and sun, and keep the bottom in a bucket of water.
- Make sure the lights are safe. If using outdoor lights, be sure they are designated for outdoor use. Make sure the lights carry certification from a testing laboratory.
- Do not use electric lights on a metal tree.
- Discard any strings of lights that are frayed or broken.
- Unplug the Christmas tree lights before leaving the house or going to bed.
- Do not buy a tree that is dry and dropping needles. To check for freshness, loosely grip the end of a branch and pull your hand over it. Only a few needles should fall off.

- Make sure the tree stand holds plenty of water, and do not let it go dry.
- If the tree seems wobbly, center it in the stand more securely and redo the bolts or screws. Be sure the stand is large and strong enough.
- If buying an artificial tree, make sure it is fire-retardant.
- Keep the tree at least 3 feet from furnaces, radiators and fireplaces.
- Try to position the tree near an outlet so cords are not running long distances. Do not place the tree where it may block exits.
- When Christmas is over or when the tree starts to drop needles, dispose of it. Do not leave it in the house or put it in the garage.

#### Candle safety

Another safety factor during the holidays concerns burning candles. When using candles, place them a safe distance from combustibles and put them in sturdy containers. Always extinguish the candles prior to going to bed. Never put lit candles on or near a holiday tree.

#### Child, pet dangers

Keep a close eye on small children and even household pets when they are around the tree. Small decorations and ornaments are sharp, breakable and can be swallowed.

Extension cords are another item that must be considered. Pets have a real taste



Too many electrical cords plugged together may become a fire hazard.

for them, and children have been known to put them in their mouths. To prevent a shock, hardware stores sell tubing that cords can be inserted into.

Pets, especially, need to be watched during the holiday season. Chocolate can cause vomiting, diarrhea and serious illness, and, in some cases, death for the furry family member.

Tinsel is another danger for pets. If an animal swallows it, it could possibly cause intestinal blockage, sometimes requiring surgery.

For a safety conscious gift idea for loved ones or friends, put together a gift basket containing one or more of the following items: a quality fire extinguisher; a flashlight and batteries or light sticks; a first-aid kit; a carbon monoxide detector; a mobile phone; a second floor escape ladder; or an emergency kit containing energy bars, water, battery radio and a firstaid kit packed in a small travel bag.

For more information about holiday-time safety, visit <http://www.aap.org/advocacy/releases/dectips.htm>.

# Don't drown in debt

## Holiday shoppers can avoid paying for gifts year-round

By Elaine Wilson  
Fort Sam Houston Public Information Office

Each year, in the weeks before Christmas, diehard shoppers line up at stores in the pre-dawn hours ready to race for the hot toy of the year or the "can't miss" deal.

"I stood in line at the PX from 1 to 8 a.m. to buy the latest X-Box for my son," said Shawn Lowery, an avid bargain shopper. "But, it was worth the wait; the same one was selling for thousands of dollars online."

While some people, like Lowery, will go to all lengths to stick to their shopping lists and budget plans, others will be sucked into the spending frenzy and stretch their credit and debit cards to their limits.

For the overspenders, their holiday shopping may be finished; however, their money troubles are just beginning.

"It may take a year or more to pay off one credit card," said Maj. Steve Sheridan, a certified financial counselor. "No one wants to still be paying for a gift a year later."

Sheridan offers three tips to prevent holiday shoppers from drowning in debt: make a list, stick to a budget and only use cash.

"We get bombarded with ads and catalogs at Christmas time," Sheridan said. "I'd suggest tossing them out and turning off the commercials. Be creative with your Christmas lists."

Sheridan said people can give a gift with a personal touch, such as

coupons for cleaning or babysitting or a free month of lawn care.

For people who prefer an off-the shelf gift, "The best way to avoid overspending is to understand the power of cash," Sheridan said.

When purchasing, particularly "big ticket" items, it's easier to hand over a credit card than cash, Sheridan said. "When \$500 is

gone, it's gone; you feel the pain of cash more, so you think more when you use it."

It's also easier to strike a bargain with cash, he said.

"Salesmen are more willing to agree to a deal if you have cash," Sheridan said. "Price compare at three places, then ask for the best deal. Just be willing to walk away if you don't get the deal you want, such as free delivery."

Using cash also helps people stick to a budget, Sheridan said. "If you only bring a set amount, you won't overspend."

However, if people are determined to use a credit card, Sheridan advises they set a limit and pay the balance in full each month.

"Research shows that 70 percent of credit card holders don't pay their balance in full each month," he said. "But even if they do, studies show that consumers spend between 10 to 18 percent more by using a credit card than cash."

Sheridan said he learned the pitfalls of credit card debt the hard way.

"I was in college and went from making 1,000 a month from a high school lawn care business to \$400 a month from an ROTC scholarship," he said. "But, my spending habits were the same. Then, one day, I thought all my money problems were solved. I got a letter

saying 'discover the possibilities.' Well, in no time, I had discovered all my possibilities and was maxed out."

Sheridan graduated from college and bought a used Mercedes. He became a second lieutenant making \$20,000 a year with a \$30,000 debt.

He eventually paid it off, but advises, "Don't be like me; don't get caught by the lure of phony plastic prosperity."

It may be too late for some people to avoid credit card debt, but it's never too late to recover from it, Sheridan said.

"People need to make and stick to a budget," he said. "Home equity loans and debt consolidation may be tempting, but they are only fixing the symptoms, not the problem. You have to figure out where you are overspending and take accountability."

And, while the holiday season may not seem like the best time to start a budget, Sheridan said it's better now than later.

"If you shop wisely and within your budget, it will pay off in the long term when you're debt free," Sheridan said.

There are several resources at Fort Sam Houston to help people become or stay debt free. The Installation Chaplain's Office offers a 13-week Financial Peace University Sundays starting Jan. 8 at the Installation Chaplain's Office on Funston from 9 to 10:30 a.m., with classes for adults and youth. For more information, call Chaplain (Maj.) Yvonne Hudson at 295-2096 or e-mail yvonne.hudson@sam-houston.army.mil. Sheridan also offers free confidential personal financial counseling services. For more information, e-mail Sheridan at steve.sheridan@us.army.mil.



Photo by Laurence Gonzalez

# AAFES enlists help to bring holiday season to troops

The Army and Air Force Exchange Service is working to get phone cards and gift certificates into the hands of deployed troops in time for the holidays with help from the Coalition to Salute America's Heroes, Operation Homefront and Operation Interdependence.

"It's the perfect time of year to welcome these partners to AAFES' troop support efforts because millions of Americans are looking for ways to help during the holidays," said Floyd Wynn, general manager, Fort Sam Houston Army and Air Force Exchange Service. "This is not only the most difficult time to be deployed, it is also the most important time of year to let troops and their families know we are thinking of them."

The Coalition to Salute America's Heroes focuses on the needs of wounded and hospitalized troops. Through the coalition, "Gifts from the Homefront" and "Help Our Troops Call Home" phone cards will be distributed in coalition programs that provide emergency financial support to wounded heroes and their families in need.

Operation Homefront strives to care for families left behind when troops deploy. Exchange gift certificates and phone cards distributed through Operation Homefront will provide support to military families while loved ones are abroad.

"We are so pleased to be added to AAFES' listing of elite nonprofits serving our military," said Amy Palmer, Operation Homefront executive vice president. "We hope to continue to help military families all over the world, and I believe this will make it a little easier to accomplish."

A "civilian-to-military delivery system" that provides a means for Americans to demonstrate their support for deployed military, Operation Interdependence takes American support directly to troops serving in Operations Iraqi and Enduring

Freedom. Military Exchange Global Prepaid phone cards and PX/BX gift certificates purchased through [www.aafes.org](http://www.aafes.org) will be included in care packages, called civilian rations. The packages are delivered to the troops monthly without negatively impacting the military delivery system.

Anyone can make a direct impact on troop morale with a "Help Our Troops Call Home" phone card.

