



## Briefs . . .

### President's Commission visit

Members of the President's Commission on Care for America's Returning Wounded Warriors will visit Brooke Army Medical Center today. The Commission invites service members who have been injured in Iraq or Afghanistan, health care providers and others to meet privately with members of the Commission to share their concerns and views. For more information or to participate, call 1-877-588-2035.

### Public Commission meeting

The President's Commission on Care for America's Returning Wounded Warriors will hold a public meeting Friday from 10 a.m. to 4:30 p.m. at the Hilton San Antonio Airport, 611 NW Loop 410.

### 232nd change of responsibility

The 232nd Medical Battalion change of responsibility ceremony for outgoing Sgt. Maj. Gilberto Martinez-Torres will be held Monday at 8 a.m. at the MacArthur Parade Field.

### Practical Nurse Course graduation

The graduation ceremony for the Brooke Army Medical Center, Practical Nurse Course, 68WM6, Class 06-05, will be held Tuesday at 10 a.m. in the BAMC Auditorium, fourth floor. For more information, call Nancy Long at 295-4050.

### ISR 1 training

Mandatory orientation training for Installation Status Report, Infrastructure points of contact – directors, program managers or representatives — for installation activities will be held Wednesday from 7:30 to 11:30 a.m. in Building 4196 in the scheduling room. For more information, call Barta at 295-4922 or judy.barta@us.army.mil.

### Army Knowledge Online training

Army Knowledge Online training will be held May 15 from 1 to 4 p.m. and May 24 from 1 to 4 p.m. in Willis Hall, Classroom 2105C. For more information, call Julie Gueller at 221-6203 or e-mail Julie.Gueller@us.army.mil.

### Quadrangle closure

The Fort Sam Houston Quadrangle will be closed to the public through May 17 due to training.

### Asian Pacific Expo

An Asian Pacific Expo will be held May 26 from 11 a.m. to 5 p.m. at the Fort Sam Houston Commissary parking lot. The expo will feature exhibition dances, vendors, food and the talent search finals. For more information, call Master Sgt. Ricky Evans at 295-0561 or contact a unit equal opportunity adviser. To request reasonable accommodation for a disability, call 221-0218.

### Housing activities

#### Salsa cook-off

In May, Lincoln Military Housing will celebrate Cinco de Mayo with a salsa cook-off Friday from 12 to 2 p.m. at Dodd Field. The Fort Sam Houston Fire Department will judge all salsa entries. Prizes will be awarded to the first, second and third place winners.

#### Mother's Day poetry contest

Mother's Day is May 13. LMH encourages children of on-post residents to submit a poem about their mom to the housing office by 5 p.m. Tuesday. The best poem will earn the author a spa gift certificate for mom. The winner will be notified by May 10. For more information, call LMH at 270-7638.



Photo by Esther Garcia

## Military on parade

Staff Sgt. Russell Burnham, Fort Sam Houston military ambassador, and Air Force ambassadors representing their respective bases wave to the crowd at the Battle of Flowers parade Friday. The military ambassadors participated in more than 60 Fiesta activities throughout San Antonio sharing their military experiences with the community. **See more photos on Pages 12 and 13.**

# Case managers navigate 'medical maze' for patients

By Elaine Wilson  
Fort Sam Houston Public Information Office

When service members injured in war first arrive at Brooke Army Medical Center, they not only have to face the daunting task of recovery, but also have to navigate a medical maze of treatment plans, appointments and paperwork.

But they don't have to do it alone. BAMC's staff includes 15 outpatient case managers whose sole purpose is to guide service members injured in Operations Iraqi and Enduring Freedom along their road to recovery.

"We coordinate medical care for service members from when they first get here to when they either return to duty or separate," said Lt. Col. Donna Rojas, BAMC chief of Case Management. "We serve as a link between the doctors and

patients so the patients can focus on getting well."

It is the case managers' job to take on the mire of challenging administrative and sometimes personal details for patients from setting up medical appointments to making lodging reservations for incoming family members and everything in between.

"Each case is unique," Rojas said. "We've had service members with Family in other countries, such as Bulgaria, and helped them with their travel to the U.S. We have come across a variety of issues, many related to Family, and help in any way we can."

"The key is to be resourceful and flexible," she added.

BAMC employs 18 inpatient and outpatient case managers for the OIF/OEF mission, each with an average of less than 35 patients assigned at one time — three are dedicated to burn

See **CASE MANAGERS** on Page 4

# Army moves out to fix wounded warrior care across service

By Fred W. Baker III  
American Forces Press Service

WASHINGTON — Walter Reed Army Medical Center's woes in wounded warrior care have either been fixed, or are being fixed, the vice chief of staff of the Army said.

"These things that were problems at Walter Reed ... almost all of them have been resolved or are being resolved and we are now moving out to fix it across the Army," said Gen. Richard A. Cody talking to reporters at Walter Reed.

"We've got the right people working the right issues. Our Soldiers have been

absolutely honest and forthcoming. They want to make it better for the Soldiers who come behind them," Cody said.

Cody was at the center for the activation of its new Warrior Transition Brigade. The new brigade structure will serve as the model for all of the Army's medical treatment facilities with a wounded warrior population.

"We'll learn here ... and we're going to take that and cascade it throughout the Army," Cody said.

Cody conceded that some problems, such as some changes to the medical board process, couldn't be fixed quickly because those changes are made above

the Army level. But, all recommendations for those changes have been sent to the Defense Department, he said.

"Since March, an Army team tasked with surveying wounded warrior care across the service has visited all Army medical treatment facilities and hospitals," Cody said. The team reported its findings to Cody April 24, but the report is not yet final or released, he said.

"The team's preliminary findings were not surprising and mirrored those of the Independent Review Group tasked by the Defense Department," Cody said.

See **WOUNDED WARRIOR CARE** on Page 3

# Commander updates running policy

The Formation Running and Jogging Policy for Fort Sam Houston has been updated. The following policy, announced by Maj. Gen. Russell Czerw, installation commander, designates certain roads for physical training.

Williams, W.W. White, Harney and Nursery roads on Fort Sam Houston are known as "the loop." About 3,000 Soldiers use the loop Mondays through Fridays during the early morning hours for physical training. Vehicles are prohibited from driving on the loop from 5:30 to 6:30 a.m. with the exception of personnel traveling to the elementary school, golf course maintenance facility and dining facility. The Director of Emergency Services will issue special passes to those personnel.

