OCT. 25, 2007 • VOL. 39, NO. 42

### "HOME OF ARMY MEDICINE"



ORT SAM HOUSTON

### Sign here

Photo by Esther Garcia

Rock and roll celebrity Ted Nugent signs guitars, cross bows, laptops and other memorabilia for military personnel, wounded warriors, and civilians during a visit to Fort Sam Houston Friday to attend the ribbon cutting ceremony of a newly constructed Pavilion located in the courtyard of the Okubo Barracks.

See TED NUGENT P4

# **'Tempest Shield'** tests FSH first responders

By Minnie Jones Fort Sam Houston Public Information Office

Fort Sam Houston first responders donned uniforms ranging from reflective jackets to biohazard suits during "Tempest Shield," Fort Sam Houston's post wide exercise held Oct. 16 through 18.

The purpose of the exercise was twofold; first, to evaluate Fort Sam Houston's command and control, communication systems and procedures, Inter-jurisdictional cooperation, the public information systems, and response plans and operating procedures.

Secondly, to assess Fort Sam's ability to identify the appropriate response to a chemical, biological radiological, nuclear explosive incident and to assess the Incident Operations Control's crisis action planning while using Force

See FIRST RESPONDERS P17

# **INSIDE**

#### **SAFETY TIPS**



Program offers motorcycle safety tips

**PAGE 11** 

**KNOCKOUT** EVENT



'Boxing at the Brought' a knockout for spectators

### **PAGE 14**

#### READY, SET, GO



27th Annual Combat Medic Run deemed success

**PAGE 16** 

"CFC ... Changing Lives One Gift at a Time" To donate, contact a unit representative.

**338th Military Intelligence Battalion reactivates** 

By Esther Garcia Fort Sam Houston Public Affairs Office

inactivation on the grounds of Camp Bullis. Sitting under large trees as cover from the sun, Families, friends and distinguished guests, some who traveled long distances, 338th has been on and off the active rolls for the 338th MI Bn. assigned for the first 1948. It was last de-activated in 1997 at time in Texas.

to fulfill a congressional mandate as the mined to destroy our way of life and our Army Reserve's first Joint Interrogation basic belief that makes us all Americans." The 338th Military Intelligence and Debriefing Center Interrogations Battalion uncased its colors Saturday at Battalion. It is designed to provide mandated to ensure future Abu Ghraib the Re-activation and Assumption of actionable intelligence to the war fighter situations do not exist in our Army," said Command ceremony following ten years of through interrogation and counterintelli- Col. Rob Walter, Military Intelligence gence collection operations.

Assuming command of the 338th MI Bn., Lt. Col. Fredrick Francis said "The The 338th MI Bn. was last deactivated ten years later, putting our colors back on at Fort Meade, Maryland September the line and into the fight against the ene-

1997. The battalion is being reactivated mies of our Nation, those who are deter-

"The 338th MI Bn. was congressionally Readiness Command, who attended on behalf of Brig. Gen. Gregory Schumacher, MIRC Commander. The joint detention and interrogation command are being watched as history was made once again of the Army and Army Reserve since established to provide the joint task force commander actionable intelligence by Fort Mead, Maryland, and, here we are, having an organization well trained and

See 338TH P6

## **Commander's Proclamation October Domestic Abuse Prevention Month 2007**

To the Fort Sam Houston Community:

There is no excuse for domestic abuse. This has always been the Army's policy. In this community, we hold people accountable. We expect everyone to be vigilant about all forms of domestic abuse.

The Army is fully committed to assuring that victims of domestic abuse are protected through a combination of reporting options and multiple sources of support and intervention. The key to effective prevention is a commitment from command and all members of the community to assist in this effort.

In the Fort Sam Houston Community the Army Family Advocacy Program is charged with this prevention mission. On the intervention side, our team of Law Enforcement, Victim Advocates, Family Advocacy Program Managers, Social Work professionals and the Medical Treatment Facility staff stand ready to serve the needs of victims and their Families.

To report domestic abuse or to learn about prevention and services, contact the Family Advocacy Program at 221-2418 or 221-0349.

To reinforce our commitment, I hereby declare October 2007 to be **Domestic Abuse Prevention** Month at Fort Sam Houston. Remember, Army Strong is Family Strong. There is no excuse for domestic abuse.

BUSSELL J. CZERW Major General, DC Commanding

### Mandatory ethics training

Soldiers and civilian employees must attend one hour of faceto-face ethics training taught by an ethic attorney in 2007. as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium. Willis Hall. Building 2841: Nov. 15 from 9 to 10 a.m. Dec. 3 from 9 to 10 a.m. Dec. 14 from 1 to 2 p.m. For more information, call Gerald Krimbill. Shelby Tanner or Capt. White at 221-2373 or 221-0485.

## Trick-or-treating hours News Leader set for Halloween

Trick-or-treaters will be in the housing areas Wednesday from 6 to 8 p.m. in search of Halloween goodies as designated by the garrison commander

The Fort Sam Houston Police will be patrolling the housing areas and monitoring motorists, as well as trick-ortreaters. The police will also be handing out chemical lights to ensure children are seen.

Only authorized Department of Defense ID cardholders, military and civilian employees and their Family members will be allowed access to the installation for trick-or-treating. Visitors or non I.D. cardholders, attending organization, unit functions or private parties will be allowed access.

Residents living on post are asked to provide the Fort Sam Houston Police with a list of visitors in advance. The list needs to include the party address, phone number and name of host. This list needs to be provided at least 12 hours prior to the event.

#### Halloween safety tips

The Directorate of **Emergency Services offers the** following pointers for parents: • Accompany children whenever possible. Never let children go trick-or-treating alone. There is safety in numbers. Make sure to know the route the children will take and what time they will be

#### See HALLOWEEN P8

#### OCT. 25, 2007

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#### Flu vaccinations available

This year, the influenza vaccine, both the shot and nasal mist, will be offered to all beneficiaries, including all Brooke Army Medical Center staff. The flu vaccine is mandatory for all active duty members, and highly recommended for all hospital staff. For beneficiaries age 18 and older, vaccinations will be given Friday from 1 to 3:30 p.m. in the BAMC Medical Mall; Nov. 3 from 7 a.m. to 4 p.m. at the annual Retiree Day located at U. S. Army Medical Department Center and School, Building 2841. Willis Hall, for retirees only: Nov. 6 to 9 from 9 a.m. to 1 p.m., BAMC Medical Mall: Nov. 13 and Dec. 3 and 4 from 8 a.m. to 4 p.m., Roadrunner. Building 2797. Stanley Road. For more information about vaccines for children under age 18. visit www.bamc.amedd.armv.mil. For more information about BAMC staff-only events. check the BAMC Daily Bulletin. For active duty assigned to Fort Sam Houston, check with the chain of command.

#### Quadrangle Closure

mation, call 221-9035 or e-mail lori.a.simmons@us.army.mil.

#### DOIM closure

The Directorate of Information Management will close Friday from 11:15 a.m. to 4 p.m. for the employees DOIM Organization Day, officially authorized by the garrison commander. DOIM walk-in customer service will be unavailable during this time. The IT Help Desk, 221-4357 and Operator Assistance, 221-1211 services will be minimally manned for normal operations.

#### CPAC closure

The Civilian Personnel Advisory Center will be closed Friday from 12 to 4 p.m. for Organization Day. For more information, call 221-1425.

#### HHC change of command

Capt. Hillary Klingman will assume command of Headquarters and Headquarters Company, U.S. Army Garrison from Capt. Clayton Curtis Friday at 10 a.m. at the main post flagpole on Stanley Road.

#### VIC Job Fair

A Veterans in the Classroom Job Fair will be held Nov. 1 from 2 to 4 p.m. at the Sam Houston Club for retired, retiring and separating military veterans and their spouse who are interested in pursuing teaching careers with a focus on math, science and technology. For more information, call 295-4806 or 241-0742.

## **News Briefs**

The guadrangle will be closed Friday for the Army North Organization Day. For more infor-

# **U.S. Army North ramps up operations** in Vigilant Shield '08

#### By Sgt. 1St Class Lori Simmons **USARNORTH Public Affairs Office**

United States Army North has ramped up its participation in Vigilant Shield 2008, a weeklong national level exercise involving federal, state and local agencies across the United States and Guam.

Army North sent defense coordinating elements to Portland, Ore. and Phoenix, Ariz. The teams. consisting of civilian and military personnel, deployed to the areas as part of civilian-led emergency response scenarios.

Army North's Chief of Current

See VILIGANT SHIELD P7



Photo by Randy Mitchell

Brig. Gen. Francis Mahon, U.S. Army North deputy commanding general, briefs Air Force and Navy emergency preparedness liaison officers deployed to support the Region IX Defense Coordinating Element as part of Vigilant Shield '08.

# **Celebrate America's Military events**

#### AUSA luncheon

The Association of the U.S. Army luncheon will be held Nov. 2 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Col. Patricia Hastings, director, U.S. Army Emergency Medical Services, Fort Sam Houston. Tickets are available at the Morale. Welfare and Recreation ticket office at the Sam Houston Club. For more information, call the MWR ticket office at 221-1663

#### Air Show Military Appreciation Night

The Cross Canadian Ragweed invites military personnel to a special night during the Randolph Air Show with a concert Nov. 2 from 7 to 9:30 p.m. at Randolph Air Force Base. The event is free and open to all Department of Defense ID cardholders. For more information, visit randolph.af.mil/randolphairshow.asp.

