



# Fort Sam Houston News Leader



Vol. 39, No. 10

Fort Sam Houston – Home of Army Medicine

March 15, 2007

## Briefs . . .

### Change of command

The Defense Contract Management Agency, NASA Product Operations change of command will be held today at 10 a.m. in the Bexar Ballroom of the Sam Houston Club, Building 1395. Air Force Col Jeffrey A. Brand will relinquish command to Air Force Col. Ray P. Harris.

### Professional Bull Riders event

The Professional Bull Riders and South Texas Ford dealers invite the post community to a military appreciation preview of the Ford Country Classic today from 10:30 a.m. to 12:30 p.m. on the grounds of Powless Guest House on George Beach Road. Meet seven-time World Champion All-Around Cowboy and PBR President Ty Murray and the 2004 PBR World Champion Mike Lee, as well as other bull riders and bulls.

### Senior Leader Equal Opportunity Training

Senior Leader Equal Opportunity Training will be held Friday from 8 to 10 a.m. at Blesse Auditorium. The training is required every fiscal year for majors, lieutenant colonels, colonels, sergeants major, command sergeants major and GS-13s and above. For more information, call Master Sgt. Ricky Evans at 295-0561.

### Military Community Job Fair

The Military Community Job Fair will be held March 28 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. Attendees should bring copies of their resume and be prepared to meet with recruiters; more than 100 employers will be at this event. The job fair is sponsored by several Fort Sam Houston and Randolph Air Force Base military community services, the U.S. Department of Labor/VETS, the Texas Veterans Commission and the Disabled American Veterans. For more information, call the Army Career and Alumni Program at 221-1213.

### AKO training

Army Knowledge Online Hands-On Training will be held Tuesday from 8:30 to 11:30 a.m. and 1 to 4 p.m. For more information, call Julie Gueller at 221-6203.

### Newcomers' Extravaganza

Newcomers Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. Attendance is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. For more information, call Alicia Tyson at 221-2705 or 221-2418.

See BRIEFS on Page 3

# Combatives training strengthens confidence, builds warrior ethos

By Cheryl Harrison  
Fort Sam Houston Public Information Office

In today's Army, weapons can only be described as high tech with their lasers, optical sights and interface computer systems. With the quality of the weapons available to our Soldiers, one might ask, "Why the need to master hand-to-hand combatives?"

"The battalion commander and I have looked at the combatives program as first and foremost the number one step that we want to take to instill the Warrior Ethos in the young Soldiers," said Command Sgt. Maj. Stephen Maldonado, 264th Medical Battalion. "It is an Army-wide mandate that all units will do combatives. The program was pretty much non-existent here. People do it to varying degrees of standards."

The 264th Medical Battalion leaders opted to implement the combatives program on a weekly basis, scheduled during early morning physical training.

"We formed a cadre of four noncommissioned officers stationed here at Fort Sam Houston. They travel around on Thursdays, combatives day for our battalion," said Maldonado.

Combatives training makes Soldiers more disciplined, and more mentally and physically tough.

"It places the Soldiers a step ahead, makes them better Soldiers," said Maldonado. "Not only will the Soldier have learned a military occupational specialty, it makes them a Soldier. It is ground fighting and self-defense. It instills confidence in the Soldier."

The four combatives instructors are not drill sergeants, they are volunteers. They have chosen to step forward and impart their knowledge and passion of combative arts onto the Soldiers.

The instructors are trained in level one combatives, which is a basic understanding of the skill. Level two shows alternative methods taught in level one, adding to the basic skills. It is the Army concept of crawl, walk and run. Level one is crawl, level two is walk and level three is run.

Staff Sgts. Marvin Coble, Jeff Diechman, Marrell Reeves and Isagani Maawac are instructors in 68K or 68D Branch. Their MOS is to instruct the Soldiers in the academic portion of how to



Courtesy photo

Drill Sgt. Joseph Tebrio and Staff Sgt. Isagani Maawac demonstrate the concept of "Escape the Mount," "Shrimp to the Guard" and various grappling techniques.

be a lab specialist or operating room technician. They teach in a classroom, then go out and teach how to fight.

"It is not a wrestling match. The Soldiers like it. We teach an accumulation of martial arts and we teach techniques and skills that can be utilized by every Soldier if found in a situation," said Coble.

See COMBATIVES TRAINING on Page 4



You are cordially invited to participate in the  
**Hiring Heroes Workshop & Career Fair**  
(Job Opportunities for Injured Service Members and their Spouses)

**Monday, March 26, 2007**  
Resume Writing Workshop, 9:00 AM to 4:00 PM

**Tuesday, March 27, 2007**  
Career Fair, 9:00 AM to 3:00 PM

**Sam Houston Club**  
1395 Chaffee Road  
Fort Sam Houston, TX

Come to get help and learn how to write professional resumes. Talk with more than 50 DoD, federal and private sector recruiters about opportunities in various civilian career fields.

For more information, call Roland Umipeg at 1-888-363-4872, ext. 759

## BAMC invites improvements to better serve wounded warriors

By Elaine Wilson  
Fort Sam Houston Public Information Office

The investigation of Walter Reed Army Medical Center in D.C. has broadened into an investigation of the military health care system, particularly where it pertains to the quality of wounded warriors' outpatient care.

Acting swiftly to find solutions to a bureaucratic system Chief of Staff Gen. Peter J. Schoemaker has likened to "running in hip boots in a swamp," Army leaders have dispatched inspector teams to medical facilities throughout the Army to review in- and outpatient care facilities.

"We welcome the visit, welcome anybody who thinks they can help us

make things even better," said Brooke Army Medical Center Commander Brig. Gen. James Gilman March 8 at a press conference.

An inspection team visited last week and more visits are expected. However, BAMC leaders are not waiting for the results; they are already conducting internal reviews of their own.

"We did go take a look at our facility and have our eyes on a few places," said Gilman.

"We've made changes in a couple of leadership positions when we felt the people doing those jobs were not serving the wounded warriors well."

See BAMC INVITES on Page 4

# Hiring Heroes Career Fair to help wounded warriors find new jobs

By Esther Garcia  
Fort Sam Houston Public Affairs Office

Severely injured service members and their spouses can connect with potential employers and learn about the latest civilian job opportunities at the Hiring Heroes Career Fair March 27 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road.

More than 70 Department of Defense, federal and private-sector recruiters will be on hand to meet with the Soldiers and

their families.

The Army Career Alumni Program will present a Civilian Resume Review and Assistance workshop Wednesday from 1 to 4 p.m. in the ACAP classroom, 1706 Stanley road.

Additionally, Soldiers without a resume or who may need a few resume-writing tips can prepare for the fair by attending a Heroes Resume Writing Workshop March 26 from 9 a.m. to 4 p.m. at the Sam Houston Club.

"In its third year, the Hiring Heroes

program has helped more than 1,000 injured service members and their families connect with potential employers. The fair will be the third held here and the seventh overall, with the first being held at Walter Reed Army Medical Center, in Washington, D.C., in April 2004," said Michael Main, human resources specialist and action officer for the Hiring Heroes program, Directorate of Human Resources.

Hiring Heroes helps connect service members with DoD and other federal agen-

cies, as well as civilian companies, with significant positions to fill.

"These service members are putting their lives on the line. This is a service they deserve, to assist in the transition to the civilian life," said Main.

The Defense Applicant Assistant is sponsoring the Hiring Heroes program.

For information and reservations about the workshops, call 221-1213.

For information about the Hiring Heroes Career Fair, call Main at 221-0619.

## Fort Sam Houston News Leader

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### Army Medical Department Center and School and Fort Sam Houston Commander

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## Briefs

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### Traffic safety training

Local Hazards Training and Intermediate Traffic Safety Training courses will be held March 22 from 8 to 11 a.m. in the Public Works Scheduling Room, Building 4196. As part of the Army Traffic Safety Training Program, Army personnel newly assigned to an Army installation are required to take Local Hazards Training and Soldiers less than age 26 are required to take Intermediate Traffic Safety Training upon assignment to an Army installation. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

### SAMC Induction Ceremony

The Sergeant Audie Murphy Club Induction Ceremony will be held March 23 at 4 p.m. in the Blesse Auditorium. Sgt. 1st Class Chanda Gaines, Army Medical Department NCO Academy, and Staff Sgt. Johnny Arterson, B Company, 264th Medical Battalion, will be inducted at the ceremony. The guest speaker will be Command Sgt. Maj. Craig Layton, Great Plains Regional Medical Command and Brooke Army Medical Center. For more information, call 1st Sgt. Clay Istre at 286-4033 or e-mail clay.istre@amedd.army.mil.

### Women's History Month

The Women's History Month commemoration will be held March 29 from 10:30 to 11:30 a.m. at the Roadrunner Community Center, Building 2797. The guest speaker will be Lt. Col. Suzanne Adkinson, chief, Analysis and Control Element, 470th Military Intelligence Brigade. The event is sponsored by the 470th MI Brigade and Fort Sam Houston major commands. For more information, call Sgt. 1st Class Robyn Moore at 295-6800. To request reasonable accommodation for a disability, call 221-0218.

### AECF ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army April 5 at 9 a.m. in the 32nd Medical Brigade Conference Room. AECF provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Kevin Moore, detachment sergeant of the AMEDD Student Detachment, at 221-3083 or Anna Prescott at 221-5582.

