



News Leader[®]



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Fort Sam Houston — Home of Army Medicine

May 27, 2003

Briefs

Memorial Day Ceremony, May 31

A Memorial Day ceremony will be held May 31, 9 a.m. at the Fort Sam Houston National Cemetery on Harry Wurzbach Road. The keynote speaker will be Judge John W. Primomo, U.S. Magistrate Judge, Western District of Texas.

ITBC, Business Management Division closed tomorrow

The Information Technology Business Center, Business Management Division, Bldg. 4190 will be closed tomorrow through June 1. All other ITBC Divisions will operate with minimal staff.

Bldg. 267, 1290 and BAMC ID Card Office closed tomorrow

The Gen Vogel Processing Center, Bldg. 367, the Student Personnel Center, Bldg. 1290 and the BAMC ID Card Office will be closed tomorrow. All will resume service on June 1, at 7:30 a.m.

A Company, Academy Battalion Change of Command, June 2

Capt. Carol Asadoorian will relinquish command of A Company Academy Battalion to Capt. Edward Schupbach at a ceremony on June 2, 9 a.m., at MacArthur Parade Field.

228th Combat Support Hospital Change of Command, June 12

Commander Col. Carol Gaddy will relinquish command of the 228th Combat Support Hospital to Col. Lester McGilvray at a ceremony on June 12, 9 a.m., at the Kelly Heliport located on W.W. White (Service Road 33) past the Salado Creek Park.



Photo by Spc. Roman Kubyschkovskyy

Officers of the 232nd Medical Battalion were on scene for the arrival of the Stryker Medical Evacuation Vehicle recently delivered by General Dynamics. From left Lt. Col. Erin Edgar, director, Department of Combat Medical Training, Capt. Jolanda Gardner, commander, G Company; Capt. Kirk Reed, commander, E Company; Capt. Sean Del Grego, commander, A Company; Capt. Alejandro Gonzales, commander, D Company; Lt. Col. Bruce W. McVeigh, commander, 232nd Medical Battalion, Capt. John Halak, commander, F Company; and Capt. Rachel Wienke, commander, B Company.

Stryker Medical vehicle to support 91W training here

By Spc. Roman Kubyschkovskyy
Special to the News Leader

The 232nd Medical Battalion recently took possession of a Stryker Medical Evacuation Vehicle from a General Dynamics representative following the 5th Annual Association of the United States Army Medical Symposium and Exhibition held at the Henry B. Gonzalez Convention Center, May 17 through 21. The

Medical Evacuation Vehicle variation will be used to instruct students in the 91W Healthcare Specialist Course.

The vehicle was named in honor of two Medal of Honor recipients: Pfc. Stuart S. Stryker, who served in World War II, and Spc. Robert F. Stryker, who served in Vietnam.

Spc. Robert Stryker, who served with the 1st Infantry Division, was posthumously

awarded the Medal of Honor for saving the life of his fellow Soldiers near Loc Ninh, Vietnam.

Pfc. Stuart Stryker, who served with the 513th Parachute Infantry, posthumously received the Medal of Honor for leading an attack near Wesel, Germany that captured more than 200 enemy soldiers and freed three American pilots.

Stryker, the combat vehicle of choice for the Army's Interim

Brigade Combat Teams, is a highly deployable-wheeled armored vehicle that combines firepower, battlefield mobility, survivability and versatility with reduced logistics requirements. It is a 19-ton eight-wheeled armored vehicle that will provide the Army a family of ten different vehicles. The Stryker can be deployed by C-130 aircraft and be combat-capable

See **STRYKER** on Page 3

Promotion board convenes earlier for senior NCOs

By Sgt. 1st Class Marcia Triggs
Army News Service

The sergeant first class promotion board will be held three months earlier than scheduled, and selected noncommissioned officers will start pinning on rank in February, officials said.

The promotion board was first scheduled for February, but was changed to

November. The master sergeant promotion board will be held one month earlier in September instead of the originally scheduled start of October.

Convening the boards ahead of schedule ensures the Army has the right number of Soldiers in these ranks as it fights the Global War on Terrorism, said officials from the Deputy Chief of Staff for Personnel, G1.

The fiscal year 2003 sergeant first class board selected enough NCOs to meet the promotion needs for a 19-month period.

"However, the current list will be exhausted earlier than anticipated, and if we don't react it will cause a drop in readiness," said Sgt. Maj. Gerald Purcell, the Directorate Military Personnel Policy, G1 sergeant major.

Soldiers should go to the Human

Resources Command Web site at www.hrc.army.mil to make sure their official military file is accurate, said Master Sgt. Fred Liggett, the G1 personnel policy integrator.

"Soldiers shouldn't wait for the military personnel message to come out," Liggett said. "Most Soldiers know that

See **PROMOTION** on Page 3

Kiley nominated as new Army Surgeon General

President George W. Bush has nominated Maj. Gen. Kevin C. Kiley for promotion to lieutenant general and appointment as the 41st Surgeon General of the U.S. Army and commander of the U.S. Army Medical Command.

Following confirmation by the U.S. Senate, Kiley will replace Lt. Gen. James B. Peake, who will retire from active duty in July after four years as the Army's "top doc."

Kiley has served as the commanding general of the Army's North Atlantic Regional Medical

Command and of Walter Reed Army Medical Center, Washington, D.C., since June 2002.

He is a 1972 graduate of the University of Scranton, with a bachelor's degree in biology. He received his medical degree from Georgetown University School of Medicine in 1976. He served a surgical internship and then an obstetrics and gynecology residency at William Beaumont Army Medical Center, El Paso, Texas, graduating in 1980.

Kiley's first tour was with the

121st Evacuation Hospital in Seoul, South Korea, where he was the chief of OB/GYN services from 1980 to 1982. He returned to the residency-training program at William Beaumont and served as chief of the Family Planning and Counseling Service. He then served as assistant chief of the OB/GYN department until February 1985.

He was then assigned as division surgeon of the 10th Mountain Division, a new light infantry division, in Fort Drum,

N.Y. In July 1985, he assumed command of the newly activated 10th Medical Battalion, 10th Mountain Division. He served concurrently in both assignments until May 1988. He returned to William Beaumont, where he first served as the assistant chief and then as the chairman of the OB/GYN department.

In November 1990, Kiley assumed command of the 15th Evacuation Hospital at Fort Polk,

See **KILEY** on Page 4





Brig. Gen. Daniel F. Perugini

Commander's Memorial Day safety message

The Memorial Day Weekend traditionally kicks off the season for summer activities and travel with family and friends. Our goal for the Memorial Day holiday weekend is an accident-free weekend for Soldiers, family members, and civilian employees.

In order to reduce risks, plan ahead and apply risk management procedures. Privately owned vehicles always present a high-risk hazard. Observe safe highway practices, always wear your seatbelt and complete POV inspections before long weekends and road trips.

The arrival of summer brings other outdoor hazards to include those associated with boating and other water activities. Use designated non-drinking boat drivers, water lookouts, and approve personal flotation devices. Drowning claims the lives of over 4,000 people every year, with children between the ages of 0-4, having the highest death rates. In the past year, five water related Army off duty fatalities occurred.

Conduct thorough safety briefings and exercise caution at all times.

Be safe and enjoy the weekend!

Why wear seatbelts?

- 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.



Fort Sam Houston News Leader

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Memorial Day: A call for increased devotion

“They summed up and perfected, by one supreme act, the highest virtue of men and citizens. For love of country they accepted death, and thus resolved all doubts, and made immortal their patriotism and virtue.”

—Gen. James A. Garfield—

By Col. WC Garrison
Deputy Director, SW Region Office,
Installation Management Agency

Words such as those of Gen. Garfield will punctuate Memorial Day activities across the globe. The oratories will most likely focus the audience on remembrance of the deeds of the dead. While eloquent speech will provide comfort to some, it will bring out emotions from those who lost a husband or a son, or mother or a daughter, or a friend or a colleague. After all is said, some may still not comprehend the Memorial Day message: remember our fallen warriors and devote ourselves to those who continue to sacrifice for freedom's sake.

Memorial Day is our chance to remember those men and woman who have fought and died for our freedom. Their sacrifice was not for fortune and fame but for a sacred cause: a free country. Our freedom was paid for in blood and human

suffering. From the snow-laden fields at Valley Forge to the wind-swept sands in the Middle East, each American generation has given its sons and daughters to freedom's cause. Ordinary people who were extraordinarily brave made the ultimate sacrifice by laying down their lives for our great nation. Let us remember that freedom and its blessings also came at the cost of shattered dreams and suspended hopes. It is proper that we take a moment to listen to the far and near voices of our war heroes. Memorial Day gives us that time, and we must use it to remember.

Remembrance of our military dead should not be our only cause. Memorial Day is also about not letting the sacrifices of previous generations go in vain. To that end, we have a duty of increased devotion to the principles and causes that keep our nation free. We have an additional charge to make good on the legacy of courage and spirit passed on by our honored dead. Therefore, Memorial Day is also about the

living. The ultimate sacrifice still awaits some of today's military members as they continue to do the noble work of defending our country and our way of life.

Memorial Day 2004 will find military members serving in distant lands. Many are doing their part to keep our freedom secure while far from family and loved ones. Our servicemen and women are decisively engaged in the Global War on Terrorism and operations to free the Iraqi people. We can rest easy knowing that these modern-day warriors have inherited the immortal characteristics of honor and courage from America's fallen heroes. Moreover, their selfless dedication to duty and country continues the proud tradition of service to our Nation.

As we remember the sacrifice of kinsmen and countrymen, let us recall President Abraham Lincoln's words at Gettysburg: “it is for us, the living to be dedicated to the unfinished work which they so nobly advanced.” As we take a day to give homage to those who died so that our nation might live, let us give thanks to those who live so that our nation will not die.

On May 31, 2004, we hope that all Americans would stop and take a minute to think of the men and woman who died for our freedom. We also request that you say a short prayer and ask God to bless the men and women who serve in the



Col. WC Garrison

armed forces of the United States, Active, Guard and Reserve, Army, Navy, Air Force, Marine Corps, and Coast Guard. Perhaps Lincoln's words best sums up Memorial Day: “...from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion; that we here highly resolve that these dead shall not have died in vain.”

FSH National Cemetery will host Memorial Day ceremony

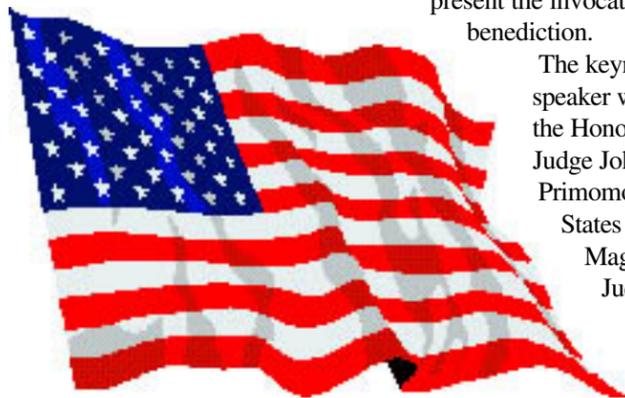
By Phil Reidinger
Fort Sam Houston Public Affairs

The Veterans of the Greater San Antonio area and the Fort Sam Houston National Cemetery Memorial Committee will host the 2004 Memorial Day ceremony on Monday, May 31. The ceremony will begin at 9:30 a.m. following a musical prelude by the Army Medical Command Band at 9 a.m.

The ceremony program includes the presentation of the colors by the Fort Sam Houston

Honors Platoon, presentation of military wreaths, the U.S. Navy two-bell ceremony, remarks by the keynote speaker, and pre-

sentations of wreaths by San Antonio area veterans and civic organizations. Korean War veteran, Father Len Stegman, will present the invocation and benediction.



The keynote speaker will be the Honorable Judge John W. Primomo, United States Magistrate Judge, Western

District of Texas. Primomo, a native Texan, born in San Antonio in September of 1952 has served in his current position as United States Magistrate Judge, Western District of Texas since July of 1988.

Primomo graduated St Mary's University School of Law, San Antonio, with a Doctor of Jurisprudence in December 1976. He was licensed by the State Bar of Texas in June of 1977.

Upon being licensed by the state he entered into private practice, and served as a private prac-

itioner until becoming a briefing attorney for United States District Judge H.F. Garcia in October of 1980. He served as a Briefing Attorney until he was appointed to his present position in 1988. Primomo was admitted to the United States District Court, Western District of Texas, while serving as a Private Practitioner in November of 1978.

Primomo is a member of the Texas Bar Association, The Federal Magistrate Judges Association, and the United States District Court Subcommittee for San Antonio.

Stryker

Continued from Page 1

upon arrival in any contingency area. The Stryker family includes the Infantry Carrier Vehicle, Mobile Gun System, Anti-Tank Guided Missile Vehicle, Mortar Carrier Vehicle, Reconnaissance Vehicle, Fire Support Vehicle, Engineer Squad Vehicle, Commander's Vehicle, Medical Evacuation Vehicle, and a Nuclear, Biological and

Chemical Reconnaissance Vehicle. The vehicles have robust armor protection, can sustain speeds of 60 miles-per-hour, have parts commonality and self-recovery abilities and also have a central tire inflation system. The Infantry Carrier Vehicle carries a nine-man infantry squad and a crew of two and has a Remote Weapon Station with an

M2 .50 caliber machine gun or MK19, 40 mm grenade launcher.