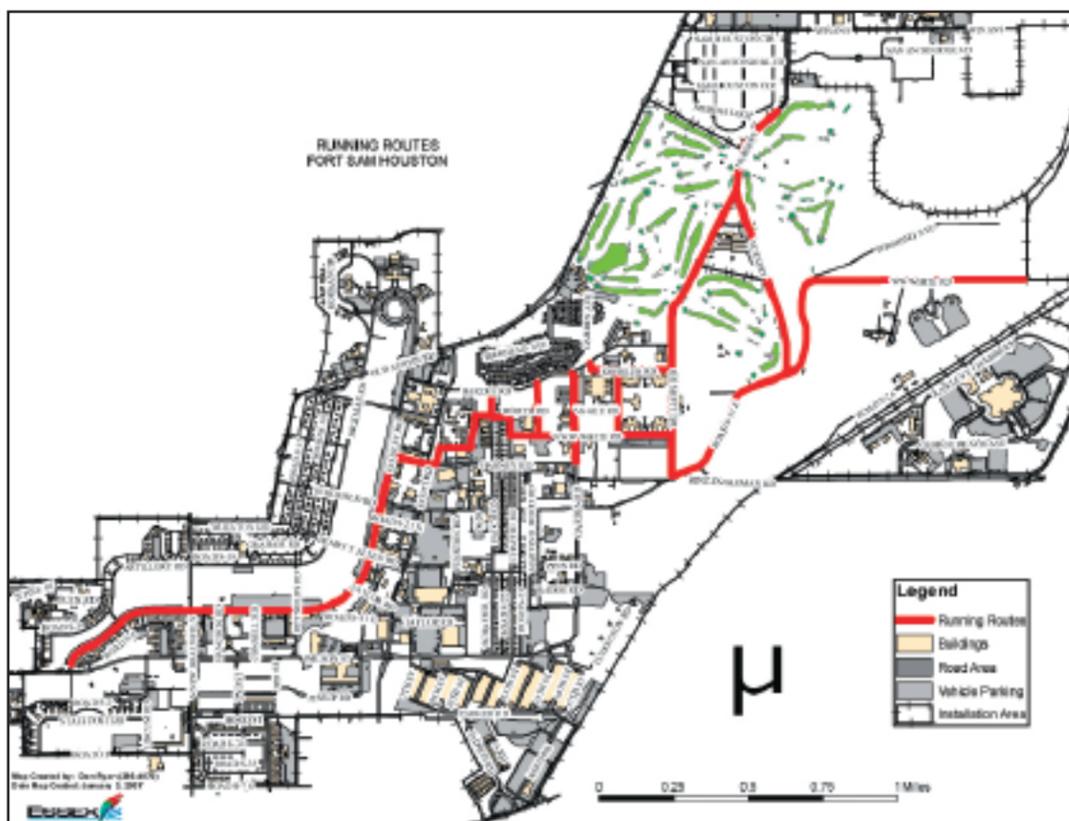
All physical-training formations will run counter clockwise when using the loop. Formations will use road guard equipment with reflective vests and flashlights. Trained guards provided by the 32nd Medical Brigade will be located at all intersections to control vehicle traffic.

Stanley Road also is closed to traffic from 5:30 to 6:30 a.m. Mondays through Fridays for unit physical training. Traffic may cross Stanley Road during these hours only at Schofield and New Braunfels roads.

Formations will use road guard equipment with reflective vests and flashlights. Trained guards provided by the 32nd Medical Brigade will be located at all intersections to control vehicle traffic.

For more information, call the Installation Safety Office at 221-3846 or reference the route map (see right).

(Source: Policy Memorandum: Formation Running and Jogging)



## Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or turned in on a disc accompanied by hard copy, by noon Monday.

**Army Medical Department  
Center and School and  
Fort Sam Houston Commander**  
Maj. Gen. Russell Czerw  
**Garrison Commander**  
Col. Wendy Martinson  
**Public Affairs Officer**  
Phillip Reidinger  
**Editor/Writer**  
Elaine Wilson  
**Staff Writer**  
Cheryl Harrison  
**Layout Artist**  
Lori Newman

# Army organizations partner for hurricane preparedness

By Patti Bielling  
U.S. Army North Public Affairs

Members of U.S. Army North said they are impressed with the Army Corps of Engineers and the civil engineering projects they saw in New Orleans during an April visit to the 17th Street Outfall Canal.

Members of the command toured the area while in the city for the 2007 National Hurricane Conference, an annual event that gives local, state and federal agencies the opportunity to discuss issues and improve preparedness.

The Corps of Engineers is critical in what they do every day in managing inland waterways and in flood control throughout the United States, said Col. Jeffrey Buchanan, Army North's director of operations.

He said he admired the Soldiers and civilians of the corps in New Orleans, many of whom are veterans of Hurricane Katrina.

"I am most impressed with their professionalism and dedication to duty," Buchanan said. "They were victims as well as responders – some were not even sure where their families were or if they were safe – but that didn't stop them from doing what they needed to do to help people."

The Interim Gated Closure Structure on the canal is a post-Katrina project that is part of the corps' plan to upgrade the area's flood and storm protection system, explained Col. Jeff Bedey, commander of the Hurricane Protection Office. The interim structure will provide protection against future storm surges until a permanent structure is built, he said.

"With the structure in place, the city has protection better than ever before," Bedey said. "It includes a series of 11 panel gates that will be open under normal condi-

tions. When a storm surge threatens the safe water level in the canal, the gates will close and a series of pumps will evacuate the water into Lake Pontchartrain."

The federal government has appropriated more than \$5 billion to complete the work of restoring and improving 350 miles of hurricane protection systems from New Orleans to Mississippi. The interim structure on the 17th Street Canal is one of more than 100 planned construction projects that include stronger levees, flood walls and interior drainage projects, Bedey said.

Like the Corps of Engineers, Army North plays an important role in disaster preparedness and response, he added.

"Army North exists to protect the American people and our way of life," Buchanan said. "Before a disaster, our Defense Coordinating Officers work daily in each of the 10 Federal Emergency Management Agency regions to plan for disaster response. When we're called out during a disaster, our primary mission is to validate requests for military support and oversee the federal forces responding."

When requested by the state, Army North would come as part of the federal response and bring additional capabilities to save and sustain lives and relieve suffering, he said.

"We may assist with search and rescue, distribute food or supplies, provide clean water, establish safe shelters or restore communication," Buchanan said.

Army North, which traces its lineage to Fifth United States Army, was conceived in 2004 and achieved initial operating capability in October 2005. Following



Photo by Paul Floro

(From left) Col. Jeff Bedey, of the Hurricane Protection Office, and Col. Jeffrey Buchanan and Lt. Gen. Thomas R. Turner, of U.S. Army North, visit the Interim Gated Closure Structure at the 17th Street Outfall Canal in New Orleans.

Hurricane Katrina, the fledgling command, as part of Joint Task Force Katrina, was tasked with evacuating the citizens of New Orleans who were stranded after the storm.

Lt. Col. Stan Guthrie was visiting the city for the second time in two years since assisting with the evacuation in the wake of the storm.

"My initial impression was that the city would never be able to be rebuilt," Guthrie said. "Now we're seeing life come back to the city, but it's a long, slow, painful process."

Construction on the New Orleans Area Protection System is scheduled to continue through 2010, Bedey said.

## Army North deploys for hurricane capstone exercise

Elements of U.S. Army North deployed Wednesday from Fort Sam Houston to Rhode Island to participate in the nation's capstone training event for the 2007 hurricane season.

Exercise Ardent Sentry-Northern Edge 07 will offer Operational Command Post 2 and the 167th Theater Sustainment Command unique training opportunities during a hurricane scenario in Providence.

Operational Command Post 2 is exercising how it would deploy and command and control military forces responding as part of a federal hurricane relief effort, said Lt. Col. Joe Stawick, operations officer of the deploying element.

Stawick said this is the first time that Operational Command Post 2 will be collocated with a Joint Field Office, a temporary multiagency center that coordinates federal response across 15 Emergency Support Functions ranging from transportation and communications to public works, medical support and search and rescue.

"Collocating with the JFO will allow us to see how they operate," Stawick said. "We want to learn how they process information and how the Emergency Support Functions interact so we can do a better job of anticipating needs and provide

more timely response."

This also is the first time that the 167th Theater Sustainment Command will assume from Army North a support mission called reception, staging, onward movement and integration.

Sgt. Maj. Sherman Hargrove, the 167th's liaison, explained that a team from Army North will begin receiving notional active duty forces that flow into the disaster area. The team's mission is to ensure that the responding forces have food and shelter until moving to their assigned locations in support of civil authorities.

"We'll be looking at our processes after Army North hands off the RSOI mission to us," he said. "The 167th will also review our procedures for our Early Entry Module, which is designed to provide sustainment like food, fuel and equipment to support active duty forces during a deployment."

Ardent Sentry 07 is part of an ongoing cycle of training that prepares people to face real challenges, said Lt. Col. Paul Condon, Army North exercise planner.

Exercises like this provide an excellent opportunity for federal, state and local agencies to build stronger relationships, he said.

"This exercise is designed to be chal-

"This exercise is designed to be challenging and complex. It allows participants to work together, to examine their response plans and look at new options and solutions."

Lt. Col. Paul Condon  
Army North exercise planner

lenging and complex," Condon said. "It allows participants to work together, to examine their response plans and look at new options and solutions."

