



Fort Sam Houston News Leader



Vol. 38, No. 18

Fort Sam Houston – Home of Army Medicine

May 4, 2006

Briefs . . .

Practical Nurse Course graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, Class 05-05, will be held May 12 at 9 a.m. at the Sam Houston Club, with a reception to follow. The Practical Nurse Course will be closed for the day due to graduation activities. For more information, call Nancy Long at 295-4050.

Asian Pacific Islander Heritage Ceremony

A ceremony to observe Asian Pacific Islander Heritage Month will be held Tuesday from 10:30 to 11:30 a.m. at the Roadrunner Community Center.

Luau

The first annual luau in observance of Asian Pacific Islander Heritage Month will be held May 12 from 6 to 9 p.m. in the field adjacent to the Roadrunner Community Center. The cost is \$10 and includes dinner, dancing and entertainment. The public is invited.

Mother's Day band recital

The U.S. Army Medical Command Band will perform a "Lunch Bites Mother's Day Recital" May 12 starting at 11:40 a.m. at the Sam Houston Club. A variety of small groups from the band will perform during brunch.

CAC requirement

Department of the Army network users must complete common access card logon registration by June 1; Medical Command users have until May 15. For instructions, see CAC requirement on Page 5.

OCSC luncheon

The Officer and Civilian Spouses Club will host a luncheon May 16 at 11 a.m. at the Sam Houston Club to recognize recipients of OCSC scholarships and welfare contributions. The 2006-2007 OCSC Board will also be installed. For reservations, call Sigrid Reitstetter at 226-8806 or e-mail sigrid.reitstetter@amedd.army.mil by May 12 at noon.

AFTB Level 1

Army Family Team Building Level 1 will be offered May 23 and 24 from 8:30 a.m. to 3 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. To register, call Jutta Aviles 221-0946 or 221-2705.

AUSA luncheon

Sgt. Maj. William Joseph Gainey, special assistant to the chairman, will be the speaker at the May Association of the U.S. Army luncheon May 25 at 11:30 a.m. at the Sam Houston Club. Tickets are \$10 and can be purchased from Information, Tickets and Tours at the club.

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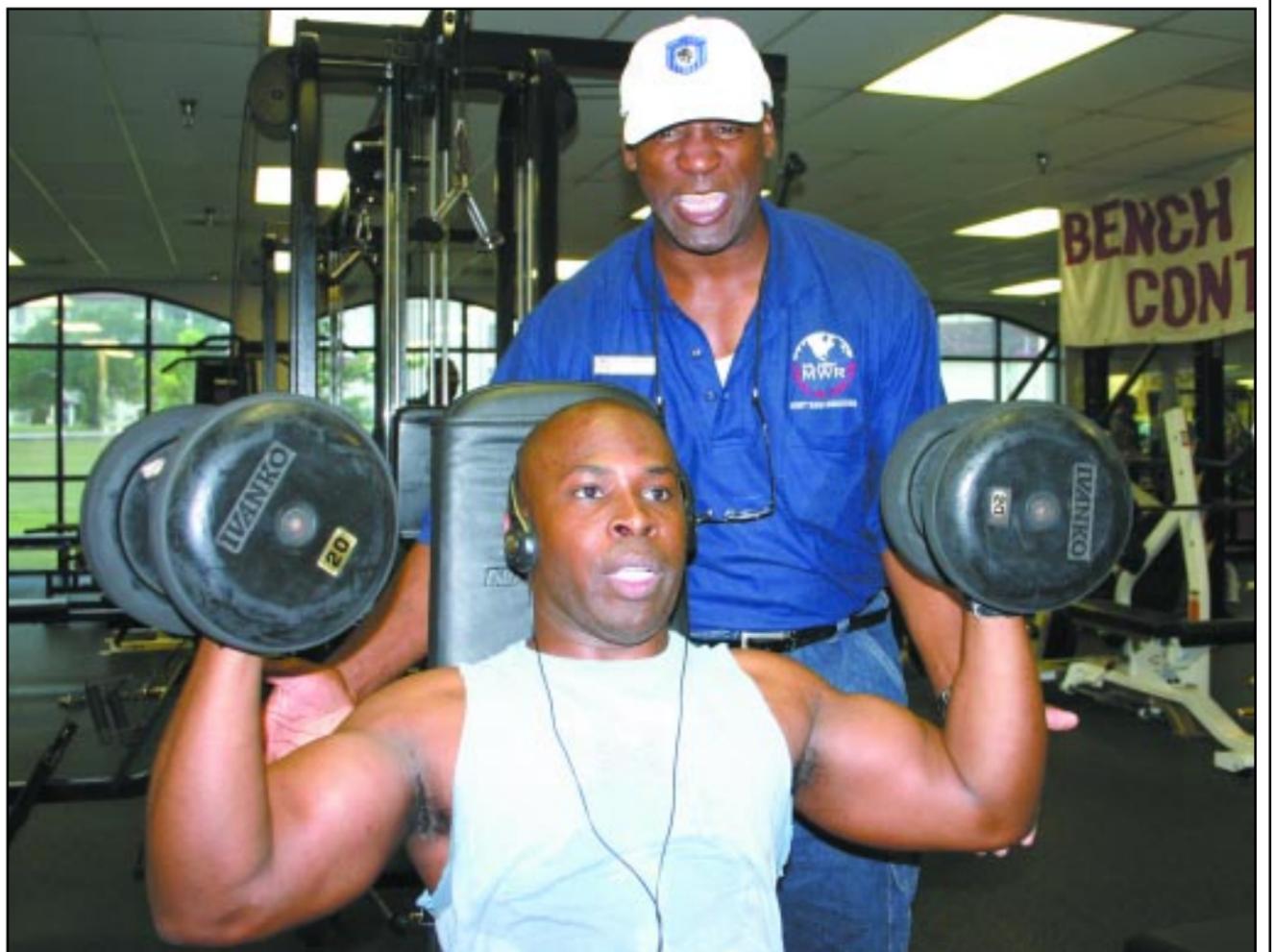