The 550-unit Military Exchange Global Prepaid phone cards provide more than three hours of talk time from Iraq and Afghanistan.

"Troops tell us they miss being able to communicate with family and friends," said Wynn. "This is why providing troops with phone cards is one of the best gifts the American public could give this holiday season."

To purchase a phone card, visit [www.aafes.org](http://www.aafes.org) or call (800) 527-2345.

People can purchase "Gifts from the Homefront" gift certificates by visiting [www.aafes.org](http://www.aafes.org) or calling toll free (877) 770-4438. From there, purchasers may send the Military Exchange Global Prepaid phone card or Exchange gift certificate to individual Soldiers, Airmen, Sailors or Marines (designated by the purchaser) or to "any service member" by distributing gifts through the American Red Cross, Air Force Aid Society, Fisher House, United Services Organization, Coalition to Salute America's Heroes, Operation Homefront or Operation Interdependence.

All totaled, the charities currently participating in AAFES' "Gifts from the Homefront" and "Help Our Troops Call Home" efforts – the American Red Cross, Air Force Aid Society, USO and Fisher House — have distributed nearly 15,000 phone cards and more than 17,000 gift certificates to military personnel supporting OIF and OEF.

(AAFES news release)

# Housing office announces coloring contest winners

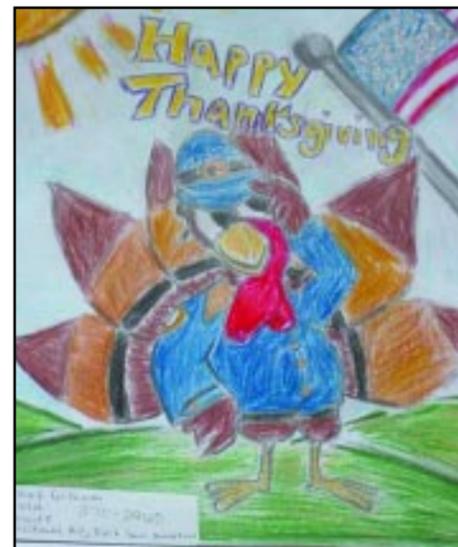
Fort Sam Houston Family Housing, Limited Partnership, managed by Lincoln Military Housing, sponsored a Thanksgiving coloring contest in November. Children residing in family housing were encouraged to submit a drawing, free hand or pre-printed, about Thanksgiving.

Cornelius Gilliam, 15, was the grand prize winner and received a \$100 gift certificate to the commissary. The first place winners by age category include: ages 13 to 16, Corian Bowen; ages 9 to 12, Hannah Horner; and ages 5 to 8, Austin Weigle. They each received a \$50 gift certificate to the commissary.

For photos of the winning submissions, visit the LMH Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com).

For more information, call LMH at 270-7638.

(Source: Residential Communities Initiative)



Courtesy photo

Cornelius Gilliam won the family housing Thanksgiving coloring contest with this submission.

## November Survey of the Month Winner

Maj. Darryl Hodson



## November Yards of the Month

734 Patch

6325 Kimbro Circle

454 Graham

637 Infantry Post

# Spouse survey to help shape future family programs

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. — Defense officials want to make sure that military spouses know it is important for them take the time to complete the online 30-minute survey they got notices about in the mail late November.

The new Defense Department survey has gone to spouses to get their views as defense planners shape family programs to meet their needs and interests, a top Pentagon family policy official said.

Nearly 74,000 military spouses have been asked to participate in two new surveys, one directed at active-duty families and one for National Guard and Reserve families, according to John M. Molino, deputy under-secretary for military and family policy.

The survey group was selected at random to provide a cross section of all military families, Molino said. The survey period runs through late January.

The survey responses are confidential and responses will be instrumental in determining how DoD directs its resources to family programs in the future.

“Participation in this survey will directly influence policy,” Molino said.

This will give the DoD a full cross section of responses to use in tailoring its family programs, Molino said.

“There is always competition for limited resources, (so) we want to make sure we spend our money smartly in the future,” he said. “And, the survey is an opportunity for military spouses ... to be sitting around the table with us, to be giving us their input so that we can make smart decisions on how to spend these monies and these resources in the future.”

The last spouse survey, in 1999, underscored the need for more and better child-care facilities, particularly on bases, and interest in enhanced education benefits, he said. Officials have worked to introduce improvements in both areas, he said.

Molino said he is hoping spouses asked to participate in the 2005 survey will weigh in with their views to help identify gaps and direct programs to fill them, particularly in light of changes in the military since the last survey.

The new survey, for example, will focus more on deployment issues and challenges they present families, he said.

“The world has changed since 1999. A lot has changed within the military and a lot has changed in the nature of the military (and) the makeup of the military family,” Molino said.

Family programs have become increasingly important within the military, Molino said, noting that more than half of today’s service members are married.

Ensuring that families have strong programs and services boosts readiness, because it frees service members to focus on the mission rather than wondering if their families are being taken care of, Molino said.

Family programs are a big factor in retention too, because families satisfied with military life are far less likely leave the military, he said.

“Families are a key,” Molino said. The decision to join the military may be an individual decision, but the decision to stay in the military is a family decision.



Courtesy photo

## 187th offers helping hand

Drill Sgts. Martine Brown (back row, far right) and Curtis Lawson (center), and Soldiers from E Company, 187th Medical Battalion, display just a few of the bikes, toys and gifts the unit has donated in support of Holiday Helping Hands, a program sponsored by the Installation Chaplain’s Office. The toys will be donated to post families in need. Holiday Helping Hands is still accepting new, unwrapped toys as well as monetary donations, which are used to purchase gift certificates from the commissary and HEB. For more information or to donate, call Robb Wood at 221-5428.

**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.



# TROOP SALUTE



## 187th Medical Battalion



### Officer of the Week

**Name:** 2nd Lt. Beatrice Ihuaku Onyewu

**MOS:** 70B, health services administration

**Hometown:** San Antonio

**Time in service:** One year

**Future goals:** Platoon leader at 121st General Hospital

**Reason for joining:** During high school, I participated in the Junior ROTC program, and it inspired me to serve on active duty.

**Latest accomplishment:** Received an Army Achievement Award during the Leadership Training Course at Warrior Forge



### Soldier of the Week

**Name:** Spc. Olli T. Toukolehto

**MOS:** 91K, medical laboratory specialist

**Hometown:** West Palm Beach, Fla.

**Time in service:** Eight months

**Future goals:** To become a 71B, biochemistry officer

**Reason for enlisting:** I believe in the spread of human rights and democracy in the Middle East.

**Latest accomplishment:** Selected as the Soldier of the Month, scored a 300 on the Army Physical Fitness Test, currently ranked first in class

## CAREER CLIPS

**Managed care executive, San Antonio** – Responsible for retention and growth of existing regional managed care clients; provides oversight, ensuring contractual deliverables and service levels are met; and develops managed care positioning and strategic execution in the divisions.

**Severely injured service member and family support counselor/advocate, San Antonio** – Supports the Military Severely Injured Operations Center in conducting needs assessment for physical, emotional, educational, family, financial and other concerns and assist where requested by service member or family; supports the center in ascertaining if service member or family member needs rehabilitative services, job training, benefits adjudication, counseling or other readjustment services.

**CHRIS program manager, San Antonio** – Manages the daily operations of the County Human Resource Information System and Compensation Division to include identifying, designing and implementing innovative approaches, strategies and philosophies for county classification and compensation programs.

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

# Woman lends troops, families an ear

By Samantha L. Quigley  
American Forces Press Service

WASHINGTON, D.C. — Deployed troops and their families are used to receiving material support from various sources, but sometimes they really need something less tangible.

“I think that a lot of times somebody just needs someone to listen for a while and (to) know that they’re not alone and not forgotten,” said Alessandra Kellerman, president and founder of “Homefront Hugs,” an organization started after the Sept. 11, 2001, terrorist attacks.

Kellerman is well qualified to listen and assist. A psychologist specializing in crisis intervention and behavioral management and a former military wife, Kellerman said that she can help both service members and their families.