### Fort Sam tax center

The Fort Sam Houston Military Tax Assistance Center is open Tuesdays through Fridays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 2 p.m. and closed Sundays and Mondays. The center is located behind the Legal Office in Building 133. Tax returns will be completed on an appointment-only basis, with the exception of 1040EZ filers, who can walk in. For more information or to make an appointment, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

### BAMC tax center

The Brooke Army Medical Center Military Tax Assistance Center is open to assist active duty, retirees, and Reserve and National Guard service members on orders for more than 30 days. The tax center is open Mondays through Fridays from 9 a.m. to 4 p.m., and is located on the fifth floor of BAMC in Room 513-19 (Pediatrics Ward). For more information or to make an appointment, call 916-1040. Walk-in service is available on a first-come, first-served basis for 1040EZ filers only.

# BAMC Soldier earns top NCO award

After a challenging, weeklong competition at Fort Sam Houston, a Brooke Army Medical Center Soldier came out on top, earning the title of Great Plains Regional Medical Command NCO of the Year.

Sgt. Walter Mack competed for the title against top NCOs from the nine other medical treatment facilities in the region.

Spc. Suliasi Lautaha, William Beaumont Army Medical Center, Fort Bliss, Texas, also excelled in the competition, earning the title of Soldier of the Year.

Twenty NCO and Soldier medics traveled to Fort Sam Houston March 4 to 7 to compete for the titles in events challenging their skills, knowledge, leadership qualities and military bearing.

The winners were named during an awards ceremony March 7 in downtown San Antonio.

Both Soldiers will represent the command in the Medical Command NCO and Soldier of the Year Competition April 1 to 6 at Fort Sam Houston.

(Source: GPRMC)



Courtesy photos

Spc. Suliasi Lautaha, Great Plains Regional Medical Command Soldier of the Year, conducts Army warrior tasks during the competition.



Brig. Gen. James Gilman congratulates Sgt. Walter Mack, Brooke Army Medical Center, and Spc. Suliasi Lautaha, William Beaumont Army Medical Center, Fort Bliss, Texas, on their success in the Great Plains Regional Medical Command NCO and Soldier of the Year Competition.

(Left) Command sergeants major from the 10 medical treatment facilities in the region conduct a formal oral board to determine the top NCO and Soldier in the Great Plains Regional Medical Command.

## Army surgeon general submits retirement

By J.D. Leipold  
Army News

WASHINGTON — Lt. Gen. Kevin C. Kiley, Army surgeon general and commanding general of Army Medical Command, submitted his request to retire from the U.S. Army Monday to Acting Secretary of the Army Pete Geren. Maj. Gen. Gale Pollock, current deputy surgeon general, assumed Kiley's duties until a successor is named.

Geren further directed immediate convening of the required advisory board which will recommend a slate of candidates from among officers in the Army medical department for consideration as the next surgeon general. The officer ultimately selected must be approved by the president and confirmed by the Senate.

"We must move quickly to fill this position — this leader will have a key role in moving the way forward in meeting the needs of our wounded warriors," Geren said. "We have an Army action plan under way under the leadership of the Vice Chief of Staff of the Army Gen. Dick Cody, and the surgeon general has a critical role in the execution of that plan. I am confident Maj. Gen. Pollock will ably lead the Army Medical Department during this transition period."

"I submitted my retirement because I think it is in the best interest of the Army," Kiley said. "I want to allow Acting Secretary Geren, General Schoomaker, and the leaders of the Army Medical Command to focus completely on the way ahead



Photo by The Army Now  
Army Surgeon General Lt. Gen. Kevin C. Kiley submitted his request to retire to acting Secretary of the Army Pete Geren Monday.

and the Army Action Plan to improve all aspects of Soldier care. We are an Army Medical Department at war, supporting an Army at war — it shouldn't be and it isn't about one doctor.

"It has been my honor, and my privilege to serve this nation and her Soldiers for over 30 years," Kiley said. "I have the greatest respect for former Secretary Harvey, Acting Secretary Geren, and the senior Army leadership under General Schoomaker and General Cody. And, I could not be prouder of the incredible Americans in the Army Medical Command who care for the warriors who have volunteered and sacrificed so much to defend our country and our way of life. I was blessed to have walked among them."

"We thank Lt. Gen Kiley for his dedication to duty and long years of service," said Geren at Walter Reed Army Medical Center where he briefed the hospital staff on the Army Action Plan.

Pollock became the deputy surgeon general in October 2006. Pollock received a bachelor of science in nursing from the University of Maryland. She is a graduate of the U.S. Army nurse anesthesia program and is a Certified Registered Nurse Anesthetist. She also holds multiple master's degrees in business administration from Boston University, health care administration from Baylor University, as well as a master's in national security and strategy from the National Defense University. She is an honorary doctorate of public service from the University of Maryland. She is also a fellow in the American College of Healthcare Executives.

## Army, DoD reacting 'with urgency' to fix medical system

By Sgt. Sara Wood  
American Forces Press Service

WASHINGTON — Motivated by its commitment to those who fight for freedom, the Army is acting quickly to fix problems with the medical system that have come to light since reports surfaced in February of poor conditions at Walter Reed Army Medical Center here, the Army's top civilian leader said Monday.

The reports in February highlighted shoddy facilities and failures of leadership at Walter Reed, but the scrutiny has revealed the larger problem of a disability system that is often complex and confusing, Acting Army Secretary Pete Geren said in an address to the staff of Walter Reed.

The system has become overly bureaucratic and often stymies the best efforts of public servants trying to give wounded Soldiers the care they need, he said.

"We've made a good start, but much remains to be done. I share in your conviction that we will do whatever it takes to get it right."

Pete Geren  
Acting Army Secretary

"A Soldier who fights the battle should not have to come home and fight the battle of bureaucracy," he said. "Motivated by this simple truth, our president, our Army and our nation are reacting with urgency and conviction, born of our profound gratitude to those who defend our freedom."

President Bush has appointed a bipartisan presidential commission to review service members' health care, and Defense Secretary Robert M. Gates established an

independent review group to assess outpatient treatment at Walter Reed Army Medical Center and at the National Naval Medical Center in Bethesda, Md., Geren noted. The final solution will take time and interagency effort to fully implement, he said, but the Army is not waiting to make positive changes.

Lt. Gen. Kevin C. Kiley resigned from his post as surgeon general of the Army, and Geren said he has directed an advisory board to begin looking for the new surgeon general immediately. In addition, a new commander and sergeant major took over at Walter Reed, and two combat-arms leaders are heading up the new Wounded Warrior Transition Brigade to fight bureaucracy and ensure Soldiers are taken care of.

Army leaders have started improvements on facilities at Walter Reed, and have implemented a 24-hour hotline and

# Medical Independent Review Group seeks comments

## Patients, families can submit feedback online, via hotline

By Sgt. Sara Wood  
American Forces Press Service

WASHINGTON — The Independent Review Group recently established by Defense Secretary Robert M. Gates wants to hear from patients and family members about their experiences with military medical care, the review group announced Friday.

Gates established the group this month, charging it with identifying shortfalls in rehabilitative care and administrative processes at Walter Reed Army Medical Center here and the National Naval Medical Center in Bethesda, Md., and with recommending needed improvements.

To identify shortcomings and recommend improvements, it is important for the group to get input from

patients and families who are dealing with the system, said Marianne Coates, public affairs officer for the Independent Review Group. Patients and family members can submit comments through the Internet and a phone hotline, she said.

"The way we learn about it is, obviously, to talk to people who are experts, but very importantly we have to talk to patients and families," Coates said.

The review group held meetings earlier in the week and also is looking at the possibility of holding additional meetings for patients and families, Coates said.

In addition, patients and family members may provide their experiences and insights via the Internet, and may do so anonymously if they choose. In the left column of the review group Web site, <http://www.ha.osd.mil/dhb/irg>, there is a caption titled "How You Can Help." People can click on that caption and provide comments.

The independent review group also has arranged a hotline that may be accessed by dialing 1-866-268-2285.

Comments submitted via telephone may be anonymous. When patients and family members use the telephone and Internet to provide their experiences and

insights, Independent Review Group members or staff will not be on the line. Submissions, however, will be recorded and reviewed by the staff throughout the day. If the staff members determine they need clarification regarding patient and family member comments, they will contact those who have provided contact information.

The two sources for providing information will be in operation for the duration of the Independent Review Group's charter, until April 16.

The Independent Review Group will use these comments as a basis for seeking further details from the military services and for summary inclusion in their final report.

Coates emphasized that the review group, chaired by former Veterans Affairs Secretary and Army Secretary Togo West and former Army Secretary John O. Marsh, has hit the ground running. Group members have visited Walter Reed several times and have toured housing facilities there, she said. Also, group members visited Andrews Air Force Base, Md., to see how wounded troops arrive from overseas and how they are met, received and transported.

## Combatives training

Continued from Page 1

When asked if a hand-to-hand method is often used, Maawac replied, "As medical professionals we are more than likely to be in hand-to-hand combat. When treating patients we are unarmed. If a detainee patient or enemy prisoner of war, who is a trained killer, decided to come at you all you have are your hands."

"A lot of people look at this and say I'm not going to have to fight, I'll just shoot my weapon. This is an additional skill, a part of being a Soldier. You may never need it, but if you do need it, you had better have it. If you don't, you're gonna lose," said Coble. "A lot of guys will say they know how to fight. OK, but

where did you learn? You'd never jump behind the wheel of the car and say I think I know how to drive. You go to school and learn these things."