#### Randolph Air Show

Randolph Air Force Base will host an air show Nov. 3 and 4 from 10 a.m. to 4 p.m. Gates open at 9 a.m. The event is free and open to the public. For more information, visit randolph.af.mil/randolphairshow.asp.

#### U.S. Navy Band, Commodores in concert

The U.S. Navy Band, the Commodores, jazz ensemble will hold a free concert Nov. 9 at 7 p.m. at Sunset Station in St. Paul Square, 1174 E. Commerce St. The event is free and open to the public. For more information, call Carol Moore at 295-9694.

#### Veterans parade, wreath laying ceremony

A Veterans Day parade and wreath laying ceremony will be held Nov. 10 at 11 a.m. at the Alamo, 300 Alamo Plaza. The parade will begin at 12 p.m. Grand Marshalls for this year's parade are Air Force, Maj. Gen. Irving Halter Jr., commander, 19th Air Force, Randolph Air Force Base; Army, Brig. Gen. Manual Ortiz, Deputy Commanding General, United States Army South; Navy, Rear Adm. John Goodwin, commander, Naval Air Force Atlantic and Marine

Corps, Col. Marc Magram, Director, Joint Electronic Warfare Center, Joint Information Operations Warfare Command. The event is free and open to the public.

#### San Antonio Symphony concert

The San Antonio Symphony will perform Nov. 10 from 6:15 to 9 p.m. at the Municipal Auditorium, 100 Auditorium Circle. The U.S. Army's Old Guard Fife and Drum Corps will perform outside the Municipal Auditorium at 6:15 p.m. The event is free and open to the public. Tickets are available at the San Antonio Symphony box office, the Majestic Theater box office or Ticketmaster.com. For more information, call the San Antonio Symphony box office at 554-1010.

#### Veterans Day ceremony at Fort Sam

The Fort Sam Houston's Veterans Day ceremony will be Nov. 11 at 9:30 a.m. at the Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road. The keynote speaker for the event will be Adm. John Goodwin. The event will include a wreath and banner presentation. gun salute, a tribute to veterans from the Native American community, and music from the U.S. Army Medical Command Band and the Texas Children's Choir. The event is free and open to the public.

#### **Buffalo Soldier Commemorative Ceremony**

A Buffalo Soldier Commemorative Ceremony will be held Nov. 11 from 1:30 to 2:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo St. Keynote speakers for the event will be retired Air Force Maj. General Irene Trowell-Harris and retired County Judge Edward Harrison of Brenham, Texas. The event is free and open to the public.

#### Tops in Blue

The United States Air Force Services presents Tops in Blue "The Fly-By," a musical tribute to 60 years of proud Air Force history, Nov. 13 at 7:30 p.m. at the Majestic Theatre, 224 E. Houston St. Doors open at 6:30 p.m. This event is free and open to the public. For more information, call 671-2619 or visit www.lacklandservices.com.

### **News Briefs cont.**

**Retiree Appreciation Day** 

The Fort Sam Houston Retiree Council and the Retirement Services Office will host the Annual Retiree Appreciation Day Nov 3 from 8 a.m. to 12 p.m. at the U. S. Army Medical Department Center and School, Building 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley Road. Flu shots, cholesterol screening, blood pressure screening, and many other medical screenings will be available, as well as representatives from TriCare. Texas Veterans Commission and more. For more information, call 221-9004.

#### Army Nursing Program briefing

An informational briefing on the Army AECP, IPAP, and FNP program will be held Nov. 5 at the Army Medical Department Center and School, Blesse Auditorium. The purpose of the briefing is to provide information on the Army Nursing Program and the Army Physician Assistant Program for enlisted personnel and officers. The briefing will be conducted by AECP/IPAP personnel. For more information, email Sgt. 1st Class Timothy Wagner at timothy.wagner2@usarec.army.mil or Sgt. 1st Class Edward Myles at edward.d.myles@us.army.mil.

#### Federal Benefits Open Season

The open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the Federal Employees Dental and Vision Insurance Program will be held government-wide Nov. 12 through Dec. 10. To better service the civilian workforce at Fort Sam Houston, the Civilian Personnel Advisory Center will host a two day event; one for Brooke Army Medical Center civilian employees at BAMC and one on Main Post for all other civilian employees. The schedule is as follows: Nov. 6 from 10:30 a.m. to 3:30 p.m. at the BAMC, Medical Mall pediatrics care area and Nov. 7 from 10:30 a.m. to 3:30 p.m. at the San Antonio Credit Union conference room, Building 2750. 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 toll-free 877-276-9287. For more information, call the Civilian Personnel Advisory Center at 221-2526.

#### Mission Thanksgiving

Celebrate Thanksgiving with some great Americans, our sons and daughters in uniform. Families are invited to open their home Thanksgiving Day, Nov. 22 to two Soldier trainees from Fort Sam Houston. For more information, call 221-0427, 295-0849, 295-1860 or 295-0934. To sign up, visit http://www.cs. amedd.army.mil/thanksgivingmission.aspx.

# **Post community welcomes** rock star, Ted Nugent

#### By Esther Garcia Fort Sam Houston Public Affairs Office

Rock and roll celebrity Ted Nugent, wife Shamane, and their children, were on hand last Friday to officially cut the ribbon of a newly constructed pavilion built on the courtvard of the Okubo Barracks for use by wounded warriors. Nugent is best known for the song "Cat Scratch Fever."

NEWS LEADER

While visiting with wounded warriors at the Warrior and Family Support Center and at Brooke Army Medical Center in December, the Nugents learned the need for pavilions. The Freedom's Angels Foundation. Ted and Shamane Nugent's non-profit organization, contributed to the construction of the new pavilion.

Attendees at the ribbon cutting ceremony were treated to Nugent's rendition of the National Anthem on guitar.

Following the ceremony hundreds of military personnel, to include wounded warriors and civilians, stood in line for an autograph and picture with Nugent. Items such as guitars, cross bows and laptops were all presented for autographs.

The pavilion is 40-foot square and includes a

barbeque pad, water bib, electrical outlets, lights and a ceiling fan. The Nugent's donation along with Morale Welfare and Recreation Non-appropriated funds paid for the construction of the pavilion.



OCT. 25, 2007

(From left) Brig. Gen. James Gilman, commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center, Shemane and Ted Nugent, Maj. Gen. Russell Czerw, commanding general, Army Medical Department Center and School and Fort Sam Houston and J. Randall Robinson, Installation Management Command - West, cut the ribbon of a new constructed pavilion located in the courtyard of the Okubo barracks Friday.

In addition to being a musician, Nugent is an avid outdoorsman and has his own hunting camp and hunting supply store, as well as the Ted Nugent Spirit of the Wild Public Broadcasting System video series.

# Warrior Transition Battalion activates

Smoother transition for Soldier returning to service or to civilian life

#### Story and photo by Jen Rodriguez Brooke Army Medical Center

Brooke Army Medical Center celebrated the activation of the Warrior Transition Battalion Oct. 18 at Fort Sam Houston's McArthur Field. More than 120 people were in attendance to witness the unfurling of the official colors signifying that BAMC-WTB stands ready to execute its mission and assume greater responsibilities.

Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and BAMC, said the significance of the activation is three-fold. "First, we are recognizing that our Warriors in Transition are continuing in their role as Warriors," Gilman said. "Secondly, we are embracing them as an integral part of BAMC, and finally we're ensuring they get the support they need to execute their mission essential task



Brig. Gen. James Gilman, commander Great Plains Regional Medical Command and Brooke Army Medical Center, passes the colors to Lt. Col. John Myers, commander of the Warrior Transition Battalion, who, in turn, returns the Colors to their keeper, WTB Command - to heal to the maximum extent possible and either Sgt. Maj. Richard Acuna. The passing of the colors affirms the standing up of the Colors of the Warrior See WTB P7 Transition Battalion.

OCT. 25, 2007

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



Joan Gaither, president and founder of the Fort Sam Houston Historical Society, told ghost stories at the October Spouses' Club gathering Oct. 16 at the Sam Houston Club. Gaither relayed tales of spirits and ghosts, both documented and some merely legend, of ghosts that haunt Fort Sam Houston's historical buildings and sites.

# **Gaither chills club with tales of spirits**

The Fort Sam Houston Spouses' Club met for what began as a typical gathering Oct. 14 with lunch at the Sam Houston Club. Friends were

with a warm welcome.

Following the usual announcements, six new members were welcomed to the group and lunch was served. All routine, typical of a luncheon until the guest speaker was introduced.

Joan Gaither, president and founder of the Fort greeted, chit-chat filled the room and the club's Sam Houston historical society, declared she president, Marcella Garcia opened the luncheon wished she had a flashlight to hold under her

chin for effect. Laughter ensued, of course, but it soon turned to an eerie silence as Joan entertained the crowd of about 65 with tales from the crvpt, perfect for the Halloween season.

Gaither told stories of ghosts and spirits that reside on Fort Sam Houston, some that are documented others that are legend, but certainly all worthy to send chills up the spines of wide-eved listeners.