“Just Ask Ali,” is an online forum in which service members and family members can ask questions about issues affecting their lives. The service is available to anyone affected by a deployment. Through it, Kellerman offers guidance and suggestions. Some recurrent issues are addressed on the site, and the writers remain anonymous.

“They just need somewhere to go to say, ‘Look, I’m dealing with this. Do you have any suggestions? Are there any resources out there that the military provides?’” she said. “Everybody’s concerned about not overburdening the other.”

Though the Gulf Breeze, Fla., resident is willing and qualified to offer basic counseling, some issues are out of her realm of comfort, she said. In those cases, she refers people to the appropriate resources within the military.

“Although I do some counseling on the side with families ... there are a lot of referrals that go on,” Kellerman said. “I understand what the military is providing for the families and where they can go.”

Kellerman knows well that as helpful as a friendly ear can be, sometimes a good old-fashioned care package is in order. For this reason, one of the facets of Homefront Hugs is a service member adoption program. Through Hugs4Smiles, Americans who want to show support for service members can agree to send care packages to “adopted” servicemembers for a period of time.

“Sending packages is just a small way in which we can show our support for the troops,” said Mary Ellen Esquino, Hugs volunteer. “The Homefront Hugs organization provided that service, and I will be forever grateful. (It) has been a constant support for the troops, their families and for the volunteers.”

Those gestures of support are important, Kellerman said. She said that support of the troops should go beyond political and religious lines.

“I feel that we need to unite more and remind our troops that they’re all Americans first, and that we are behind them as long as they’re serving our country, whether or not we’re for or against the war,” she said. “Because, if one of our Soldiers falters while trying to serve our country, we’ve done them a disservice. We may say we support our Soldiers, but we really need to walk the walk.”

Aside from the support Hugs offers service members and their families, the organization also works to help the U.S. military foster a good rapport with Afghan citizens.

Homefront Orphan Hugs began in November at the request of Staff Sgt. Rodolfo “Raven” Fuentes of the 44th Signal Battalion stationed at Bagram Air Base, Afghanistan. The unit is collecting items for about 400 children in two orphanages near the base. The Soldiers are requesting personal, school, medical and entertainment items for the children.

All the projects under Homefront Hugs’ umbrella exist for one reason: to let troops and their families know that no hero is forgotten, Kellerman said.

For more information, visit <http://www.homefronthugs.com>.

# Healthy holiday eating tips

By Capt. Johnny King III  
Brooke Army Medical Center Health Promotions

The holiday season is a time for parties and dinners with co-workers, family and friends. It is also a time when overindulgence can cause or worsen health problems. High fat and high sugar foods can cause depression, as well as hyperactive, stressful behaviors in people.

The U.S. Department of Health and Human Services offers the following tips for a healthful holiday season:

- Remember to eat foods with fiber, such as fresh vegetables, salads and fruit.
- Eat smaller portions of protein.

- Drink a lot of water.
- Reduce alcohol consumption.
- Allow at least three hours after eating before going to bed.
- Serve guests a choice of healthful foods and beverages:
  - Salsa is a good substitute for cheese dip or sour cream.
  - Sorbet is a good substitute for ice cream.
  - Consider ginger ale and sparkling cider as holiday beverages.

For more information, visit the U.S. Department of Health and Human Services Web site at <http://www.os.dhhs.gov/>.

(Source: U.S. Department of Health and Human Services)

## Army Community Service Family Advocacy Program December Class Schedule

Class	Date	Time
Anger Management I and II	Monday	11 a.m. to 12:30 p.m.
Building Effective Anger Management Skills Series (3 to 4)	Today	11 a.m. to 1 p.m.
Commander's Training	15	8 to 9:30 a.m.
Coping with Difficult People	Monday	1 to 2:30 p.m.
Getting Ready for Childbirth 1 and 2	Today and 15	9 a.m. to 12 p.m.
Girl Talk! Ages 9 to 11	Wednesday	10 to 11 a.m.
Healthy Pregnancy	Friday	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Today and 15	2 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday and 20	11 a.m. to 12:30 p.m.
Stress Management I and II	Tuesday	1 to 2:30 p.m.
Truth or Consequences?	Tuesday	4 to 6 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.

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

## Brooke Army Medical Center Health Promotions December Class Schedule

Class	Date	Time	Place
Arthritis Management	Tuesday	9:30 to 11 a.m.	Brooke Army Medical Center nursing administration conference room, Room 313-11
Asthma Management (adult)	Tuesday Today and 15	2 to 3:30 p.m.	BAMC Health Promotions, Room L31-9V
Blood Pressure Management	Call for an appointment		BAMC Health Promotions, Room L31-9V
Body Fat Testing	16	8 to 11 a.m.	BAMC Health Promotions, Room L31-9V
Breast-feeding Class	21	1 to 2:30 p.m.	BAMC OB/GYN fifth floor conference room
Breast and GYN Cancer Support Group	Wednesday	9:30 to 11 a.m.	Roadrunner Community Center
Cholesterol Management	Next class in January	9 to 11:30 a.m.	BAMC cardiology conference room
Diabetes Management	Monday Tuesday	12:45 to 4:30 p.m.	BAMC nursing administration conference room, Room 313-11
Diabetes Management (pre-diabetes)	Wednesday	9 a.m. to 12:30 p.m.	BAMC Department of Medicine conference room, Room 344-3
Living with Fibromyalgia	Wednesday 21 and 28	1 to 4 p.m.	BAMC radiology conference room, Room 129-13A
Foot Care for Diabetics	Next class in January	1 to 2:30 p.m.	BAMC fourth floor conference room, Room 413-11
Weight for Health (weight management)	16 and 30	12 to 1:30 p.m.	BAMC Health Promotions, Room L31-9V
Yoga	Wednesday, 21 and 28	12 to 1 p.m.	BAMC Occupational Therapy Clinic

For more information, call Brooke Army Medical Center Health Promotions at 916-3352.

## Reduce stress with travel safety tips

The weeks from Thanksgiving through New Year's Day mark the holiday season for many traditions and cultures in the United States. Each year, millions of people take to road, air and rail to visit families and friends. But, what should be a time of joy and relaxation can quickly become a time of stress, or tragically for a few, a time saddened by injury or loss.

However, with preparation and knowledge, people can lower the holiday hassle factor for their family and possibly prevent accidents. The following are a few traveling safety tips:

### Air travel

#### Plan ahead

- Follow the weather forecasts for present location and destination
- Reconfirm ticket reservations two weeks ahead and a day ahead
- Plan where to park at the airport or plan to take public transport
- Ship presents ahead by mail or other shipper. If taking them on the plane, leave unwrapped
- Pack metal objects in checked or carry on luggage to speed security checks
- Remember to take a photo ID
- Arrive at the airport early
- Follow the airline's instructions
- Stay alert
- Don't leave vehicles at the curb

- Watch bags at all times
- Collect bags promptly upon arrival
- Don't joke about air security matters
- Carry reading material, a small snack, a bottle of water and a few emergency supplies in case of delays

### Road traveling

- Check the antifreeze
- Change oil according to the owner's manual; usually every 3,000 miles
- Check battery and exhaust systems
- Make sure the heater and defroster are working properly
- Keep the gas tank at least half full
- Check tire tread depth and pressure
- Check that lights work and headlights are properly aimed
- Replace old windshield wipers, usually every six months
- Keep an emergency kit in the trunk: ice scraper, windshield de-icer, flashlight, whisk broom, blanket, extra clothes, candle and matches, bottled water, snacks, needed medications and a first aid kit.

For more safety tips, visit <http://www.corningcu.org/StraightTalk/reports/st-holiday-tips.htm>.

(Source: Straight Talk Report from Remar Sutton, December 2003)

## Disaster planning: Don't wait until it is too late

**Capt. Angela Wyatt**  
**General Leonard Wood Army Community Hospital**

**FORT LEONARD WOOD, Mo.** – Recent natural disasters, such as hurricanes and earthquakes, illustrate the importance of preparation. With preparation and organization, people can increase their chance of survival and be more comfortable in the recovery period.