The time spent in training builds a Soldier's confidence and teamwork capabilities. Everybody knows the guy to their left or right is well trained in their MOS capability, "but when push comes to shove I could count on them to defend me and I could defend them. That is the whole idea of the Army concept. They are proficient, not just in their jobs, but as warriors," said Coble.

"Combatives totally instills the warrior ethos, builds confidence and discipline. That is what we are supposed to do every day," said Maldonado.



Courtesy photo

Staff Sgts. Isagani Maawac and Marvin Coble perform the clinch/punch drill. Coble attempts to get Maawac into a clinch hold preventing him from hitting and taking him to the ground.

## BAMC invites

Continued from Page 1

"One of my takes from the testimony was that people had trouble getting folks to listen at Walter Reed. We've certainly gone back and have emphasized the importance of that," the general said.

With the military health care system under fire, Gilman was quick to point out the BAMC positives, to include the representatives from the Veterans Health Administration and the Veterans Benefits Administration on hand for case managers and patients. "We provide office space for the VA people," he said. "They don't work for me; I didn't hire them, can't fire them. They are there to be an advocate for the Soldiers."

"Providing access to them, making it easy for Soldiers to come see them in the hospital was the right thing to do and we did it."

Despite an onslaught of negative press, the commander also was quick to praise Walter Reed Army Medical

Center, where he was stationed from June 2004 to June 2005. "I saw miracles performed there every day too."

He said the difference between Walter Reed and BAMC isn't related to the quality of medical care, but to space and number of support facilities.

"We care for about 380 or 390 wounded warriors on a 3,100-acre post vs. twice that many on a 113-acre campus, it can't be much bigger than that," said Gilman, adding that BAMC's proximity to services on Fort Sam Houston offers another advantage.

Services include a post exchange, shoppettes, commissary, recreational facilities, schools, equestrian center and several fitness centers.

"Fort Sam Houston is not just BAMC; it's a huge complex," said Maj. Gen. Russell Czerw, installation commander. "We have the honor of providing great care to our wounded warriors, but not only that, we have about 26,000 personnel in about 30,000 acres on this installation (including Camp Bullis), as well as more than

70 tenants we provide command and control to."

Wounded warriors and their families have several housing options with 228 rooms at the BAMC barracks, an additional 150 at the Powless Guest House and 58 at the four Fisher Houses. Wounded warriors with families facing extended recovery periods are housed on post, and their children welcomed into the Fort Sam Houston schools. Additionally, wounded warriors are invited to take advantage of the Soldier and Family Assistance Center, a retreat carved out of the guest house with food, recreation and an opportunity for fellowship.

"Facilities, less space limitations, those kinds of things help us do better," Gilman said.

"Do I think we are taking care of some patients who aren't happy? Yes I do. But by and large, we do very, very well," he said.

"If we find something that's not working, we're going to fix it and we'll move on. That's the total goal," Czerw added.

## Medical system

Continued from Page 3

one-stop assistance center for Soldiers and families, Geren said. Today, the Army released an inspector general report on the disability system, and leaders at all Army medical facilities will implement those findings, he added.

"We've made a good start, but much remains to be done," Geren said. "I share in your conviction that we will do whatever it takes to get it right."

Geren noted that although these recent problems have tarnished the reputation of the Army medical system, Army medical professionals still perform miracles every day and are known

for the excellence of their work. Many of the Soldiers who have been wounded in Iraq and Afghanistan would have died if not for advances in medical science and quality of care that the Army medical system has helped develop, he said.

"Every one of you could receive more compensation elsewhere, work shorter hours, ... but you've chosen the Army; you've chosen to care for Soldiers and their families, and I thank you for that," Geren said to the staff members. "In a time when much of modern medicine has become all about business, Army medicine and those who practice it are all about people serving people."



Photo by Minnie Jones

## Future of Special Ops

Lt. Col. Dave Roddenberry, commander of the Special Operations Brigade, briefs Soldiers on the growth within the Special Operations Forces March 7 at the Army Community Service building. The briefing highlighted two new specialty branches in the Army — Civil Affairs and the Psychological Operations career fields. The briefing was geared to service members interested in a career change into Special Operations. Roddenberry also announced the Army Special Operations Career Fair, which will be held April 11 and 12 at Fort Hood, Texas.

# Trauma researchers head to national competition

By Karen Fleming-Michael

U.S. Army Medical Research and Materiel Command

Two trauma researchers from the U.S. Army Institute of Surgical Research in San Antonio are competing in the Olympics of their field.

Capt. David Kauvar and Dr. Heather Pidcoke are competing in the 2007 Residents Trauma Paper Competition at the Annual Meeting of the Committee on Trauma in Denver this week.

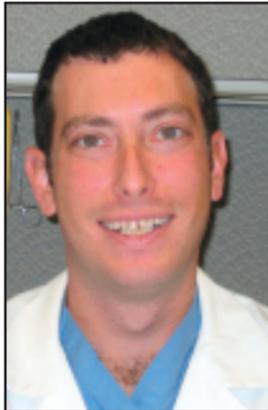
"It will be nice to have a friendly face at the competition ... provided she's not too fixated on kicking my butt," said Kauvar, now a surgical resident at Brooke Army Medical Center in San Antonio.

Though the two hail from the same institute, they took different routes getting to the competition. Kauvar won top honors for Region 13, the military region, competing against fellow ISRite, Capt. Neil McMullin, at the annual Gary Wratten Surgical Symposium in May 2006.

Pidcoke, a research fellow from University of Texas, Health Science Center, San Antonio, competed in and won Region 6, which includes San Antonio.

They face 12 additional competitors. "We've got a 14 percent chance of taking home top honors for the institute," said Dr. Charles Wade, senior scientist for the Institute of Surgical Research. "We really believe that we

Capt. David Kauvar, a surgical resident at Brooke Army Medical Center, is competing in the 2007 Residents Trauma Paper Competition at the Annual Meeting of the Committee on Trauma in Denver this week.



have a responsibility to generate the next generation of researchers to replace some of us older researchers, on both the military and civilian side, who conduct research on combat casualty care. Competitions like these recognize our next generation's excellence."

The Institute of Surgical Research employs researchers who focus on basic science and doctors and nurses who spend their time in clinical research and care to work toward the common goal of discovering better ways to treat trauma patients. Trauma, Pidcoke said, is a leading cause of death in otherwise healthy people, but research in this area has been hampered by consent issues.

"Patients arrive without family members who often don't get there in time for many studies. When they do, they may be too upset to make a decision," she said.

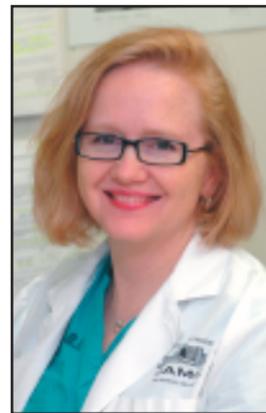
Both Kauvar and Pidcoke have prepared written descriptions of their research and will present their findings to a panel of judges today. Kauvar said that after three years he's adept at presenting his findings. His research looks at how the muscles of the arm and leg are affected by bleeding and the lack of and then return of blood supply.

"This is something that occurs very often in military trauma because severe limb bleeding is common and is frequently treated by the use of a tourniquet to stop the blood flow," he said. "Hopefully, learning more about these injuries will help our medics and doctors in the field take better care of combat casualties."

Pidcoke polishes her presentation skills at weekly meetings where she answers questions about her work and defends her methods and results to the ISR faculty who mentor her.

"It is the best preparation possible because it forces me to think critically about my work," she said. Pidcoke's work examined the reliability of glucometers, the monitors used to measure blood sugar levels hourly in burn patients at the institute's Burn Center.

Burn patients are given insulin to regulate their blood sugar levels because their bodies aren't able to regulate those levels. Working under mentor Dr. Steven Wolf,



Courtesy photos

Dr. Heather Pidcoke's research work with glucometers, the monitors used to measure blood sugar levels, earned her a spot in the 2007 Residents Trauma Paper Competition.

director of the burn center and a graduate of the University of Southern California's medical school, Pidcoke found that, because burn patients are anemic and have thin blood, glucometers don't give accurate results. In fact, the machines indicated that patients' blood sugar levels were higher than they actually were.

"This is a big problem because a patient could have blood sugar so low that it is dangerous, and no one would know," she said. "My research gives doctors a way to fix the mistake and find out what the real blood sugar level is. This keeps patients safer because, now that doctors and nurses know what the real blood sugar level is, they can keep it from going too low."

Competitors or not, both physicians are committed to helping trauma patients through hands-on care and research. "It really matters. Critically injured trauma patients are people who would die without treatment, not next month or next year, but immediately," Pidcoke said.

Though neither are aware of any office pools that been created in light of the competition, Pidcoke said she wants in if there is one.

"There hasn't been much rivalry. That doesn't mean it can't start now, though; he can 'bring it,'" she said. "But seriously, of course I want to win, but I would be really happy if Dave won, too."



Photo by Esther Garcia

## Women honored

The San Antonio Women's Hall of Fame 24th Induction Ceremony was held March 1 at the Institute of Texan Cultures. The Women's Hall of Fame recognizes community women for their professional accomplishments and contributions to San Antonio. This year's inductees included women from various branches of the military. The National Security Agency Joint Service Color Guard presented the flags during the ceremony.