Stryker is being built for the U.S. Army by General Dynamics Land Systems - Canada (formerly General Motors Defense) and General Dynamics Land Systems Division of USA.

Stryker is based on the GDLS Canada

LAV III 8 x 8 light-armored vehicle in service since early 2001. The LAV III is itself a version of the Piranha III built by Mowag of Switzerland, now part of GDLS - Europe. Fabrication and final assembly of the vehicles is being shared among plants at Anniston, Ala., Lima, Ohio; and London, Ontario.

Promotion

Continued from Page 1

they are in the zone. They can go online and check photos, awards and evaluation reports.”

The deadline to update information for noncommissioned officers who are in the zone for promotion to master sergeant is Aug. 20. The deadline for those eligible for promotion to sergeant first class will be announced in a MILPER message tentatively scheduled for release in July.

The Enlisted Record and Evaluation Center will notify all Soldiers eligible for promotion consideration through their Army Knowledge Online e-mail account.

Current Army policy requires Soldiers being considered for either master sergeant or sergeant first class be graduates of the Advanced Noncommissioned Officer Course or the Basic Noncommissioned Officer Course respectively.

However, Headquarters department of the Army waivers will be given for those who are unable to complete the requisite course because Human Resources Command has not scheduled them to attend school or because of a deployment, officials said.

“This is the right thing to do,” Purcell said. “This takes care of any Soldier, who because of Army requirements, and through no fault

of their own, is unable to get to school. We will make sure that they are not denied promotion opportunities that they are entitled to.”

The waivers will be issued from HRC, Purcell said, and Soldiers don't need to take any action.

Purcell emphasized the waivers allow Soldiers to be considered for promotion, but does not waive attendance at Noncommissioned Officer

Education System schools. The requirement to complete and graduate from the course is still there, he said.

“It will catch up with them eventually if they don't get it (NCOES) done,” Purcell said. “All Soldiers need to do their best to get scheduled into their NCOES course as soon as it's practical and that it's for their own benefit in terms of professional development.”

418th MedLog Soldiers pull together, execute FTX



Pvt. John Quintero, Pfc. Charles Gordo, Sgt. Dewayne Johnson, Pfc. Lassine Konate, Spc. Wesley Hulstein, conducting river crossing obstacle during FTX.

By Sgt. Erika Street and 1st Lt. Kevin Lester
Special to the News Leader

The 418th Medical Logistics Company recently returned from a weeklong company Field Training Exercise at Camp Bullis. The company's main focus was on force protection, sling load team training, maintenance recovery operations and a variety of team building exercises.

During the early morning hours of May 3, three convoys consisting of 23 tactical vehicles rolled out to Camp Bullis to train

on the 418th's wartime mission.

Upon the convoy's arrival to the field site, there was a surprise attack by opposition force.

Consequently, the attack set the tone for the FTX. Triple strand concertina wire was put in place and twenty-four hour guards were posted to defend the company's sector. The Soldiers built their fighting positions using sand bags, wood, and various other materials. Blank ammunition, smoke, and CS gas was utilized during the FTX to add realism to the scenarios.

Characteristically different from any other 418th FTX, the

Soldiers had the opportunity to ride in a Black Hawk helicopter during the sling load training thanks to the participation of the San Antonio Army Aviation Support Facility. Delivery of class VIII, medical supplies, is a critical wartime task for the MLC. The sling load training further proved that teamwork is critical in getting the mission accomplished. While sling load operations were going in, the maintenance platoon was getting muddy recovering vehicles in a nearby riverbed.

Continuing their FTX, the Soldiers rappelled off of a 40 ft.

rappel tower with the assistance of 15 Navy Air Assault Instructors and Master Air Assault Instructors from the Defense Medical Readiness Training Institute. Many Soldiers took advantage of the rappel tower to practice for Air Assault School and to prove that they were not scared of heights. Pfc. Priscilla Rodriguez, 74D, NBC specialist, said, "I had a lot of fun on the rappel tower and would love to go again."

Another highlight during the FTX was the Leadership Reactionary Course. Nine teams of five Soldiers completed six obstacles. Maximum time to complete each obstacle was 15 minutes. This LRC gave the Soldiers a great opportunity to solve the six obstacles without the direct guidance of their leaders. All in all, the Soldier's individual drive, motivation, and attitude were the key ingredients to

the success of this field problem. "It was great to see the Soldiers pull together, execute, and have fun at the same time," said Capt. Pablo Rivera. The Soldiers returned from the FTX accident free and with new experiences to thrive on until their next FTX scheduled for Aug. 4.



Maintenance doing vehicle recovery operations



Sgt. Brandon Satterwhite, Pfc. Isaac Holley, Spc. Frederic Harvey, Spc. Joshua Harper, Spc. Kendell Irving, participate in the Leadership Reactionary Course.

'Click It or Ticket'... no exceptions... no excuses

Fort Sam Houston Military Police will join more than 13,000 law enforcement agencies in the national "Click It or Ticket" mobilization from May 24 through June 6. Failure to wear a seatbelt is not only against the law in Texas, it is mandatory on military installations.

Nationwide, safety belt use is the highest it has ever been at 79 percent, but that still leaves nearly 60 million Americans, mainly teens and young adults, risking their lives

by driving unbuckled. The message being sent this holiday season is "If you won't buckle up to save your life, then buckle up to save yourself a ticket." This year, nearly 8,000 American – adults and children – will die in crashes because they failed to buckle their seat belts.

"During the Click It or Ticket" mobilization, Military Police will intensify enforcement of child passengers safety laws, seatbelt laws and



impaired driving laws by having random inspections during the two-week period.

Drivers failing to restrain themselves and their child passengers will be ticketed according to the law.

In Texas, children younger than four years of age or less than 16 inches in height, must be secured in a child passenger safety seat system during the operation of the vehicle.

Older children

should be restrained by safety belt, or ideally by a child booster seat.

Persons at least 15 years of age, riding in the front seat while the vehicle is in operation, must wear a safety belt.

Maximum fines for violations of the safety belt laws are \$200. Persons younger than 18 years riding in the open bed of a pickup truck can also be cited.

Source: Fort Sam Houston Law Enforcement Command

Kiley

Continued from Page 1

La., and in January 1991, he deployed the hospital to Saudi Arabia in support of Operations Desert Shield and Desert Storm. Upon his return, he was assigned as deputy commander for clinical services at Womack Army Medical Center, Fort Bragg, N.C., from August 1991 to July 1993.

He is a 1994 graduate of the U.S. Army War College, Carlisle Barracks, Pa. Kiley assumed com-

mand of Landstuhl Regional Medical Center and what is now U.S. Army Europe Regional Medical Command at Landstuhl, Germany, June 30, 1994. He also served concurrently as command surgeon, U.S. Army Europe and 7th Army, from September 1995 to May 1998.

In April 1998, he assumed duties as Assistant Surgeon General for Force Projection;

Deputy Chief of Staff for Operations, Health Policy and Services, U.S. Army Medical Command; and chief of the Army Medical Corps. On June 5, 2000, Kiley became commander of the U.S. Army Medical Department Center and School and Fort Sam Houston, Texas, and continued as chief of the Medical Corps. On June 28, 2002, he assumed command of

Walter Reed Army Medical Center and North Atlantic Regional Medical Command and became Lead Agent for TRI-CARE Region I.

Kiley is a board-certified OB/GYN physician and a fellow of the American College of Obstetricians and Gynecologists.

Among his awards and decorations are the Distinguished Service Medal, Legion of Merit

with three oak leaf clusters, Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal with two oak leaf clusters, Army Commendation Medal, the "A" designator, the Order of Military Medical Merit and the Expert Field Medical Badge.

Source: Office of the Surgeon General/Medical Command news release.

Fort Sam Houston celebrates

**Asian Pacific Islander
American Heritage Month**

**“Serving Yesterday,
Today and Tomorrow”**



**Asian Pacific
Heritage Exposition**
Commissary Parking Lot
Saturday, May 29, 2004

11 a.m. to 5 p.m.

Featuring a special appearance
by NFL's Baltimore Ravens
#64 Edwin Mulitalo

Army Surgeon General attends 232nd Medical Battalion's first Dining Out

Story and photo by
Spc. Roman Kubyskovskyyr
 Special to the News Leader

Lt. Gen. James B. Peake, the Army Surgeon General, recently attended the 232nd Medical Battalion's first Dining Out. During his remarks, Peake focused on the important contributions the 232nd Medical Battalion personnel make each day to the Army by producing skilled combat medics to support the war fighter.

The event was an opportunity for the battalion's permanent party personnel to celebrate their assigned mission of training

91W Soldiers. The Dining Out will become an annual event for the battalion to keep U.S. Army traditions alive well into the future.

The evening was declared a great success due to the contributions by the battalion, the assigned companies, and the battalion Family Readiness Group making the evening a special event. Much credit for the event success goes to Maj. Jeff Cain, Capt. Rachel Wienke, 1st Lt. Aaron Lozano, and 1st Sgt. Jaimie Bonilla for their planning and execution of the event.



Lt. Gen. James Peake, The Army Surgeon General and commander, U.S. Army Medical Command, joins 232nd Medical Battalion Commander Lt. Col. Bruce McVeigh to greet members of the battalion and their guests during the battalion's first Dining Out held at the post NCO Club.

The Akeroyd Blood Donor Center meets the challenges

By Mark Salcedo
BAMC Armed Service
Blood Donor Recruiter

The Akeroyd Blood Donor Center has a proud history of providing quality blood products for service members and their families in both peace and wartime. Blood donated by active duty personnel, government employees, military retirees and their family members continue to save the lives of military members. Our nation's military depends on the blood program to provide a sustained, secure and safe blood supply across the country and around the world at all times.

In addition to providing blood to those in critical need in combat situations, the Akeroyd Blood Donor Center also supports the peacetime needs of military personnel and their families treated at Brooke Army Medical Center. Blood must always be available for scheduled and emergency procedures.

Each month, the Akeroyd Blood Donor Center requires 1,000 to 1,200 potential donors to meet local blood requirements. The blood collected is necessary because BAMC requires approximately 25-30 blood products a day to treat patients; red blood cells last just 42 days and platelets last only five days.

If the Donor Center does not have enough donors to meet the daily needs, blood is purchased from local civilian agencies. Purchased blood costs approximately \$250 per unit and may not be available when urgently needed.

What can you do? Donate blood. This simple act means more than you will ever know to those who need it. The actual donation only takes about 10 minutes and an hour is generally all that is required for the entire process.

Donors can give blood every eight weeks (57 days); save up to three lives with one donation;

help a fellow service member when they need it most.

If you are not eligible to donate, find somebody who is and encourage him to donate blood or sponsor a blood drive.

The Donor Center is open Monday through Friday from 7:30 a.m. to 3 p.m. If you do not have the work area/conference room/classroom to spare for a blood drive, let us bring the

MBU to your organization. We can process 15-20 donors per hour depending on the workspace and run the drive for 3-4 hours. For more information, call (210) 295-4655/4989.

Webb assumes command of B Company, Academy Battalion



Photos by Ray Turner

From left, incoming commander Capt. Stacey Webb, accepts the B Company, Academy Battalion company guidon assuming command of the unit from Academy Battalion Commander, Lt. Col. Randall Anderson.



Outgoing commander Capt. Francisco Romero is presented with a Meritorious Service Medal from Col. Maureen Coleman, commander, 32nd Medical Brigade, for his outstanding performance while assigned to Academy Battalion.

New MRE drink pouches to be fielded

Army News Service

Pouches that can be resealed may soon change the way troops drink in the field. Drink pouches developed at the U.S. Army Soldier Systems Center in Natick, Mass., in partnership with packaging companies, allow war fighters to pour water into a package holding a powder mix, shake and consume the beverage from the opening. If they want to save some for a little later, the plastic zipper seal holds it in.

Often they didn't bother preparing a beverage in a separate container. Field data showed that about half of the Soldiers are not consuming the Meal, Ready-to-Eat or MRE beverage base mix because of the inconvenience of using and

cleaning the canteen cup, said Lauren Milch, a physical scientist at Combat Feeding who managed package development. Pouring the mix into a canteen full of water is prohibited according to Army doctrine, so the packages are frequently thrown away unopened.

The 12-ounce beverage pouch is the first project of the Individual Combat Ration Team's Improved Packaging for Combat Rations program aimed at reducing packaging and increasing consumption, said Vicki Loveridge, a senior food technologist and project officer for improved packaging.

She said including a resealable plastic bag was a partial solution, but the drink pouch

takes care of everything by replacing the current dry mix package with a disposable drinking vessel.

Originally intended to replace the MRE beverage base mix, the beverage pouches could be used for any of the military ration beverages or liquid foods, such as dairy shakes. For hot cappuccino or cocoa, the pouch was designed to fit into the flameless ration heater. A rectangular drink pouch with a plastic zipper was evaluated in 1991, but it was shelved because the cost was considered

"extravagant" at 25 cents apiece, Loveridge said.

In the last three years researchers developed prototype pouches with a non-reclosable tear-off spout, reclosable sports-type pull cap and a twist-off cap that were studied along with the final package design.

"We wanted something reusable, and they didn't want or need (a pouch) to stand up, just a way to set it down," Loveridge said. "The extra expense of a stand-up pouch was unnecessary, and it's a harder pouch to keep from cracking."

In the first evaluation with a twist-off cap pouch in 2001, 91 percent of the troops consumed their beverages, but the twist-off cap was too bulky and expensive. The latest prototype has a tear-off portion just above a resealable interlocking plastic zipper on top and slight hour-glass shape for easy holding.