One way to be prepared is to be informed. Know what the potential disasters are in the area, the emergency response system, evacuation routes, what different sirens and warning systems mean, and what to do if the systems are activated.

People can also develop a home disaster plan custom designed for their family. Be sure to involve all family members, even the children. When children are part of the planning process, they are more likely to remain calm during a disaster. Involvement also helps them understand the importance of being prepared.

Remember to plan for pets, as well. Knowing where pets will be allowed to go in case of an evacuation will alleviate later hassles. If riding out the disaster at home, factor pets' water needs into the family plan and ensure they have enough food.

Once the family disaster plan is in place, practice it. All the preparation in the world won't pay off if people do not test the plan for effectiveness.

Another preparation step is to develop a family disaster kit. There are numerous ways to assemble the kit. The basics are food and water; ensure there is a three-day supply on hand. Also, have a change of clothing, personal hygiene items, copies of important papers, first aid kit, extra batteries, flashlights, items for small infants or anyone with special needs, entertainment for the children, kitchen items and blankets. The disaster kit should be easily accessible and movable in the event of an emergency. If there are food items or other items with an expiration date, inventory the kit each month, and remember to change out clothing to keep the kit season specific.

Additionally, keep a small stock of items in a vehicle in case of car trouble during evacuation or if unable to return home to get the primary kit.

For more information and a sample disaster kit, visit [www.redcross.org/preparedness](http://www.redcross.org/preparedness).

## Pediatric flu shots



A walk-in influenza immunization clinic will be at the Brooke Army Medical Center Pediatric Clinic Tuesday from 4 to 6 p.m. for children 6 months to 13 years old who are enrolled in the clinic. Bring shot records if available; however, they are not required. For more information, call 916-5791.

## 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.

## Health benefits open season

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

## SPORTS

## SPORTS BRIEFS . . .

Donald Ray Harris Jr., a contender in Saturday's "Boxing at the Brought," prepares for the competition.



Photo by Kathrine Maple

### Boxing match at fitness center

Fort Sam Houston Morale, Welfare and Recreation and First Command Financial Planning present "Boxing at the Brought" Saturday in the main gymnasium of the Jimmy Brought Fitness Center. Doors open at 5 p.m. and the first bout is at 6 p.m. The boxers are military and civilian men and women registered with USA Boxing. Cost is \$3; 12 and under are free. For more information, call 221-1342. MWR will provide giveaways from Army and Air Force Exchange Service and Calm Day Spa.

### Intramural sports

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

### Intramural bowling

A coaches meeting will be Wednesday at 2:30 p.m. at the bowling center. The season starts Jan. 9.

### Intramural billiards

A coaches meeting will be Jan. 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Jan. 19.

### Intramural pingpong

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

### Golf association seeks new members

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

## Be aware of safety while running on post

When running on Fort Sam Houston roads, joggers are reminded to wear appropriate bright colored clothing or fluorescent or reflecting personal protective equipment during periods of reduced visibility.

Also, running with headphones or earphones is not permitted, except on running tracks.

If you are one of many runners who use installation roadways as your personal PT track, be forewarned! Signs have been posted along major installation roadways, including Stanley, Dickman and Artillery Post,

that prohibit running on the road.

Fort Sam Houston Police are ticketing individuals jogging on these roads who are in violation of FSH Regulations 385-5 and 190-5, Running Safety and Motor Vehicle Traffic Code. Joggers should use the running tracks and physical training fields when possible.



Post policy prohibits running on Stanley, Dickman, Wilson, Artillery Post, Harry Wurzbach, New Braunfels, Scott and Schofield roads. It is permissible to run on the sidewalks that border these roads.

## Cole High School sports update



The Cole High School girls' basketball team put forth an outstanding effort at the Hondo Basketball Tournament last weekend.

The Lady Cougars defeated Hondo 40-33 in first round play with Nejle Huaracha pouring in 19 points and Jamiah Collins adding 10. They advanced to the championship round by edging Hawkins 35-32. In that game, Huaracha was again the high

scorer with 13 points with Collins adding another 10. The championship game saw a tough battle in which the Cougars fell short to Bandera 43-34. Huaracha was recognized for her outstanding efforts and selected to the All-Tournament Team. The Lady Cougars' overall record stands at 8-4, with more holiday tournaments on the horizon. Tina Guerrero, physical education teacher, and Stacy Martin, English teacher, are the 2005-2006 coaches.

# POST WORSHIP SCHEDULE

<p><b>Main Post Chapel</b>, Building 2200, 221-2754</p> <p><b>Catholic Services:</b> 4:45 to 5:15 p.m. - Confessions - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays</p> <p><b>Protestant Services</b> - Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant</p> <p><b>Jewish Services:</b> 379-8666 or 493-6660 Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat</p>	<p>Noon - Worship - Wednesdays</p> <p><b>AMEDD Regimental Chapel</b>, Building 1398, 221-4362</p> <p><b>Troop Catholic Mass:</b> Sundays: 10 a.m. - 32nd Med. Bde. Soldiers</p> <p><b>Troop Protestant Gospel Services:</b> Sundays: 11 a.m. - 32nd Med. Bde. Soldiers</p> <p><b>Troop Protestant Service:</b> Sundays: 9 a.m. - 32nd Med. Bde. Soldiers</p> <p><b>Samoan Protestant Service:</b> Sundays: 12:30 p.m.</p>
<p><b>Dodd Field Chapel</b>, Building 1721, 221-5010 or 221-5432</p> <p><b>Catholic Services</b> - Sundays: 12:30 p.m. - Mass</p> <p><b>Protestant Services:</b> 10:30 a.m. - Collective Gospel Protestant - Sundays 9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.</p>	<p><b>FSH Mosque</b>, Building 607A, 221-5005 or 221-5007</p> <p>10:30 a.m. - Children's Religious Education - Sundays 1:30 p.m. - Jumma - Fridays 7:30 p.m. - Adult Religious Education - Thursdays</p>
<p><b>Brooke Army Medical Center Chapel</b>, Building 3600, 916-1105</p> <p><b>Catholic Services:</b> 8:30 a.m. - Mass - Sundays 11 a.m. - Mass - Sundays 11 a.m. - Mass - weekdays</p> <p><b>Protestant Services:</b> 10 a.m. - Worship Service - Sundays</p>	<p><b>Evans Auditorium</b>, 221-5005 or 221-5007</p> <p><b>Mormon Services:</b> 9:30 to 11:30 a.m. - Sundays</p> <p><b>Installation Chaplain's Office</b>, Building 2530, 295-2096</p> <p><b>Contemporary service:</b> 11:01 a.m. - Sundays</p> <p style="text-align: right;"><b>Web site:</b> <a href="http://www.samhouston.army.mil/chaplain">www.samhouston.army.mil/chaplain</a></p>

## Cell phones prohibited while driving

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



# RELIGIOUS HAPPENINGS . . .

## Holiday musical festival, celebration

The public is invited to celebrate the birth of Christ through song, praise, dance and rejoicing Friday at 7 p.m. at the Dodd Field Chapel. Ministry teams from Fort Sam Houston, Randolph Air Force Base, True Vision Baptist Church, Coliseum Baptist Church, New Genesis Christian Center and St. Paul United Methodist Men of Faith Chorus will participate. The guest speaker is retired Chaplain Edward K. Maney. For more information, call Chaplain Roy Walker at 221-5943 or Erwin Kaplan at 637-7654.

## Chapel holiday events

The first annual children's Christmas program for the 11:01 a.m. contemporary service will be Dec. 18 during the service. Children are encouraged to attend and be a part of the program. For more information, call 295-2096.