Photo by Esther Garcia

## Royal invitation

King Antonio LXXXV, Joe Peacock, presents tickets to Maj. Gen. Russell J. Czerw, commanding general, Army Medical Department Center and School and Fort Sam Houston, March 1 at the Soldier and Family Assistance Center inviting the San Antonio military community to attend the annual Texas Cavaliers River Parade, one of three major parades held during Fiesta in San Antonio. The parade will be held April 23 at 7:30 p.m. on the River Walk. The ticket donation for the river parade was coordinated through the Morale, Welfare and Recreation marketing office.

## Women's History Month

### Women Making History

Maj. Gen. Gale S. Pollock is currently assigned as both the chief of the Army Nurse Corps and the acting United States Army surgeon general.

When posed with this question, "If you could be any woman in history, past or present, who would it be and why?" Pollock answered with the following:

"I would be Abigail Adams. She was an original thinker; advised against the discrimination of women limiting their contributions to society and the nation, 'allowed' to totally run the Adams' farm and businesses, which was unheard of in that time; and valued for her thoughts, opinions and talents by the president and other government leaders. Her recommendation to her husband and the Continental Congress was 'remember the ladies and be more generous and favorable to them than your ancestors. Do not put such unlimited power into the

hands of the Husbands. Remember all Men would be tyrants if they could. If particular care and attention is not paid to the Ladies we are determined to form a Rebellion, and will not hold ourselves bound by any Laws in which we have no voice, or Representation."



Maj. Gen. Gale S. Pollock

### Abigail Smith Adams

Abigail Smith Adams (Nov. 11, 1744 – Oct. 28, 1818) was the wife of John Adams and mother of John Quincy Adams. As the wife of the second president of the United States, she was seen as the second First Lady of the United States though that term was not coined until after her death.

Adams helped plant the seeds that would start women and men thinking about women's rights and roles in a country that had been founded on the ideals of equality and independence.

## Energy Conservation

### Tip of the Week

Keep unnecessary lights off, including outside lights during daylight hours. Turn switches off and issue work orders for malfunctioning photo cells or timers. Keep lights off in vacant offices, meeting rooms and service areas. For a work order, call the service call desk at 221-3144 or visit <https://fsh-intranet.amedd.army.mil>.



For more information about energy conservation, call Charles Neumann, resource efficiency manager, at 221-4147 or 215-6560.



Photo by Esther Garcia

## Remember the Alamo

Maj. Gen. Russell J. Czerw, commander, Army Medical Department Center and School and Fort Sam Houston, poses in front of the Alamo with 30 service members from the Fort Sam Houston community who volunteered to participate in the annual Memorial Service for the heroes of the Alamo.

Sponsored by the Daughters of the Republic of Texas, Alamo Mission Chapter, the service, held March 6, commemorates the 171st Anniversary of the Battle of the Alamo. The service members carried flags representing the states and nations of the known birthplaces of the defenders of the Alamo.

## Sports Briefs . . .

### Be part of 'Race for the Cure'

The 10th Annual Komen San Antonio Race for the Cure will be held March 31. To join the BAMC Medical Mile Steppers team, visit the Komen Web site at [www.sakomen.org](http://www.sakomen.org), click on "Join an Existing Team," click on "Search for a Team" and select the BAMC Medical Mile Steppers. Everyone is welcome to participate. The deadline to register as part of the BAMC team is Saturday. Seventy-five percent of the money raised by at this San Antonio event is put back into the community to help fight breast cancer and help women diagnosed with the disease. For more information about the BAMC team, call Susie Ferrise at 916-2261 or Sandy Terrazzino at 916-4457.

### Intramural tennis

Letters of intent for intramural tennis are due April 2. Send letters to the Jimmy Brought Fitness Center or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil). A coaches meeting will be held

April 5 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 12. For more information, call 221-1180.

### Spring intramural flag football

Letters of intent for spring intramural flag football are due April 2. Send letters to the Jimmy Brought Fitness Center or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil). A coaches meeting will be held April 4 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 16. For more information, call Earl Young at 221-1180.

### Boxers wanted

The Jimmy Brought Fitness Center is seeking boxers as it hosts another round of boxing excitement. Boxing at the Brought IV will be held June 2 at 6 p.m. If interested in participating as a boxer in this or future events, call the Intramural Sports Branch at 221-1180 or e-mail [earl.young@us.army.mil](mailto:earl.young@us.army.mil). Boxers must be registered and training 30 days prior to the event. For more information, call 221-1234. Event T-shirts are on sale at select locations.

## Lady Warriors become brigade champions

The Bravo, 264th Medical Battalion women's basketball team recently went on to defeat the Delta, 232nd and Bravo, 187th women's teams to become 32nd Medical Brigade champions. The Lady Warriors are Theresa Bowen, Crystal Samuels, Angela Skaggs, Taneisha Collins, Scy Seastrunk, Valencia Arredondo, Anita Collier, Michelle Juneau and Eboni Gasaway. The team compiled a perfect 7-0 record as they defeated teams from numerous companies throughout the brigade, led by head coach Harvey Player and Vanessa Walker. "I am very proud of these young women for they displayed the teamwork and dedication necessary to become champions. I urge everyone to come out to the games and not only support the Lady Warriors, but all of the Soldiers involved in these events," Player said.



The Lady Warriors

Courtesy photo

## Fort Sam Houston Independent School District

Weekly Calendar  
Monday through March 24

### Fort Sam Houston Elementary School

#### Wednesday

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

#### March 23

Spirit day  
PTO board meeting, 8:30 a.m.  
End of third nine-weeks

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

#### Monday

Cougar Pride Club meeting in Media Center, 5:30 p.m.

#### Tuesday

Cole baseball at Dilley, 6 p.m.  
JV boys tennis at Stockdale, 8 a.m.

#### Wednesday

UIL one act play district competition at St. Phillips College

#### March 22

Varsity and JV tennis – Judson/Clemens Invitational, 8 a.m.  
Golf team – Comfort Bobcat Invitational at The Buckhorn, TBA

#### March 23

End of third nine-weeks  
Varsity and JV tennis – Judson/Clemens Invitational, 8 a.m.  
Cole baseball vs. Jourdanon at Cole, 4 p.m.  
Student Council dance, TBA

#### March 24

Varsity and JV tennis – Judson/Clemens Invitational, 8 a.m.  
JV/V track meet

# AMEDD players entertain, teach

By Dr. Kathy Maxwell  
Fort Sam Houston Elementary School

To observe National Dental Health Month, interns from the Army Medical Department Center and School's Preventive Dentistry Course visited Fort Sam Houston Elementary students. Not only did the students learn about their teeth, but they also had fun in the process.

During the visit the students learned how to properly care for teeth and gums. Puppet productions, skits, plays, "Dental Rap" music and demonstrations were used to teach children about good dental hygiene. All were high energy and humorous activities which kept even the kindergartners engaged and attentive.

The interns covered numerous topics, from correct techniques for brushing and flossing and the prevention of gum disease to the parts and functions of the teeth. The children were also taught how to differentiate between primary and permanent teeth.

Kindergartners giggled at the antics of the AMEDD performers. They were most impressed with the puppets.

"The funniest characters were Plaque and Calculus," said Malike Robinson, a fifth grader. "My favorite part was the skits."

Cameron Banks and Ja'Cobie Evans, also fifth grade students, said, "We really liked the Dental Rap best."

Students received treat bags which included a toothbrush, dental floss, a dental care sticker and a special message.

The visit was sponsored by the Fort Sam Houston Dental



Courtesy photo

Spc. Taneka Hearn and Pfc. Alisha Gordon, interns from the Army Medical Department Center and School's Preventive Dentistry Course, visit Fort Sam Houston Elementary students.

Activity.

For more information about children and dental hygiene, parents can visit the following Web sites:  
[www.ada.org/prof/events](http://www.ada.org/prof/events); [www.educationworld.com](http://www.educationworld.com) and  
[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus); [www.dupagehealth.org](http://www.dupagehealth.org)

## Cole cadets shine in Fort Worth

The Robert G. Cole High School Junior ROTC team scored a major upset at the Birdville Independent School District Invitational Drill Meet held Presidents Day weekend in Fort Worth, Texas. Events included physical training, rifle team performances, push-ups, the 100-yard dash and other competitive activities. The Lady Cougars finished second overall, while the

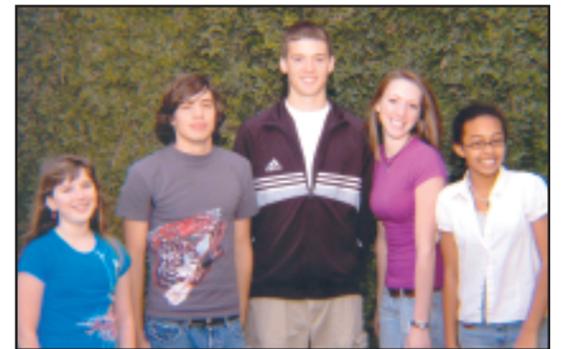
boys finished fifth against a field of 4A and 5A schools from North Texas and Oklahoma. Senior Brittany Maas came in second overall in the 100-yard dash. Sophomore Jeremy Fuentes won the competition with the best total overall score against close to 180 competitors.

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

## Principal's Students of the Month

Each month Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of

each grade level. The recipients for February are (from left) Savannah Wessies, seventh grade; Benjamin Brown, 10th grade; Lukas Sheridan, 11th grade; Michelle McClendon, 12th grade; and Ashley Erickson, eighth grade. Not pictured is Reid Pesnell, ninth grade.