"What's very different from what you see at the grocery store is the zipper with a multi-laminate foil and three-year shelf life requirement," Loveridge said. "It's difficult to incorporate a zipper without compromising the foil."

With four studies already showing substantial percentage increases in the number of troops using the beverage pouch, another field test is scheduled to determine how war fighter performance improves with increased hydration.

An order of 7,000 beverage pouches has been placed for two Combat Feeding developmental products, the Remote Unit Self Heated Meal and First Strike Ration, according to Loveridge. An electrolyte-based drink powder beverage pouch was approved for four varieties of the 2004 MRE menu and could be fielded as soon as September.

MEDCOM announces NCO and Soldier of the Year



By Jerry Harben
MEDCOM Public Affairs

Staff Sgt. Timothy L. Dess is Medical Command's Noncommissioned Officer of the Year for 2004, while Spc. Gurusahai Good is the MEDCOM Soldier of the Year. They were selected during competition held May 13-16 at Fort Sam Houston, Texas.

Dess is medical logistics NCOIC at Fort Richardson, Alaska, and Good is a health care specialist on the medical/surgical ward at Landstuhl Regional Medical Center, Germany.

All competitors first passed a 100-question written test and an essay, the

Army Physical Fitness Test and marksmanship test with the M-16. Then they demonstrated hands-on skill at tasks including treating a leg wound, transporting a casualty, negotiating obstacles, battlefield communications, safely dealing with a minefield and unexploded ordnance and protection from nuclear, biological or chemical hazards.

After negotiating day and night land-navigation courses, the contestants raced through a six-mile road march. Finally, each candidate was inspected and questioned by a board of senior medical noncommissioned officers.

Corporals and higher ranks were in the NCO competition, while specialists

and lower ranks competed as Soldiers.

Competition actually began last year when local units selected their best Soldiers and NCOs. Local winners competed in each of six regional medical commands. The regional winners then joined representatives of Dental Command, the Army Medical Department Center and School and Medical Research and Materiel Command for the finals at Fort Sam Houston.

The winners each received a Meritorious Service Medal, two \$1,000 Savings Bonds, a trophy and the choice of future assignment, in addition to cash, bonds, trophies and other awards donated for the event.



Spc. Gurusahai Good MEDCOM Soldiers of the Year.

DoD meets, exceeds White House E-Health IT standards

The Department of Defense announced May 11 that it is meeting or exceeding the standards recently set by President Bush that establishes a national goal of assuring that most Americans have electronic health records within 10 years. Along with the Department of Veterans Affairs and the Department of Health and Human Services, DoD is participating in another of the president's health technology goals, the consolidated health informatics initiative to identify appropri-

ate existing data standards and to endorse them for use across the federal health care sector.

"Adoption of these standards will increase our ability to share medical data within the health community," said Dr. William Winkenwerder, assistant secretary of defense for health affairs, at the HHS secretarial summit on health information technology convened in Washington last Thursday.

"Interoperability through standards will enable us to share electronic patient records which will

improve the quality of health care. Better access to medical information means improvements in patient safety and military medical readiness, and a reduction in health care costs."

The CHI initiative is part of President Bush's e-Gov initiatives, which includes a cross-government effort to develop a federal health architecture that would encompass the CHI standards, as well as compatible software and business systems to promote efficient, effective communication to improve quality of care. DoD meets or exceeds eight of the president's nine information technology goals released April 26, and is a U.S. government leader in health information technologies.

"We have been working diligently on the electronic transformation of the military health system," said Winkenwerder. "For more than 10 years, we have had a computerized physician order entry capability that enables our providers to order lab tests and radiology exams and issue prescriptions electronically."

DoD continues to work towards an all-encompass-

ing electronic health record for the MHS. Jim Reardon, chief information officer for the military health system, notes, "In January 2004, we began our worldwide rollout of the next generation system - the Composite Health Care System II. It's a secure, scalable, patient-centric world-class electronic health record that enables providers to leverage the power of computers to improve the quality of health and safety of our beneficiaries." CHCS II now has more than 1.3 million patient encounters recorded and available from its database.

DoD's Pharmacy Data Transaction Service links military treatment facilities, mail-order, and network pharmacies - enabling providers at all military and civilian pharmacies to track nearly 400,000 daily medication transactions, and check for drug allergies and drug interactions. Because beneficiaries have come to rely more and more on the Internet for information and services, the department has developed "TRICARE Online," a secure Web portal through which our 8.9 million beneficiaries and physicians can access 18 million pages of verified health information and schedule appointments.

More features will be coming online soon.

The defense medical logistics program is a cornerstone of the MHS military medical operations that enables personnel to order and track equipment, supplies and pharmaceuticals. This is an award-winning program that provides 24-hour turn around and response times and provides the department with tremendous cost savings.

In addition to the efforts with HHS CHI initiative, the MHS is collaborating on a number of initiatives with the VA by sending electronic records on all military members to VA at the time of separation, and with the Centers for Disease Control and Prevention as part of the BioSense project to aid detection of possible epidemics or chemical or biological incidents for the Department of Homeland Security.

Leaders in health care recognize that achieving the safest and highest quality of care will require significant enhancements in the use of health information technologies. This includes strategies to permit sharing of patient data within the health communities. Both the DoD and VA are committed to achieving the president's mandate.

June Health Promotion Center Class Schedule

| Subject | Date | Time |
|----------------------------------|------|-----------------|
| Office Yoga | 1 | Noon-1 p.m. |
| Introduction to Weight Reduction | 4 | Noon-1:30 p.m. |
| Breastfeeding Support Group | 4 | 1-2:30 p.m. |
| Cholesterol & Lipids | 7 | 8:30-11:30 a.m. |
| Diabetes Education | 7 | 12:45-4:30 p.m. |
| Winning Combination #1 | 7 | 1-2:30 p.m. |
| Stress Management | 8 | 1-2 p.m. |
| Office Yoga | 8 | Noon-1 p.m. |
| Diabetes Education | 8 | 12:45-4:30 p.m. |
| Breast & GYN Cancer Spt. Grp. | 9 | 9:30-11 a.m. |
| Self Care & Health | 10 | 9-11 a.m. |
| Breastfeeding Spt. Grp. | 11 | 1-2:30 p.m. |
| Cholesterol & Lipids | 14 | 8:30-11:30 a.m. |
| Diabetes Education | 14 | 12:45-4:30 p.m. |
| Arthritis | 15 | 9:30-11 a.m. |
| Office Yoga | 15 | Noon-1 p.m. |
| Diabetes Education | 15 | 12:45-4:30 p.m. |
| High Blood Pressure | 16 | 9 a.m.-Noon |
| Back Pain | 17 | 2-3:30 p.m. |
| Body Fat Testing | 18 | 8-11 a.m. |
| Introduction to Weight Reduction | 18 | Noon-1:30 p.m. |
| Breastfeeding Spt. Grp. | 18 | 1-2:30 p.m. |
| Diabetes Education | 21 | 12:45-4:30 p.m. |
| Breast Health | 22 | 9-10 a.m. |
| Diabetes Education | 22 | 12:45-4:30 p.m. |
| Breast & GYN Cancer Spt. Grp. | 22 | 6-7:30 p.m. |
| Breastfeeding Spt. Grp. | 25 | 1-2:30 p.m. |
| Diabetes Education | 28 | 12:45-4:30 p.m. |
| Diabetes Education | 29 | 12:45-4:30 p.m. |
| Tobacco Cessation | | |
| "Readiness to Change" | 29 | 5-7 p.m. |

Call 916-3352 to get more information and register today. **Note:** Free healthcare classes to BAMC civilian employees and TRICARE beneficiaries.



Photo by Jen Rodriguez
Brooke Army Medical Center nurses Ron Harrison, Spc. Daniel Deguzman and Kimberly Wright-Jackson stand clear as 1st Lt. Ed Villereal shocks a \$250,000 patient simulator during a Code Blue exercise May 20 and 21 at Nurses Skills Fair that drew more than 150 nurses.

**Fort Sam Houston
Army Community Service Family Advocacy Program**

Presents

B.E.A.M.S.

Building Effective Anger Management Skills
(6 Part Series)

This six part series identifies strategies to more effectively handle anger, resentment and frustration in your personal and professional life.

Special Evening Class!

Starting June 8, 6-7:30 p.m.

Fort Sam Houston, Roadrunner Community Center, Bldg. 2797, Stanley Rd.



- Anger Styles
- Learn to pick your battles!
- Fight Fairly
- Communicate effectively
- Assertiveness Training
- Steps Towards Anger Management

Registration is encouraged due to limited group size. For more information on time and dates, and to register for this class, call ACS Family Advocacy Program at 221-0349/2418. Classes are open to all I.D. cardholders and DoD civilians.

**Army Community Service
Family Advocacy Program**

presents

Parenting With Love and Logic

(six-part series)

Starting June 8 - 6-7:30 p.m.

Finally, nighttime classes for busy parents.

Children don't come with instructions.

Would you like to raise children who are confident, loving, and ready for the world?



- Attend this six-session class that offers a win-win approach to parenting with love and logic.

- You will learn how to establish healthy control without resorting to anger, threats, nagging, or exhausting power struggles.

To register, call ACS Family Advocacy Program at 221-0349/2418. Classes are open to all I.D. cardholders and DoD civilians.

A Company selects TAC Officer of the Quarter

Story and photo by Capt. James Jones
Special to the News Leader



1st Lt. Ryan B. Moody

1st Lt. Ryan B. Moody was recently selected as the Training Advising and Counseling Officer of the Quarter for A Company.

This award is based on stu-

dent satisfaction, physical fitness and appearance, job performance, and ability to accomplish additional duties. During the quarter, he provided administrative support to more than 2,200 officers and implemented a world-class Web site <http://www.cs.amedd.army.mil/obchome/> for the students.

The stellar Web site provides valuable information like in and out processing requirements, command policies, installation agency support, Army One Source information, blood drives, safety, and numerous other officer professional development training materials.

He developed a comprehensive continuity book for future TAC officers, which will ensure the students continue to receive superb administrative support. His professionalism, dedication, and selfless service have been instrumental in the successful accomplishment of A Company's mission and the success of the students.

Moody obtained his Bachelor of Science degree in Business Administration from Winston-Salem State University in May 2001 and graduated Cum Laude. He completed the Officer Basic Course in Sep 2001 and served as a Medical Platoon Leader for the 1-501st and D/172, Fort Richardson, Alaska until he was assigned as a TAC Officer in October 2003. His awards and commendations include the Army Commendation Medal, NDSM, and Global War on Terrorism Medal, Airborne and Air Assault badge.

Moody will be awarded a 3-day pass, his name will be placed on a plaque in the Company, and he will be eligible to compete for the TAC Officer of the Year in September.

A Company's Mission

A Company, 187th Medical Battalion, 32nd Medical Brigade provides command and control, administrative, and logistical support to most of the officer and officer candidate students attending courses at the Army Medical Department Center and School. The company currently supports 18 different officer courses with an annual student population of nearly 6,000 Soldiers. The average daily student population ranges from 550 personnel from September to May and exceeds 1,000 students during the summer months. The Company's permanent party cadre consists of three Training, Advising, and Counseling (TAC) Officers, Executive Officer, First Sergeant, and the Commander.

TAC Officer's Role

TAC Officer's are responsible for all nonacademic student issues, which includes: planning and facilitating in and out-processing, coordinating and processing administrative actions such as leave request, orders, and financial documents, providing logistical support to the students during Field Training Exercises and other training events, provides mentorship to the Officer Basic students, and serves as a liaison between the various agencies on the installation. This is a very demanding and important job since the students rely on their TAC Officer to fix their non-academic issues. This allows the student the opportunity to concentrate on their academic requirements for their course.

Establish good recordkeeping habits prior to medical separation

By Capt. Angela Jones
Special to the News Leader

Soldiers faced with Army disability processing are often overwhelmed and confused by the process. Frequently, unfamiliarity with the foreign concepts and methods may lead Soldiers to make mistakes or omissions which might have an adverse impact on their final Army disability determination. In the early stages of disability processing, a little knowledge of the disability rating system may prove a vital asset to many Soldiers.

Disability processing consists of two major components, the Medical Evaluation Board, and the Physical Evaluation Board. The purpose of the MEB is to evaluate medical conditions and determine whether or not there is cause for medical disability processing. If there is cause for medical disability processing, the case will be forwarded to the PEB for rating pursuant to Army Regulation 635-40. Since the bulk of a disability case is generated at the MEB stage, it is crucial that the Soldier enter this phase with an understanding of the MEB evaluation.

At the MEB, the Soldier's conditions will be evaluated, a narrative summary or

NARSUM of the Soldier's conditions will be prepared, and a DA Form 3947 will be completed. The DA 3947 should include a list of all medical conditions, as well as a determination of the medical acceptability of each condition. These two documents form the centerpiece of a disability case, so it is important that the Soldier ensures their accuracy and completeness. This article contains some important points that the Soldier should ensure are addressed during the MEB.

The most important item on the DA Form 3947 is block 13, list of diagnoses. It is crucial that all disabilities are listed here. When the case reaches the PEB for rating, members of the PEB will only consider diagnoses made here or addressed in an addendum to the MEB. Ideally, the Soldier should ensure the completeness of block 13 so that the necessity for the addendum of new diagnoses does not arise. The Soldier should also pay careful attention to the medical acceptability determinations of each diagnosis. Only those conditions that are deemed independently medically unacceptable are eligible for Army disability rating. If the Soldier desires a disability rating for a condition that is listed as medically acceptable, the Soldier will have to con-

vince the PEB of this fact. Any condition for which there is a permanent profile that limits a functional activity or prohibits all alternative events on the Army Physical Fitness Test should be evaluated as an unfitting condition. Other conditions may also be deemed unfitting, depending on the Soldier's rank and Military Occupational Specialty.