## Chapel youth group

The Fort Sam Houston chapel youth group meets every Sunday from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, "Where Faith and Life Meet," is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

## Officers' Christian Fellowship

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

## Christmas eve candlelight service

The public is invited to a candlelight service Dec. 24 at 6 p.m. at the Main Post Chapel. The service will feature carols, readings, prayer, music and a message.

# INTERFAITH CALENDAR . . .

## December

**Today - Bodhi Day** (Rohatsu) \*\* - Buddhist celebration of the time when Prince Gautama took his place under the Bodhi tree, vowing to remain there until he attained supreme enlightenment.

**Today - Immaculate Conception** - Catholic Christian day of celebrating the belief that Mary, mother of Jesus, was preserved from original sin. A day of obligation and required church attendance.

**Monday - Feast Day** - Our Lady of Guadalupe - Catholic Christian honoring of a legendary appearance of the Virgin Mary near Mexico City in 1531.

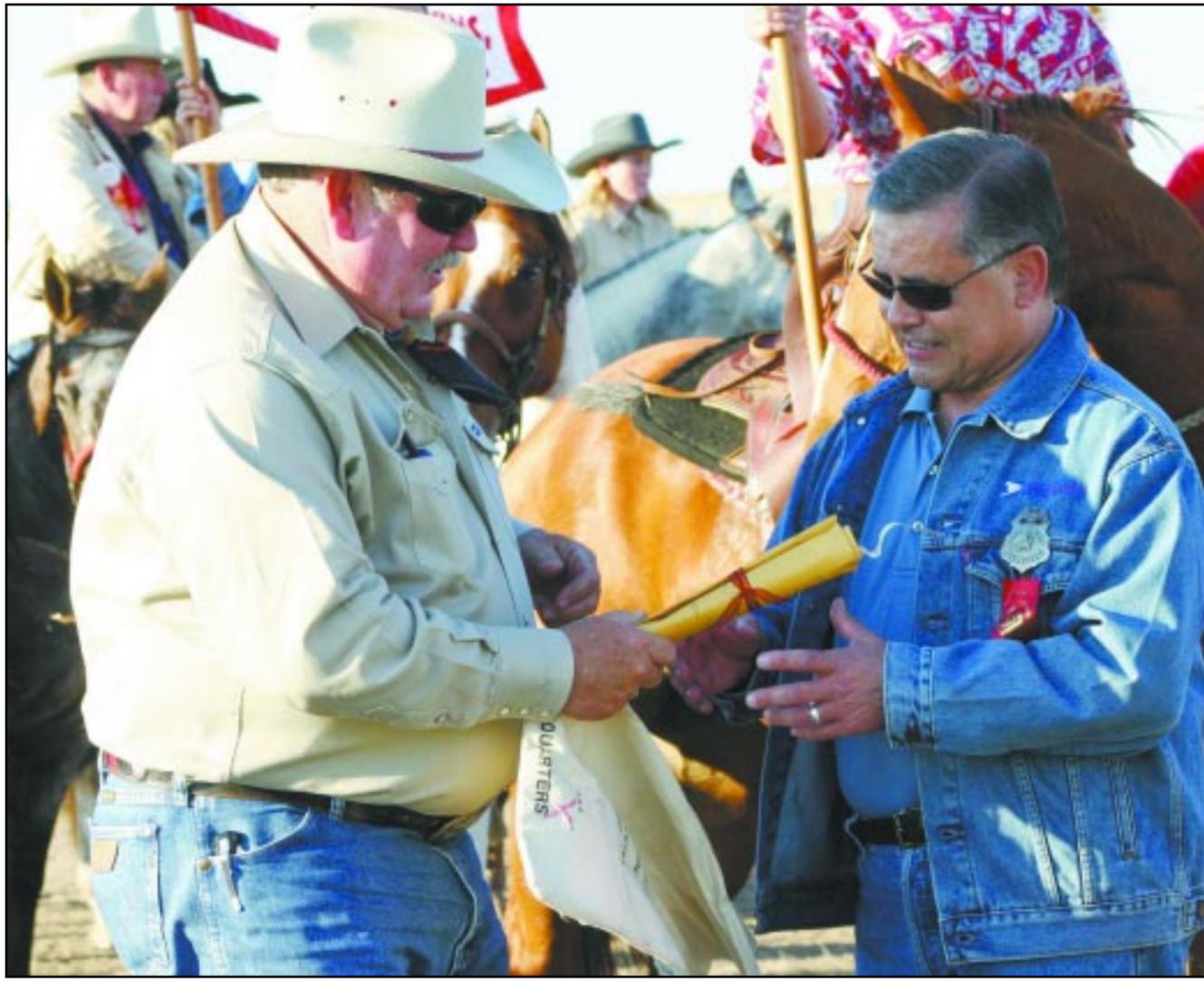
**21 - Yule/Winter Solstice** - Wicca/Neo Pagan beginning of winter

**25 - Christmas \*** - Christian celebration of the birth of Jesus Christ.

\* Usually begins at sundown the day before this date.

\*\* Local customs may vary on this date.

# Community celebrates



Photos by Elaine Wilson

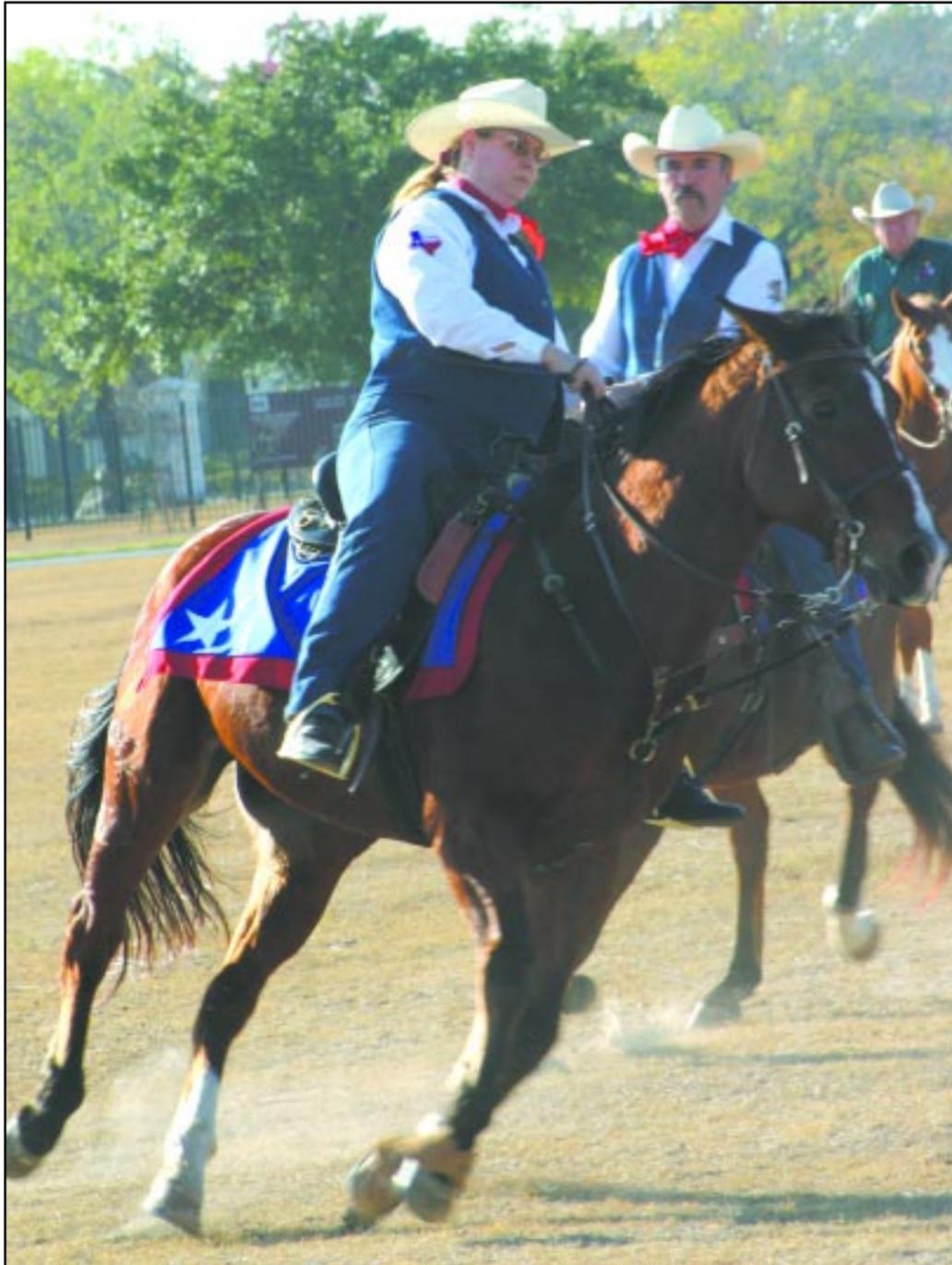
After more than 120 miles and visits to seven counties, about 120 Pony Express Christmas couriers arrive at Fort Sam Houston Saturday to deliver the Texas governor's holiday message to San Antonio Postmaster Robert A. Larios Sr. during the 17th annual Christmas along the Corridor Pony Express Courier Run Finale and Fair at MacArthur Parade Field. Maj. Gen. Charles Rodriguez, Texas National Guard adjutant general, read the message. The original U.S. Pony Express was a horseback relay mail service that started April 3, 1860, and disbanded in 1861.