Courtesy photo

## Holy Week, Passover Schedule

### Jewish

#### Passover Seder

April 2 – For more information, call Norton Shectman at 379-8666.

### Catholic

#### Palm Sunday, Solemn Blessing and distribution of Palms

March 31 at 5:30 p.m. at the Main Post Chapel.

April 1 at 8 a.m. at the Army Medical Department Chapel, 9:30 a.m. at the Main Post Chapel and 12:30 p.m. at the Dodd Field Chapel.

#### Annual Lenten Communal Penance/Reconciliation Service

April 2 at 6 p.m. at the Main Post Chapel.

#### Holy Thursday, Mass of the Lord's Last Supper

April 5 at 5:30 p.m. at the Main Post Chapel and 7 p.m. at the AMEDD Chapel.

#### Good Friday, Celebration of the Lord's Passion

April 6 at 5:30 p.m. at the Main Post Chapel and 7 p.m. at the AMEDD Chapel.

#### Great Easter Vigil

April 7 at 8 p.m. at the Main Post Chapel.

#### Easter Sunday

April 8 at 8 a.m. at the AMEDD Chapel, 9:30 a.m. at the Main Post Chapel and 12:30 p.m. at Dodd Field Chapel.

### Protestant

The Protestant Choir will present the cantata, "Who is this King?," April 1, Palm Sunday, at the 8 and 11 a.m. services.

#### The Living Last Supper

April 5 at 7 p.m.

#### Easter Sunday

Easter Protestant Outdoor Service

April 8 at 9 a.m. at MacArthur field. Refreshments will follow.

#### Protestant Service

April 8 at 11 a.m. in the Main Post Chapel.

*Note: The 8 a.m. Main Post Chapel, 1101 Contemporary Service and the AMEDD Chapel Protestant services will be cancelled Easter Sunday.*

## Distinguished service

(From left) Command Sgt. Maj. Jackie McFadden, Lt. Col. Evelyn Rodriguez-White, Sgt. 1st Class Kenneth Buccafurri and Dr. Charles Thomas Thompson are recognized for their leadership and service to the nation at the monthly retirement ceremony held at the MacArthur Parade Field Feb. 22. With over 92 years total service, the honored retirees were recognized for their commitment and service to the nation by Brig. Gen. James K. Gilman, commander, Brooke Army Medical Center and Great Plains Regional Medical Command.



Courtesy photo

### Protestant Women of the Chapel

The Protestant Women of the Chapel meet

Wednesdays from 9:30 to 11:30 a.m. and

Thursdays from 6:30 to 7:30 p.m. at the Dodd

Field Chapel. Childcare is

provided for up to age 5. Visitors are welcome.

For more information, call Lois Griffith at 226-1295 or visit [www.sam-houston.army.mil/chaplain/pwoc](http://www.sam-houston.army.mil/chaplain/pwoc).



### Operation Living Faith

The Fort Sam Houston Chapel will hold "Call to Faith," an ecumenical intergenerational retreat March 30 thru April 1 for families, couples, single Soldiers and all other ID card holders. The retreat site will be at the HEB Ranch, 12 miles outside Leakey, Texas, in the Hill Country. The suggested donation of \$25 for singles or an entire family includes meals, lodging and supplies. Attendees are responsible for their own transportation as well as bed linens and towels for the barracks-style lodging. For more information, call Brian Merry at 221-5006 or e-mail [brian.r.merry@us.army.mil](mailto:brian.r.merry@us.army.mil).

# Rehab center caters to technology-savvy generation

By Elaine Wilson

Fort Sam Houston Public Information Office

With a one-of-a-kind virtual reality simulator and a sports program that could challenge even the most intense extreme sports fan, the Army's new physical rehabilitation center offers patients "therapy disguised as fun," said Col. John Shero, deputy chief of administration, Brooke Army Medical Center, at a March 8 facility tour.

The four-story, 65,000-square-foot Center for the Intrepid includes clinical, research and administrative space; a gait lab; a Computer Assisted Rehabilitation Environment, or CAREN; indoor running track; two-story climbing wall; and a prosthetic fabrication laboratory.

"The equipment and technology are without parallel anywhere in the world," said Col. Mark Bagg, director, CFI, and chief of orthopedics, BAMC.

All of it is designed to help wounded warriors with severe extremity injuries, burns and amputations maximize their ability to live and work productively. The custom equipment is also designed to ensure the wounded warriors have some fun along their road to recovery.

The Military Performance Lab, for instance, includes the CAREN, a 21-foot dome with a 300-degree screen that displays a variety of virtual realities. Patients stand on a moving platform that can sway like a speed boat on a choppy ocean or incline when taking a simulated hike through the woods. City street simulations also help patients transition to the hustle of everyday life as they dodge fast walkers on crowded city streets. The state-of-the-art simulator is one of nine in the world and the only one in the United States.

The Firearms Training Simulator puts wounded warriors through a series of dangers, testing their ability to swiftly react and fire on threats. FATS not only trains their hand-eye coordination, but also keeps patients current with weapons systems common to the military.

"It feels great," said Marine Staff Sgt. Alejandro Del Rio, who was trying out the simulator for the first time. Del Rio was severely wounded in Iraq by a bomb blast. He lost both of his legs below the knee, sustained damage to his right arm and part of his left hand and forearm.

Despite the injuries, Del Rio fired with ease.

On the sports front, patients can work their way to the top of a 21-foot climbing tower or play volleyball in the six-lane pool. "The Flowrider," which enables wounded warriors to "ride" the waves on a bodyboard, is used to improve balance, coordination and strength.

"It's physically exerting, but you get this rush," said Staff Sgt. William Corp, a below-the-knee amputee, who excelled at The Flowrider on his first try.

Much of CFI's equipment is geared, not just toward rehabilitation, but research. The gait lab analyzes human motion, with an emphasis on walking. The information collected at the lab, as well as from the CAREN, can ultimately help physicians, physical therapists and prosthetists adjust their treatment plans and improve patient function.

"We're learning at the same time the patients are getting therapy," Bagg said.

The Center for the Intrepid was a gift to the Army from Americans. More than 600,000 people donated \$50 million to the Intrepid Fallen Heroes Fund to build the center, which opened with much fanfare in late January.

The facility, Bagg said, is a "dream come true."



Photo by Elaine Wilson

Marine Gunnery Sgt. William Gibson Jr. strengthens his core muscles by balancing on a bodyboard in "The Flowrider" he called "a blast." Gibson, an above-the-knee amputee, was injured in May 2006 when he was shot by a sniper in the left knee while deployed to Iraq.

Gibson balances on a bodyboard "dropknee" style as he tries out "The Flowrider" for the first time.

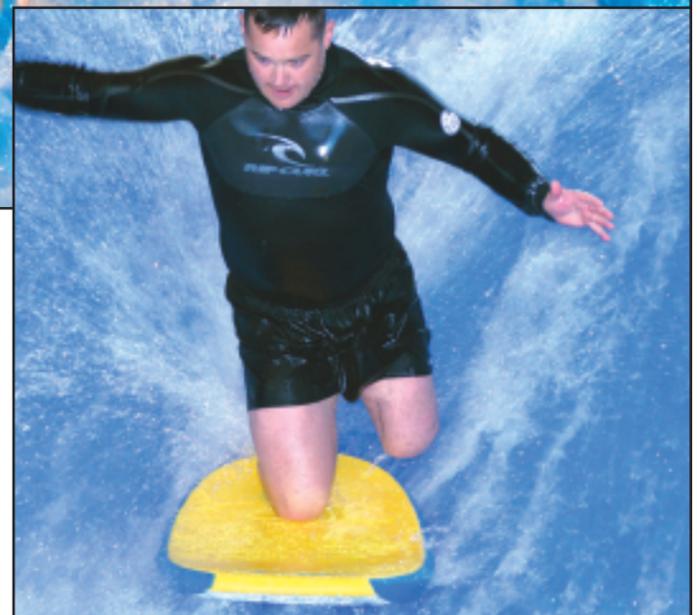
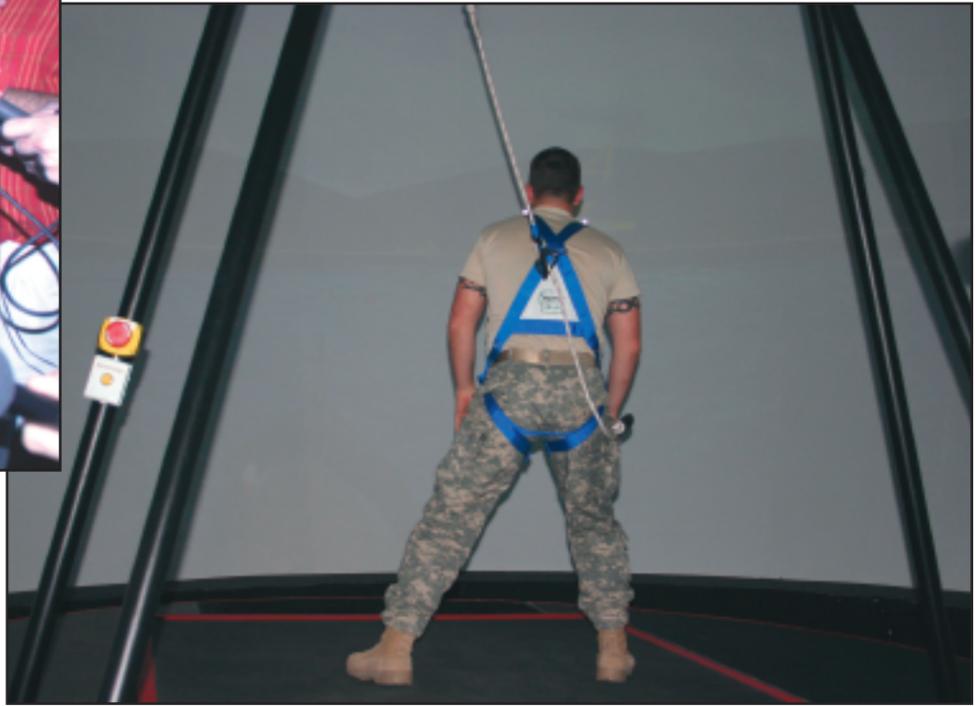


Photo by Cheryl Harrison



(Left) The CAREN system consists of a motion platform, a 3-D video projection screen, patient motion-capture capability and a graphics workstation.