"We know where are all the bones are buried. This post arrived in 1876, so there are lots of ghosts stories around here," began Gaither. "Let me begin with the house where I lived

at 14 Staff Post Road. That was the house where Billy Mitchell lived."

Now, I am going to tell you something darlings, my husband was gone a lot and there were boots that went up and down those stairs and toilets flushed all the time, and I couldn't blame anyone, so I just said, 'come on up, I don't care, just don't make a mess'."

Gaither continued with stories that thrilled the believer and presented doubts in those that do not. But. entertain she did. Gaither's stories included the following bits of spirit-filled ghoulishness, but enough to lift the hairs on the neck and even bring a chuckle to the nervous.

1 Staff Post Road - this house is the most documented and declared officially haunted. The story is that the finance officer was skimming the pot and court marshaled. He hung himself in shame, and his spirit continues to get back into the house. Supposedly something horrible happened on the front porch, it is not known what, but the noise heard is the poor Soldier trying to get back into the house.

#### See CHILLS P8

#### PAGE 6

#### 338TH from P1

dedicated to execute correct detention operations, while providing human intelligence thru legal and correct interrogation of detainees."

Bn. is the nation's only joint

interrogation and debriefing center in the Reserve component

The battalion was christened the Black Bexar with the local community. I Battalion after their affiliation with a local group, the Francis said the 338th MI Black Bexar Pipe Band, who attended the ceremony.



Col. Rob Walters, Military Intelligence Readiness Command, unfurls the 338th Military Intelligence Battalion colors as Lt. Col. Fredrick Francis stands by to assume command of the battalion.

#### NEWS LEADER

"Since San Antonio is now the new home of the 338th MI Bn. I felt it appropriate to somehow identify the unit believe that by designating the unit as the "Black Bexar" Battalion and our affiliation with the Black Bexar Pipe Band, signifies that we are putting down roots here in the community. The Camp Bullis Garrison Command Team, the SWARISC and 470th MI Brigade were quick to make us feel at home here in San Antonio and we look forward to a long lasting working relationship with them and the local community," said Francis.



Photos by Esther Garcia

OCT. 25, 2007

The Black Bexar Pipe Band, a local group, leads the newly activated 338th Military Intelligence Battalion, christened the Black Bexar Battalion, along the grounds of Camp Bullis following the Re-activation and Assumption of Command Ceremony Saturday.

#### 338TH Military Intelligence Battalion unit history

The 338th MI Bn. was originally constituted May 14, 1948 in the organized corps as the 338th intelligence detachment. The detachment was activated June 2, 1948 in New York. It was later reorganized and re-designated July 6, 1950 as Headquarters, 338th Military Intelligence Company.

It was ordered into active military service Sept. 11, 1950 at New York, New York and reorganized and re-designated Dec. 7, 1950 as the 338th MI Service Company and in November 1951 it was re-designated the 338th MI Service Battalion. On December 14, 1953, it was reorganized as the 388th MI Battalion.

The 338th MI Bn. was released from active military service on March 7, 1955 and reverted to reserve status. Inactivated March 8, 1955, it was re-designated Sept 16, 1988 as Headquarters, Headquarters and Service Company, 338th MI Bn and activated at Fort George Meade, Maryland where it was also again inactivated on Sept. 15, 1997.

#### WTB from P4

return to duty or transition from the military and continue to serve as a citizen of this great nation."

The Warrior Transition Unit initially stood up June 15 and has been at nearly full operational capability for some time. With its own flag, the official ceremony indicates that the resources and personnel are in place to execute the mission to the highest standards.

activation ceremony) about doing the right thing for our Warriors and service members who voluntarily defend our freedoms," said Lt. Col. John Myers. requires all of us to accomplish and caring for Army Families, to ensure that these Warriors transition back to military service or continue to serve our nation as a veteran in their respective communities."

Together, Myers and WTB command sergeant major, Sgt. Maj. Richard Acuna with 53 else. vears of combined Army service makeup the battalion leadership team stand ready to lead. By far, Myers and Acuna agree that the

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WTB will be the most rewarding and greatest opportunity of their careers.

Since June, BAMC and Fort Sam Houston implemented a series of changes designed to improve the quality of care for Warriors in Transition and their Families. The changes were driven by the Army Medical Action Plan, an Army initiative designed for Warriors in Transition so they could focus on recovery and have a smooth transition back to mili-"Most importantly, it's (the tary duty or civilian life. The WTB replaces the former active-duty medical hold and Reserve medical holdover companies. Reserve and active-duty Warriors in Transition are now combined in three comcommander of the WTB. "It panies under the battalion.

To sum up the importance of this mission of healing Soldiers the WTB, Myers paraphrased the Soldiers Creed:

"We, the BAMC WTB will never quit.

We will never leave a fallen comrade, fellow Soldier, or their Family members.

We will place the Warrior in Transition mission first above all

...and we will not fail because together

We are Army Family Strong Dedication — Warrior Service."

#### VIGILANT SHIELD from P3

Operations, Col. Jim Kennedy, said the defense coordinating elements gain valuable practice by testing with civilian partners the command's techniques and procedures in a training environment

The teams are working closely with the Federal Emergency Management Agency during the exercise to coordinate any requests for Department of Defense assistance from local and state officials.

Army North also deployed a com-



Photo by Randy Mitchell Maj. Dan Clark, U.S. Army North G-3 Operations Officer, works in the "Super Sentinel" emergency response vehicle as a member of the Command Assessment Element deployed here in support of Vigilant Shield '08.

mand assessment element to Phoenix. The element, consisting of about 16 civilian and military personnel, is led by Army North's deputy commanding general, Brig. Gen. Francis Mahon.

Kennedy explained the element is rapidly deployable, scalable and acts as "the eyes and ears" of the U.S. Northern Command commander. He said this is the first time Army North has deployed a CAE comprised of this set of skills.

"The commander has a 'menu of capabilities' to choose from when forming the CAE," he said. "That means the CAE is tremendously flexible. It can be structured with the right expertise to assess a range of possible requirements, whether that's aviation, engineering or nuclear, chemical and biological response."

The exercise is intended to provide local, state, tribal, interagency, Department of Defense, and non-governmental organizations and agencies the opportunity to participate in a full range of exercise scenarios that will better prepare participants to prevent and respond to national crises.

The North American Aerospace Defense Command, U.S. Northern Command and the Department of Homeland Security are sponsors of the exercise. Army North is the Army component of Northern Command, the unified command responsible for homeland defense and civil support.

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



#### PAGE 8

#### CHILLS from P5

Pershing House – something is said to be in that house. Gen. Pershing, was a haunted man who lost his wife and children in a fire. But the reason the house is haunted, Gen. Rob McKenzie went "bonkers" in the front parlor, having picked a fight with someone at a favorite local bar. It is presumed he was beat up in the fight and had an aneurysm from the blows. the noises.

Geronimo was at Fort Sam Houston for six weeks. On Gravson street is a little tiny house, across from the old 7/11. It is documented that Geronimo's spirit is supposedly in that little house. People in the business feel his spirit in that house.

More currently, happened in 1982. Gen Robert Owenby, true story, was in a building on Harry room Wurzbach, his body was found

by passers-by.

The brick building on the corner bad lots of strange sounds can be heard coming from that building.

There are 44 German soldiers buried at the Fort Sam Houston cemetery. At the site where they movers told me the spirit was on are buried it is always dark, the the second floor. He seems to be a sun doesn't reach the plots, and it very friendly guy," said Chris tume. That is the supposed reason for is mowed very quickly. They were Pecko, another resident of here as prisoners of war during Artillery Road, Fort Sam Houston. World War II.

> Dahmer, mass murderer, was provoking and certainly worth trained as an Army medic at Fort checking into. For more informa-Sam Houston.

> "Off hand I would have to say. he was a fast learner." said visit the Fort Sam Houston Gaither, in an attempt to lighten Museum, 1210 Stanley Road. the mood that had fallen over the

hung due to suicide, and the spot ful tales of ghosts and spirits on 677-5187.

below where he jumped is avoided post, Gaither opened the floor for questions and comments.

Paula Andrews said of her home of Stanley and New Braunfels on Artillery road, "I had a party Roads was an old jail in the 1800s. one weekend and the kids say they It is said there are bodies buried in saw a lady sitting upstairs." the basement. When the weather is Gaither informed her it was the spirit of Mamie Eisenhower, grieving the loss of their first child, Doud, who died of scarlet fever.

"When we were moving in, the

It cannot be said the Spouses' Most haunting of all. Jeffrey Club is not entertaining, thought tion about the spirits and ghosts that reside on Fort Sam Houston.

For more information about the Fort Sam Houston Spouses' Club, Following her brief, yet insight- call president Marcella Garcia at

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#### HALLOWEEN from P2

home. Adults should accompany all children under the age of 12.

OCT. 25, 2007

•Instruct children to watch for cars and other traffic.

• Feed children before they trick-or-treat to reduce the temptation to eat uninspected treats.

• Make sure children's costumes are flame retardant and be mindful of hanging items that could cause a child to trip. Add reflective strips to the child's cos-

• Have children carry a flashlight.

• Be sure masks do not obstruct vision makeup is better.