As the Army's service component to U.S. Northern Command, Army North's mission includes homeland defense and civil support.

In addition to deploying the Operational Command Post, Army North will have a defense coordinating officer at both the hurricane scenario and at a nuclear detonation scenario in Indiana. The defense coordinating officers serve as the Department of Defense's first responders to validate requests for civil support and to command and control initial responding active-duty forces.

Thousands of federal, state, local and private sector individuals will exercise in

several other events, including a maritime venue, an aerospace venue, an Alaska venue and a cross-border venue on the U.S. border with Canada.

Ardent Sentry-Northern Edge 07 is a bi-lateral exercise that involves Canada and numerous federal, state and local agencies in the United States and is designed to test the full range of domestic incident management procedures under the National Response Plan and 2007 Hurricane Concept of Operations.

The Homeland Security Council has designated the exercise as one of only two national level exercises for 2007.

This event is co-sponsored by the Department of Homeland Security/Federal Emergency Management Agency and the Department of Defense.

(Source: Army North news release)

## Wounded warrior care

Continued from Page 1

Among other things, the team found that

- The medical and physical board process has too many forms and is too problematic and too bureaucratic;
- Better and standardized training is needed for liaison officers and case managers; and
- The organization of the Army's medical hold and medical holdover companies needs restructuring.

"We have got to change our bureaucracy and turbocharge it, and make it much more caring and much more accommodating to these Soldiers," Cody said.

Brig. Gen. Michael Tucker, deputy-commanding general of the North Atlantic Regional Medical Command

and Walter Reed, reported that his staff has 104 actions in progress.

Tucker cited the following improvements made since March:

- All wounded warriors have been relocated out of Building 18, a substandard temporary lodging facility;
- Walter Reed officials have established a Soldier and Family Assistance Center that consolidates seven in-processing locations down to two;
- Every Family Member who travels to Washington to be with a wounded warrior is now met at the airport upon arrival by a Soldier in uniform and brought to the assistance center;
- All backlogs of awards have been eliminated;

- Trained ombudsmen are now on staff at all medical treatment facilities at the patient representative office; and
- A clothing-issue point is now open, Soldiers are measured on arrival and uniforms are delivered to them.

Cody said one reason poor outpatient care was not reported sooner was because the system lacked quality control, especially in monitoring and reviewing case-manager care and the medical and physical board processes.

The general said he will launch an Army inspector general review of the medical system every six months, and simple feedback forms to collect Soldier and Family input are being developed. Cody also said he would meet with hospital commanders every four to six weeks to ensure all needed changes are made to gather feedback on their needs.



## Asian Pacific greetings

After the Asian Pacific American Heritage Month Commemoration, Autumn Olo (left) and Ula Moi serve themselves some tasty Asian food Tuesday at the Army Community Service building. Along with the food sampler, attendees were also treated to a fashion display and greetings from several countries, to include the Territory of American Samoa, Vietnam, Guam, Hawaii, South Korea and the Philippines.

The Asian Pacific American Heritage Month commemoration included recognition of several students. Cole Jr./Sr. High School student, Kaitlan Vasquez (far left) was honored for winning the school's Asian Pacific Heritage essay contest; and several Fort Sam Houston Elementary School students were recognized for their winning entries in the Asian Pacific Heritage poster contest. (Front row, from left) Command Sgt. Maj. Tuileama T. Nua, 44th Medical Command, Fort Bragg, N.C., was the guest speaker; Darrel Porter, Army and Air Force Exchange Service general manager, contributed gift cards to all winners; and U.S. Army Garrison Commander Col. Wendy L. Martinson presented certificates of appreciation the students.



Photos by Olivia Mendoza

### Asian Pacific Heritage Trivia Contest

1. Who was the first female Asian American elected to Congress and what year was the election?
  2. What island was nicknamed "Ellis Island of the West" because it was a major immigrant processing station in the early part of the 20th century?
  3. What was the purpose of the Chinese Exclusion Act of 1882?
  4. What is the name of the Asian American cultural movement in the 1960s that advocated self-acceptance and fought racism and ethnic prejudice?
  5. Which leading sports figure describes himself as "Cablinasian," a blend of Caucasian, Black, American Indian and Asian?
- Submit all answers to julie.vasquez@amedd.army. The first person to answer all five questions correctly will receive a prize. The correct answers will post in the next week's issue of the News Leader.

# Life begins after 40, for some

By Cheryl Harrison  
Fort Sam Houston Public Information Office

Under provisions of the Fiscal Year 2006 National Defense Authorization Act, the Army has raised the enlistment age to 42 for active duty, reservists and Army National Guardsmen.

Raising the maximum age for Army enlistment expands the recruiting pool, provides motivated individuals an opportunity to serve and strengthens the readiness of Army units. Fort Sam Houston is no exception.

One class, 68X Class 02-07, of the

Mental Health Specialist Course at the Army Medical Department Center and School, is a perfect example.

"Out of a class of 53 we have what I'd call 10 'old timers,'" said Capt. Darrin Vicsik, the spry 37-year-old commander of B Company, 187th Medical Battalion, "eight of which are proud to say they are over the age of 40 and two are pushing the big 4-0."

Spc. Carol Wright, wife, mother of two and reservist said, "I'm proud of my age. I'm 46 and I don't feel old at all. I was in the service for 10 years back in 1982. I wanted to come back in after I received a recall let-

ter from our president. I wanted to be able to do my part if I could get into this class."

Now a member of the Mental Health Specialist Course, the younger members of the class as well as her other older peers look up to Wright.

"If they can do it why can't younger people like me do it?" said Pvt. Eddy Perez, age 19.

The mental health specialist is primarily responsible — under the supervision of an Army psychiatrist, social worker, psychiatric nurse or psychologist — for providing mental-health treatment to patients. Their duties include collecting and recording psy-

chosocial and physical data; counseling and treating patients with personal, behavioral or mental health problems; assisting with the care and treatment of psychiatric, drug or alcohol patients; providing bedside care in hospitals to include taking the body temperature, pulse and respiration; and giving medication to patients under the direction of physicians and nurses.

Spc. Maria Moton, 42 years old and mother of three sons, joined for what some would say were selfish reasons, but for her, an opportunity to fulfill her dream.

See **LIFE BEGINS** on Page 5

## Case managers

Continued from Page 1

patients and three to amputees. All are experienced case managers with either a social work or nursing background. The prior knowledge is put to good use on a daily basis as they guide patients through the health care process.

"Nurses can help with the medical side and the social workers are a great asset when it comes to assisting them with access to community resources, individual and family counseling, group and grief counseling along with helping to adjust with changes in body image," Rojas said. "We work together well as a team to coordinate all of the needs of the service members."

A case manager's myriad duties start at the first case manager-patient meeting, which is typically the next duty day after the patient arrives at the hospital.

"We talk to the patients and do a general assessment of all their needs — medical, Family, pay ... if we don't have an answer, we go to the people who do," Rojas said.

"We plan for discharge from day one; we lay out timelines, a plan of care," she said. "We let patients know what to expect, what they need to do during their recovery."

Case managers then team with their case manager assistants to set up medical appointments and take care of early concerns, which can relate to military-specific issues or Family Member concerns.

To complicate matters further, "Patients rarely have just one medical issue," Rojas said. "Someone may come in with a burn, but also need orthopedic care or mental health appointments. It takes a lot of coordination."

Once the health care ball is rolling, the case manager then meets with the patient once a week to track progress, gauge recovery and head off problems early on. Since most of the case managers are nurses, meeting times can also be used to help clarify complicated medical terminology for patients.

"I look at the doctor's notes and listen to the patients and try to clarify if there is confusion," Rojas said.

"Sometimes the doctor needs to meet with the patient again; whatever it takes so the patient has an understanding of their progress."

At times, the doctor is the one who needs assistance. "If a doctor wants to get a Soldier assigned here because he is diagnosed with cancer and needs to be closer to a major medical facility, then I can help," Rojas said. "What may take him months, we can get done in a day. We know who and where to call."