(Right) First Lt. Sean Suttles tests his balance on a simulated speed boat in the Computer Assisted Rehabilitation Environment. The CAREN is a 21-foot dome with a 300-degree screen on which a variety of virtual reality scenarios can be displayed, from a boat ride to a busy city street. The state-of-the-art simulator is one of nine in the world and the only one in the United States.

Photo by Cheryl Harrison

Photo by Elaine Wilson



Photo by Elaine Wilson  
Sgt. John Botts walks in the gait lab as cameras use infrared light to track the position of reflective markers placed on his body. The lab is equipped with treadmill, stairs, elevated parallel bars and uneven surfaces to help patients adjust gait and strengthen muscles. The data is used for research and also to help physical therapists customize treatment.



Photo by Elaine Wilson  
(Above) John Ferguson, lead prosthetist at the Center for the Intrepid, uses a digital scanner to create a 3-D image of Spc. David Lawsen's leg. The image will aid him in the creation of Lawsen's prosthesis.



Photo by Elaine Wilson  
(Above) Ferguson shows Lawsen the scanned image of his leg. The image, which took only a few seconds to capture, can be manipulated so Ferguson can view it from different angles. Lawsen was injured in a motorcycle accident the day before he was supposed to deploy to Iraq.

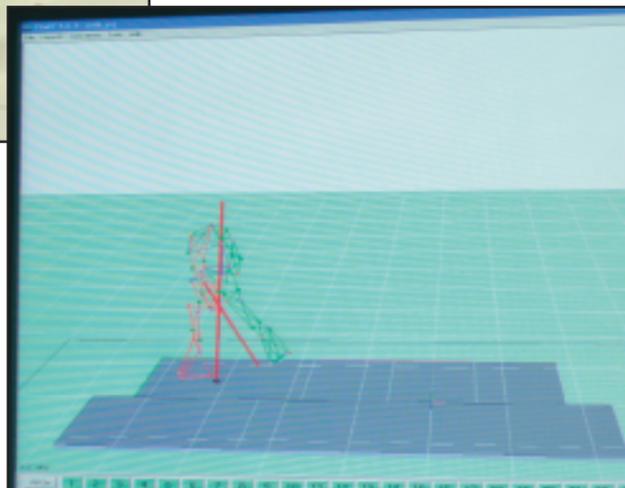


Photo by Elaine Wilson  
Botts' movements show up "real time" on a display.

## Child and Youth Services

### Patron survey

The Child and Youth Services Child Development Center and School Age Services are currently surveying patron needs for early morning facility openings. The survey can be completed at the child's activity. The survey will assist the activity in setting hours of operation that best serve the needs of the community.

### Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet the staff and learn of upcoming events and parent education opportunities.

### Early morning childcare

The Child Development Center and School Age Services program will open at 5 a.m. effective March 29 for a 30-day period for patrons requiring early morning part time hours. A review will be conducted at the end of the 30-day period to assess program usage and cost effectiveness. If program demand is low or not cost effective the facilities will return to their regular morning hours. Patrons will need to reserve two weeks in advance. Regular full day or before school users will pay their usual monthly rate. Intermittent users will pay a non-refundable, hourly fee rate that will be paid at the time of reservations. For more information, call Central Registration at 221-4871 or 221-1723.

### Baseball registration

Youth baseball registration is ongoing at Central Registration for children ages 3 to 17.

Participants must be registered with Child and Youth Services. To register, patrons must have a current sport physical, updated shots for kindergarten through fifth grade, child's Social Security number, two local emergency designees, sponsor's Leave and Earnings Statement and spouse's W-2 form. There is an \$18 registration fee and \$45 baseball fee. If financial documentation is not provided patrons will be placed in the highest income category. For more information, call Central Registration at 221-4871 or 221-1723.

### Baseball coaches needed

The Child and Youth Services Sports Program is recruiting for volunteer baseball coaches. Applicants must consent to and clear background checks. For more information, call 221-4871 or 221-5513.

### Sports registration requirements

Registration for any Child and Youth Services sports requires a current sport physical and shot records for children fifth grade and younger, two local emergency designees, \$18 registration fee, activity fee, child's Social Security number, sponsor's Leave and Earnings Statement and spouse's W-2 form. Patrons who do not provide income verification will be placed in the highest income category.

### Intermittent childcare

Child and Youth Services provides hourly care for families seeking intermittent childcare. Children must be registered with CYS. Care is based on availability and must be reserved in advance. School Age Services offers five to 10 free hours of open recreation to registered SAS users Monday through Friday from 3 to 6 p.m. for first through fifth grade children and must not exceed two days per week. For more information, call Central Registration at 221-4871 or 221-1723.

### Instructors needed for SKIES

The Schools of Knowledge, Inspiration,

Exploration and Skills seeks instructors in the following areas: dance, swimming, cooking, self-defense, art, voice, gymnastics, ceramics, stained glass, basic automobile, rollerskating, SAT/ACT preparation, astronomy, basic budgeting, science exploration, languages and sewing. SKIES instructors must successfully pass background clearances, be current in infant, child and adult cardiopulmonary resuscitation and first aid. Classes will be taught at Fort Sam Houston for ages 3 through 18, when age appropriate. For more information, call 221-0497.

### Off-post childcare options

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local community. There are two childcare centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information or to inquire about childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

### Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office in Building 2797 from 8 a.m. to 4:30 p.m.

### FCC providers

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

### Home-based childcare

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

## Youth Center Happenings

**Cooking classes** will be held every Friday and Saturday from 5 to 6 p.m. with the following dishes:  
Friday – Sweet Shamrocks  
Saturday – Kiwi Lime Pie  
March 23 – Chicken Parmesan  
March 30 – Oreo Milkshake

### Club meeting schedule:

Monday – Computer Club, 5 p.m.  
Tuesday – Triple Play, 5 p.m.  
Wednesday – Photo Club, 5 p.m.  
March 22 – Passport to Manhood, 5 p.m.  
March 26 – Ultimate Journey, 5 p.m.

### Arts and Crafts schedule:

Today – friendship quilt  
March 22 – lava lamps  
March 24 – mini album  
March 29 – shell candles

### Field trips and events:

Saturday – St. Patrick's dance, 8 to 11 p.m., members, \$3, visitors, \$4  
March 23 – Youth center dinner at Asian buffet, 6:30 p.m.  
March 24 – Youth vs. parents/staff basketball, 8 p.m.  
March 30 – Pajama movie night, 7 to 9 p.m.  
March 31 – Hail/farewell/birthday party, 7 p.m.

## Community Recreation

### 5K fun run, walk

Support National Nutrition Month and participate in the 5K fun run and walk March 24 at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

### 3-D archery shoot

The next 3-D archery shoot will be held March 24 and 25. Registration is 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. The cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

### Run, bike duathlon

The Fort Sam Houston 5K/14 mile/5K duathlon #3 will be held March 25 at 7:30 a.m. at the Brigade Gym. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

### Skeet and trap range

Open skeet shooting is available at the Randolph Air Force Base Skeet and Trap

Range. The range is open Wednesdays from 1 to 6 p.m. and Saturdays and Sundays from 9 a.m. to 3 p.m. The range offers shotguns for rent and Five Stand Skeet shooting for enthusiasts to test their skills. Skeet tournaments are held throughout the year. Texas residents must have a current Texas Skeet Shooting Association card to participate. For more information, call the Skeet and Trap Range on Randolph AFB at 652-2064.

### Transfer home movies to DVD

Take 8 mm home movies of family and friends to the Arts and Crafts Center at Lackland Air Force Base and have them transferred to DVDs. The cost is \$7.50 per hour plus the cost of the disc. For more information, call 671-2515 or 671-2269.

### Golf Club, 221-9386

#### Warriors monthly scramble schedule change

In April the Warriors Monthly Scramble will move to the first Friday of each month. The next tournament will be held April 6. The shotgun start will remain at 12:30 p.m. Register up to four players to participate in the tournament. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club's Pro Shop or for more information call 222-9386.