It is also important to notice the determination of service connection for each disability. The Army may only compensate a Soldier for disabilities that are deemed in the line of duty and incurred or permanently aggravated by military service. Reserve and National Guard Soldiers with less than eight active years should be especially attentive to this area. It is important to obtain Line of Duty determinations for any accident or injury that occurred while in an active duty status. These can prove essential in determining a disability's service connection.

When the MEB is complete, the Soldier will be asked to sign a statement either agreeing or disagreeing with the MEB's findings and recommendations, block 24 of DA Form 3947. It is essential that a Soldier only agree after carefully reviewing the above-mentioned areas of the DA Form 3947. If the Soldier has any

disagreement with the DA Form 3947 or the NARSUM, he should prepare a rebuttal statement specifically delineating the areas of disagreement. If a Soldier fails to raise any sort of protest to inaccuracies in the report of the MEB, it could later adversely affect the PEB findings.

If a Soldier is watchful during the MEB process, and ensures that the report of the MEB is complete and accurate, there will be far fewer problems at the PEB.

Medical disability processing is truly one area of the Army where good recordkeeping and attention to detail can save a great deal of time and trouble, and possibly even lead to a more advantageous final outcome. Most importantly, Soldiers should remember that they are not alone in the process. A Soldier can always contact his or her PEB liaison officer (PEBLO), or Soldier's counsel for more specific guidance.

Information contained in this article is general in nature and does not constitute legal advice. Consult an attorney to answer questions particular to your situation. The legal assistance office is located in Building 134 on Stanley Road. We see eligible clients on either a walk-in basis or by appointment. For more information, call 221-2282.

Antiterrorism Awareness

Terrorists seek out "soft" targets that offer opportunity for attack with little risk of being caught and a high chance of success. You are the first line of defense against terrorism. Practice good individual antiterrorism measures by being alert to what is going on around you. Report any unusual or suspicious activity on and near Fort Sam Houston to the Military Police at 221-2222.

Law Enforcement Command supports Special Olympics



Photo by Esther Garcia

Capt. Jeffrey Lopez, commander, Law Enforcement Command, and Staff Sgt. Louis Hill with Soldiers assigned to Law Enforcement Command ran 5.6 miles in the Law Enforcement Torch Run for Special Olympics held May 20. Hill carries the "Flame of Hope" in honor of the Special Olympics athletes in the area and around the world. The mission of the Law Enforcement Torch Run for Special Olympics is to raise funds and promote awareness of the Special Olympics movement worldwide.

Focus: Aviation unveils life without Comanche

By Sgt. 1st Class Marcia Triggs
Army News Service

This is the twelfth article in a weekly series that examine the 17 Army focus areas outlined by the Chief of Staff of the Army Gen. Peter Schoomaker. This one focuses on "Army Aviation."

The Army's aviation fleet is undergoing a total overhaul, and the main priority is increasing survivability to protect the aircraft and the Soldiers it carries.

Aviators, crewmen, commanders and the technology community gathered to unfold the Army's aviation transformation plan during the Army Aviation Association of America Annual Convention in Nashville, Tenn., March 24-27.

By 2011, the Army will purchase 903 new aircraft, upgrade the current fleet to be more survivable, lethal and agile and work with the sister services to develop a Joint Multi-Role Helicopter.

During a four-and-a-half month study, members on the Army Aviation Task Force made more than 120 recommendations on how to turn aviation brigades into joint and expeditionary forces that are modular units of action. The total bill comes out to \$12.8 billion, the Pentagon official said.

"We're going to ask industry what weapon systems our potential adversaries may have, and we're going to be very innovative in how we deal with those threats," said Lt. Gen. Richard Cody, the Deputy Chief of Staff of Operations, G3.

Out of the recommendations came the idea to develop three new aircraft — a light utility helicopter, an armored recon-

naissance helicopter and a cargo aircraft.

"It would be premature to talk about what the helicopters are going to look like. Right now we're in the capabilities phase," Cody said.

In a concerted effort Fort Rucker, Ala., Training and Doctrine Command and the Headquarters Department of the Army Staff will decide on the capabilities they want, and then let industry meet the niche, Cody said.

A more immediate addition to the aviation ranks will be unmanned aerial vehicles. The Army was given three I-GNAT UAVs as a congressional plus up and right now two are deployed to Iraq.

It's not just about I-GNAT, UAVs in general are a great contribution to the war fighter, the Pentagon official said. They perform reconnaissance and surveillance missions, and are becoming more and more important, the official added.

The Army will spend \$390 million toward UAV acceleration. Currently in the Central Command area there are Ravens, which are tactical UAVs used at the platoon level. The smaller UAVs are referred to as Shadow and the larger ones, I-GNAT and Hunter, are used at division and brigade level.

The Chief of Staff of the Army Gen. Peter Schoomaker advised the Aviation Task Force to improve survivability, increase deployability, optimize capabilities and shorten the logistics tail, the Pentagon official said.

Now the aviation field is following the infantry's example of the Stryker by creating a "common cockpit." Like the Stryker,

which has 10 variants but same or similar parts, helicopters will share the same hardware and software.

In 2003, the 160th Special Operations Aviation Regiment, Fort Campbell, Ky., implemented their version of "common cockpit" referred to as the Common Avionics Architecture System or CAAS.

By placing common hardware and software in three of the regiment's aircraft, training was simplified and the logistics demands on the unit were reduced, the G3 official said. The open avionics architecture also will make it easier to upgrade the aircraft with third-party vendor software.

The use of CAAS by the conventional Army is one initiative that will be adopted from the Special Operations community, Cody said.

"We always want the 160th to be the premier aviation force in the Army," Cody said. "We always want them well ahead of the conventional force."

Schoomaker, who has served with both conventional and Special Operations forces, challenges the aviation community to use Special Operations initiatives that can be sustained and resourced, Cody said.

In an interview at Fort Rucker, Schoomaker said that in the future there will be a closer relationship between what's occurring in Special Operations aviation and conventional aviation. Army Aviation in the conventional sense will move to another level, a higher level. At the same time it allows the 160th to move to an even higher-level capability, he added.

The need to purchase and upgrade the current fleet is the reason behind the Comanche termination, officials said.

"Had we not terminated the Comanche, I would be absolutely concerned," Cody said. "By 2011 we would have had to cut our aviation fleet by a sizable number."

At the termination of the Comanche, only two aircraft had been built, and \$6.9 billion spent since 1983, said the Pentagon official. If the Army had continued to fund the program it would cost \$14.6 billion more to purchase 121 aircraft by 2011 and up to \$2 billion more to add the survivability equipment that is being added to the rest of the Army's fleet, the official added.

However, the technology that was developed for the Comanche will not be lost, but will be harvested in other Army aviation programs.

"We needed a place where we could take the Comanche technology and ensure that it was retained," the Pentagon official said.

The goal is to work through a joint solution with the sister services and decide on a new rotorcraft by 2020 or 2025, the official added.

Transformation plans for the aviation field complement the combined arms fight, Cody said. If you take any one-weapon system, a Bradley, Abrams or UAV and put it up against an enemy, the enemy will learn to deal with it, the official said. It's a combination of all those weapon systems, the official added.

AMEDD symposium highlights efforts of military medical personnel

By Jerry Harben
MEDCOM Public Affairs

Leaders from throughout the Army Medical Department met in San Antonio, Texas, May 17-21 for a medical symposium and exhibition sponsored by the Association of the U.S. Army in cooperation with Medical Command. Some 1,100 people took part in corps-specific sessions and 10 discussion tracks focusing on the theme, "Army Medicine: Ready, Relevant and at War."

Army Surgeon General Lt. Gen. James B. Peake opened the session by saying the state of Army Medicine is "absolutely outstanding." He noted three major issues being dealt with by the AMEDD are war in Southwest Asia, the next generation of TRICARE contracts and transformation.

"Human compassion is a hallmark of what we do," he commented.

"At this juncture in history, we all are grateful we have a military medical community," said Dr. David S. C. Chu, undersecretary of defense for personnel and readiness.

"There have been no epidemics

in Iraq. For the first time, most of the children of Iraq are getting vaccinations," he said.

Chu noted growth in the TRICARE system, and said he expected by the end of this decade 90 percent of retirees eligible for TRICARE will participate. "The TRICARE brand name is now extremely popular," he commented.

Lt. Gen. (P) Dan K. McNeill, co"Other speakers included retired Gen. Gordon R. Sullivan, AUSA president; Lt. Gen. John R. Vines, commander of XVIII Airborne Corps; Lt. Gen. Robert T. Clark, commander of Fifth Army; Lt. Gen. Franklin L. Hagenbeck, Army deputy chief of staff G-1; and Sergeant Major of the Army Kenneth O. Preston.

Brig. Gen. Sheila R. Baxter was named chief of the Medical Service Corps during the conference.

Training tracks included a look at lessons learned from Operation Iraqi Freedom, a tour of the AMEDD Center and School for enlisted leaders, a meeting of the Dental Corps Executive Council and the Army-Baylor Program Preceptors Conference.

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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".

Health Promotion Center
Ward 3 West, BAMC
916-3352 or 916-5538



Morale, Welfare and Recreation



Keep Your Heart Healthy – A free 5K fun run/walk is scheduled for Saturday, May 29 starting at 10 a.m. outside the Jimmy Brought Fitness Center. Participants will receive a free T-shirt. Call 221-2020 for more information.

Summer Reading Club – Keep your children reading this summer with the summer reading program at the Fort Sam Houston Library. The program is open to children from preschool through eighth grade. Children can read their own books, or check out the great collection at

the library and receive prizes and awards for reading 10 or more books or 1,000 pages or more. Registration begins June 2 and continues through July. The library is located at Bldg. 1222 on Harney Road and is open Wednesday-Sunday, 11 a.m. to 8 p.m. The phone number is 221-4702.

AC Service Available – Get ready for the summer heat with an AC service at the Auto Craft Shop. The cost is just \$30 for service plus the cost of Freon and a \$2 environmental fee. R-

12 and 134A refrigerants are available. The Auto Craft Shop is located at the corner of Schofield and Funston Roads and is open Wednesday-Friday from 1-9 p.m. and Saturday-Sunday from 9 a.m.-5 p.m. Call 221-3962 for more information.

60 Days of Fitness – A motivating fitness and weight loss program to help you safely lose 15 pounds in 60 days using a point system. This self-paced program requires you to workout 45 out of 60 days and includes a seven-page fitness assessment,

body fat analysis and body measurements. Also attend two 30-minute weight loss classes. Cost is \$20, which includes a T-shirt. Call Lucian Kimble at 221-2020.

New Weight Loss Classes – Celebrate National Physical Fitness month with the new weight loss/nutrition classes offered through the Fitness For Your Health Office located in the Jimmy Brought Fitness Center. A certified nutritionist teaches half hour classes on Tuesday at 10 a.m. and 5 p.m. and Thursday at 7 and 11:30 a.m.

Youth Happenings

Wanted: Arts and Crafts instructor - Youth Services and School Age Services are looking for an arts and crafts instructor for the summer. This paid position would be for four 50-minute classes Monday through Friday and two 50-minute classes on Saturdays. Ages of the youth range from 6-18 and are all different skill levels. All materials and supplies will be provided but the planning must follow the coordinated schedule of summer camp weeks. If you are interested, call the Youth Center at 221-3502

Aerobics - Youth Services is offering a no cost, low impact aerobics class from 6:30-7:30 p.m. on Wednesday and Thursday. For information, call 221-3502.

Teen Summer Discovery Camp - Registration for the Teen Summer Discovery Camp is going on for youth ages 14 and up. This program is for those who are too old for camp and too young to have a job. During this camp, youth will volunteer at a work site two half

days and the other day will hike, swim, and travel across South Central Texas.

This volunteer time in a work site provides job experience for each individual. There will be tubing on the Guadalupe River, swimming in Canyon Lake, trips to career interest areas and lots more. The cost for this camp is \$65 per week and includes breakfast, lunch and a snack. For information, call 221-3502.

'French Fry Friday' - Every Friday is French Fry Friday. An order of seasoned or regular fries is 50¢. Come on by and eat with us and support the Youth Center.

Exploring Life for Middle School students - Youth Services offers an after school program for Middle School youth grades 6-9. This program is held Monday through Friday after school until 6 p.m. YS will pick the child from the elementary or the Jr./Sr. High School and take the child to the Youth Center, provide a snack, work on homework, participate in

clubs and participate in fun innovative projects that include the 4-H club, a photography club, a Computer Tech club and others. Work will include areas of interest that both the parents and the students like. This program is free for youth registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502

Youth Service Volunteers - YS is always looking for volunteers for assisting with the youth programs. Coaches, computer skilled people, crafty people and those that just care about kids are needed. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

Saturday Open Recreation - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child

and Youth Services to be eligible. For information, call 221-3502. Open recreation hours for youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

Parents Wanted - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or two followed by refreshments.

Tae-Bo - Join the YS staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m.