• Inspect all treats before they are eaten. Tips for trick-or-treaters:

• Watch out for animals, even familiar neighborhood pets. They might not recognize familiar faces in a costume. • Walk. don't run.

• Watch out for cars and other traffic. Always look both ways before crossing the street.

• Never trick-or-treat alone

• Do not go to houses without lights on and never go into the home of a stranger, even if you are invited in. It's better to restrict trick-or-treating to familiar people.

• Never eat any treat unless it has been checked by parents.

(Source: Directorate of Emergency Services)

# **Domestic Voilence Prevention Awareness Month** substance abuse, domestic abuse related

#### By Angela Moss Victim Advocate

Throughout the month of October, several articles have been written about domestic abuse and the impact of violence on Families, children and the Army. Another aspect is domestic abuse and substance abuse. Despite the undeniable link between substance abuse and domestic abuse. there has been verv little research conducted about the need to develop strategies that address both of these issues together. What does this mean? How can the community help?

some basic questions that use or alcoholism can cause or substance abuse treatneed to addressed.

It is a fact that alcohol is one of the most widely abused substances, and that alcohol is the single most common factor in abuse cases. This does not mean that other drugs are not involved. Alcohol is just more prevalent. Also, it is a fact that alcohol dependence and battering share some similar characteristics: both may be passed from generation to generation: both involve denial or minimization of the problem; and both involve socially acceptable excuse for isolation of the Family.

What is the Army's response are also some harmful an attempt to deny it exists trained professionals are

to these issues? These are assumptions, such as, alcohol domestic abuse counseling abuse adequately; battered individuals are co-dependent and contribute to the abuse.

Battering is a learned behavior and substance abuse does not cause it. Substance abuse may lower inhibitions and is used as an be a change in lifestyle. excuse much of the time, but there are many people who batter that do not drink and from friends, Family and many alcoholics who do not beat their spouses. The alco- unique challenge for memhol provides a ready and bers of the military. the violence. What both of Houston has a wealth of On the other hand, there these issues have at heart is support. An abundance of and to place the blame on available that can help servsomeone or something ice members and their tion, call the Department of besides themselves. It is Families through the diffithrough this denial that it can be difficult for someone on the outside to see and to help. Abuse Program has coun-

men to batter; alcohol treat- ment? The answer is both. It ment alone will address the is not a question of either safety or sobriety but, safety and sobriety. Without one you can not have the other. True recovery from both substance abuse and domestic abuse requires not just abstinence. There also must which can be very difficult with out help and support professionals. This is a

Fortunately, Fort Sam cult time of recovery.

What should come first: selors to help with the sub-

stance abuse issues and the Department of Social Work can provide counseling for domestic abuse. These two programs work together to provide the layers of support that are most helpful in recovery.

The Family Advocacy Program also provides Victim Advocates to help spouses understand their rights and provide needed referrals and support in times of crisis.

The problems that arise with both domestic abuse and substance abuse are difficult and varied. There is help. If you, or someone you know is in crisis, call someone.

For help or more informa-Social Work at 916-3020, the Army Substance Abuse The Army Substance Program at 295-4840 or 295-4614 or the Family Advocacy Program at 221-0349.

About 30 motorcycle riders gathered at the Brooke Army Medical Center Troop Command parking lot Friday for Motorcycle Safety Day. Seven members that graduated from the Brooke Army Medical Center Motorcycle Mentorship Program's Motorcycle Safety Day were presented with safety vests and a certificate by Col. David Baker, commander, BAMC Troop Command.

The MMP is a voluntary program that supports interested or newly licensed motorcycle riders at BAMC. The program helps them get into the Army approved Motorcycle Safety Foundation Basic Riders course, or if they are experienced riders, the program can get them to the Advanced Riders course.

"We have mentors that ride with the Soldier so they don't have to ride alone until they are comfortable." said Capt. Tonya Maddox. "We also offer safety training - like MSD, weekly e-mail safety reminders, quarterly briefings and rides."

The MSD is a day designed to identify new BAMC riders, encourage participation in the MMP, give didactic safety training and refresher training on riding safe, and an opportunity to put that training into practice said Maddox. "Take care of each other," said Baker prior to the ride into San Antonio. "Come home safely, think safety, and you

will be safe."

(Source: BAMC Motorcycle Mentorship Program)

#### NEWS LEADER

## **Program offers** motorcycle safety tips



Staff Sgt. Raymond Rimmer, Brooke Army Medical Center, inspects Staff Sgt. Jason Cook's motorcycle prior to the ride into San Antonio. Rimmer is a mentor with the BAMC Motorcycle Mentorship Program. Mentors are avail able to ride with Soldiers who are not experienced motorcycle riders.

Photos by Esther Garcia

Motorcycle riders gathered at the Brooke Army Medical Center Troop Command parking lot Friday for Motorcycle Safety Day. The MMP is a voluntary program that supports interested or newly licensed motorcycle riders at BAMC



# **Women's Imaging Clinic opens for screenings**

By Cheryl Harrison Fort Sam Houston Public Information Office

October is National Breast Health Awareness Month and the Brooke Army Medical mammogram.

swinging open and shut, with about 99 women going in for ment, no provider referrals into a room for screening.

patients heard our announcement over the intercom and came in for a screening."

Mary Wall found the open clinic to be a "nice relief." "I heard the announce-

ment over the intercom. I was in the hospital for my husband who was admitted this morning, and I decided to stop in," said Wall. "It was good to get some

### **Troop Salute**

#### **232nd Medical Battalion**

#### Soldier of the Week



**Name:** Pvt. 1st Class McKenzie Jones Unit: D Company, 232 Medical Battalion **MOS:** Combat medic Hometown: Lincoln, Neb. Time in service: Six months Reason for joining the Army: To help pay for school and to help fulfill my goal to be an Army nurse. Latest accomplishment: Passing the National Registry Medical Technician Course. Future goals: Contracting with Army ROTC at the University of Nebraska Lincoln.

#### Junior Leader of the Week



Name: Pvt. 1st Class Gareth Newport Unit: D Company, 232 Medical Battalion **MOS:** Combat medic Hometown: Danville, Calif. Time in service: 11 months **Reason for joining the Army:** For the Army experience and training. Being an Army medic will look good on my resume in the civilian medical sector. **Latest accomplishment:** Making it this far in the military against contrary beliefs. Future goals: To become a life flight medic and to attend Army Physician Assistant school.

### 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.

of the patients seen today,' said Lee. "We are very pleased with the turn-out and plan to make this an annual event for Breast Cancer Health Month."

Peggy Smarkola, a Pink Center Women's Imaging Ribbon Partner volunteer Clinic tried something new to and triple cancer survivor get women in for a screening said, "The wait has been very nice and timely. I went Friday, from early morn- to the different areas in ing to late afternoon, the BAMC and let people know door was continuously that while you're here, and we are ready, why not do it."

Mammograms play an a mammogram. No appoint- important role in the early detection of breast cancer. A necessary, just walk in, fill regular mammogram is the out a few forms, and for the one thing a woman can do better part of the day just a to lower her chances of has a five-year survival rate referral. Women with a prifew minutes of wait time, dying from breast cancer, then the patient was whisked and yet recent statistics show that less women are at Brooke Army Medical Medical Command, who are "On a normal day we getting mammograms then Center is easier than ever. at least 40 years old, due for screen about 30 patients, and last year. Mammograms if BAMC has implemented an an annual mammogram and the longest anyone waited done consistently will find easy user friendly, self-refer- are not currently experiencwas about 10 minutes," said cancer in the earliest stages, ral policy for mammograms ing any breast symptoms, Mary Vincent-Lee, Mammo- before it has spread. Early and pap smears. Women can call and schedule an graphy Clinical Nurse detection decreases the now call and make appoint- appointment. The direct line Coordinator, BAMC Dept. of need for radical treatment. ments for a screening mam- for scheduling is 916-3726 Radiology. "A lot of the Breast cancer, if found early, mogram without a provider's or 916-4229.



October is National Breast Health Awareness Month and the Women's Imaging Clinic at Brooke Army Medical Center accepted self-referral patients for screening mammograms Friday. Mammographer Technologist Sandra Ayers positions a patient on the Mammography Unit for breast examination.

Photo by Olivia Mendoza

of 96 percent.

mary care manager within Scheduling a mammogram the Great Plains Regional Assistant program manager, Community Recreation

Fighters from throughout the local Boxing

community descended on the Jimmy

Brought Fitness Center Saturday for an

exciting night of amateur boxing. Col. John

Cook, commander, 32nd Medical Brigade

conducted opening remarks, welcoming

everyone to the event and wishing partici-

pants the best of luck. Pvt. 1st Class Dasha

Long, 232nd Medical Battalion and runner-

up in the Operation Rising Star competition

wooed the crowd with her performance of

the National Anthem. Two-time world box-

ing champion, Jessie James Leija attended

the event to support the troops and to

The event featured 11 bouts from a

diverse range of weight categories. The

most crowd-pleasing bout of the night fea-

tured Spec. Alfred Corey from Fort Sam

Houston going up against James Lopez,

independent. Both boxers displayed the

competitive spirit by exchanging punches

from round one until the final bell in round

three. The crowd gave both boxers a stand-

ing ovation. Corey won the match by deci-

encourage boxers entered in the event.