### Bowling Center, 221-3683

#### Quick-Play bingo

Quick-Play bingo units are available at the Fort Sam Houston Bowling Center. Quick-Play is a personal handheld device that allows patrons to play bingo by using simple touch-screen technology. Choose up to four bingo cards to play at the same time. Each unit is lightweight and easy to use. The device can be used by bingo enthusiasts who want to play alone at a time convenient to them or by bowling center patrons awaiting their chance to bowl. For more information, call the bowling center at 221-3683.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Family-style Sunday brunch

Brunch is held the first and third Sunday of each month. The next brunch will be held Sunday from 10 a.m. to 1:30 p.m. at the Sam Houston Club. The brunch features a kids' meal station, a chocolate fondue sta-

tion, complimentary champagne and an international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

#### All-you-can-eat pasta family night

Family night at the Sam Houston Club will be held March 23 from 5:30 to 7:30 p.m. Bring the entire family and indulge in the all-you-can-eat pasta and pizza bar. The cost is \$9.95 for adults, \$6.95 for children ages 6 to 11 and free for children age 5 and younger. Children's games and activities provided. For more information, call 224-2721.

#### All-you-can-eat hotdogs - Super TGIF

In celebration of National Hotdog Day, the Sam Houston Club will offer an all-you-can-eat hot dog bar March 30 from 5 to 7 p.m. in the Seguin room. Live entertainment will be provided. For more information, call 224-2721.

#### National Hoagie Day - Super TGIF

April 6 is National Hoagie Day. Stop by the Sam Houston Club and celebrate this American delight at Super TGIF starting at 6 p.m. Free hoagies will be served, and an on-site disc jockey will play the latest tunes. For more information, call 224-2721.

#### Big Bucks Bingo

A guaranteed giveaway of \$10,300 in prize money is for the taking in Big Bucks Bingo April 7 at the Sam Houston Club. Doors open at 12:30 p.m. For more information, call 224-2721.

#### Easter Brunch

Reservations for Easter Brunch at the Sam Houston Club are now being taken. Easter Brunch will be April 8 from 10 a.m. to 2 p.m. A variety of breakfast, lunch and dessert items will be served. The cost for members is \$15.95 for adults, \$7.95 for youth 6 to 11 years old and free to youth age 5 and younger. Nonmembers pay \$17.95 for adults, \$8.95 for youth 6 to 11 years old and free to youth age 5 years and younger. To make reservations or for more information, call 224-2721.

#### Harlequin Dinner Theatre, 222-9694

The comedy "Bus Stop," by William Inge, will play at the Harlequin Dinner Theatre through March 31. Tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays

### Comedy show

The Sam Houston Club and Prime Entertainment present a night of comedy Friday from 9:30 to 11 p.m. at the Sam Houston Club. The show features James Ponce, Walter Campbell and Jesse Pangelinan. Advance tickets are \$10 and include dinner with the show; tickets purchased at the door are \$15. An after-party will immediately follow the show. Content may not be appropriate for individuals under 18 years old. For more information, call the MWR Ticket Office at 226-1663 or 224-2721.

and Saturdays. The doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For reservations or more information, call 222-9694.

### MWR Ticket Office, 226-1663

Tickets are on sale at the MWR Ticket Office for local attractions and events as well as for out-of-state theme parks. The ticket office is located inside the Sam Houston Club and open Tuesday through Friday from 10 a.m. to 5 p.m. and closed Saturday, Sunday and Monday. Effective April 5, the hours of operation at the ticket office will change to its extended summer schedule. Its hours will be Tuesday through Friday from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, call 226-1663 or 224-2721.

### Coushatta Casino Resort Trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La., April 10 at 7 a.m. and will return April 11 at 10 p.m. The bus will depart from the Sam Houston Club. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office by April 4. For more information, call 226-1663 or 224-2721.

### Texas Hold 'Em tournament

The 2007 Texas Hold 'Em tournament first round will be held March 30 from 6 to 10 p.m., and the second round will be held March 31 from 10 a.m. to 2 p.m. at the Sam Houston Club. Sign up by March 28. The first place winner receives a \$500 gift card in the double elimination tournament. First place winners from each participating Army installation will be invited to compete in an online final competition and get a chance to win grand prizes. The first place online winner will receive an ultimate home theater package, second place receives a laptop computer and third place a \$650 gas card. Participants must be at least 21 years old. The registration fee is \$15 and includes a sandwich plate and unlimited soft drinks. The event is sponsored by Coca-Cola (Vault Energy Drink) and Coors Light. For more information, call 224-2721.

**Events**

**Spouses Club outing**

The Spouses Club will hold an outing to Gruene, Texas, for Market Days Sunday at 1:30 p.m. Shop among 100 gifted artisans and craftsmen for jewelry, sculpture, furniture, pottery, spices and more. Membership to the Spouses Club is now open to spouses of all ranks. Carpoolers will meet in the Commissary parking lot at 1:30 p.m. For more information or reservations, call Alicia Utz at 807-3111 or e-mail a-to-z@earthlink.net.

**MOAA luncheon**

The Military Officers Association of America, Alamo Chapter will host a luncheon March 22 at the Sam Houston Club. The guest speaker will be Rick Castrom, chief of the Combat-Related Compensation Board, Air Force Personnel Center, Randolph Air Force Base. His presentation will cover information on combat-related special compensation and concurrent receipt policies. The cost of the luncheon is \$16. Reservations must be made by Friday. For more information or to make reservations, call 228-9955.

**Scholarship Beauty Pageant**

A Scholarship Beauty Pageant will be held March 25 from 2 to 7 p.m. at the Army Community Center, Building 2797, Stanley Road. The event is sponsored by Texas Universal. "Miss and Master Universal Faces" and "Dots-n-Daisies" is open to infants through 25 years old, no experience is necessary. Male and female participants are eligible. Events will include beauty, Sunday best, dress or suit, formal gown or tuxedo, casual wear and interview. Winners will receive cash payouts, satin embroidered sashes, rhinestone crowns and gifts. For more information or entry forms, call 863-6361 or e-mail Txummi@sbcglobal.net.

**Hiring Heroes Career Fair**

The Hiring Heroes Career Fair will be held March 27 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road. Attendees should bring copies of their résumé and be prepared to meet with recruiters. For assistance with résumé building, call the Army Career and Alumni Program at 221-1213 or the Family Member Employment Assistance Service Program at 221-0516. For more information, call Michael Main at 221-0619 or e-mail michael.main@samhouston.army.mil.

**NAF property cash and carry sale**

Items of property will be sold March 27 and 28 from 9 a.m. to 3 p.m. in Building 4192, Bay "A." Cash and personal checks with picture ID will be accepted as forms of payment. All sales are final. Property is sold as is, where is. Items must be removed at the time of purchase. There will not be a prior viewing of sale property. To receive a list of property for this sale, e-mail the warehouse supervisor at Lonnie.O'Haver@samhouston.army.mil. For more information or directions, call 221-4449 or 221-4950.

**Military Community Job Fair**

The Military Community Job Fair will be held March 28 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. Attendees should bring copies of their resume and be prepared to meet with recruiters; more than 100 employers will be at this event. The job fair is sponsored by several Fort Sam Houston and Randolph Air Force Base military community services, the U.S. Department of Labor/VEETS, the Texas Veterans Commission and the Disabled American Veterans. For more information, call the Army Career and Alumni Program at 221-1213.

**ROA offers scholarships**

The Reserve Officers Association is accepting applications for the Henry J. Reilly Memorial Scholarship. Applications are available online at [www.roa.org/site/PageServer?pagename=reilly\\_scholarship](http://www.roa.org/site/PageServer?pagename=reilly_scholarship). The submission deadline is April 10. A minimum of 60 scholarships will be awarded to graduate and undergraduate children and grandchildren of members. For more information, e-mail

henry.david.Pendleton@us.army.mil.

**'Tour of Homes'**

The Spouses Club will host a "Tour of Homes" April 14 on Fort Sam Houston. Tickets will be on sale Saturdays throughout March in front of the Fort Sam Houston Post Exchange between 10 a.m. and 2 p.m. Cost of tickets are \$10 in advance or \$15 the day of the event. Tickets may also be purchased by calling Christen Jensen at 212-5725.

**Joint services luncheon**

The Spouses Club and the Lackland officers' spouses' clubs will host a Joint Services Luncheon March 29 at 11 a.m. at the Lackland Gateway Club. The guest speaker will be "Heloise" the columnist. Cost for the luncheon is \$12 and \$15, and must be paid in advance. For reservations, call Jen at 595-3179. For tickets by mail, send a check to LOSC, P.O. Box 27491, San Antonio, Texas, 78227. For more information, call Susan Luciano at 475-9973.

**Welfare funds**

The Spouses Club applications for welfare funds are available at the Army Community Services' front desk, Building 2797, or by calling Sue York at 845-4490. The Spouses Club contributes to non-profit organizations supporting the welfare of the armed forces and their families located at Fort Sam Houston and Camp Bullis. Applications must be postmarked by April 1.

**Child Abuse Prevention Conference**

A Child Abuse Prevention Conference will be held April 14 from 8 a.m. to 4 p.m. at Army Community Service, Building 2797, Stanley Road. Sessions include "Recognizing Increased Support Requirements in High Stress Deployed Military Families - A Critical Role for Child and Youth Serving Professionals," presented by Col. Elisabeth Stafford and Maj. Keith Lemmon, and "Strengthening Families: Preventing Abuse Before It Happens," presented by Melissa Jijerina. For more information, call Marjorie Loya at 221-9826.