Saturday Shuttle - YS offers a Saturday shuttle to and from the Youth Center. There is no cost for this service but parents of children 9 and under must wait for the van and sign them in and out of the van with the YS staff member. The Shuttle schedule is as follows:

3 p.m. - Leave the Youth Center

3:07 p.m. - Gorgas Circle (picnic tables)

3:10 p.m. - Schofield/Dickman on Schofield

3:15 p.m. - Reynolds and Dickman on Reynolds

3:20 p.m. - Officer's Club tennis Courts

3:25 p.m. - Artillery Post Road at Bus Stop

3:30 p.m. - Easley/Infantry Post Bus Stop 660

3:42 p.m. - Patch Road (playground)

3:46 p.m. - Patch Road Shoppette Parking lot

3:50 p.m. - Foulois/Scott Road Harris Heights

3:54 p.m. - Forage/Foulois

The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

Dining & Entertainment

Officer's Club – Sunday Brunch – June 6 from 10 a.m.–1:30 p.m. Cost is \$11.95 for members, \$13.95 for non-members, Children 7-11 \$5.95. Children 6 and under with our compliments. Reservations are recommended, call 224-4211. Appropriate attire is required. Enjoy the Lunch Buffet every Monday through Friday from 11 a.m.-1 p.m. Lunch buffet includes beverage and soup.

Golf Club – The Fort Sam Houston Golf Club will host a Father's Day Tournament on June 20 at 8 a.m. For more information, call 222-9386. Twilight Special on green fees is offered all day Monday through Wednesday and after 1:30 p.m. on all other days. Visit our lighted driving range from 6:30 a.m.–8 p.m.

Bowling Center – The center is having a special Summer Cyber Bowl on Friday, June 11, 2-5 p.m. \$5 per person (Max 100 people). Sign up two weeks in advance to participate. Soldier Appreciation Day at the Bowling Center is every Saturday from 3–7:30 p.m. Bowlers receive free shoe rental and soda.

Harlequin Dinner Theatre – "Bell, Book & Candle" a romantic comedy by John van Druten will be featured from May 26 to June 26. For more information, call the box office at 222-9694.

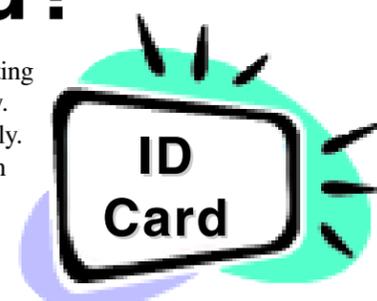
McWethy Troop Medical Clinic hours of operation will change

Effective June 2, the McWethy Troop Medical Clinic hours of operation will change from 5:30 a.m. to 4:30 p.m. to 5:30 a.m. to 3 p.m., Monday through Friday. The clinic will be closed on weekends and holidays. Telephone lines for scheduling urgent and routine appointments will continue to be open from 7 a.m. to 4:30 p.m. AIT Soldier Sick Call continues to start at 5:30 a.m.

Medical Exams and Aviation Clinic patients are seen by appointment from 6:30 a.m. to 3 p.m. Soldiers needing deployment processing, Soldier readiness processing, or travel medicine/immunizations may be seen on a walk-in bases from 6 a.m. to 2:30 p.m. All other patients are seen by appointment from 7 a.m. to 3 p.m.

Need an ID Card?

The ID Card Office located in Bldg. 367, has resumed accepting appointments in the afternoon from 1-3:30 p.m., Monday-Friday. Normal walk-ins are still between the hours of 7:30-11 a.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



General recognizes veterans who mark passing of comrades in arms

Story and photos by Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs Office

Recently, Lt. Gen. Robert T. Clark, the commander of Fifth U.S. Army, presented the detachment with its first-ever unit colors. The Memorial Services Detachment, a non-profit organization in Texas, is an independent veterans organization, which operates under the auspices and in cooperation with the U.S. Department of Veterans Affairs. They perform the services for those service members who do not qualify for military honors from active duty sources. The new unit colors, a black flag with an eagle crest and white trim, was uncased May 13 at the Fifth U.S. Army Headquarters here. Clark also presented the volunteer unit with new U.S. and Texas flags used in the funeral rites. San Antonio civic leaders in the community donated all of the new flags.

Clark said that he was inspired to formerly recognize the detachment after witnessing them perform at separate funerals of his aunt and his uncle, both Navy veterans of World War II, who died within a



Members of the Memorial Services Detachment pose with Fifth Army Commanding General, Lt. Gen. Robert T. Clark (center), at a ceremony honoring the detachment's service.

month of one another. Clark said that he's witnessed the detachment on other occasions since that time.

"I can see the determination and dedication in your faces as you ensure that deceased veterans receive the honors they deserve," Clark said. Speaking to members of the detachment, Clark said, "You really do serve as an example to all of us in uniform as to how we should be as veterans when we take off the uniforms someday and involve ourselves in the kinds of services that you are providing."

Clark said the detachment members epitomize the line from the Soldier's Creed to never leave a fallen comrade behind. "You live that creed as you honor our fallen comrades and render them the last honors," Clark said.

The civilian dignitaries who attended the May ceremony and who were responsible for securing the flags were Janice Ricks, a corporate member and vice president of LJP Leasing and a past president of the Alamo Chapter of the Association of the United States Army; Diane Moore, AUSA-Alamo Chapter president; Barbara Banker, Banker Associates and a past president of AUSA-Alamo Chapter; and, Ana De La Cruz, representing CACI, an information technology company.

The Memorial Services Detachment provides a final salute to former service members interred at Fort Sam Houston's National Cemetery. So far, the 150-member, all-volunteer detachment has rendered honors and provided a 21-gun rifle

salute at about 15,000 funerals of those who served the country in times of war and peace.

Chartered in 1990, the detachment was formed on Dec. 7, 1991, with 52 members. The detachment ensures deceased veterans interred in Fort Sam Houston National Cemetery receive proper military burial honors.

Currently, they perform between eight and 11 funeral services each weekday.

In 1991, the detachment started with the members making up one squad of riflemen, but quickly increased to five squads within 14 months to cover each weekday. Now the detachment has more than 150 members. The average age is 63, with a combined total of more than 900 years of service in the U.S. Armed Forces.

Over the years, the unit has grown to be like a family, and they all help out in whatever way they can. "Everybody in the squad tries to make everybody else feel important, because everybody contributes even if they do the one thing," said Tony Kuberski, the detachment's commander.

One of the detachment members is Werner Reininger, a Korean War veteran who lost both legs and all of the fingers on both hands to frostbite during brutal fighting in the early days of the war. Reininger's motivation, like many others, he wants to give something back to his fellow veterans to honor their service to the nation. Despite Reininger's limitations, he contributes to the team effort by pushing the button on the sound system to play

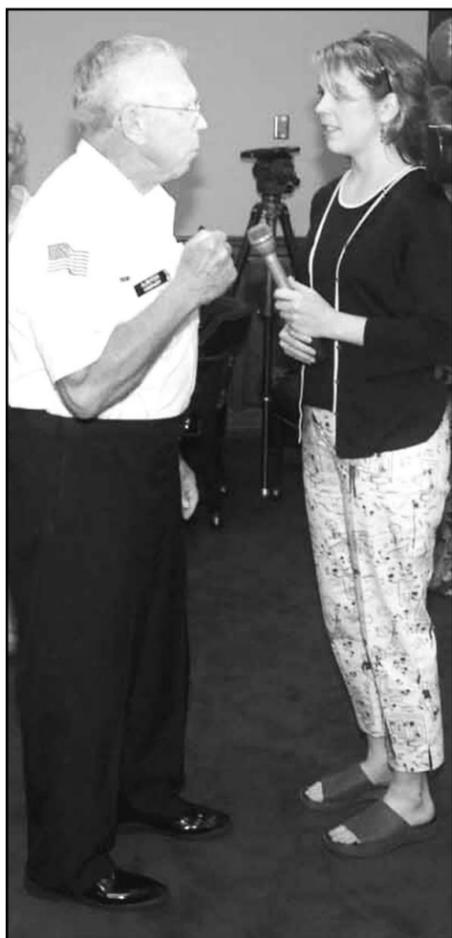
music. His motivation is simple, according to the veteran. "No matter how long the individual was in the service, they deserve something at the end of their lives," Reininger said.

Similar to the postal code, the Memorial Detachment performs in all kinds of weather. Reininger said he gets his "revenge" during particularly chilly weather. "When it's 25 degrees, that's when I get my revenge on the younger people. "I say, what's the matter with you? It's not cold, my feet aren't cold!" Reininger said.

In addition to funerals, the detachment has also provided color guards to the local minor league baseball team, the San Antonio Missions, and will perform their duties at the Fort Sam Houston Memorial Day commemoration.

Kuberski said the motivation of why they participate varies from one individual to another. "This is a way for us to pay back a little for the graces and the graciousness of our country."

The men and women of the Fort Sam Houston Memorial Services Detachment exemplify the dedication and public spirit needed to create special tributes to passing veterans. They are always looking for new members, according to Kuberski. Within the last year, one member died of complications from ALS disease, commonly called "Lou Gehrig's disease," and another had a heart attack. "We're always looking for recruits, and we never turn anyone down," Kuberski said.



Memorial Detachment Services commander, Tony Kuberski, is interviewed by KSAT-12's Melissa Johnson during the recent ceremony honoring the detachment's service.

**Now's the time...
Make an appointment for your child's
PHYSICAL**

AGES 8 AND UP ONLY
BAMC Pediatric Clinic
10 June 2004
25 June 2004
1300-1600
Call 916-9900 for appointment
BRING SHOT RECORDS

U.S. Army Medical Department Center & School
Noncommissioned Officer Academy
Cordially invites you to attend
the appointment ceremony of
Sgt. Maj. Keith L. Seidler
to
Command Sergeant Major
June 1 at 4 p.m.
Blesse Auditorium

City Council and senior city staff members visit Camp Bullis



Photo by Esther Garcia

Army National Guard crew members Maj. Brian Dickens, Warrant Officer Jennifer Krausch, 1st Lt. Matthew Adams, and Sgt. 1st Class Michael Garcia brief members of the San Antonio city council and city staff prior to taking off from Fort Sam Houston for an aerial familiarization of aviation training operations at Camp Bullis.



Photo by Phil Reidinger

Camp Bullis Commander, Lt. Col. Jimmie Keenan, led city council and staff members on a tour of the DEPMEDS site during an orientation of medical training facilities at Camp Bullis.

**Story by Phil Reidinger
Fort Sam Houston Public Affairs**

City Councilman Carroll Schubert of District 9 led council colleagues who are members of the city council military affairs committee on a tour of Camp Bullis, on Monday.

Camp Bullis Commander, Lt. Col. Jimmie Keenan welcomed Schubert, who was joined by Councilman Joel Williams of District 2, Councilman Enrique Barrera of District 6, deputy city manager Rolando Bono, city economic department director Ramiro Cavazos, city planning department military Liaison, Ed Davis, and retired Air Force Brig. Gen. Karen Rankin, the chair of the Bexar County and San Antonio Veterans Affairs Commission.

The tour of Camp Bullis began at Fort Sam Houston where the group boarded an Army National Guard Black Hawk helicopter for an over flight of the Bullis training area. The Martindale Airfield flight crew briefed the city leaders about day and night tactical aviation training at Bullis while demonstrating flight paths into the training areas. The flight also provided the city leaders insight for management of potential development encroachment in the Camp Bullis area that could affect military training.

Keenan provided a guided tour of the training areas and range facilities such as the combat assault landing strip, current and future sites of the Military Operations in Urban Terrain training, and various maneuver areas used for medical training. Camp Bullis biologist Jerry Thompson also briefed the city leaders about the Integrated Training Area Management Program and ongoing endangered species conservation management techniques employed at Camp Bullis.

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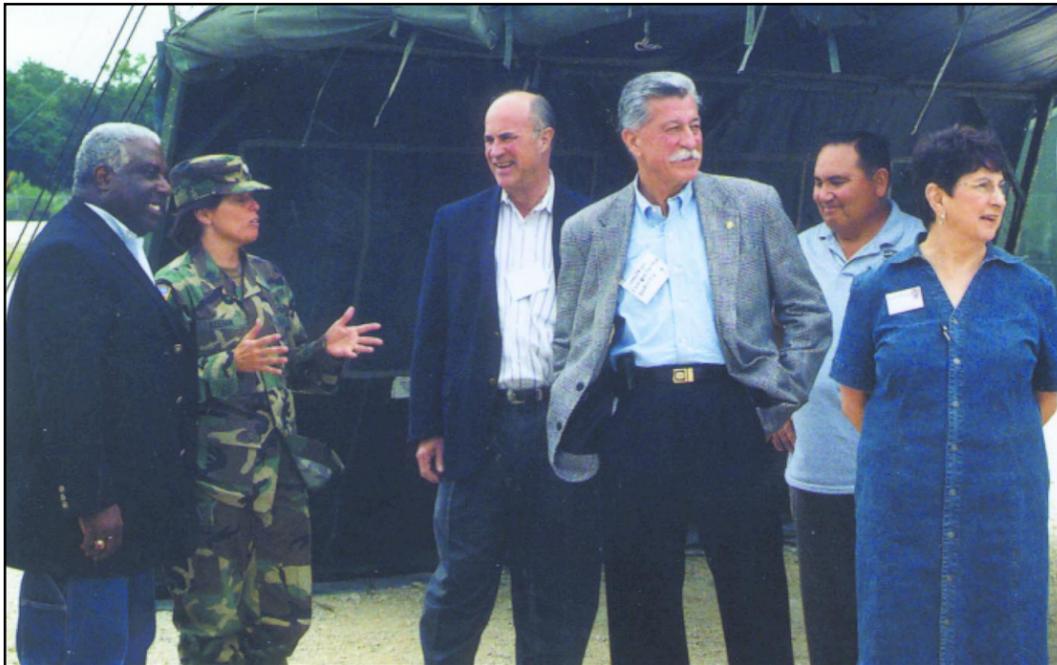


Photo by Phil Reidinger

City Councilman members Joel Williams, Carroll Schubert, and Enrique Barrera discuss Army and Air Force training programs at Camp Bullis with Lt. Col. Jimmie Keenan and retired Air Force Brig. Gen. Karen Rankin.