PAGE 14

**By Joe Cavanagh** 

Division

sion

#### OCT. 25, 2007

### Randolph High School uses football field

Randolph High School will play football Nov. 2 at the Fort Sam Houston Independent School District football field. This change was necessary to support the Randolph Air Show to be held the same weekend.

#### Cole Cougars drop tough one

The Robert G. Cole High School football team dropped a tough decision Friday night to the Jourdanton Indians 35-21. Cole led 21-20 with less than four minutes left in the game; Jourdanton scored two touchdowns in two minutes, one following an interception, sealing the Cougars' fate. Led by senior RJ Evans' 173 rushing yards and two touchdowns, Cole looked poised to keep their district 30-2A lead. However, the size and depth of the Indian squad eventually prevailed. The Cougars next face Cotulla 7:30 p.m. Friday at Cole Stadium. The Cougars are 1-1 in district play, and 5-2 overall.

#### 5K fun run/walk

1234.

#### Intramural basketball league

#### Intramural bowling

The Fort Sam Houston Garrison intramural bowling league begins Jan. 7. Letters of intent for intramural bowling are due Dec. 3 to Earl Young at 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, Texas 78234. A coaches' meeting will be held Dec. 12 at 1 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3185 or email earl.t.young@us.army.mil.

#### Deep water exercise classes

Deep water exercise class will be held Saturdays at 9 a.m. at the Jimmy Brought Fitness Center Pool. Class is 45 minutes in length with an option of using buoyancy belts. The majority of the class instruction is in deep water with a few intervals in the shallow portion of the pool. Deep-water exercise is designed for everyone from the beginner to the conditioned athlete. The buoyancy of water enhances flexibility and range of motion. The resistance of the water allows an increase in muscular endurance and cardiovascular fitness in an environment that protects the joints from weight bearing stress. This type of activity is a great cross training tool from those individuals who are seeking higher PT scores to post rehabilitation. Bring a water noodle if possible to class. For more information, call the fitness center at 221-1234.

#### Conditioning classes

A muscle conditioning class, which includes total body strength training. is offered Fridays from 5 to 6 p.m. at the Jimmy Brought Fitness Center. A total body conditioning class, comprising 50 minutes of cycling and 30 minutes of core conditioning, is held Saturdays from 9 to 10:20 a.m. at the Jimmy Brought Fitness Center. For more information, call the fitness center at 221-2020.

(Right) Before going on to win Phillip Martinez forces Adam Canizales into the corner of the ring, delivering a series of jabs and crosses.

**'Boxing at the Brought' a knockout for spectators** 

(Below) Stefan Garcia takes a hard right jab to the face from his opponent Jonathan Siercke at the fifth 'Boxing at the Brought' event, Saturday at the Jimmy Brought Fitness Center. Garcia finished in a victory.



Photos by Spc. Casey Stewart



#### Bout results:

1. Hector TanaJara, Zarzamora Boxing Club defeated Issac Rodriguez, Casillo's Boxing

- 2. Phillip Martinez, Zarzamora Boxing Club defeated Adam Canizales, Agape
- 3. Andrew Rodriguez, Agape defeated Mark Hernandez, Zarzamora Boxing Club
- 4. Moses Williams, Agape defeated Jairo Castened, San Antonio Parks and Recreation
- . Stefan Garcia, Agape defeated Jonathan Siercke, Fort Sam Houston 5. Felipe Casteneda, San Antonio Parks and Recreation defeated Julio Valdez, Team Azteca Boxing Club
- 7. Edrick Simmons, Agape defeated Corey Randle, Champion Fit Club 8. Jose Sosa, Agape defeated Jacob Barnhardt, Fort Sam Houston
- 9. Chris Garcia, Agape defeated Phillip Rodgers, Fort Sam Houston
- 10. Alfred Conley, Fort Sam Houston defeated John Lopez, Independent,
- Fort Sam Houston 11. Joseph Placencia, San Antonio Parks and Recreation defeated Juan Roque, Champion Fit Gym



Julio Valdez throws a right cross, connecting with the top of Felipe Casteneda's head. The blow wasn't enough to stop Casteneda from winning.

### **Sports Briefs**

Participate in a 5K fun run/walk Saturday starting at 9 a.m. at the Jimmy Brought Fitness Center. Registration fee is \$10 per person. For more information or to register, call Will Lloyd or Lucian Kimble at 221-2020 or 221-

The Fort Sam Houston Garrison intramural basketball league begins Nov. 26. A coaches' meeting will be held Nov. 9 at 1 p.m. at the Brigade Gym. Letters of intent should be mailed to Earl Young at 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234 by Nov. 5. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

# **27th Annual Combat Medic Run deemed success**

#### By Joe Cavanagh

Assistant program manager, Community Recreation Division

The weather was picture perfect for the 27th annual Combat Medic Run Saturday, for over 600 participants in the 5K, 10K, 5 person guidon run and the highlight of the event, the 28 Soldier Formation Run

The historic MacArthur Parade Field was the site of the annual event with Col. John Cook, commander, 32nd Medical Brigade serving as host commander.

Cook said in opening remarks, "The Combat Medic Run is more then just a running event, it recognizes the outstanding efforts of the Combat Medic from the past to the present."

Cook invited participants to take in the historic MacArthur Parade Field as they jogged or ran in the event and to enjoy the beautiful scenery and the many historic structures at Fort Sam Houston.

In the 10K male competition, Andrew Medendorp won the military male overall category with a time of 36.19. The female 10K winner in the overall and military overall division was Patricia Smith with a time of 37.51. The 5K male winner was Steven Elizonda with a time of 18.52. The 5K female winner was Martha Brown 21.42.

The five-person guidon team competition included a field of 15 teams vying for the 2007 Guidon Trophy. The Basic Noncommissioned Officer Course team led by Clinton Norton edged out the competition for the guidon title finishing with a time of 48.56.

In what is considered the highlight of the Combat Medic Run, the 28 Soldier Formation event did not disappoint. Six teams of 28 Soldiers attempted to show the judges they have what it takes for the best formation. A panel of Sgt. Majors judged the team in five elements. Bravo 187th Medical Battalion was declared the best 28 Soldier Formation.

For more 27th annual Combat Medic Run results, visit www.runawayclub.com.





Soldier formation run and 2-mile fitness walk.

COMBAT MEDIC RUN/WALK

Col. John Cook, commander, 32nd Medical Brigade, presents the first place trophy to the Noncommissioned Officer Association, Basic Noncommissioned Officer Course Five-person Guidon Team for the 10K run.

Photos by Olivia Mendoza

OCT. 25, 2007



More than 600 Soldiers assigned to Fort Sam Houston and civilians participated in the

27th Annual Combat Medic Run Saturday. Awards were given in four different cate-

gories: 10K Individual and Five-person Guidon Team, 5K Individual Run, 5K 28-

The 5K 28-Soldier formation run award was presented to the Company B 187th Medical Battalion team. Col. John Cook, commander, 32nd Medical Brigade, congratulates them with a trophy for best formation at the 27th Combat Medic Run Saturday.

#### FIRST RESPONDERS from P1

Protection measures, and finally to refine the coordination and communication between the IOC and first responders.

During the three-day exercise, the Texas Engineering Extension Service, a company that provides homeland security training and real-world exercises, presented scenarios to Fort Sam Houston and Camp Bullis simulating potential terrorist threats to personnel, safety and security on the installation.

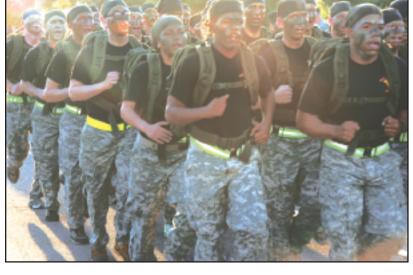
In the main scenario, which set up the basis of the exercise, the post became the from the installation as well as Federal Emergency Management Agency's staging area for a hurricane that threatened to hit the Texas coast: they were also tasked to support U.S. Army North as they planned to deploy their Operational Command Post.

While Fort Sam Houston was gearing up to support both FEMA and ARNORTH, the post came under a terrorist attack.

closure of a key dining facility.



Firefighter David Lewis securely wraps the arms of Capt. Lawrence Salinas with tape to keep any nerve agent from entering into the suit before he goes to assist mass casualties.



Company D 232nd Medical Battalion sound off "Jody calls" from start to finish line for motivation at the Combat Medic 5K 28-Soldier formation run.

In the first attack, terrorists infiltrated Fort Sam Houston and detonated a large improvised explosive device near Building 1379 causing mass casualties and evacuations. The attack required first responders to perform decontamination and forced the

While the installation was still recovering and mitigating from the first attack, the IOC center was notified of a suspicious van on Post. The van carried terrorists who deto-

nated a bomb containing a nerve agent, resulting in a second attack with more mass casualties and evacuations.

Both scenarios were designed to induce panic and draw attention to an area, while focusing on the integrating training between the Fort Sam Houston fire and police departments.

TEEX began preparations for the Fort Sam Houston exercise over a year ago. "We worked together with the planning team with our own planners to develop scenarios and training, then we fine tune things and build from there," said Doug Jackson, exercise manager, Texas Engineering Extension Service.