Along with doctors, case managers also serve as a liaison between the service member and the military unit, and meet with commanders, first sergeants and platoon sergeants on a weekly basis.

"We've had situations where a Soldier didn't keep an appointment," Rojas said. "We can address these issues with his leadership and also talk about if the Soldier is having personal problems that may be conflicting with his appointments. We take our regular meetings with command and the service members very seriously. We have a good relationship with the commands so we can resolve problems quickly."

Case managers also heavily coordinate with agencies such as the Veterans Administration, Office of Personnel Management and the Army Wounded Warrior Program. All have representatives housed in BAMC, which is a much-appreciated convenience, Rojas said.

"We had a Soldier from Fort Carson (Colo.) who was on the priority list for on-post housing but a house wasn't due to open up for a month," Rojas said. "Opal Rieras (AW2) had obtained a free apartment for the Family. Having the services in the hospital made the coordination much easier."

Rojas pointed out that the Army is also quick to assist. The Army flies three Family Members of wounded warriors in the very seriously ill or seriously ill category to BAMC free of charge and also picks up the bill for lodging and per diem. "There are other criteria as well, and we assist in sorting this out," Rojas said. "We have terrif-



Photo by Elaine Wilson

(From left) Maj. Denise Price, injured in Afghanistan in October 2005, meets with her case manager, Theresa Thornton, and her case manager assistant, Marilyn Jasso, at Brooke Army Medical Center.

ic support from the Casualty Notification Branch."

The case managers' extensive efforts don't go unnoticed. "This place is organized," said Lt. Col. Fred Harmon, who was injured while supporting OEF. "It's obvious people here care and want people to get the best treatment possible, in a timely manner."

The help is "above and beyond what I expected," he said.

With cases as unique and varied as the service members, case managers never have a dull moment, Rojas said. "It's a high-work tempo but we love what we do. It's a rewarding job because, bottom line, we're helping service members and their Families."

Retired Lt. Col. Leandry Lourdes said the job holds a special meaning for her. "When I was deployed to Iraq, I saw Soldiers wounded and broken," said the former BAMC operating room head nurse. "Now, I can help them get the best treatment and see them heal. That's closure for me."

## Life begins

Continued from Page 4

"This was my first time to join. I wanted to join at 18, but had a minor accident and couldn't go as I had planned. When they upped the age, I looked at my job, which was unfulfilling, and decided to do this for me. And though my husband had reservations, my sons told me to go for it, and for once I wanted to do something for me."

From Nigeria, Spc. Sunday Esho moved to the United States seven years ago. He wanted to join the Army in his home country since he was a young boy. However, due to politics and tribal sentiments, he was not chosen to be part of their Army. Disappointed, Esho went on to take up civilian pursuits and earned two bachelor's degrees in accounting and social sciences, and a master's degree in

social sciences.

"The group usually makes fun of me, being an older guy, but if I do stuff, they want to do it, and when I run, they want to run too, to try to beat me," said Esho.

Esho's battle buddy, Pvt. Qubia Austin, said, "He's cool. I look to him for advice on everyday stuff. He's good to ask advice."

Spc. Centino Uy, 41, originally from the Philippines, now calls Florida home. Uy left a plumbing job, which he said was boring, and joined the Army to change the direction of his life. With the support of his wife and young daughter he said, "I'm glad I did this. When I go home now, I really appreciate what I have there."

"The studying was very hard to do; I'm in the library all the time. It has been a struggle, but

I'll make it. I do feel I have an advantage because we can relate to some of the problems," said Uy. "My roommate comes to me for advice, especially about girlfriends."

Experience has shown that older recruits who can meet the physical demands of Army service generally make excellent Soldiers. They have a maturity, motivation, loyalty and patriotism that bring a wealth of skills and experience to the Army, according to the U.S. Army Recruiting Command. Applicants must meet eligibility standards, to include passing the physical standards and medical examinations.

Another "old timer," Spc. Jerome Schmidt, 43 years old, was a stay at home dad for six years and holds a degree in psychology, having had a practice for years. Since his children did not need him around the house quite as much and since he had the education and experience in mental health, he felt he could be a good example.

"I hope I am setting a good example for people when they see how I carry myself, The PT stinks, because they don't divide us; we do it with the 20-year-olds," said Schmidt. "My wife supports me with this and she rocks!"

Not the last, but the oldest, is Spc. Jeanette Cathy. At 47 years



Photos by Cheryl Harrison

Pvt. Qubia Austin (left) says his battle buddy and fellow classmate, Spc. Sunday Esho, is cool and good to go to for advice. They are part of the Mental Health Specialist Course at the Army Medical Department Center and School.

old, Cathy rejoined, having spent earlier years in the army.

"The Army is very different today. It has to appeal to a different generation. It allows Soldiers to retain individuality yet conform to rules and regulations," said Cathy. "Being the oldest doesn't make me feel old, I never want to feel old."

Cathy also left a great job to serve her country. As a civil service employee, Cathy worked with adults with disabilities. She feels she sometimes has an advantage over her younger classmates due to having the life experiences.

"But they have the advantage of being more open minded, more subjective and definitely they have an advantage over me in the physical part. I thought I was pretty fit, but I have had the aching muscles and joints, but I'm doing better and I feel better," said Cathy.

Their peers may call them "old timers," but for the "senior" Soldiers in the Mental Health Specialist Course, age isn't a number, it's a state of mind.



Pvt. Chloe Godley (left) and Spc. Jeanette Cathy role-play in the Mental Health Specialist Course as part of their training. Acting as the counselor Cathy learns to treat patients with personal, behavioral or mental health issues.



Courtesy photo

Deborah Ortiz, from the New York-based Dangerous Curves Productions, performs in the one-woman show, "Changing Violet." The play was presented to Soldiers and civilians from Medical Command and the 264th Medical Battalion to help educate the Fort Sam Houston community about sexual assault prevention.

## MEDCOM takes creative approach to sexual assault prevention

By Elaine Wilson  
Fort Sam Houston Public Information Office

Medical Command took on a tough topic in a creative way during Sexual Assault Awareness Month in April.

Instead of its usual PowerPoint presentation, the Medical Command Sexual Assault Prevention and Response Program invited a New York-based theater production to San Antonio.

"Wanda Hubert (SAPARP program manager) found out about Dangerous Curves Productions online; we were looking for creative ways to educate the Soldiers about sexual assault," said Jennie Johnson, MEDCOM SAPARP.

MEDCOM presented three showings of "Changing Violet," a one-woman show starring Deborah Ortiz, April 20 and 21. More than 700 Soldiers and civilians from MEDCOM and the 264th Medical Battalion attended the performances.

"Changing Violet" is a 70-minute play about the life of Violet, who struggles with the effects of physical, sexual and mental abuse, and her own abuse of alcohol and drugs as a means of coping, according to the Dangerous Curves Production Web site.

"The play depicted the impact of sexual assault and echoed the Department of Defense's 2007 Sexual Assault Awareness Month theme: 'Stand Up Against Sexual Assault ... Make a Difference,'" Johnson said.

Johnson said the play received good reviews, and the positive feedback offered encouragement for future creative approaches to the important topic of sexual assault prevention.

"I didn't realize how being sexually assaulted at a young age could lead the person into a life of destruction," said an audience member on a comment card. "Job well done."



Photo by Norma Guerra

## Super Bowl champ

Three-time Dallas Cowboy Super Bowl champion and defensive back Chad Henning signs one of his player cards for Marine Sgt. Shermandre Jackson as Jackson admires one of Henning's three Super Bowl championship rings April 13 at the Center for the Intrepid. During his visit to the center, Henning also presented each wounded warrior a signed copy of his book, "Commitment," as well as some Dallas Cowboys sportswear.

## Sports Briefs . . .

### Softball tryouts

Players are needed for the men's and women's post softball team. For more information or to tryout, call Earl Young at 221-1180 or e-mail earl.t.young@us.army.mil.