Photo by Phil Reidinger

San Antonio city council and city staff members arrive at Drop Zone Hall following an orientation of aviation training areas and protected flight patterns required for day and night training at Camp Bullis.

FSH garage sale benefits Soldiers and community

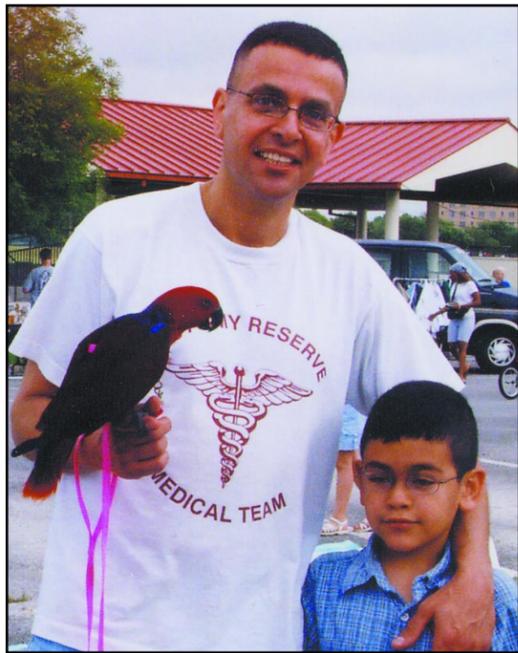
Story by Margaret McKenzie
Special to the News Leader



Despite the bad weather three weeks ago, garage sale goers came out in full force on Saturday to participate in this great past-time. With a gentle breeze blowing and clouds overhead the weather was perfect for people to browse amid the more than 100 sellers, who set up at the MacArthur Field parking lot to sell their wares.

Edwin Sierra, who was there to shop with his wife said, "This is a very good service that is offered to the Soldiers and the community." He further added that, "It benefits everyone, both buyers and sellers alike because the sellers get rid of items they no longer need and buyers get a good bargain on items they would have otherwise pay much more."

If you missed this one, plan now to participate in the next garage sale, which is scheduled for Aug. 7.



Photos by Alexandria Nordeck
(Above) Edwin and Haydee Sierra examined several wonderful items at the garage before making a purchase of a Barbie doll for their daughter.

(Right) Staff Sgt. James Jerard browse through piles of books before making his purchase.

(Below) Garage Sales goers had a wide variety of items to pick from. Items included, boats, dryers, TV's and much more. Bargain were everywhere!



(Above) Maj. Danny Jaghab, son, Daniel and bird, Rosey thoroughly enjoyed their experience as vendors at the garage sale.



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“Tigers” compete fiercely during Barbeque/Organizational Day



Photos by ILT Christopher Nordin

C Company, 187th Medical Battalion Soldiers compete in the egg toss competition during their Barbeque/Organizational Day held May 15. 91Gs, Patient Administration platoon, placed first in this competition.

By Esther Garcia
FSH Public Affairs

Volleyball, three on three basketball, push ups, sit ups, egg toss, tug-of-war, best motto and dizzy bat relay were the agenda on May 15 for Soldiers of C Company, 187th Medical Battalion. It was a day for the Soldiers to relax and have fun. “They were able to take a break from everyday mundane activities,” said Capt. James Fox, commander for C Company, 187th Medical Battalion.

Wearing their newly designed T-shirts everyone competed fiercely for awards. Groups were divided according to their Medical Operational

Specialty. First and second place awards were presented to the best teams. First place winners received bobble head Tiger

Statues and second place winners were awarded small bronze Tiger head statues.



Capt. James Fox and wife, Debara, watch 1st Sgt. Larry Lipsey apply his magic touch as head chef at the Barbeque/Organizational Day.

¿Que Pasa?



Community events

Flagpole rededication ceremony at Brackenridge Park, May 29

A flagpole rededication ceremony will be held on Saturday, May 29 at 9 a.m. at the North St. Mary's Street entrance to Brackenridge Park. VFW Post 76, the Veterans of Greater San Antonio Area, and the City Parks Department will sponsor the ceremony. The color guard of the 141st Infantry Regiment will hoist the flag to half-staff. A master bugler will sound taps. Point of contact for the event is Ed Frazer, (210) 681-5353 or emfrazer2@aol.com.

The Randolph Roadrunners' Year-round Walk kickoff

On Saturday, June 5, the Randolph Roadrunners volksmarch club will host a kickoff for its new year-round walk at the Broadway Daily Bread Co. at 5011 De Zavala Road in San Antonio, Texas. The start and finish tables will be manned between 7 and 10 a.m. on the kickoff day. For information on the Broadway Daily Bread Company on De Zavala call (210) 697-0020.

USAWOA - Lone Star Chapter meeting June 15

The June meeting of the Lone Star Chapter, U.S. Army Warrant Officer Association will be held on June 15, 11 a.m. to 1 p.m. at the Fort Sam Houston Officer's Club for an Officer Professional Development luncheon. All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For additional information, contact CW2 Matthew Watterson at 295-8773 or at matthew.watterson@us.army.mil.

Borders Book to offer Civil Service Day discount

Borders Books in partnership with Bank One will offer a special promotion for Civil service employees June 25-27. During these days Civil Service employees will receive a 20 percent discount on most purchases with proper ID card.

Health Protection Conference returns to New Mexico, Aug. 9-12

The Seventh Annual Force Health Protection Conference will return to the Albuquerque, N.M., Convention Center Aug. 9-12, with pre-conference sessions set for Aug. 6-8. For information and registration, visit the U.S. Army Center for

Health Promotion and Preventive Medicine Web site conference link at <http://chppm-www.apgea.army.mil/fhp/>.

Volunteer

Cultural Homestay International seeks host families

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit www.chinet.org.

SHARE High School Exchange program seeks host families

The Educational Resource Development Trust/SHARE High School Exchange Program, a non-profit educational foundation seeks host families for exchange students. The students are between the ages of 15 and 18 and will arrive in Texas in August to attend local high schools for the 2004-2005 school year. They are screened, academically prepared, and English speaking when they arrive. Students are also covered by medical insurance and bring their own spending money for personal expenses. Families provide a bed, meals and a caring home and review applications to select the student they feel best matches their family. For information, call Yvette Coffman at the SHARE! Southwest Regional Office Toll free at 1-800-941-ERDT (3738) or visit the Web site at www.sharesouthwest.org.

Education

FMEA offer Interview Workshop June 9

Family Member Employment Assistance is offering an Interview workshop on Wednesday, 9 June, 9 am to 12 pm. Preparing for the employment interview has always been important but now that employers are changing the way they ask questions, preparation is not only important but also crucial. Reservations are required and seating is limited to family members of active duty service members, retired service members and current DoD civilians. For more information, contact Katja Lunsford at 221-2705 or Patricia Fory at 221-0516.

DMRTI to host course June 21-25

The Defense Medical Readiness Training Institute will host the Homeland Security Medical Executive Course at the Hilton Austin Airport in Austin, Texas. Course information is available at www.dmrta.army.mil.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

SkillSoft has new On-line Technical Support Portal

SkillSoft has a new On-Line Technical Support Portal. Users can now go to <http://onlinesupport.skillsoft.com> and click on "create a case." Once the information request is complete, an e-mail will be sent with a password and case number. When this is established, the user can go in and track their case. This is in addition to the regular support desk at support@skillsoft.com.

Direct commissioning program available

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

Conversational Arabic class offered at Churchill HS

Noha Akkiri, who has taught Arabic in her native Syria, will teach a class in beginning conversational Arabic at Churchill High School beginning June 2 at 6:30 p.m.

She will cover basic vocabulary and simple sentences and will also survey the geography and history of the Arab world. Cost is \$90. Four-week, eight-session class will be held on Mondays and Wednesdays. For information or to register, call North East Community Education at 657-8866 or visit their Web site at www.neisd.net.

FMEA offers interview workshop May 26

Family Member Employment Assistance will offer an Interview Workshop on May 26, 9 a.m. to noon. Preparing for employment interviews is always important, but now employers are changing the way they ask questions, therefore, preparation is not only important but also crucial. Reservations are required and seating is limited to family members of active duty service members, retired service members and current DoD civil-

ians. For information, call Katja Lunsford at 221-2705 or Patricia Fory at 221-0516.

NE Community Education announces summer class schedule

Registration is underway for North East Community Education's summer session. Hundreds of classes, ranging from computers to cooking, will be offered in June. Among new classes are ones on controlling fire ants, driving in Mexico, dog grooming, low carb cooking, English country dancing, making music with a PC and framing pictures. Also on tap are several behind-the-scenes tours and camps for children in June and July.

Classes will be offered at dozens of convenient locations including Churchill and Alamo Heights high schools and the Ruble Center. For information visit the Web site www.neisd.net or call North East Community Education at 657-8866 to obtain a catalog.

ACES announces new hours

Army Continuing Education System, Bldg. 2248, 2408 N. New Braunfels, announces new hours of operations: Monday through Thursday 6:30 a.m. to noon and 1-4:15 p.m., Friday 7 a.m. to noon and 1-3:45 p.m. The center is closed from noon to 1 p.m. Have your registration information and cost when requesting tuition assistance. Also have a Degree Plan from the school you plan to attend. Guidance Counselors are: Jane Moon, 221-1373, Richard Rodriguez, 221-1429, Hazel Rockey Moore, 221-1634. Reception Desk, 221-1738. Army Learning Center, Clarence Prevo, 221-1117.

Meetings

Purple Heart veterans sought

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

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Command Sgt. Maj. Sampson Rush at 221-4129.

Calling all single Soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call BOSS President Staff Sgt. Edward Castro at 221-8760.

Cole students explore music writing, recording careers



Photo by Eric Moser

Paul Cockfield along with other students from Cole High School participate in a live recording session using the latest recording technology on the John Lennon educational bus.

By Yolanda Hagberg
Fort Sam Houston Public Affairs

On Friday, Cole High School students and PX patrons were treated to a "hands-on" experience in sound and music recording technology as they climbed onboard the John Lennon

Songwriting Contest Educational Tour Bus in front of the Fort Sam Houston PX parking lot.

Working with some of the biggest names in music, the Lennon Bus encourages students to play music, write songs, engineer recording sessions and produce music video projects using

the latest audio, video, and live sound equipment.

Several Cole High School talented students had the opportunity to write and record a song and video on the spot.

"The Lennon Bus is an education vehicle to encourage young people in songwriting and give

them a hands-on experience," said Jeff Sobel, who is a member of Musician's Friend and travels with the bus.

Since 1998, the bus has provided free hands-on programs to thousands of middle school, high school and college students at music festivals, concerts, conventions and other community events. The bus logs more than 60,000 miles coast to coast and visits every state in the country during ten months of the year, according to Sobel.

The USO and the Army Air

Force Exchange Service sponsored the bus tour visit to FSH. "This was a great opportunity for our military children who love music, to explore their musical talents," said Mona Jeter-Guest, AAFES manager.

The John Lennon Songwriting Contest Educational Tour Bus is a non-profit organization sponsored by Yamaha, Maxell, Musician's Friend and Disc Makers. Additional information on the songwriting contest may be found at www.jlsc.com.



Photo by Eric Moser

Jeff Sobel, who travels with the John Lennon Songwriting Contest bus, hands a bag full of free products to a visitor during the visit to Fort Sam Houston sponsored by the USO and AAFES.



Photo by Eric Moser

FSH Elementary students' stories featured in military book



From left, Mercedes Harris and Ronnel Jordan read their essays in the keepsake book, "A Tribute to Military Families: Letters of Thanks from our Nation's Children."

Story and photo by Dr. Gloria Davila
Associate Superintendent

Essays written by three Fort Sam Houston Independent School District students are featured in "A Tribute to Military Families: Letters of Thanks from our Nation's Children," a keepsake book recently published by Sears, Roebuck and Co. and the National Military Family Association.

The book features the essays of 100 military and civilian children, fourth through sixth grade, whose compositions were selected from entries to an essay contest hosted by Sears and NMFA. The children from military families wrote about why they appreciate their family member serving in the armed forces, while civilian children expressed their thanks to service members and their families for their willingness to accept the unique challenges of military life while serving their country.

The three students from FSH Elementary School featured in the book are sixth graders Mercedes Harris and Brittany Starr and fourth grader Ronnel Jordan. They will

be recognized at the FSHISD Board of Trustees' meeting on May 27.

The book is available through the Sears Web site (Item #02868995000). Proceeds from the sales will go to NMFA for programs benefiting military families throughout the world.

Students were asked why they were proud of their family members serving in the U.S. Armed Forces. Ronnel Jordan stated, "I am proud of my mom because she serves the country almost every day.... I love my mom because she's brave." Mercedes Harris responded with, "I'm proud of my mother for giving me and others all she has to offer."

Brittany Starr wrote, "I am very proud of my dad because never once has he turned down his country when they needed him.... My dad risks his life everyday and that's something to be proud of."