Salon de Mexico Folklorico Amistad dancers



Riders from the Guadalupe County Sheriff's Mounted Posse perform a rodeo drill during the 17th annual Christmas along the Corridor, a celebration of American history, heritage and the holiday season. The event is sponsored by the Alamo Area Council of Governments, the U.S. Postal Service and Fort Sam Houston. Other riders at the Christmas along the Corridor included the Special Troops Battalion with military horses and the six flags of Texas posted on horseback by Connections Living History Association.



# postal holiday tradition



play traditional Mexican dances, music and costumes.



Members of the Keetowah Native American Indian Group present various Native American dances for the audience.



(Above) The San Antonio Cadence Cloggers perform at MacArthur Parade Field. Clogging is a type of dancing that originated from England, Scotland, Ireland and Africa.



Riders from Escaramuza Rosas de Castilla perform drill maneuvers while riding bareback.



(Left) A rider from Escaramuza Rosas de Castilla rides side saddle during a performance. Escaramuzas are female riders who perform precision drill maneuvers on horseback. Their costumes pay tribute to las Adelitas, who followed their men to war on horseback ready to do battle during the 1910 Mexican Revolution.



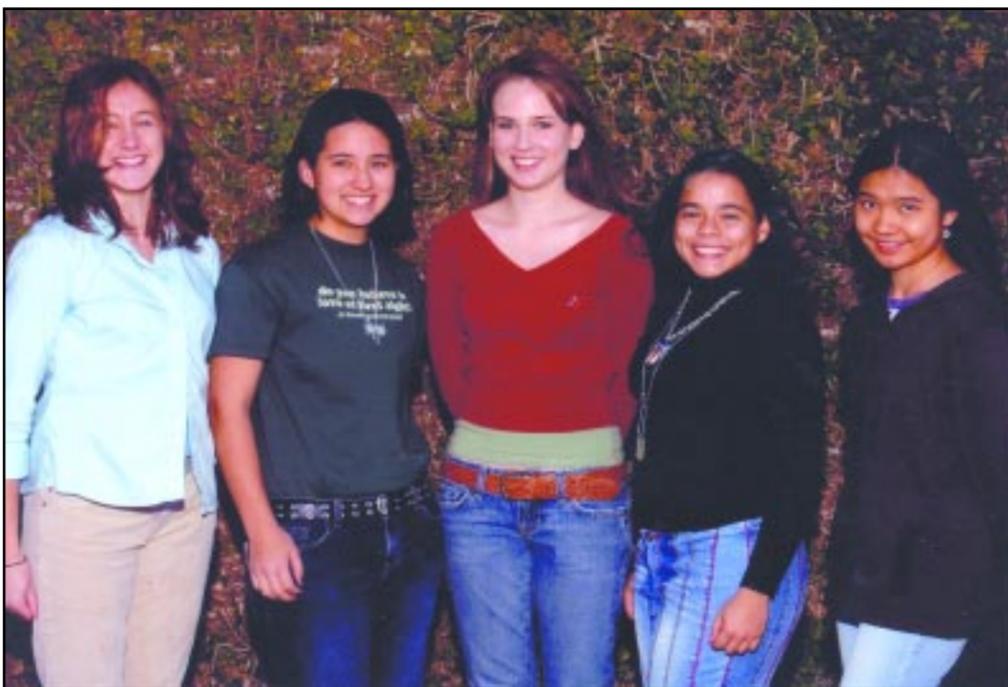
The 36th Infantry Division Band of the Texas National Guard perform a holiday medley.



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

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

## HIGH SCHOOL NEWS



Courtesy photo

### Principal's Students of the Month

Each month, Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The November students of the month are (from left) Kelsey Charlton, ninth grade; Katherine Teeter, 10th grade; Ashley Hatton, 12th grade; Yaritsis Sepulveda, 11th grade; and Margaret Manalo, eighth grade. Not pictured is Megan Renz, seventh grade.

## Cole senior women prepare for future

By retired Lt. Col. Robert Hoffmann  
Robert G. Cole Jr./Sr. High School

Graduation is an important event in the life of a senior high school student. Graduates may leave home, head off to college, join the military, enter the workforce full time or even get married. Graduation signals one of life's great transitions.

For the past two years, graduation has been made easier for female seniors through the Senior Women's Club. Conceived by Cole Senior Counselor Julie Coffey, and with the dedicated assistance of teachers Rita Hansen, Jackie Stott and Nancy Hildenburg, the club meets weekly to discuss the implications of being a woman in today's world and how best to succeed.

Topics have ranged from earning scholarships and surviving university life, to hosting a formal dinner party and managing money.

The topic of the most recent club meeting was dressing for success. As part of learning how to prepare for and participate in a job interview, the senior women came to school appro-

priately dressed. They received tips on appearance, demeanor, appropriate responses to questions, communication skills and completion of applications.

"The Senior Women's Club is an intimate forum to share life's lessons," said Coffey. "We concentrate on topics that a professional woman is expected to know, but often is not formally taught at school. I truly enjoy the ladies' ideas, humor and imagination."

The club's next big event is the second annual "Posh Party," a formal dinner for parents of 2005-2006 seniors and designated faculty hosted in early spring 2006. Arrangements for the event, including the invitations, food preparation, decorations, photography and entertainment, are the sole responsibility of the seniors.

"If it is anything like last year's party, it certainly won't disappoint," said Cole Assistant Principal Elizardo Hernandez. "We are looking forward to it."

As the school year continues, the Senior Women's Club offers another path that high school staff and faculty can use to prepare Cole students for success after graduation.

## Why wear seatbelts?

- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)



# HIGH SCHOOL NEWS



Courtesy photo

## Educator excellence

Doug Smith, Robert G. Cole Jr./Sr. High School marketing and advanced placement art history teacher, is congratulated by Deborah Knapp (left), KENS TV anchorwoman, and Dr. Gail Siller, Fort Sam Houston Independent School District superintendent, for receiving the KENS 5 ExCEL Award from KENS TV 5 and the San Antonio Federal Credit Union. The award is for top educators in local public schools. Students and faculty honored Doug Smith in a school assembly Tuesday.