### Interested in sumo?

The Lone Star Sumo Kyokai is recruiting members to establish a Fort Sam Houston team. The team will compete in a local tournament scheduled for Saturday. The sport is not just for the "big" boys anymore; there are both men's and women's weight divisions. The instructor is Tom Zabel, a 2nd degree black belt and national medalist with more than 19

years of sumo experience. For more information, call Zabel at 977-3202 or e-mail tszabel@lackland.af.mil.

### Volleyball tournament

The 2007 Asian Pacific Heritage Month Volleyball Tournament will be held May 12 from 8 a.m. to 5 p.m. at the Jimmy Brought Fitness Center, 320 Wilson Road. The tournament is open to military, family and unit teams. For more information, e-mail Staff Sgt. Trapanger Stephens at trapanger.stephens@lackland.af.mil or trapanger.stephens@us.army.mil.

### MS 150 'Bike to the Beach'

Registration is open for the 2007 Valero Multiple Sclerosis 150 "Bike to the Beach" for the National Multiple Sclerosis Society, Lone Star Chapter. The MS 150 will begin at the AT&T Center Oct. 20, with an overnight stay at Coastal Bend College in Beeville, Texas, and finish in Corpus Christi at the Texas State Aquarium. Register online at [www.ms150.org](http://www.ms150.org) or in person at the National Multiple Sclerosis Society South Texas Regional Office, 9830 Colonnade Blvd., Suite 130, by May 31. Registration fee is \$25 per person with a minimum pledge of \$300.

## Post Worship Schedule

**Main Post Chapel**, Building 2200, 221-2754

**Catholic services:**

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant services - Sundays:**

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

**Jewish services:** 379-8666 or 493-6660

8 p.m. - Fridays - Worship and

8:30 p.m. - Oneg Shabbat

**Dodd Field Chapel**, Building 1721, 221-5010 or 221-5432

**Catholic service:** 12:30 p.m. - Mass - Sundays

**Protestant services:**

10:30 a.m. - Collective Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Women's

Bible Study (PWOC) -

Wednesdays, childcare is

provided.

**Samoan Protestant service:**

8:30 a.m. - Sundays

**Brooke Army Medical Center Chapel**, Building 3600, 916-1105

**Catholic services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

**Protestant services:**

10 a.m. - Worship - Sundays

12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel,**

Building 1398, 221-4362 (See related story, right)

**Catholic Mass:** 8 a.m. -

Sundays

**Protestant service:** 9 a.m. -

Sundays

**Christian education:** 10 a.m. -

Sundays

**Gospel service:** 11 a.m. -

Sundays

**Church of Jesus Christ of**

**Latter Day Saints:**

9:30 a.m. - Sundays at Evans Auditorium

**FSH Mosque**, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's religious

education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult religious

education - Thursdays

**Installation Chaplain's Office,**

Building 2530, 295-2096

**Contemporary service:** 11:01

a.m. - Sundays

**Web site:**

[www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

### Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-1295 or visit [www.samhouston.army.mil/chaplain/pwoc](http://www.samhouston.army.mil/chaplain/pwoc).



# AMEDD Chapel heads into new millennium

Story and photo by Cheryl Harrison

Fort Sam Houston Public Information Office

The Army Medical Department Center and School Chapel will close for renovations in May and services will be held in Evans Auditorium. Effective May 6 the service schedule will be as follows:

- Catholic service – 8 a.m.
- Combined Protestant and Gospel service – 9:30 a.m.
- Christian Education – 11 a.m.
- Church of Jesus Christ of Latter Day Saints – 9:30 a.m. in the NCO Academy

All services will be the same as offered at the chapel with music and sermons. The only change will be the combined talent of the protestant and gospel service.

The renovations, which will take about 18 to 24 months to complete, will result in a state-of-the-art home for future religious services in an effort to draw more AMEDD students and Fort Sam Houston community members.

The proposal for renovation came about two or three years ago. The changes will incorporate more service goers and more room for daily activities. The present offices will move to brigade headquarters with those rooms converted to classrooms.

The basic World War II-style chapel will be reoriented. It will have 60- to 72-inch plasma screens to display words to sing along with and a place to hold a band and have Christian concerts. The pews will be replaced with removable, folding chairs and a wall removed to incorporate a coffee house complete with espresso machines. The carpet will come up and be replaced with tile so coffee spills won't be an issue.



The Army Medical Department Center and School Chapel on Garden Avenue is scheduled for renovation. The renovations will take about 18 to 24 months to complete.

"The inspiration for the proposed ideas came from a visit to Journey Fellowship, a local church on the northeast side of San Antonio. It's on the cutting edge and we have to address the needs of this generation," said Maj. Jonathan Etterbeek, 32nd Medical Brigade chaplain. "I have all of our preaching done in Army Combat Uniforms because that is what the Soldiers see.

"Formality is not where these kids are. I want to give them something that makes them feel welcome, at home and relaxed," he added. "We want a more relaxed approach so Soldiers can come in, chill out and catch a service."

Although the services will be held in a different location, the principle is the same. The scripture states, it is not the location but the people coming together for worship, Etterbeek said. "For where two or three are gathered together in my name, there am I in the midst of them." – Matthew 18:20.

## Community Recreation

### **MWR Web site, Information Hotline**

Access information about Morale, Welfare and Recreation events, activities and programs 24 hours a day. For more information, visit [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com) or call the hotline at 295-3697.

### **Post garage sale**

The next post garage sale will be held Saturday from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but vendors must pre-register by calling 221-2904, 221-2601 or 221-2307. A valid Department of Defense ID card is required to participate. The sale of firearms, animals or food and beverage items is not permissible. Participants may rent tables and chairs on site from the Outdoor Equipment Center. Rentals will be available on a first-come, first-served basis while supplies last. For more information, call 221-5224.

### **Hunting permits available**

Archery and combo hunting permits will be available at the Camp Bullis Outdoor Recreation Center Friday. For more information, call 295-7577.

### **3-D archery shoot**

The next 3-D archery shoots are scheduled for Saturday and Sunday with registration from 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.

### **Fort Sam Houston Ten Miler #1**

The Fort Sam Houston Ten Miler #1 will be held Sunday at 7 a.m. at the Brigade Gym. The event serves as the official qualifier for the Army Ten Miler. The Morale, Welfare and Recreation Sports and Fitness Branch will select 10 male and female participants who finish with the best times to represent the Fort Sam Houston team at the Army level. For more information or to register, call 221-2020 or 221-1234.

### **Summer swimming lessons**

Registration for Red Cross swimming lessons begins Monday at the Aquatic Center. Individuals must register in

person Monday through Friday from 11 a.m. to 6 p.m. The cost is \$40 per student and includes lessons, certificate of completion, class photo and T-shirt. Payment is due at registration. Lessons are conducted in two-week sessions held Monday through Friday from 8:15 to 9:15 a.m. and 10:45 to 11:45 a.m. Four summer sessions will be offered. The first session begins June 4; the last session begins July 23. For more information, call 221-4887 or 221-1234.

### **Vaccination clinic**

A vaccination clinic for healthy pets will be held May 12 from 8 a.m. to 12 p.m. at the Fort Sam Houston Veterinary Treatment Facility. For more information, or to schedule an appointment, call 295-4260 or 295-4265.

### **Equestrian Center summer youth camp**

The Equestrian Center will hold registrations for youth ages 7 to 17 years for its Summer Youth Horsemanship Camp. The camp consists of a one-week session held from 9 a.m. to 3 p.m. each day. The first session begins June 11; the last session ends Aug. 10. The registration fee is \$195 and a \$25 deposit is required. For more information, call 224-7207.

### **Bowling Center, 221-3683**

#### **Military doubles bowling tournament**

The Fort Sam Houston Bowling Center will host the third annual San Antonio Military Doubles Bowling Tournament May 13, 19 and 20. Tournament bracket times begin at 11 a.m. or 1:30 p.m. each day. The cost to participate in the handicap division is \$40 per team or \$55 per team for participation in both the handicap and scratch divisions. Cash prizes will be awarded to the top finalists. A flat screen television will be awarded to the first player who bowls a 300 scratch game. Participants must be at least 18 years old. To register or for more information, call 221-4740.