Mike Waldrop, deputy to the commander. Fort Sam Houston. U.S. Army Garrison was on site to get a first hand look at the exercise. Waldrop talked about the interaction between the IOC and TEEX to come in and give us a cri- to the agent. tique, we will then focus on lessons learned during training over the

next year as we ramp up to do another one of these," said Waldrop.

Representatives from the City of San Antonio and BAMC participated in a supportive role during the exercise. "The City of San Antonio representative told us about support that we did not know was available, and he also facilitated communications by rapidly passing on the situation to his Emergency Operations Center. When the liaison is physically on hand, you can tell immediately if information has been passed on; the reps really speed up the process.

"Overall the exercise was a success. The exercise did what it was supposed to do. It tested our standard operating procedures and highlighted what worked well and what needed improvement. Our MASS notification system did not work as planned but

our IOC procedures worked very well. Cooperation between directorates and organizations was very good and the value of having liaison officers from the city of San Antonio was a plus. The first responders did an outstanding job even though in some situations they were stretched thin due to the changes in Force Protection levels demands changes," said Michael McCarthy, chief, plans and operations, Directorate of Plans, Training, Mobilization and Security.



Photos by Olivia Mednoza

Fort Sam Houston firefighters perform a technical decontamination on Lt. Anthony Garcia's hazmat gear that was exposed to a chemical agent during the simulated explosion. A chemical bomb was planted in a TEEX, "We netted in the IOC with simulated command post involving several civilians who were exposed



An unidentified American Medical Response, Emergency Medical Technician and firefighter David Lewis strap in the "victim" carefully to be transported to a nearby hospital.



The Fort Sam Houston Garrison conducted a full scale exercise "Tempest Shield" Oct 16 to 18. The exercise was tested and evaluated on the garrison's response to a terrorist attack. Two firemen rescued an unconscious simulated victim and lifted it to safety, away from the contaminated area.

By Spec. Milfred Williams

retired Staff Sgt. Ivella

Dennis dedicated a stirring

rendition of the Natalie Cole

song, "Inseparable," to Ben

Paniagua, manager of the

Hacienda Recreation Center

and BOSS advisor.

Soldiers president

**Boss Soldiers show appreciation at ceremony** 

#### OCT. 25, 2007

Fort Sam Houston **Independent School District** Weekly Campus Activities Monday to Nov. 3

#### Fort Sam Houston Elementary School Monday

Begin second nine weeks Book fair, 8 a.m. to 2:50 Tuesday

Book fair, 8 a.m. to 2:50 Wednesday Book fair, 8 a.m. to 2:50

Nov 1 Book fair. 8 a.m. to 1:40 Report cards go home

Visit books, 5 p.m. Fall Festival Family Nigh p.m.

Nov. 2 Book fair. 8 a.m. to 2:50 p.m. Spirit day

Robert G. Cole Middle and High School Monday Begin second nine weeks Cougar Pride Club meeting, 5 p.m. Wednesdav Advisory bell schedule Nov. 3 SAT test date Regional cross country meet at Kellv USA. TBA

Better Opportunities for Single The 2007 Fort Sam Houston Better Opportunities for Single Soldiers appreciation ceremony was held Oct. in Landsdowne, Va., in May, 17 at the Sam Houston Club, recognizing individuals for their support and encouragegory of the 2007 U.S. Army ment of the program. The Festival of the Performing ceremony was an opportunity to thank all involved and Arts Competition. The recognition program's show appreciation. Refreshments were served and

kevnote speaker, Col. J. M. Harmon, III, chief of staff, Army Medical Department Center and School, recog- Program; Joe Cavanagh, nized "The Role of BOSS in todav's Army."

held the audience's undivid- to involve BOSS in major 2007 was a stellar year ed attention. "Being in the for the BOSS program hav- Army, there are times when, lation; Charleszetta Miller,

ing won two major first even though you are marplace awards in U.S. Army ried, you become separated competitions. Not only did from your Family for perithey win first place for Best ods of time, and by being Small Installation BOSS separated from them, you Program at the 2007 become a 'single' Soldier Worldwide BOSS Forum held because you are a geographical bachelor," said but also in October they Harmon. "I want to thank were awarded first place in the BOSS Program for all the BOSS Variety Show cate- they do for all Soldiers of the installation."

Receiving top awards of appreciation were: Kelly Jones, marketing director. Morale. Welfare and Recreation, for sponsorship contributions to the BOSS assistant program manager, Community Recreation Harmon's stirring speech Division, MWR, for his efforts MWR activities on the instaladministrative assistant. Hacienda Recreation Center, for financial support of the Soldiers in the program, providing them with equipment and other needs: and Jewel Terrell, Hacienda Becreation Center. Terrell's selfless serv- BOSS Soldiers to receive ice helped prepare the BOSS Soldiers for the 2007 Worldwide BOSS Forum standing support of the BOSS where they were presented program. The audience their award.

Ben Paniagua, MWR advisor, was honored for his plishments from the past year. outstanding contributions



Photo by Sgt. 1st Class Rosalba Chambers

(From left) Staff Sgt. Rhonda Nimblette, Better Opportunities for Single Soldiers program treasurer, Spc. Milfred Williams, BOSS president and Sgt. Rea Fuentes, vice president, present Ben Paniagua (second from left), Morale, Welfare and Recreation adviser, with a BOSS award for guidance and superior leadership to the Fort Sam Houston BOSS program.

BOSS Program.

"Without Mr. Paniagua's dedication and superior leadership, the BOSS Soldiers could not have achieved their status as one of the best in the Army," said Sgt. Rea Fuentes, BOSS vice president.

Twenty-eight individuals and sponsors were selected by Certificates of Appreciation and BOSS coins for their outwatched video highlights of the BOSS program's accom-Special guests in the audi-

and support of Fort Sam ence included, representing Houston Soldiers and the the Commanding General,

mander of the AMEDDC&S: Command Sgt. Maj. Howard Riles. AMEDDC&S: Command Sgt. Maj. Pedro Class, U.S. Army Garrison and the Senior Military Advisor to the BOSS Program: and Lester Walters. Community Recreation Division. Directorate of MWR.

Gregg Stevens, deputy com-

BOSS Soldiers realize the support and encouragement of the military and civilian community, both on and off Fort Sam Houston are key factors in the accomplishments and awards that the program has achieved over the past year. The ceremony was their opportunity to thank those involved.

S	
p.m.	
p.m.	
p.m.	
p.m.	
nt, 5:30	

### **Access FSHISD grades online**

#### Bv Janet Bolin

Fort Sam Houston Independent School District

Independent School District is committed to creating meaningful partnerships with parents through effective communication. One such commitment is giving parents an al data is needed to complete the electronic resource for accessing process," said Janet Bolin, Director their students' grades and atten- of Technology. "I encourage parents dance information. This year, the to e-mail the fshgrades account if district has adopted a new grade they have any questions. We will be book program. Grade-Speed, which glad to assist them." grants a portal for parent access from the web.

account and passwords. Information view the latest posted grade and for completing the application is attendance information. Grades and found on the district Web site. Two attendance are updated as each helpful documents are available to teacher makes entries. Parents help with this new Parent should note that not all teachers Connection. The "Parent Connection post grades with the same frequen-- FAQ" lists what parents need to cy. Different assignment types may know in preparation for filling out be weighed differently – tests may the application. The "Parent count more than homework, proj-Connection - How To" gives screen ects may count more than tests. shots of the application process. In Grade weights can cause sudden addition, parents can e-mail ques- changes in averages. For specific tions to fshgrades@fshisd.net for information about grades, parents assistance. Once the application is should contact the individual submitted, it is checked against teacher.

known data as a security measure before approval.

"It is important for parents to The Fort Sam Houston check their application by logging in with their username and password to check its status. Applications that are pending will have a message which may be a notice that addition-

Grade-Speed is a "real-time" accessible grade book. Using this Parents will create their own Internet access allows parents to

### **Cole student receives** prestigious award

#### **By Javne Hatton**

Fort Sam Houston Independent School District

Megan Heard, Cole High School senior, has been named a Commended Student in the 2008 National Merit Scholarship



Program. Megan placed among the top five percent of more than 1.4 million students who entered the 2008 competition by taking the 2006 Preliminary SAT/National Merit Scholarship Qualifying Test.

"We are so pleased that Megan demonstrated such a high level of academic performance. She is involved in Academic Decathlon, plays the flute in the varsity band. has a job on the weekend and is a Girl Scout" said Julie Coffey, Cole High School counselor.

#### Cole to host dinner theatre

The third annual Cole High School Dinner Theatre will be held Nov. 6 to 8 with dinner at 6 p.m. and the show at 7 p.m. in the new Cole Middle School mall. This year's production is the exciting melodrama, "Showtime on the Showboat or . . . Don't Throw Garbage in the River" by Sheila Smolensky, Tickets are \$5. For more information or to make reservations. call 368-8730. ext 7500.