## Fort Sam Houston Independent School District

### Weekly Campus Activities – Monday to Dec. 17

#### Fort Sam Houston Elementary School

**Tuesday**  
 Parent Teacher Organization meeting, 6 p.m.  
 PTO winter program, 6:30 p.m.  
**Wednesday**  
 Early dismissal – kindergarten to fourth grade, 2 p.m.  
 Early dismissal – fifth and sixth grade, 2:30 p.m.  
**Dec. 16**  
 End of second nine weeks  
 Spirit day

#### Robert G. Cole Jr./Sr. High School

**Monday**  
 Boys' basketball at Memorial, 6 and 7:30 p.m.  
**Tuesday**  
 Girls' basketball vs. Feast at Cole, 6 and 7:30 p.m.  
 Boys' soccer vs. Holy Cross at Cole, 5 p.m.  
**Dec. 15**  
 End of second nine weeks and first semester  
 Boys' soccer vs. Antonian at Cole, 5 p.m.  
 Boys' basketball at Pearsall, 5 and 6:30 p.m.  
 Girls' varsity basketball at Waelder, 5 p.m.

## Smoke-free, courageous forever

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



## Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



# MWR

## Recreation and Fitness

### Auto Craft Shop

Get your car winter ready with a free winterization check at the Auto Craft Shop. Check includes anti-freeze levels,

inspection of all belts and examination of the engine. For more information, call 221-3962.

### Cycling class

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

doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

### Bowling Center, 221-3683

#### Bowl-A-Jam



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

### Golf Club, 221-4388

#### Golf lessons

Private customized and personalized instructions are offered at the golf course.



dealer for these pieces. For more information, call 224-7125 or 221-9013.

### Vera's Barbershop

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

### Harlequin Dinner Theatre

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

### MWR Ticket Office

The ticket office has discount tickets available for various events. Alamo Bowl tickets are available for the Dec. 28 game; tickets are on sale through Dec. 18 for \$9. Tickets are also available for the free Band of the Blue Air Force concert, "Holiday in Blue," Sunday through Tuesday at Laurie Auditorium. Tickets at the door are first come, first served. Season passes are available for SeaWorld and Fiesta Texas. For more information, call 226-1663 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

## Boxing match at fitness center

Fort Sam Houston Morale, Welfare and Recreation and First Command Financial Planning present "Boxing at the Brought"



Saturday in the main gymnasium of the Jimmy Brought Fitness Center. Doors open at 5 p.m. and the first bout is at 6 p.m. The boxers are military and civilian men and women registered with USA Boxing. Cost is \$3; 12 and under are free. For more information, call 221-1342. MWR will provide giveaways from Army and Air Force Exchange Service and Calm Day Spa.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Sunday brunch

The Sam Houston Club will have a brunch Dec. 18 from 10 a.m. to 1:30 p.m. Cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for children ages 6 to 11 and free for children 5 and under. For reservations, call 224-2721.

#### Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet, which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

#### Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, the

### Around the Corner Frame Shop

The Around the Corner Frame Shop is located at 407 Dickman Road, on the lower level of the former Officers' Club building. In addition to framing service, the shop offers specialty items like engravings, medals, trophies, combat medic statues, military coin racks and flag cases. The engraving shop now has post housing door tags for \$15. Fort Sam Houston "Cat's Meow Collection" mementos arrive the week of Dec. 12. The frame shop is the exclusive

# MWR CHILD AND YOUTH SERVICES



## Youth Happenings

### Youth Services volunteers

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

### Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the

computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

### Cooking classes

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

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

### ArmyFCC Online

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

### Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration to register at 221-4871 or 221-1723. Preschool is from 9 a.m. to 2 p.m. Monday through Friday. Fees are based on total family income.

### Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

### FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

### Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.

## Parent News

### PCI winter break

The Parent Child Incorporated Headstart program will be on winter break from Dec. 19 to Jan. 2. Any patrons in need of childcare can call Central Registration at 221-4871 or 221-1723.

### PAC meeting

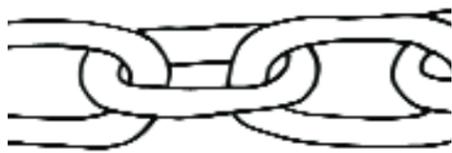
The next Child and Youth Services Parent Advisory Council meeting will be Dec. 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYs parents' opportunity to learn about upcoming events, meet staff and address concerns.

### Youth Services registration

Youth Services registration will be

## Fort Sam Houston MWR Holiday Operating Hours

	SUN 18	MON 19	TUES 20	WED 21	THUR 22	FRI 23	SAT 24
Army Comm. Service	Closed	7:30 a.m.-4:30 p.m.	7:30 a.m.-4:30 p.m.	7:30 a.m.-4:30 p.m.	7:30 a.m.-4:30 p.m.	Closed	Closed
Auto Craft Shop	9 a.m.-5 p.m.	Closed	Closed	1-9 p.m.	1-9 p.m.	Closed	Closed
Bowling Center	2-9 p.m.	Closed	5-9:30 p.m.	12:30-9:30 p.m.	5:30-9:30 p.m.	Closed	Closed
Brigade Gym	Closed	5 a.m.-9 p.m.	5 a.m.-9 p.m.	9 a.m.-5 p.m.	Closed	Closed	Closed
Camp Bullis Rec. Ctr.	4 a.m.-8 p.m.	12-8 p.m.	4 a.m.-12 p.m.	12-8 p.m.	4 a.m.-12 p.m.	12-8 p.m.	Closed
Canyon Lake Rec. Ctr.	8 a.m.-4:30 p.m.	8 a.m.-4:30 p.m.	8 a.m.-4:30 p.m.	8 a.m.-4:30 p.m.	8 a.m.-4:30 p.m.	8 a.m.-6 p.m.	8 a.m.-12 p.m.
Central Post Gym	Closed	5 a.m.-1:30 p.m.	5 a.m.-1:30 p.m.	Closed	Closed	Closed	Closed
Child Development Center	Closed	5:30 a.m.-5:30 p.m.	Closed				
Outdoor Equipment Ctr.	Closed	8 a.m.-5 p.m.	8 a.m.-5 p.m.	8 a.m.-5 p.m.	8 a.m.-12 p.m.	Closed	Closed
Equestrian Ctr.	7 a.m.-5 p.m.	7 a.m.-6 p.m.	7 a.m.-6 p.m.	7 a.m.-6 p.m.	7 a.m.-6 p.m.	7 a.m.-6 p.m.	Closed
Family Child Care	Closed	7:30 a.m.-4:30 p.m.	Closed				
Golf Club	6 a.m.-5 p.m.	6 a.m.-5 p.m.	6 a.m.-5 p.m.	6 a.m.-5 p.m.	6 a.m.-5 p.m.	6 a.m.-5 p.m.	6 a.m.-12 p.m.
Hacienda Rec. Ctr.	1-9 p.m.	7 a.m.-9 p.m.	7 a.m.-9 p.m.	7 a.m.-9 p.m.	Closed	Closed	Closed
Harlequin Dinner Theatre	12-5 p.m.	12-5 p.m.	12-5 p.m.	12-5 p.m.	12-5 p.m.	Closed	Closed
Jimmy Brought Fitness Ctr. Pool	7 a.m.-7 p.m.	7 a.m.-7 p.m.	7 a.m.-7 p.m.	7 a.m.-7 p.m.	7 a.m.-7 p.m.	7 a.m.-7 p.m.	8 a.m.-5 p.m.
Library	8:30 a.m.-5 p.m.	8:30 a.m.-5 p.m.	8:30 a.m.-5 p.m.	8:30 a.m.-5 p.m.	8:30 a.m.-5 p.m.	8:30 a.m.-5 p.m.	8:30 a.m.-5 p.m.
RV Park	11 a.m.-6 p.m.	Closed	Closed	11 a.m.-6 p.m.	11 a.m.-6 p.m.	11 a.m.-6 p.m.	Closed
Sam Houston Club	10 a.m.-5:30 p.m.	Closed	Closed	9 a.m.-4 p.m.	9 a.m.-4 p.m.	Closed	Closed
School Age Services	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Youth Services	Closed	6 a.m.-6 p.m.	Closed				
		1-9 p.m.	1-9 p.m.	1-9 p.m.	1-9 p.m.	1-11 p.m.	3-7 p.m.