### **Golf Course, 222-9386**

#### **Warriors Monthly Scramble**

The Warriors Monthly Scramble is held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament is Friday with a shotgun start time at 12:30 p.m. 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 up to four players at the Golf Club's Pro Shop. For more information, call 222-9386.

### **Arts and crafts contest**

The Fort Sam Houston Outdoor Recreation Center seeks artisans and craftsmen to participate in an installation arts and crafts contest. The top five selections on the installation will advance to compete at the Army level. Entries are now being accepted; May 16 is the deadline for submissions. The judging will take place May 17. Awards will be given to the top three submissions and honorable mentions in each category and group. The contest is open to Department of Defense ID cardholders on Fort Sam Houston. For more information, call John Rodriquez at 221-5554 or visit the Outdoor Equipment Center at Building 1111, Forage Road.

## Dining and Entertainment

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

#### **Family-Style Sunday brunch**

There is something for the entire family at 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. Features include a chocolate fondue station, complimentary champagne and an international food station. The cost is \$15.95 for nonmembers, \$13.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and younger eat free. For more information, call 224-2721.

#### **Cinco de Mayo Super TGIF**

Celebrate Cinco de Mayo early with the Sam Houston Club at Super TGIF Friday at 5:30 p.m. in the Seguin Room. Dance to festive music provided by an on-site disc jockey, and indulge in the free all-you-can-eat taco bar. For more information, call 224-2721.

#### **Mother's Day Brunch**

The Sam Houston Club will host a Mother's Day Brunch May 13 from 10 a.m. to 1:30 p.m. The brunch will feature a chocolate fondue station, complimentary champagne and an international food station. Moms will receive a free carnation. The cost is \$17.95 for nonmembers, \$15.95 for members and \$7.95 for children 6 to 11 years old. Children ages 5 and younger eat free. Reservations are encouraged. For more information or to make reservations, call 224-2721.

See **MWR** on Page 10

**Harlequin Dinner Theatre, 222-9694**

The George Furth comedy "The Supporting Cast" will play at the Harlequin Dinner Theatre through May 12. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

**MWR Ticket Office, 226-1663****Pepsi 400 NASCAR tickets**

Tickets are available at the Morale, Welfare and Recreation ticket office for the Daytona International Speedway's 2007 Pepsi 400 July 7. Buy the All-American package for \$72, a savings of \$20, and receive one Pepsi 400 Grandstand ticket and event hat. A pre-race pass to the Nextel Fanzone is \$46.50. This is a NASCAR-spon-

sored event. Parking is free. To purchase a ticket, stop by or call the ticket office at 226-1663 or 224-2721. For more information, visit [www.daytonainternationalspeedway.com](http://www.daytonainternationalspeedway.com). The ticket office will operate with extended summer hours through August. The ticket office is open Tuesday through Friday from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sunday and Monday.

**Child and Youth Services****Summer Camp registration**

Summer Camp registration for School Age Services and Middle School and Teens is ongoing at Central Registration, Building 2797, from 8 a.m. to 5 p.m. until spaces are full. Children must be registered with Child and Youth Services. To register, patrons must provide sponsor's Leave and Earnings Statement and spouse's W-2 form, two local emergency designees, an \$18 registration fee per child, and child's Social Security number. A current immunizations record and a health assessment for kindergarten through fifth grades is required. There is a non-refundable deposit for School Age Services.

**Parent Advisory Council meeting**

The Child and Youth Services Parent Advisory Council will meet May 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn of upcoming events.

**Off-post childcare options**

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local com-

munity. 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, call Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

**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 221-3828.

**Sport physicals**

Patrons interested in summer and fall sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

**SKIES Unlimited classes available**

The Child and Youth Services SKIES Unlimited program will offer classes for children ages 6 to 18 who are registered with CYS.

**School of Languages**

- German: Monday, 30-minute classes from 9 to 10:30 a.m. for beginner, intermediate and advanced students, located in Building 2530.
- German: Monday through Wednesday, 90-minute classes, from 3:30 to 5 p.m. and 5 to 6:30 p.m. for beginner, intermediate and advanced students, located in Building 1630A.
- Arabic: Thursday, 90-minute classes from 3:30 to 5 p.m. and 5 to 6:30 p.m. beginner and intermediate students, located in Building 1630A.

To determine the child's skill level and for prices, call the instructor, Rabiaa Gardner, at 744-2304.

**School of Music**

Piano lessons will be held every Tuesday in 30-minute increments from 10 a.m. to 12 p.m. and 4 to 6 p.m. one half hour per week, in Building 2018. The cost for each lesson is \$20. Lesson books are to be purchased by the students.

**School of Sports**

Tennis lessons will be held Monday through Friday from 3:30 to 4:30 p.m. for 5- to 6-year-olds and 3:30 to 6:30 p.m. for 6- to 18-year-olds. Lessons are held at the tennis court on the corner of Hardee and Scott Street on Fort Sam Houston. Children must furnish own tennis racket and missed lessons will not be made up. The cost is \$50 a month for the one-hour class and \$150 a month for the three-hour class.

Payment is due on a monthly basis and registration is required with Child and Youth Services prior to the first class. The first month's fees are due at time of registration at Building 2797. Fees are due and payable at the beginning of each month, and can be paid at the Child Development Center, Building 2530, School Age Services, Building 1705, or the Middle School and Teens, Building 1630. Missed lessons will not be made up. For more information, call 221-1723 or 221-4871.

# Fort Sam joins Fiesta fun

Staff Sgt. Noel Miles, Army Medical Command "Dixieland" Band, shares his trombone with San Antonio's American Idol, Haley Scarnato, during their performance at the IBC plaza April 23. The Texas Cavaliers invited 1,000 military members and their families to a party at the IBC plaza prior to the river parade. The event included free food, entertainment by the Dixieland Band and a visit by Scarnato.



Photos by Esther Garcia



The Texas Cavaliers barge transports Sgt. Jose Martinez, Spc. Charles Dominguez, Capt. Scott Leifker and Spc. Venasio Sele to the river parade staging area where they joined Jorge Gonzalez, San Antonio Fiesta Commission president, as his guests on the Fiesta Commission barge for the River Parade April 23.



Col. Francis Joseph Caponio, commander, U.S. Army 5th Recruiting Brigade, and his wife, Ileana, lay a flower at the bottom of the Vietnam Memorial during the Veterans Memorial Service Sunday at Veteran's Square by the Municipal Auditorium. The service, sponsored by the Vietnam Veterans of America, Chapter 366 is held in honor of all veterans. Fort Sam Houston participation included the Army Medical Command Band, the Joint Service Color Guard and the Fort Sam Houston Honors Rifle Platoon.



Drum Major Staff Sgt. Miles Noel leads the Army Medical Command Band down Broadway Street at the Battle of Flowers Parade Friday. The band performed at more than 25 Fiesta events.



Senior leaders representing major commands from Fort Sam Houston prepare to march in the Pilgrimage to the Alamo April 23. The silent procession began at Travis Park and proceeded to the Alamo where a ceremony was held in

honor of the heroes of the Alamo. State, county, municipal, civic and community leaders marched in the pilgrimage.



The Navy in San Antonio was well represented during the Battle of Flowers parade with a float that incorporated a band, a marching element and officer and enlisted Navy leaders joining the 2007 Navy ambassadors.



The National Security Agency and Central Security Service-Texas Joint Service Color Guard leads the Battle of Flowers parade Friday.



Photo by Phil Reiding

Lt. Gen. Thomas Turner, commanding general, U.S. Army North and 2007 military coordinator, and his wife, Susan, get ready to greet the crowd during the Flambeau Parade Saturday.