Mercedes Harris is the daughter of Staff Sgt. James and Martha Harris. Brittany Starr's parents are Capt. and Mrs. Jerry Starr. And Ronnel Jordan's parents are Sgt. 1st Class Renee Jones-Jordan and Roland Jordan.

Post worship schedule

Main Post Chapel, Bldg.
2200, phone number: (210) 221-2754.

Catholic Services:

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

5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant
11 a.m. - Traditional Protestant

Jewish Services: phone numbers: (210) 379-8666 or 493-6660.

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



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

Catholic Services - Sundays:

12:30 p.m. - Bilingual Mass

Protestant Services:

5:30 p.m. - Contemporary Protestant - Sundays
10:30 a.m. - Collective Gospel Protestant - Sundays
9:30-11:30 a.m. - Women's Bible Study (PWOC) -

Wednesdays, childcare is provided



AMEDD Regimental Chapel, Bldg. 1398, phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Gospel Services:

Sundays:
11:30 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Medical Bde. Soldiers



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

1:30 p.m. - Jumma - Fridays
10:30 a.m. - Children's Religious Education - Sundays
7:30 p.m. - Adult Religious Education - Thursdays



Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

Catholic Services:

8:30 a.m. - Mass - Sundays
11:15 a.m. - Mass - Sundays
11 a.m. - Mass - Weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays
Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

Web site:

www.cs.amedd.army.mil/chaplain



Photo by: Robb Wood

From left are newly appointed board members of the Protestant Women Of the Chapel Carolyn Wafford, Lois Griffith, Amber Talbert, and Terry Osborn.

Protestant Women of the Chapel Program announces new board members

By Laura Lantz
Special to the News Leader

2nd vice president (Spiritual Life); and Terry Osborn as secretary.

The group also bid a fond farewell to several previous board members Cackie Howe and Jill McCarver, as well as Kayla Lemons and Linda Ahearns, who are moving to new assignments.

The Protestant Women of the Chapel will meet throughout the summer. For more information call Carolyn Wafford at 223-3856 or Lois Griffith at 226-1295.

On Wednesday, the Protestant Women of the Chapel held their end of year program at Dodd Field Chapel. The program's highlight was the installation of the new board members. Chaplain Otis Mitchell installed the following women: Carolyn Wafford as president; Lois Griffith as 1st vice president (programs); Amber Talbert,

Army Community Service Family Advocacy Program Class Schedule June 2004

| Class Title | Date | Time |
|---|-------------------|----------------------|
| And..Away We Grow | 7 | 1 - 2:30 p.m. |
| Anger Management Awareness | 16 | 11 a.m. - 12:30 p.m. |
| Basics of Breastfeeding | 16 | 10:30 a.m. - Noon |
| Beyond Your First Baby | 24 | 8 a.m. - Noon |
| Boys Only! | | |
| Ages 6-8 | 9 & 23 | 10 - 10:30 a.m. |
| Ages 9-10 | 9 & 23 | 10:30 - 11 a.m. |
| Building Effective | | |
| Anger Management Skills (5-6) | 3 & 10 | 11 a.m. - 12:30 p.m. |
| New Series 1-2 | 17 & 24 | 11 a.m. - 12:30 p.m. |
| (B.E.A.M.S.) Evening Classes (Series 1-4) | 8, 15, 22 & 29 | 6 - 7:30 p.m. |
| Commanders Training | 24 | 8 - 9:30 a.m. |
| Conflict Management | 14 | 11 a.m. - 12:30 p.m. |
| Coping with Difficult People | 2 | 12:30 - 2 p.m. |
| Getting Ready for Childbirth (Series 1-3) | 3, 10 & 17 | 9 a.m. - Noon |
| Saturday Marathon | 26 | 9 a.m. - 5 p.m. |
| Girl Talk! | | |
| Ages 6-8 | 5 | 9 - 9:30 a.m. |
| Ages 9-10 | 19 | 9:30 - 10 a.m. |
| Healthy Pregnancy | 21 | 1 - 4 p.m. |
| Helping Us Grow Securely (H.U.G.S.) Playgroup | 1, 8, 15, 22 & 29 | 9 - 11 a.m. |
| Parenting with Love & Logic (ages 0-12) | 10, 17 & 24 | 9 - 11:30 a.m. |
| Evening Class (Series 1-4) | 8, 15, 22 & 29 | 6 - 7:30 p.m. |
| Stress Management I & II | 15 & 22 | 1 - 2 p.m. |
| You & Your Baby | 9 & 23 | 8 a.m. - Noon |
| Your Teen & Anger | 26 | 10 a.m. - Noon |

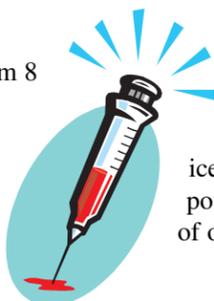
To register or for information, call ACS Family Advocacy Program at 221-0349/2418.

Equine Vaccination and Worming Clinic

Saturday, June 12, from 8 a.m. to noon

For information, call 295-4260

Note: In accordance with Army Regulation 40-905, legal owners



must be present with a valid DEERS identification card to receive services, or agent must present power of attorney and copy of owner's ID Card.

Talented Soldiers sought for the U.S. Army Festival of the Performing Arts

By Ben Paniagua
Special to the News Leader

Do you enjoy singing in the shower? Do you like to sing and dance when nobody is looking? Do you have a knack for telling jokes and being funny? Do you sometimes think you could be the next American Idol? Well, now is the time to show your musical talents while serving your country.

The post is looking for a few good talented Soldiers to help put together a production called "A Soldier Variety Hour." Needed are vocalists, dancers, musicians, comedians, etc. The show will be fully staged and choreographed and the acts will be presented in a highly professional manner with dazzling lights and set. All music and costumes will be provided to those Soldier entertainers selected for the production.

The production will be featured as Fort Sam Houston's entry in the

upcoming 2004 U.S. Army Festival of the Performing Arts competition, which will be held July 22 at the Hacienda Recreation Center. "A Soldier Variety Hour" will feature a multitude of talented Soldiers selected from the Fort Sam Houston Soldier population.

A panel of judges selected at the Washington, D.C. level will travel to all the military installations competing in the festival and will observe the variety shows in person. They will judge and select All-Army winners in the various categories. Awards will be presented to Best Female Vocalist, Best Male Vocalist, Best Specialty Act, Best Master of Ceremonies, Best Musician, etc.

If you are interested in auditioning for this prestigious event, call Ben Paniagua at 224-7250 after 1 p.m. daily except Mondays or e-mail ben.paniagua@samhouston.army.mil.

Special Troops Battalion Color Guard supports local school dedicate flags



Soldiers assigned to Special Troops Battalion Color Guard gave miniature U.S. flags to the students at New Frontiers Charter School prior to the flag dedication ceremony.

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

Students and faculty from New Frontiers Charter School watched as the U.S. flag and the Texas flag were proudly raised in front of their school during a flag raising ceremony held May 21. The charter school, opened in 1998, recently acquired two poles and the flags for their school. The ceremony included remarks by the school principal, Ernest Moreno and the introduc-

tion of special guests. The students and faculty sang the national anthem and "Texas our Texas" following the raising of the U.S. and Texas flags by members of the Special Troops Battalion Color Guard.

The patriotic event also included a presentation of a memorial wreath in honor of Memorial Day and the Service members who are currently serving in support of Iraqi Operation Freedom. The ceremony concluded with the singing of patriotic songs by the students.



Special Troops Battalion Color Guard demonstrates the proper procedures when folding the national flag to students and faculty at New Frontiers Charter School at a flag dedication ceremony.

Child and Youth Services Central Registration offers many services

Summer Camp Orientation May 26

School Age Summer Camp orientation will be held May 26, 5:30 p.m. at SAS building 1705.

3-Day Part Day Preschool Program

on hold - The 3-day Part Day Preschool program has been placed on hold due to lack of enrollment numbers. If you are interested and have questions concerning this program, notify Central Registration to place your name on a list. Fees range from \$151-\$200 per month and will be assessed by calculating total family income.

Family Child Care offers certified

childcare - The FCC home-based child-care for children ages 4 weeks to 12 years on and off post with certified childcare providers. Types of care are full day, part day, before and after school care, hourly care, and extended hour care and long-term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723.

FCC providers sought - The FCC is looking for family members interested in becoming certified FCC providers to offer home based childcare. There is a no-cost

start up plan. For information, call 221-3820 or 221-3828.

Wait List status - If your child's name is on the Wait List for full day care at the Child Development Center, check the status of the name on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check the status, call Central Registration at 221-4871 or 221-1723.

Instructional classes offered - If you are interested in instructional classes such as Tae Kwon Do, piano or gymnastics, call 221-4882, 221-4871, 221-1723. For

Babysitter training call 221-4871/1723.

After School and Weekend

Recreation - School Age Services (1st-5th grade) offers after school and weekend open recreation opportunities and after school hourly care options. Hourly and open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

232d Med Bn NCO and son appear on Fox and Friends News

By Lt. Col Bruce McVeigh
Special to the News Leader

Sgt. 1st Class Renee Jones-Jordan, 232nd Medical Battalion, recently toured New York City with her son. Nine-year-old Ronnel was one of two children selected as a contest winner from more than 1,200 submissions of essays written on the topic, "Why I'm Proud of My Family Member Serving in the U.S. Armed Forces." Ronnel's essay captured the importance of family values and the pride and sacrifices that military dependents must face each and every day. His articulate writing placed him head and shoulders above the competition.

This family is a true credit to the military families worldwide, and it is evident that Jones-Jordan's high values and morals are directly reflected in her son.

Sears and the National Military Family Association, sponsors of the contest, invited children from across the country to write essays celebrating the dedication and accomplishments of our country's service members and their families. A sampling of the children's essays is presented in a book, which has been bound in purple to represent all the military branches, titled, "A Tribute to Military Families", Letters of Thanks from Our Nations Children. Ronnel's essay is included in this book.

Why I'm Proud of My Family Member Serving in the U.S. Armed Forces

I am proud that my mom is in the Army. She was in war when I wasn't even here in life. I am proud of my mom because she serves the country almost every day. I am proud of my mom because what happened yesterday. I asked my mom if we are going to move.

She said no but she is because she's going to war. I said no mom you might get killed but my mom didn't care because she loves her country almost better than she loves family or God. My mom said she was not going long because she would come back next year. My mom said the only reason she was going because she went to war before and it wasn't so bad. I love my mom because she's brave. I did cry in my bed because I am going to miss her but she says if I don't come back I'll always be her littler warrior. So that's why I am so proud of my Army Mom.

Ronnel Jordan
4th Grade
San Antonio, Texas



Courtesy photo

Sgt. 1st Class Renee Jones-Jordan, 232nd Medical Battalion and son, Ronnel, were interviewed on Fox and Friends in New York City on May 15. As winner of the essay contest, Ronnel and his mother had the opportunity to tour New York City.

Smoke-free and 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".

Health Promotion Center
Ward 3 West, BAMC
916-3352 or 916-5538



Post MWR Aquatic Center opens tomorrow



Courtesy photo

A happy swimmer smiles at the camera while enjoying the Fort Sam Houston MWR Aquatic Center last summer.

By Angela McIntosh
Special to the News Leader

Summertime is fast approaching and there are many opportunities for swim lessons and activities at the Moral, Welfare and Recreation Aquatic Center, located at 3300 Williams Road. The Aquatic Center will open tomorrow at noon. It features a 50M outdoors pool and three amusement park style water slides. Hours of operation are everyday from noon to 8 p.m., including weekends and holidays. There is no fee, and two guests per ID card are permitted. For information, call 221-1234 or 221-4887.

For your safety, patron should follow all the rules at both the main and baby pool.

No inflatable floatation toys are allowed in the pool including water wings, inflatable rafts or baby boats. Children who need to wear floatation must bring their own life vest. All infants not potty-trained must wear swim diapers.

The Aquatic Center offers the Learn to Swim Program. The following four sessions are available on June 1-11; June 21-July 2; July 12-23; and August 2-13. Class times will be assigned during registration. The cost is \$40 for the first child, \$35 for the second child in same family and \$30 for the third child. Registration takes place at the Jimmy Brought Fitness Center. For instructor information and breakdowns of the Red Cross swim levels, visit www.fortsamhouston-mwr.com and follow the Recreation and Fitness link to the Aquatic Center. The Infant and Preschool Aquatics Program, for children age 18 months to 3 years (parent accompanies child) is \$30. Adult private lessons will be available upon request.

The 25M indoors pool at the Jimmy Brought Fitness Center, located at 320 Wilson Rd., will also be open this summer for fitness and lap swimming. The pool is open Monday through Friday from 5 a.m.-8:30 p.m. and Saturdays, Sundays, and holidays from 8:30 a.m.-4:30 p.m.

Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood.

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

Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Be careful when taking non-prescription, over-the-counter medications

Over-the-counter medications are easily accessible. They can be purchased at any grocery store, or drug store. A common misconception is that these medications are completely safe. This is not always the case. These medications are safe if they are used at the proper dose and for the labeled use.

These medications should never be mixed with other prescription medications or non-prescription medications without first asking the pharmacist or physician. Many times the medications can interact with each other.

This means that the body cannot properly eliminate the medications and toxic levels or bi-products of the drug may accumulate, the side effects of the medications may be intensified, or the medication that is needed may not be as effective. These are very serious problems.