# COMMUNITY LINK



## Happenings

### CFMA benefit dance

The Cajun French Music Association, de Fa Tras Chapter of San Antonio, will host its annual Christmas benefit dance Saturday from 7:30 to 11:30 p.m. at the Hermann Son's Hall, 525 S. Saint Mary's St. Donations are \$7 per person, and the public is invited. For more information, call Peggy Powell at 573-3403 or visit [www.defatrascajun.com/](http://www.defatrascajun.com/).

### Trinity University commencement

Trinity University will hold its winter commencement for 122 graduates and undergraduates Dec. 17 at 2 p.m. in the Margarite B. Parker Chapel. For more information, e-mail Susie Gonzalez at [Susie.Gonzalez@Trinity.edu](mailto:Susie.Gonzalez@Trinity.edu).

### Rainbow Kids holiday schedule

The Fort Sam Houston Rainbow Kids will perform Dec. 17 at 7 p.m. at the Hacienda Recreation Center, Building 1462. The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call Joy at 348-8014 or 295-2093.

### Johnson City lights walk

The Selma Pathfinders Volksmarch Club will host a 10K walk Saturday to view the Christmas lights and other events in Johnson City. Start at the Pedernales Electric Cooperative, community room, 201 S. Avenue F in Johnson City between 5:30 and 6:30 p.m., finish by 9:30 p.m. For more information, call Phyllis Eagan at 496-1402 or e-mail [milchene@juno.com](mailto:milchene@juno.com).

### Deerfield Christmas light walk

The Randolph Roadrunners Volksmarch Club will host a 10K walk Sunday at the Deerfield Subdivision in north San Antonio to view the Christmas light displays. Start at the Deerfield Subdivision Recreation Center between 5:30 and 6:30 p.m., finish by 9:30 p.m. For more information, call Joanne or Carlen Forinash at 493-8543, e-mail [cwforinash@aol.com](mailto:cwforinash@aol.com) or visit [www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/).

### Memorial, New Year walks

The Texas Volkssport Association will host two 10K and 5K walks in Fredericksburg, Texas. The Memorial Walk is Dec. 31 from 12 to 2 p.m., finish by 5 p.m.; and the New Year Walk begins midnight to 12:30 a.m., finish by 3:30 a.m. There will be a wine and cheese social at 11 p.m. until the New Year Walk begins. Begin at St. Joseph's Halle, 212 W. San Antonio St. For more information, call Karl Kittinger at (254) 547-1403, e-mail [walkabout@hotmail.com](mailto:walkabout@hotmail.com) or visit [www.walktexas.org/](http://www.walktexas.org/).

## Volunteer

### Shoulder study volunteers

The Army Medical Department Center and School seeks volunteers between the ages of 18 to 50 who are experiencing shoulder pain for a research study on the effects of "thoracic spine manipulation on patients with shoulder impingement." For more information, call 2nd Lt. Bradley Ritland at 382-9332 or e-mail [bradley.ritland@us.army.mil](mailto:bradley.ritland@us.army.mil).

### Hometown heroes recognition

Time Warner Cable San Antonio seeks nominations for this year's Hometown Heroes Award Program, recognizing "unsung heroes" from each of the communities it services. Nomination forms are available at all seven Time Warner Cable customer service centers and online at [www.twc-sa.com](http://www.twc-sa.com), under the "In the Community" link. Nomination forms are due by Friday. For more information, call the Hometown Heroes Hotline at 828-3086, ext. 36 or visit [www.twc-sa.com](http://www.twc-sa.com).

### Girl Scouts seek volunteers

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

### BAMC needs volunteers

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

### SAMM volunteer opportunity

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

## Professional Development

### Army Reserve opportunities

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

### Army health care recruiting

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

### Green to Gold briefing

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

### NCOA job fair

The Non Commissioned Officers Association will host a National Job Fair Tuesday at the Live Oak Civic Center,

8101 Pat Booker Road, from 9 a.m. to 3 p.m. The job fair is open to the public. Bring resumes, dress in business attire (military uniform acceptable) and be prepared to meet with national and local company recruiters. For more information, call 653-6161, ext. 271 or visit [www.militaryjobworld.com](http://www.militaryjobworld.com).

### Army online training

Army e-Learning is available for all Army personnel; people can access more than 2,600 distance learning courses that include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages, and covers more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service.

### Trinity to present MLK lecture

In honor of the late Martin Luther King Jr., Trinity University will host a lecture by Randall Kennedy, a Harvard law professor, Jan. 17 at 7 p.m. in Laurie Auditorium on the Trinity campus. It is free and open to the public. For more information, call Trinity's office of public relations at 999-8406.

### IO opportunities

Functional Area 30 (Information Operations) seeks highly motivated year group 1997-2002 officers for expanding IO opportunities in the Brigade Combat Team, divisions, corps and joint positions. Interested officers in YG 1998-2001 can request career field designation by completing the online preference form at [https://www.hrc.army.mil/site/active/opfa/mdd/cfd\\_Upcoming\\_boards.htm](https://www.hrc.army.mil/site/active/opfa/mdd/cfd_Upcoming_boards.htm) or by contacting the IO career management officer, Maj. Gregory Mogavero, at [gregory.mogavero@us.army.mil](mailto:gregory.mogavero@us.army.mil) or 703-325-5791. All other interested officers can request redesignation to IO through the Human Resource Center IO career management officer. For more information, call Lt. Col. Ken Krumm at (913) 684-5318 or H. David Pendleton at (913) 684-5320.

### Warrant officers needed

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

### Resume, interview workshops

The Family Employment Readiness Program will offer a job interview skills workshop Wednesday from 9 to 11 a.m. at the Roadrunner Community Center. Reservations are requested. A valid military family member ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

### Free computer training

Family members of active duty military personnel may receive computer training for the job market through the Family Employment Readiness Program. Automated, self-paced training is available on all Microsoft Office programs. Typing instructions are also available in Spanish. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

### St. Mary's University

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

### Cyber security programs at OLLU

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

### 2006 Accident avoidance training

The 2006 accident avoidance training schedule will be the first and third Thursday of each month from 8 a.m. to 12 p.m. in Building 902, 32nd Brigade Headquarters, on Harney Road. For more information or to sign up, call Mitch Geary at 221-3824.

## Meetings

### Federally Employed Women

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

### Alamo Silver Wings

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

### BOSS seeks single Soldiers

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

# FORT FREEBIES



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

**For Sale:** German blockhead Rottweiler, 11-month-old male, good with children, no papers, has all shots, \$175. Call 683-6751.

**For Sale:** 2002 Acura RSX hatchback, 28,000 miles, five-speed, automatic, power, moon roof, AM/FM radio, CD/cassette, six-speaker stereo, \$15,000. Call 824-9467.

**For Sale:** Chocolate labrador, 1 1/2-year-old male, housebroken, has all shots, with papers, \$75. Call 262-5501.

**For Sale:** Two tickets to the Dec. 24

New Orleans Saints game in the Alamodome, \$75 each obo. Call 557-9490.

**For Sale:** Love bird with cage, \$40; Toshiba 26-inch black and white TV, \$25; BMW custom seat covers, beige, \$40; cardio glide exercise machine, \$40; four new 15-inch Toyota wheel covers, \$40. Call 277-1657 between 6 and 9 p.m.

**For Sale:** Adjustable folding Nova walker, posi-grip handles, durable skid resistant rubber tips, \$40. Call 495-2296.

**For Sale:** Tailgate for 1998 Dodge dually, white, best offer; tripod for fifth wheel trailer, \$75; metal wheel chocks for tandem axle trailer, \$25. Call 824-9968.

**For Sale:** 2003 Ford F150 XL, 22,500 miles, AM/FM radio, cassette player, dual air bags, tinted glass, antilock brake system, alloy wheels, \$13,000. Call Mona at 259-8571 or 296-8395.

**For Sale:** 1994 Ford Ranger XLT, four cylinder, \$2,850 obo; hunter green couch, \$350 obo. Call 271-9250.

## Ethics training

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