Marc and Antonia Arteaga arrive at the top of the climbing wall, one of several activities for Fiesta attendees at the National Guard Fiesta April 25. Ceremonial units, 82nd Airborne Division Chorus, the U.S. Army Drill Team and the Continental Color Guard supported the National Guard event.

Danielle Rea (left) and Rebecca Sosa enjoy their fourth trip to the roasted corn booth at the Texas National Guard Fiesta event April 25 at the National Guard Armory located on the Interstate Highway 35 access road adjacent to Fort Sam Houston.



**Fort Sam Houston  
Independent School District  
Weekly Activities  
Monday to May 12**

*Teacher Appreciation Week*

**Fort Sam Houston Elementary School**

**Monday**  
Fifth grade Beaker Buddy field trip  
**Wednesday**  
Early dismissal – kindergarten through fourth grade, 2 p.m.  
Early dismissal – fifth and sixth grade, 2:30 p.m.  
**May 11**  
Fifth and sixth grade track and field day at Cole  
Spirit day

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

**Monday**  
State tennis tournament, TBA  
Cheerleader tryouts in Moseley Gym, 4 to 6 p.m.  
“C” awards in Moseley Gym, 6 p.m.

**Tuesday**  
State tennis tournament, TBA  
State golf tournament in Austin  
Cheerleader tryouts in Moseley Gym, 4 to 6 p.m.

**Wednesday**  
AP calculus test, 8:30 a.m.  
State golf tournament in Austin  
Cheerleader tryouts in cafeteria, 4 to 5 p.m.  
Cole art show in Moseley Gym, 6:30 p.m.

**May 10**  
National Nurses Day  
AP English literature, 8:30 a.m.  
Volunteer recognition, 9:45 a.m. to 10:15 a.m.  
Cheerleader tryouts in gym, 5 to 7 p.m.

**May 11**  
Pep rally schedule  
AP U.S. history test, 8:30 a.m.  
State track meet at University of Texas at Austin  
Boy’s powder puff volleyball game in Moseley Gym

**May 12**  
Intermediate band trip to Schlitterbahn  
State track meet at University of Texas at Austin

**FSH Elementary PTO hosts  
“Sizzle’n Salsa Cook-off,  
Silent Auction”**

The “Sizzle ‘n Salsa Cook-off and Silent Auction” event will be held Friday at Fort Sam Houston Elementary School from 6 to 8 p.m. The teacher’s cook-off will be judged by attendees. The silent auction will include 50 baskets. A bouncy house will be available for children, while souvenir Texas-style photos will be available for families. Parents, community members, staff and students are invited participate.

# Cole coach receives state honor

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

Long time Robert G. Cole High School basketball coach, Herb More, has been named the Texas Association of Basketball Coaches 2A Boy’s Outstanding Coach of the Year for the 2006-2007 basketball season.

“I’m extremely honored and surprised by this award,” said More. “Even though

I’ve coached for a long period of time, there are so many outstanding coaches at the 2A level in the state of Texas that I never imagined that I would be selected for such an honor.”

“I have to thank my players and my assistant coach, Howard Baer, for their hard work which ultimately led to this award,” continued More.

More has been a head coach for a total

of 18 years, 16 of which has been at Cole. Overall, he has compiled an outstanding record of 417 wins and 165 losses. Of the wins, 382 have been at Cole. His Cougars have appeared in the regional tournament seven out of the last eight years, advancing to the state semi-finals in 2006.

More will receive a plaque marking his achievement Saturday at the TABC clinic held in San Antonio.

## Asian Pacific American Heritage Month

# Students recognized for posters, essays

**By Dr. Kathy Maxwell**  
Fort Sam Houston Elementary School

Several Fort Sam Houston Independent School District students stood out in the Asian Pacific American Heritage Month poster and essay contest.

Fort Sam Houston Elementary students Eileen Velasco, kindergarten; Robbie Griffin, first grade; Gabby Coleman, Kelli Coleman, Shelby Hubbard, Eric Ramos, Tiara Stokes-Armour, fifth grade; and Cole High School’s Kaitlan Vasquez, sophomore, received certificates and prizes for their entries in the APAHM “Lighting the Past, Present and Future” poster and essay contest.

Awards were presented at a ceremony held at the Army Community Service building Tuesday.

May is Asian Pacific American Heritage Month. It is a celebration of Asians and Pacific Islanders in the United States. Much like Black History and Women’s History celebrations, APAHM originated in a congressional bill signed into law in 1978. In 1990, the holiday was expanded from a one-day celebration to a month-long celebration.

Each year APAHM is celebrated on Fort Sam Houston with community festivals, activities and educational activities for students. The APAHM contest was just one opportunity to create awareness and celebrate diverse and special cultures.

# Elementary school nurse earns Excellence Award

**By Dr. Kathy Maxwell**  
Fort Sam Houston Elementary School

The 2006 Awards in Excellence in School Health Initiative, the Texas Pediatric Society Foundation and the Texas Health Institute named Fort Sam Houston Elementary School nurse, Robin Harvel, an Excellence Award Winner.

Harvel was recognized for a special health initiative titled “School Health Helper.” This special program was created to help engender student health awareness and focus on school health support.

The competition for this award was far-reaching, state-wide and stringent in the judging process. School health and school nursing programs from all over the state competed for the title. Belton Independent School District was recognized for “Walk Across Texas,” and Waxahachie ISD received honors for their program, “Give the Gift that Keeps on Giving,” to name a few other award winners.

Harvel has worked in a wide range of settings and has had a wide variety of educational experiences. She brings a wealth

of knowledge and experience to her aspiring health care providers.

“We are teaching our students practices to improve their personal health that may possibly prevent the unnecessary use of an already overburdened health care system,” said Harvel.

Initially, school staff received an overview and orientation to the program. First aid stations were set up in each classroom. Two or three children from each classroom were selected and trained each grading period to serve as health helpers.

## Events

### Family Strong

Family Strong is a focus group that helps wounded Soldiers' Families, special needs children and deployed Soldiers' Family Members. The group will meet Friday at 10 a.m. at 711 E. Josephine St., in the Center for Health Care Services building. For more information or reservations, call 224-1139.

### Alamo Texercise walk

Bexar County seniors are cordially invited to a special Older Americans Month event. An Alamo Texercise Walk in the Park with a lite lunch and old-fashioned ice cream social will be held Friday from 10 a.m. to 1 p.m. at the Lion's Field Adult and Senior Center, 2809 Broadway. The colorful and fun program will include multicultural music and dance. The event is free and open to the public. Groups are asked to register. For more information or to register, call 362-5274 or 362-5220.

### Camp Verde walk

The Kerrville Trailblazers Volksmarch Club will host a 10K walk Saturday at the park across from the General Store in Camp Verde, Texas. For more information, call Doug Andreasen at 830-257-5745, e-mail [dfa1@kvc.com](mailto:dfa1@kvc.com) or visit [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/).

### First Annual South Texas Wild Foods walk

Join an educational tour and explore the Fort Sam Houston National Forest for edible and medicinal wild plants Saturday and Sunday at 10:30 a.m. at the Stubblefield campground. The tour is free, and volunteers will guide hikes and discussions to provide general knowledge on useful plants. For more information, visit <http://www.lshtclub.com>.

### OCSC river boat luncheon

An Officer and Civilian Spouses' Club river boat luncheon will be held Monday starting at 11:30 a.m. at the Casa Rio Mexican Restaurant. Enjoy a leisurely lunch while floating down the river with friends. Both members and non-members are invited. The cost will be \$35, which includes a fajita dinner, iced tea, chips, salsa, bunuelos for dessert, and tax and gratuity. For more information or to make reservations, call Alicia at 807-3111 or e-mail [a-toz@earthlink.net](mailto:a-toz@earthlink.net).