**Meetings**

**Disabled American Veterans Meeting**

The Disabled American Veterans, Alamo Chapter 5, will hold their meeting Saturday at 10 a.m. at the Rolling Oaks Christian church, 7150 Stahl Road, San Antonio, behind Wal-Mart. For more information, call Albert Erazo at 651-7303 or Duke Hendershot at 830-624-1949, or visit [www.davalmot.org](http://www.davalmot.org)

**Retired Officers' Wives, Widows meet**

The Retired Officers' Wives and Widows Club will meet March 27 at 11 a.m. at the Sam Houston Club. Guests are welcome. For more information or reservations, call Arline at 822-6559.

**The on-post chess club**

The on-post chess club meets Mondays from 5 to 7 p.m. in the Brooke Army Medical Center Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. Chess sets are provided on site. For more information, call Michael Oakes at 550-3153

**Training**

**Army's E-Learning**

The Army e-Learning program provides free training for active Army, National Guardsmen, Reservists, ROTC cadets and Department of the Army civilians with access to more than 2,000 commercial Web-based information technology, foreign language, business, leadership and personal development courses. Courses are accessible 24/7 from anywhere using an Internet connection. Army e-Learning benefits include opportunities for enlisted personnel promotion points and over 40 certification programs, such as MCSE, A+, CISSP, Cisco, Oracle and more. For more information, call Julie Gueller at 221-6203 or e-mail

Julie.Gueller@us.army.mil

**Vincennes University**

A Vincennes University representative will be available March 28 from 1 to 3 p.m. at the Education Center, Building 2248. For more information, call Dallas May at 800-468-7480 or 812-888-5633, or e-mail [dmay@vinu.edu](mailto:dmay@vinu.edu).

**Volunteer**

**Lackland orthodontic seeks patients**

The Tri-Service Orthodontic Residency

Program is seeking orthodontic patients. Evaluations for treatment are open to active duty personnel, family members of active duty under age 17, retirees and their family members under age 17. Patients must live within a 60-mile radius of San Antonio and must be stationary for a minimum of 24 months. Active duty members must fax or hand-carry a referral form, Standard Form 513, from their dental treatment facility to the Dunn Dental Clinic at Lackland Air Force Base. For more information, call 292-2579.

**It's Not Easy Being Green 2007 Spouse Conference**

Military spouses wear many hats. Don't miss this opportunity to recharge your batteries and have some fun. Pick up advance registration forms at Army Community Service, library, Sam Houston Club, Brooke Army Medical Center medical mall information desk and Child and Youth Services Central Registration. Registration won't be available on the day of the conference. If unable to attend the entire conference, join us for a portion. For more information, call Judith Markelz at 241-0811 or Suella York at 845-4490.

**Workshop Schedule:**

**March 29, 10 to 11 a.m. - Workshop A**

- A-1 Bouquets that bloom - floral centerpiece arranging, (\$6 materials fee, limit 12 participants)
- A-2 Who you gonna call? - tour guide Docia Williams (interesting information around San Antonio)
- A-3 Decorating quarters for pennies - useful tips for military families
- A-4 Strike a pose for yoga - learn the basics
- A-5 Mirror, mirror on the wall - whose expression tells it all?

**11:15 to 12:15 a.m. - Workshop B**

- B-1 Hands on for hand stamping
- B-2 Discovering the Lone Star State - day and weekend trips
- B-3 These boots weren't made for walking - line dancing
- B-4 Kochen and Deutscher art - German cooking (limit 20 participants)
- B-5 There's an elephant in the room - looking for the right thing to say

**1:15 to 2:15 p.m. - Workshop C**

- C-1 Military life, a little less green - navigating community resources
- C-2 Just bead it - jewelry making (\$2 materials fee, limit 12 participants)
- C-3 Sultry salsa dancing - just in time for Fiesta
- C-4 Don't let fitness "weigh" you down - light weight training (wear loose clothing)
- C-5 Sketelons in the closet - historic Fort Sam Houston quarters and occupants

**March 30, 10 to 11 a.m. - Workshop D**

- D-1 The yellow rose of Texas - container gardening and Texas plants
- D-2 Paper pizzazz - scrapbooking and photo frames
- D-3 Scam alert! - Internet safety
- D-4 Show them what you are made of - crafting an impressive resume
- D-5 Get your poker face on! - learn Texas-Hold'em

**11:15 a.m. to 12:15 p.m. - Workshop E**

- E-1 Aromatherapy - how to relax in a chaotic world
- E-2 Self-defense for women - all the right moves (wear loose clothing, no shorts)
- E-3 Just bead it - jewelry making (\$2 materials fee, limit 12 participants)
- E-4 Tool time - basic home repairs we should all know
- E-5 Getting into the swing of things - swing dancing

**"It's Not Easy Being Green" 2007 Spouse Conference  
March 29 and 30 at Dodd Field Chapel  
REGISTRATION FORM**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please identify the workshops you wish to attend each day. Using the list above as a reference, indicate the two-character codes in order of your preference. You will receive your complete two-day schedule as part of your onsite check-in, which begins at 8:30 a.m. March 29. Please include your second and third choices

for workshops in case the classrooms reach capacity. Workshop preferences will be allocated on a first-come first-served basis. Both days are full of exciting workshops, but if you are unable to attend the entire conference, please join us for whatever portion accommodates your schedule.

**Thursday Workshop Series A  
10 to 11 a.m.**

Sample: A3  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_

**Thursday Workshop Series C  
1:15 to 2:15 p.m.**

Sample: C2  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_

**Friday Workshop Series D  
10 to 11 a.m.**

Sample: E5  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_

**Thursday Workshop Series B  
11:15 a.m. to 12:15 p.m.**

Sample: B3  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_



**Friday Workshop Series D  
11:15 a.m. to 12:15 p.m.**

Sample: D3  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_

\*Please enclose your check or money order for the \$5 conference fee payable to IMWRF with this completed registration form and mail both to: Judith Markelz, 405 Crestwind Drive, San Antonio, TX 78239. Registrations must be postmarked no later than Wednesday. Registration is not available on the day of the conference. If additional fees for materials apply to the workshops you have chosen, please be sure to include those fees along with your conference registration fee conference.

\*\* Classes and instructors are subject to change  
\*\*\* Limited free childcare is available at Dodd Field Chapel. Attendees must pre-register for childcare at CYS Central Registration at the Roadrunner Community Center, Building 2797. An up-to-date shot record will be required.

### Submission guidelines:

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

ads will not be published. To submit a Fort Freebie, e-mail [news.leader@sam-houston.army.mil](mailto:news.leader@sam-houston.army.mil) or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** Whirlpool washer and dryer, \$450. Call 713-382-2112.

**For Sale:** Polaroid 37-inch widescreen LCD HDTV with built in digital ATSC/NTSC dual tuner, \$850. Call 845-3919.

**For Sale:** Air hockey game from DMI sports, 6 feet, \$100; Nordic Track Exp 1000 treadmill, \$100. Call 852-6927.

**For Sale:** Mitsubishi 62-inch DLP TV with stand, \$2,300. Call 912-4422.

**For Sale:** Sony 36-inch TV, FD Trinitron, \$500. Call 685-9306.

**For Sale:** 1967 Cadillac Deville convertible, baby blue with new white top and head liner, white leather interior, 83K miles, restored. Call 386-3066.

**For Sale:** Solid brass queen size bed

frame, box springs and mattress with extra support to convert to king; Amana refrigerator and frost free freezer with ice maker. Call 403-2125.

**For Sale:** Guardian Aspire M11 electric wheelchair, \$400. Call 639-1039.

**For Sale:** 2004 Nissan Sentra, SE-RS-Spec-V, six speed with upgraded wheels and tires with music system, 31K miles, \$12,300. Call 221-8455, 662-9263 or 334-1816.

**For Sale:** 1994 Chevrolet Corvette, red, tinted windows, leather seats, pioneer system, 39,000 miles, \$18,000. Call 680-1079.

**For Sale:** Ferret with cage, \$50. Call 393-2864.

**For Sale:** Cherry wood entertainment armoire with pocket doors for up to 35-inch TV, cabinet doors with shelves behind for

other components and storage, \$250. Call 224-4428, leave a message.

**For Sale:** New lightweight golf cart, \$35; 10-quart Revere Ware cooking pot, \$10; shovel, \$2; carpet remnant, 70 inches by 64 inches, \$5; occasional chair maple with green cushions, \$50. Call 650-0108, leave message.

**For Sale:** Murray riding lawnmower, 17 1/2 hp, 42-inch cut with large trailer, \$450; Hummel figurines; 2003 Honda Valkyrie, 1500cc, very low miles with extras, \$9400. Call 590-0110.

**For Sale:** 1992 Ford premier van with luxury conversion by Magnum, loaded, 14,380 average annual mileage, maintenance records available, runs great, \$2,695. Cash only. Call 659-6741, leave message.

**For Sale:** Vintage child's student desk,

blue metal with wood seat, \$25 obo; girl's 20-inch bike, needs brakes fixed, free; boy's 20-inch bike, needs inner-tube, \$20; Bassett infant crib, oak with headboard, footboard and open slat side rails, \$100; ladies semi-formals, size 10, \$25. Call 826-0882.

**For Sale:** Broyhill wood dining table, \$65; corner TV stand with storage below, \$50; small rocker, \$15; man's bowling ball, \$5. Call 656-7840.

**For Sale:** German Schrank, 11-feet long by 88-inches high, contemporary style, dark mahogany finish, \$250; galvanized pasture feeder, \$100; wooden wheeled wine cart, \$35; cast iron hand well pump, \$75; galvanized stock tank, 90-gallon, \$25. Call 830-438-2860 after 6 p.m. or 218-2975, leave message.