PAGE 20

### OCT. 25, 2007

by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

### Family Child Care Online

Patrons interested in winter sports Family Child Care Online is a marketing should make appointments for sport physitool that allows parents to take a virtual cals now. Patrons will need a sport physical tour of FCC homes. In addition, parents to register. Sport physicals must be valid for can read about the provider's philosophy of the entire sport season. Patrons must be care, hours of operation and background. registered with Child and Youth Services to This online tool can be accessed weekdays participate in sports. For more information from 8 a.m. to 4:30 p.m. at Child and or registration requirements, call Central Youth Services Central Registration. Registration at 221-4871 or 221-1723. Building 2797.

#### Youth basketball registration

Central Registration will hold registration for basketball Nov. 1 through Dec. 7. Practice begins Dec. 3. Patrons must be registered with Child and Youth Services. To register, patrons must provide Leave and Earnings Statement, spouse's W2 form, updated shots records for kindergarten through fifth grade, a current sport physical valid through the entire season, the child's Social Security number and two

## **Child and Youth Services receives** donation to support military families

#### Story and photo by Jennifer Morris Directorate of Morale, Welfare and Recreation

Retired Lt. Col. Brian Birdwell and wife, Mel, donated \$2,400 Oct. 12 through their organization, Face the Fire Ministry, to the Fort Sam Houston Morale, Welfare and Recreation's Child and Youth Services to support the Wounded Warriors in Transition on post. This donation follows a \$5.000 donation from the Face the Fire Ministry in 2005 to Child and Youth Services on Fort Sam Houston.

Birdwell stated that the donation is intended to "provide at no cost to the Soldier or Family, certified child care while one of the parents is receiving care at Brooke Army Medical Center."

The purpose is to allow the spouse of the Wounded Warrior to provide as much attention to the injured Soldier, while knowing their child is in a safe place with other children of similar ages. This donation is not limited to the Army, but should allow for all members of the Armed Forces to utilize the service.

Birdwell is a survivor of the terrorist attacks Sept. 11, 2001. Birdwell was in the Pentagon when Flight 77 hit, causing Birdwell to have 60 percent of his body



Retired Lt. Col. Brian Birdwell and his wife, Mel, received a certificate of appreciation from Col. Wendy Martinson for their donation of \$2,400 to Child and Youth Services through their organization, Face the Fire Ministry.

engulfed in flames. He has gone through numerous operations and rehabilitation sessions. Now retired from the military Birdwell is the president of Face the Fire Ministries, a non-profit organization that provides support to critical burn survivors and the wounded servicemen and women of the United States.

### **MWR** Child and Youth Services

#### Halloween costume party

A Halloween costume party will be held Saturday from 7 to 10 p.m. at the Youth Center. Entry fees are \$3 for those without a costume and \$2 for members with a costume. For more information, call 221-3502.

#### Halloween carnival

School Age Services is having a Halloween carnival Wednesday from 4 to 6 p.m. at School Age Services, Building 1705. There will be a variety of games and prizes. The after school groups will host game booths and show off Halloween costumes. This event is free and open to the community. For more information, call 221-4466

#### Parent Advisory Council meeting

A Child and Youth Services Parent Advisory Council meeting will be held Nov. 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent

workshops and learn about upcoming events. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

OCT. 25, 2007

#### **Central Registration**

Child and Youth Services registration is Monday through Friday from 8 a.m. to 5 p.m. for kindergarten through fifth grade. Walk-ins and appointments are welcome; however, patrons will be seen by appointment only after 4 p.m. Central Registration is located inside Army Community Service, Building 2797. To register a child, parents must bring current shot records, two local emergency contact names, health assessment within the last 12 months, sport physical (must be valid through the entire selected sport season), child's Social Security number, sponsor's Leave and Earnings Statement and spouse's W2 form. Registration fee and activity fee is \$18. For more information, call 221-4871 or 221-1723.

#### CYS needs instructors

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

#### FCC providers

Family Child Care is seeking Family members interested in becoming certified FCC providers. There is a nocost start-up plan. For more information, call 221-3828.

#### Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use

local emergency designees, \$18 registration fee and basketball fee of \$45. For more information, call the Sports Office at 221-3502 or Central Registration at 221-1723.

#### Sport physicals

#### **SKIES Unlimited classes**

The Child and Youth Services Schools of Knowledge, Inspiration, Exploration and Skills Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month's fee is due at time of registration at Building 2797. For more information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630; or call 221-1723 or 221-4871.

### **MWR** Community Recreation

#### **BOSS Halloween Bash**

Members of the Better Opportunities for Single Soldiers will hold a Halloween Bash Saturday from 7 to 10 p.m. at the Fort Sam Houston Bowling Center. Participants can enjoy three free games per lane, but may sign-up for additional free bowling at the bowling counter. The Family event is open to the public. For more information, call 224-7250 or 221-3683.

#### Canvon Lake Halloween Party

The Fort Sam Houston Canvon Lake Recreation Area is having its second Annual Halloween Party Saturday from 6:30 to 9:30 p.m. Stop by for haunted hay rides, phantom pontoon boat rides and numerous other spooky surprises! The event is open to all Department of Defense ID card holders and Family members. The only cost is the entrance fee into the park. For more information, call 830-226-5357 (do not dial (1) first if located within the (210) area code, or from outside the (210) area code, 1-888-882-9878.

See MWR P22

### **Big win**-



Photo by Kathrine Maple

Spc. Christopher Spartes, E Company 1-8 Cavalry from Fort Hood, Texas, collects his winnings during a round of poker at the Sam Houston Club's Texas Hold 'Em Tournament Friday. The Sam Houston Club played host to about 70 contestants for the quarterly event.

#### MWR from P21

#### Cottages at Canyon Lake

The cottages at Canyon Lake are available for public use. Reservations are being accepted for the new 1,200-square-foot facilities. The three-bedroom cottages are fully furnished and equipped with central heating and air conditioning, a barbecue pit and kitchen with appliances. Each cottage has a parking space, front porch and picnic table. For more information or to make a reservation, call 830-226-5357 or 888-882-9878.

### **Dining and** Entertainment

#### Sam Houston Club, 224-2721 **MWR TGIF**

Come by the Sam Houston Club every Friday at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. No cover charge and appetizers will be served. For more information, call 224-2721.

#### MWR Ticket Office

The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

Army Community Service

Army Community Service will sponsor an

investment seminar Wednesday at 9 a.m. at

the ACS Auditorium, located at 2797 Stanley

Road. For more information or to register, call

Army Family Team Building encourages new

spouses, Family members, Soldiers and

Department of the Army civilians to find out

Course on Nov. 5 and 6 from 9 a.m. to 2:30

p.m. at Army Community Service, Building

es acronyms, rank structure, chain of com-

mand, community resources, customs and

vided. For more information, call 807-3111

after 5 p.m. To register, call 221-0946.

Personal Development

courtesies and much more. Lunch will be pro-

The Army Family Team Building Level 2 course

will be conducted Nov. 14 to 26 from 9 a.m. to 4

p.m. at Army Community Service, Building 2797,

Stanley Road. This class is on personal develop-

skills, stress management, personality traits,

Readiness Groups, personal conflict manage-

ment and much more. Lunch is provided. For

more information, call 807-3111 after 5 p.m.

ment and teaches topics such as communication

team dynamics, creative problem solving, Family

2797, Stanley Road. Level 1 (Army 101) teach-

about Army life by attending the Level 1 AFTB

Investment seminar

221-1612.

Army 101

### **Strike Zone open for business**

Fort Sam Houston's Bowling Center officially has a Strike Zone. The Morale, Welfare and Recreation themed restaurant opened for business Oct. 11 serving hungry patrons all new menu items, which include hot and cold sandwiches, salads, snacks, pizzas and premium hot and cold beverages.

This is the 23rd Strike Zone to open Army-wide. The Executive Chef for MWR's Branded Restaurant Operations was on-site to over-see the opening. Roger Disbrow. Certified Executive Chef with the Branded Restaurant Operation Division from Family Morale, Welfare and Recreation Command, opens each

Branded Restaurant for MWR and is responsible for training the staff, setting up the kitchen and ordering the product to ensure everything is ready for the customers when the restaurant opens.

After enjoying one of the larger burgers at the Strike Zone. Pvt. Brian McCandless, F Company, 232 Medical Brigade said, "The food was over the



OCT. 25, 2007

Branded Restaurant Operation Division of Family Morale, Welfare and Recreation Commandpresents Jim Lancaster, acting Business Operation Division Chief at Fort Sam Houston's Directorate of Morale, Welfare and Recreation with the restaurant certification for the Strike Zone.

#### top phenomenal.

The opening of Fort Sam Houston's Strike Zone was a two-day event, with drawings for customers and great food. Though the burgers are excellent, the big seller Friday night was the Philly Cheese Steak.

The Strike Zone is the most popular of the Army's popular branded restaurants. It is a great place for Family fun before hitting the lanes

The Strike Zone is open during the Bowling Center's regular hours of operation. For more information, call 221-4740.

(Source: Directorate of Morale, Welfare and Recreation

OCT. 25, 2007

### COMMUNITY **Events**

### Donor Awareness 5K run/walk

The Vital Alliance Volunteer Organization will sponsor the 10th Annual Organ and Tissue Donor Awareness 5K run/walk Saturday at 8 a.m. at Brackenridge Park, Koehler Pavilion. For more information or to register, call 614-7030, 866-685-0277 or visit www.varunwalk.org.