### Texas Christian prayer breakfast

The 27th Annual Texas Christian Military Prayer Breakfast will be held May 12 at 7:30 a.m. at the Marriott Rivercenter Ballroom in San Antonio. The guest speaker will be retired Marine Lt. Gen. Jeffrey Oster. The Texas military prayer breakfasts in San Antonio are planned and conducted by a steering committee of active, retired and former service members from a spectrum of Christian churches. Tickets are \$14 each. For more information, call 364-7972 or e-mail [adorsey1@satx.rr.com](mailto:adorsey1@satx.rr.com).

### OCSC May luncheon

The Officer and Civilian Spouses' Club will sponsor a luncheon May 15 at 11 a.m. at the Sam Houston Club. Lunch will be a large chef salad with dessert and coffee. The cost is \$14. Club members and those interested in becoming club members are welcome to attend. Reservations are needed by noon May 11. For more information, call Sigrid Reitstetter at 226-8806.

### Army Birthday Ball

The Army Birthday Ball celebrates the U.S. Army's 232nd birthday. The ball will be held June 16 at the Hilton Washington Hotel in Washington, D.C. Army Soldiers, family members, Department of Army civilians, retirees and veterans are welcome. For more information or to register, visit [www.army.mil/birthday/232/ball/default.htm](http://www.army.mil/birthday/232/ball/default.htm).

### Honorary bat boys

Nominations are being accepted for honorary bat boys for San Antonio Missions home games throughout the summer. Honorary bat boys help on the field during a game; receive a Missions cap, T-shirt and tickets for family members to attend; and participate in the on-field opening ceremonies at Missions home games held Fridays, Saturdays or Sundays. The contest is open to military youth 18 years old and younger. To register, send in a post card with the nominee's name, age and phone number on a 3-by-5 inch card to: San Antonio Missions Baseball Club, Kraft Singles Honorary Batboy, 5757 Highway 90 W., San Antonio, TX 78277.

### VA Valley Behavioral Health Care

The Department of Veterans Affairs has established a new behavioral health care team to assist veterans returning to the Lower Rio Grande Valley from service in Iraq and Afghanistan. The team assists returning veterans in obtaining VA health care and provides counseling services for a variety of post-deployment issues. For more information, call Dr. Jennifer Wood, Harlingen VA Outpatient Clinic, at 956-366-4500 or Melinda Leo-Rodriguez, McAllen VA Outpatient Clinic, at 956-618-7146.

## Training

### Scholarship for vets

The Dwyer Group will sponsor an annual \$2,500 veteran scholarship to assist military veterans pursuing college-level studies in franchising or entrepreneurship. To be eligible, candidates must have received an honorable discharge from any branch of the United States military or Coast Guard and be enrolled or about to enroll in an entrepreneurial course of study at an accredited college or university. For applications, call 202-628-8000 or visit [www.franchise.org](http://www.franchise.org).

### Financial Planning

The Army Career and Alumni Program Center will host financial planning seminars that focus on those preparing to separate and retire from active duty May 23 at 1 p.m. and 2:30 p.m. and May 30 at 9 a.m. and 11:30 a.m. at the

ACAP classroom, B100, Building 2263. The seminars provide valuable information concerning the various situations people need to plan for prior to separation/retirement. For more information or to reserve a seat, call Liz Gum at 277-7258.

## Meetings

### Warrant Officer Association meeting

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

### 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.

## Volunteer

### Volunteers for Harley motorcycle raffle

The Texas National Guard Family Support Foundation will sponsor a "Ride for the Families" and Harley motorcycle drawing Sept. 23 at the Central Texas Harley-Davidson, Austin, Texas. Raffle tickets are \$10 each and all proceeds will go to the Texas National Guard Family Support Foundation to help Soldiers and their families during times of hardship and crisis. For more information, call Shandra Sponsler at 512-782-5771.

### Mentor volunteers

Fr. Flanagan's Girls and Boys Town of San Antonio is looking for mentors to help children improve their reading skills. For more information, call Janet Pedrotti at 271-1010 or e-mail [pedrottij@girlsandboystown.org](mailto:pedrottij@girlsandboystown.org).

### 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, and 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.

## 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@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

**For Sale:** Girl's bedroom set: twin bed (no mattress), two dressers, bookshelf, mirror and nightstand; light wood color with small flowers; \$300 obo; living room couches, love seat and full-size, beige color, \$250. Call 379-5807.

**For Sale:** Authentic Burberry Nova check small hobo tote with dust jacket and strap, in excellent condition, \$175; bassinet with mattress, \$30; three-tier blue diaper cake; baby shower corsage blue, \$10; Longaberger baskets with liner and protectors, various styles. Call 666-0374 after 6 p.m.

**For Sale:** Dark wood laminate flooring, looks like real wood, 10-mm thick, 347 square feet, 21 boxes, 7-inch wide planks, bevel edge, accessories included, Swiss made, \$28 a box. Call 381-6430.

**For Sale:** Four BF Goodrich radial T/A tires, size P245/60R15, used about 3,000 miles, \$200. Call 295-3210 or 494-8401.

**For Sale:** Compound miter saw with laser

exact line, 12-inch, rigid, includes work stand and instruction manual, in great condition, \$250. Call Joe at 301-404-8764.

**For Sale:** Female mess dress uniform with cummerbund, blouse and captain's shoulder boards, size 7, \$90. Call 832-0386.

**For Sale:** 1997 Chevy Malibu needs work, \$500 obo; king size box spring and mattress with headboard, \$500. E-mail [hiltonma@aafes.com](mailto:hiltonma@aafes.com)

**For Sale:** 1992 Ford custom van, loaded, service records, runs great, \$2,695. Call 659-6741.

**For Sale:** 1978 GMC Jimmy van coach motor home, roof AC, new tires, self-contained, ready for traveling, \$3,500 obo. Call 630-3936.

**For Sale:** Car seat booster, \$15; glass knick-knack bookshelf, \$8; HP printer/scanner/copier with driver and cables, \$35. Call 945-8010.

**For Sale:** White bookshelf, wood, \$24; treadmill, \$75; two-piece display cabinet, \$50; commercial copy machine, \$150; five-piece

dinette set, \$99. Call Sandy at 241-1291.

**For Sale:** Teak wood two-drawer file cabinet with fold-out desk, thin teak bookshelf, cedar-lined blanket chest, queen/full bed frame with headboard, Sears Kenmore sewing machine in sewing cabinet. Call Beth or Al at 223-4934.

**For Sale:** Solid wood round kitchen table with cherry finish, decorative metal base with wood cushioned four chairs, \$350 obo; Pennsylvania House cherry coffee table and two end tables with decorative accents and glass tops, \$950; Waterford-style lamp with shade, \$75 obo; three bronze metal candlestick lamps, \$45 obo. Call 265-3548.

**For Sale:** Retro diner's table with red vinyl and chrome trim, L-shaped bench seat, \$50 obo; ladies semi-formals, blue spaghetti strap dress with blue lace jacket, brown two-piece suit and silver dress, no sleeves with long-sleeve jacket, \$25 each; Yugioh cards, packs of ten, \$1.50, five rare cards, \$1 each; Girls' white two-drawer night

stand, \$50 obo. Call 826-0882 or 542-3281.

**For Sale:** His and hers Lazy Boy recliners, blue, \$60 each; queen-size headboard, bookcase, \$75; 1994 Plymouth Voyager van, quad seats, seven passenger, A/C front and rear, power windows and locks, V6, 3.0 liter, one owner, in good condition, \$2,300. Call 490-8786.

**For Sale:** Swarovski crystal chandelier, never used, \$998; two large decorative pots, \$20 each. Call 481-1760.

**Wanted:** Enclosed trailer for a motorcycle with ramp, 5-feet wide and 8-feet long. Call 325-8742, leave message.

**Free To Good Home:** Texan, the dapple dachshund, needs a good home with lots of love. Call 507-2612.

**Multi-Family Garage Sale:** May 5 from 8 a.m. to 2 p.m., 8518 Cheyenne Bluff, Converse, Texas, Rolling Creek subdivision between FM 1976 and Kitty Hawk.