Also, many people do not realize that the medication they purchased from the store may have ingredients that are the same or similar to the ingredients in the prescription medication they received. If they take both the prescription and non-prescription medications,

they are at increased risk of exceeding the recommended doses of the medications.

It is very important when purchasing medications to check all of the active ingredients. Never mix medications that contain the same ingredients.

Medications should never exceed the maximum dose per day. Exceeding the maximum dose can lead to many unwanted side effects or even severe problems with the kidneys, liver, or heart. Patients over the age of 65, patients with other diseases, and babies are at a greater risk of complications.

Some common over-the-counter medications that are also found in prescription medications include acetaminophen, ibuprofen, and pseudoephedrine.

Acetaminophen is a non-aspirin pain reliever. Even small amounts of acetaminophen taken above the maximum dose can cause severe liver problems. Many pain, cold and sinus medications contain acetaminophen.

Ibuprofen can cause kidney problems if the maximum recommended dose is exceeded.

Pseudoephedrine is a common ingredient in over-the-counter cold and flu preparations. It is also found in many prescription medications. It is con-

sidered a safe decongestant, but in patients with high blood pressure, hyperthyroidism or hypothyroidism, or heart problems, this medication can cause unnecessary harm.

Patients over the age of 65 should be careful when taking over-the-counter medications. They should, in many cases, use less than the recommended adult dose.

Diphenhydramine, a common antihistamine, is found in cold and flu, allergy, and sleeping medications. This medication is great for treating allergy symptoms such as runny nose, sneezing, and sleep.

However, in patients over 65, this medication and other antihistamines can cause many unwanted side effects, even in the recommended doses. The patients can become very disoriented and confused. They can become dizzy and unstable, which can lead to severe injuries.

Also, many conditions commonly found in older patients can become exacerbated by antihistamines, such as benign prostatic hypertrophy, urinary retention, and constipation. This patient population should always start at the lowest dose and consult a doctor or pharmacist first.

Parents must ensure that they are measuring a child's dose correctly. Always use an accurate measuring device, often provided in over-the-counter medications. Doses should never be estimated. Even slight variations in the measurements can cause an overdose.

| Intramural Softball Standings | | | |
|---------------------------------------|----------|--------------|----|
| As of May 20 | | | |
| Team | W | L | |
| Pool A | | | |
| BAMC | 4 | 1 | |
| Co C Acad Bn | 4 | 1 | |
| 5th Army | 3 | 2 | |
| Co B Acad Bn | 2 | 3 | |
| 232nd Med Bn | 1 | 4 | |
| DFAS | 1 | 4 | |
| Pool B | | | |
| LEC | 4 | 2 | |
| DMRTI | 4 | 2 | |
| NMCRC | 4 | 2 | |
| Fire Department | 3 | 3 | |
| USARSO | 2 | 3 | |
| HRBC | 2 | 3 | |
| USAMITC | 1 | 5 | |
| May 17 - Mid Season Tournament | | | |
| Co C Acad B | 18 | DFAS | 4 |
| NMCRC | 8 | Fire Dept | 7 |
| 232nd Med Bn | 13 | NMCRC | 6 |
| 232bd Men Bn | 11 | DMRTI | 10 |
| LEC | 7 | HRBC | 0 |
| (Forfeit) | | | |
| Co C Acad Bn | 18 | LEC | 6 |
| May 19 | | | |
| Co B Acad Bn | 16 | BAMC | 12 |
| 5th Army | 7 | USARSO | 6 |
| 232nd Med Bn | 12 | USARSO | 4 |
| Co C Acad Bn | 8 | BAMC | 7 |
| Co B Acad Bn | 12 | 5th Army | 8 |
| Co C Acad Bn | 20 | 232nd Med Bn | 19 |

| Intramural Golf Standings | | |
|----------------------------------|----------------------|---------------|
| As of May19 | | |
| Place | Team | Points |
| 1st | USARSO | 153.5 |
| 2nd | VETCOM | 141.5 |
| 3rd | BAMC #3 | 127.5 |
| 4th | CSPBO | 127 |
| 5th | Bunker Busters | 125 |
| 6th | *BAMC #1 | 123 |
| 7th | ITBC | 119.5 |
| 8th | IMA | 113 |
| 9th | Brew Crew | 105.5 |
| 10th | Academy Battalion | 96.5 |
| 11th | CPAC | 91.5 |
| 12th | GPRMC | 86.5 |
| | Composite | 86.5 |
| 14th | DFAS | 0 |
| | *Commander's Cup Rep | |

| Intramural Bowling Standings | | | |
|-------------------------------------|------------------------|----------|----------|
| As of May 21 | | | |
| | Team | W | L |
| 1st | Co B Acad Bn | 60 | 16 |
| 2 nd | Team #6 | 46 | 30 |
| 3rd | Strike Force | 40 | 36 |
| 4th | The Rolling Stone | 40 | 36 |
| 5th | Sum Better Than Others | 39 | 37 |
| 6th | DFAS Strike Kings | 38 | 38 |
| 7th | Wolf Pack | 38 | 38 |
| 8th | PAC MEN | 33 | 43 |
| 9th | Dry Hump Express | 31 | 45 |
| 10th | 1 Pin Standing | 13 | 63 |

Officers and Civilians Spouses Club award 2004 - 2005 scholarships

By Phil Reidinger
Special to the News Leader

The Officers and Civilian Spouses Club recently held a luncheon at the Fort Sam Houston Officers Club and presented scholarships to the following area students:

Brian Freno received a \$2,000 First Command Scholarship. Freno is the son of retired Col. Phil and Debbie Freno and will graduate from Ronald Reagan

High School. He is president and founder of the Reagan Math Club and Math Honor Society. He will attend Texas A&M University in the fall and will major in aerospace engineering.

Amanda Collyer was awarded a \$1,000 scholarship. She is the daughter of retired Lt. Col. Mike and Cathy Collyer and will graduate from Robert G. Cole High School. Amanda recently won a first place in the State UIL News Writing and in the State UIL

Feature Writing competitions. She is the drum major of the Cole Marching Band. She will attend Texas A & M University and major in journalism.

Brandon Childers received a \$1,000 scholarship. He is the son of Col. Darrell and Susan Childers and will graduate from Robert G. Cole High School. Childers is Student Council president, captain of the varsity cross country team, co-captain of the varsity soccer team, treasurer of the senior class, and secretary of the National Honor Society. He will attend Texas A & M University and plans to major in biology.

Charissa Kahue was awarded a \$500 scholarship. She is the daughter of Lt. Col. Philip and Karen Kahue and will graduate from Robert G. Cole High School. She has served as president of DECA and the National Honor Society. She will attend Southwestern University in Georgetown, Texas in the fall and plans to major in chemistry or biology.

Aasya Nasar was awarded a \$500 scholarship. She is the daughter of retired Sgt. Maj. Abu and Hajra Nasar and will graduate from Sandra Day O'Connor High School. Aasya's activities include the Junior Optimist Club, Student Council, Latin Honor Society, Future Community Leaders of America, and the



Officers and Civilian Spouses Club 2004 Scholarship recipients from left to right back row are: Victoria Engle, Brandon Childers, Jared Morris, Brian Freno, Dominique Merricks and Ashley Johnson; front row Aasya Nasar, Cyrelle White, Charissa Kahue, Amanda Collyer, and Ashley Mullins. Not in photo is April Mullins.

National Honor Society. She will attend the University of Texas at Austin and plans to major in biology/pre-pharmacy.

Ashley Mullins received a \$500 scholarship. Ashley is the daughter of Lt. Col. Dave and Shari Mullins and will graduate from Robert G. Cole High School. Ashley is captain of the cheerleading squad, soccer team, and volleyball team. She will attend Texas A & M University and plans to major in biology.

Cyrelle White received a \$500 scholarship. Cyrelle is the daughter of Chief Warrant Officer 4 Estel and Margaret White and will graduate from Robert G. Cole High School. Cyrelle is the assistant editor of the yearbook, a soprano in the varsity choir, and a member of JROTC and the National Honor Society. She will attend American University in Washington, D.C. and plans to major in journalism.

Ashley Johnson received a \$250 scholarship. She is the daughter of Lt. Col. Gregory and Teresa Johnson and will graduate from Ronald Regan High School. Ashley participated in and received numerous awards at the Model United Nations. She is a member of Student Council, Future Business Leaders of America, as well as the track and volleyball teams. She will attend Texas A&M University in the fall and plans to major in American Studies.

Jared Morris received a \$250 scholarship. Jared is the son of Col. Martin and Diana Morris and will graduate from Robert G.

Cole High School. An Eagle Scout, Jared was president of the band at Springbrook High School, and a member of the video production crew. He is currently the video yearbook producer for Cole High School and a member of the Student Council. Jared will attend San Antonio College where he will major in Information Technology.

April Mullins received a \$700 scholarship. She is the daughter of Lt. Col. Dave and Shari Mullins. She attends the University of North Texas in Denton, majoring in Fashion Merchandising with a minor in Business. She is a member of the National Honor Society and the Outstanding Student Honor Society.

Dominique Merricks received a \$300 scholarship. He is the son of Maj. Beverly Jefferson. Domnique attends Stephen F. Austin State University in Nacogdoches, Texas. He is a member of the American Association of Petroleum Geologists and Sigma Gamma Epsilon, the Geology Honor Society.

Victoria Engle was awarded a \$500 scholarship. She is the wife of 1Lt. Walter Engle. She plans to attend Tarleton State University Central Texas Campus, located in Killeen. She and her family will relocate to Fort Hood in August so that her husband can complete phase II of the Army Physician Assistants Program. She will be completing a bachelor's degree in marketing.



Brian Freno receives the \$2,000 First Command Scholarship. He is the son of retired Col. Phil and Debbie Freno and will graduate from Ronald Reagan High School. He will attend Texas A&M University in the fall and major in aerospace engineering.

Fort Freebies



Freebies are published on a first come, first serve 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. 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 or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

For Sale: 2002 GMC Yukon XL SLT, white, loaded including 10.4" screen/DVD system, leather, moon roof, alarm, tow pkg. 23.5K miles and in excellent condition, \$28,800 obo. Call 273-7271.

For Sale: 1996 Toyota Corolla DX, 98K miles, 34 mpg, Auto, AC, power doors and windows, AM/FM, \$4,700. Call George at (210) 473-5619.

For Sale: 1995 Ford Probe, black, 73K miles, AC, automatic, very good condition, \$3,000. Call 662-6110.

For Sale: 1990 Dodge B-250 custom high top van, new tires new brakes, dual AC, 112K miles, \$3,700. Call Ron at (830) 980-7786 or (210) 221-1043.

For Sale: Sofa and love seat in excellent condition, \$150 obo. Call 824-1584.

For Sale: Two years old white baby crib with mattress in excellent condition, \$75; battery operated baby swing, \$15; infant car seat, \$25; baby bathtub, \$5; front end cover for Volkswagen Jetta (99-up), \$20. Call 325-7538.

For Sale: Seven piece bedroom set, Black Lacquer, \$800; JBL 3-Way 10" floor-standing speakers, one pair \$350; 78" high metal bookcase commercial grade, four shelves, \$95; metal 2-drawer letter file with locks, two, \$35 each. Call 830 914 4387 or email: medlawny@msn.com.

For Sale: Kenmore washer and dryer in good condition, \$20 each; adjustable queen to

full-size cherry wood bed frame with head and foot boards, \$65; full-size mattress and box spring, \$35 for both; oak entertainment center, \$150; Child's wooden desk with chair, \$15 for both. Call 566-9164.

For Sale: Yamaha tenor saxophone, \$2,000; 10-in-1 complete home woodworking shop with accessories, \$2,000; Sony 400 CD changer, \$175. Call 355-4330.

For Sale: CharBroil kettle outdoor electric grill, works great, \$20. Call 226-1173.

For Sale: TV wooden, stand with rollers, \$25, new crock with spout, \$15. Call 653-4205.

For Sale: Hummingbird Fish Finder; trolling motor; inflatable towing tube with rope; boat anchors with rope and numerous boat accessories. Call 666-0502 after 6 p.m.

For Sale: Adorable white Chihuahua, 6 months old puppy, 1st and 2nd shots, \$200. Call 805-9122.

For Sale: Four-year old female American Pit Bull Terrier; UKC certified, shots current and excellent for breeding, 8 by 10 ft. fence kennel included, \$300 obo. Call 638-6359.

For Sale: Three-year-old house, 1,889 sq. ft., living room, family room and garage, two story, 2 ? bath, ceiling fans and much more. Call 651-4707.

For Sale: 14 foot Jon Boat with engine and trailer, \$650; Grey sectional couch in good condition, \$150; 15 gal. fish tank with accessories, \$20. Call 829-8795.

Career Clips



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, Bldg. 2264 or call 221-1213.

Respiratory Therapist - San Antonio. Knowledge of medical terminology, respiratory protocols and RT intervention. Able to react decisively in non-emergency situation. Must be Certified or Registered RT from an accredited program.

Computer and Information System Manager - San Antonio. Provides analytical, technical, and administrative feedback in the life cycle of computer system. Develop new systems to improve production or workflow required. Must be able to use Visual Basic and ASP.net; Oracle and PI-SQL.

Assistant Chief/Adult Probation Officer - San Antonio. Plans, organizes, and supervises various aspects of departmental operations. Controls the work of various aspects of the department through assignments to supervisory personnel and by a review of their performance. Builds cooperative working relationships with the judiciary, court personnel, attorneys, police, educational, and social agencies.



get
the
keys

friends don't let friends drive drunk



U.S. Department of Transportation