#### 259th/307th Military Police reunion

Veterans from the 259th and 307th Military Police will hold a reunion Saturday from 9 a.m. to 3:30 p.m. at the Fort Sam Houston Club. This will be the fifth reunion for the men who went through basic training at Fort Sam Houston and Camp Bullis from 1950 to 1951. About 35 members and guests will attend. For more information, call Bill Culvahouse at 806-637-8915.

#### Waring Halloween walk

The Hill Country Volkssportverein Volksmarch Club will host a 13K, 10K and 5K walk Saturday and Sunday at the Volunteer Fire Department one block south of the intersection of FM 1621 and Waring-Welfare Road, Waring, Texas. For more information, call John Bohnert at 830-995-2421 or e-mail tina.bohnert@comfort.txed.net.

#### Children's story time

The Fort Sam Houston library will hold a Halloween story time Sunday at 2 p.m. Tasty treats will be served during the event. For more information, call 221-4702.

#### USO Halloween party

Military Families are invited to attend a Kids' Halloween Party and Pumpkin Patch event Monday from 5:30 to 7:30 p.m. at the United Service Organizations Downtown Community Center, 420 E. Commerce St., San Antonio. Children are encouraged to wear costumes. For more information

### call the USO at 227-9373, ext. 12.

#### Cash and Carry sale

A Cash and Carry sale of Non Appropriated Fund property will be held Wednesday from 8 a.m. to 3 p.m. in Building 4192, Bays A and C. Personal check or cash with picture ID will be accepted forms of payment. All sales are final. Items must be removed at the time of purchase. Items for sale include microwave ovens, desk chairs, typist chairs, tables, computer monitors, TV/computer hutches, round activity tables, nightstands and four drawer credenzas. Also executive desks, computer equipment and software and much more. For more information, call the Morale, Welfare and Recreation Warehouse at 221-4449 or 221-4950.

#### 23rd Annual Wurst 5K run

The 23rd Annual Wurst 5K run will be held Nov. 3 at 8 a.m. at Landa Park, New Braunfels, Texas. The fee is \$20 to pre-register and \$25 on the day of the race. For every registration over the age 12 receive one free ticket to the World Famous Wurstfest and a T-shirt. Enjoy free refreshments, live music after the race and age group awards. For more information or to register early, visit www.nbrunclub.com.

#### Scion Slam 2007 Military Tour

Skylark Community Center will host the 3on-3 Scion Slam 2007 Military Tour Nov. 10 at 8 a.m. Come by and compete to win a variety of cash prizes — over \$4,000 in prizes will be given away. This event also includes a hip hop DJ/Emcee, test drive, prizes and giveaways for all attendees. Enter into the Scion Slam Custom Car Show for a chance to win prizes. For more information or to register, call 671-3906 or 671-3920 or visit www.scion.com/scionslam.

#### The colors - our differences

Are you a red, gold, green or blue personality? Find out with the Federal Employed Women, Alamo City Chapter 123 Nov. 10 from 1 to 3 p.m. at 15050 Jones Maltsberger/Thousand Oaks, Suite 2, next door to Papa Johns. Learn how to recognize and communicate with the four basic personalities, understand the motives behind your own and other peoples' behavior and learn how to accept others for what they are and to incorporate within yourself the best of all the colors of life. The cost for supplies and a box lunch is \$10. For more information, call Rosalyn Wise 820-8201 or e-mail Rozwise@aol.com. Reservations are due by Nov. 6,

#### Spouses' Club silent auction

The Spouses' Club will have a "Make it, bake it, sew it, grow it, buy it" silent auction luncheon Nov. 13 at 11 a.m. at the Sam Houston Club. Club members who wish to bring an item for the auction are asked to come by 10:30 a.m. The cost of the Thanksgiving themed buffet is \$14. For more information, call Sigrid Reistetter at 226-8806 or e-mail Sigrid.reitstetter@us.army.mil. Reservations are due by Nov. 9.

#### Tips on Purchasing Vehicle

The Federal Employed Women, Alamo City Chapter 123 will hold a meeting on "Tips on purchasing a vehicle" Nov. 15 from 11:30 a.m. to 12:30 p.m. at the Sam Houston Club, 1395 Chafee Road. For more information. call

Rosalyn Wise 820-8201 or e-mail Rozwise@aol.com.

### Training

#### ROTC Green to Gold Program

The Fort Sam Houston Education Center will hold a Reserve Officers' Training Corps Green to Gold briefing today and Nov. 15 at 11 a.m. and 1 p.m. at the Army Learning Center, Building 2247, at the corner of Stanley and New Braunfels Ave. The Army ROTC Green to Gold Program allows active duty service members to attend college, to earn a bachelors' degree or advanced degree and commission as a Second Lieutenant. Qualified enlisted Soldiers with officer potential, who have served at least two years on active duty, may apply for enrollment in Army ROTC. For more information, call St. Mary's University representative Capt. Varela at 436-3415; University Texas San Antonio ROTC representative Maj. Smith at 458-5638, or 12th Brigade representative Amy Gagnon at 295-2005.

### Volunteer

#### Community cleanup project

The American Society of Military Comptrollers will sponsor a community cleanup project Saturday from 9 a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. School students can earn a certificate for up to three hours of community service. For more information or to volunteer, call Kathy Scott at 221-7893 or 221-1335.

### Religion

#### Women's retreat

PAGE 24

The Gift of Grace women's retreat will be held Nov. 2 and 3 at the Hyatt Resort in Lost Pines, Texas. The retreat will begin Nov. 2 at 6:30 p.m. with a social gathering and prayer and end Nov. 3 at 3:30 p.m. with a service. The suggested donation is \$40 per person. Spouses of deployed and wounded warriors are invited at no charge. For more information or to make a reservation, call Brian Merry at 221-5006 or e-mail brian.r.merry@us.army.mil.

#### Reminder of schedule change

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

#### Bible club for children

The Installation Chaplain's Office sponsors a mid-week Bible club Wednesdays from 4 to 5:30 p.m. at Dodd Field Chapel for children in kindergarten through fifth grade. Register students at Dodd Field Chapel, 1721 Dodd Blvd., between Cole High School and School Age Services. For more information, call Robb Wood at 221-3749 or e-mail robb.wood@us.army.mil.

#### PWOC Bible study

The Protestant Women of the Chapel invite all women to participate in the fall Bible study classes. Classes are held Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 8 p.m. at Dodd Field Chapel. Childcare is available up to age 5. For more information or a list of classes, call Paulette Jordan at 462-7676.

#### Journey to Bethlehem

The Fort Sam Houston Chapel community will host the annual Christmas outreach activity, Journey to Bethlehem Dec. 15 to 17 from 5:30 to 8:30 p.m. on the grounds of Main Post Chapel. All members of our community are invited to participate. A Bethlehem Village will be created and participants will be actively involved in making crafts, participating in Family tra-

ditions, and other customs of the time. Positions for helpers and coordinators for the event are available. People interested in helping with the annual holiday event, call Brian Merry at 221-5006 or e-mail Bedell Springs at bedell.springs@amedd.army.mil.

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

### **Fort Freebies**

Submission guidelines:

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

**For Sale:** Little Tykes red race car twin-size bed includes wheel-shaped mirror and wooden mattress support, \$175. Call 677-2183.

**For Sale:** Hewlett Packard 812C inkjet color printer, great condition with full cartridges, \$25; Halloween costumes, caterpillar fits size 2 to 4 Toddler, \$10 and Princess Fiona, adult large, \$15. Call 821-5479.

**For Sale:** Reversible king comforter set with sheets, plus bathroom accessories, palm tree design, \$75; white wicker fainting couch with cushion, excellent condition, \$90; jewelry armoire, five-drawers, two side doors, antique oak, \$50. Call 697-9261.

For Sale: Set of Army dress blues, 40/42 regular with 32/32 pants, \$100. Call 274 3962.

**For Sale:** Large entertainment center/buffet, with hand carved front, 65inches wide by 18-inches deep by 42inches high, \$100; collector's plates, Norman Rockwell and others, \$15 each; civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, email news.leader@samhouston. army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

light brown mink stole, \$100; Evan Picone ladies' jacket, black velvet, size IO. Call 824-0956.

**For Sale:** Gold's Gym adjustable weight bench with Olympic Bar and 195 pounds of weights, \$150; Coremaster abdominal seat, \$50; ProForm Quick-Lock dumb bell system, 70 pounds., \$50; BOSU ball balance trainer, \$25. Call Scott at 361-232-0235 or 221-4115.

**For Sale:** Graco infant car seat, new, \$75 obo. Call 646-7324.

**For Sale:** Adjustable drafting table, chair and light, \$49.95; computer table with drawers, cabinet, shelves, \$49.95; 1992 Ford Deluxe Magnum Conversion van, loaded, \$2,995. Call 659-6741.

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

or 508-1697.

**For Sale:** Set of four XON Cyclops 20-inch rims for six-lug Chevy or GMC, \$750. Call 945-7627.

**For Sale:** 2001 Ford Windstar, four-door, A/C, 98K miles, \$3,000; 1998 Ford Escort ZX2, five-speed, A/C, \$2,300. Call 815-2582.

**Free:** 1940's Baldwin spinnette upright piano, plays well, has some damage in move, you pick up and haul. Call Pat or Becky 254-9803.