Photo by Elaine Wilson

Shape up for summer

Lucian Kimble, personal trainer, spots Lionel Lowery in the weight room at the Jimmy Brought Fitness Center. The fitness center has a variety of free classes and services for people looking to drop a few pounds or get in shape for bathing suit season. See related story on Pages 16 and 17.

Post, community prepare for BRAC

By Elaine Wilson
Fort Sam Houston Public Information Office

Fort Sam Houston leaders took their first step toward preparing the post and local community for the impacts of the upcoming base realignment and closure with its first two "scoping meetings" Tuesday at St. Patrick's Church.

Scoping meetings provide a forum for two-way communication between agencies and the public and are an early stage in the development of an Environmental Impact Statement, a detailed study that analyzes the environmental impacts of a proposed action and its alternatives.

"Meetings like this one give the public the opportunity to have a voice in the BRAC process and help the post leadership develop strong recommendations," said Col. Wendy Martinson, U.S. Army Garrison commander. "The government wants the community to be informed; BRAC is, after all, impacting your community."

Post, state and federal agency representatives were on hand at the meetings with informational displays to explain the impacts of BRAC, which include everything from waste and noise to land use and traffic. Community leaders, business owners and concerned citizens were invited to ask questions and provide input.

"The BRAC decisions have been made; it's now up to us to accommodate the requirements," said Martinson.

A common theme for the local community was gate entry, a long-standing topic of discussion for the post and a pressing concern with a future BRAC-related population increase of 17,340. A representative from the Texas Department of Transportation reassured people that there were plans in the works to ease potential congestion at the heavily frequented Walters gate, which already has more than 40,400 visitors each week.

See BRAC on Page 4

New personnel system is in effect

By Steven Donald Smith
American Forces Press Service

WASHINGTON – Deputy Defense Secretary Gordon England signed a directive to implement the new National Security Personnel System during a roll-out ceremony here today.

"Today is a milestone event," England said during the Pentagon ceremony. "After two and a half years of very hard work, the Department of Defense is initiating the human resources phase of the National Security Personnel System."

About 11,000 Defense Department

civilian employees from 12 DoD organizations will be part of the initial "Spiral 1.1" phase-in process of the new system.

At Fort Sam Houston, only the civilian employees at the Civilian Personnel Advisory Center are affected.

England said the old civilian personnel system, which has been in place for 50 years, was not capable of keeping pace with the department's needs.

"As our military forces are reoriented to better address a changing landscape, the civilian workforce too needs to become more agile, adaptable and fully

integrated with the efforts of our military forces," he said.

Employees will be converted to pay bands that replace the general schedule and will be given new results-focused performance plans that are clearly linked to their organization's mission and strategic goals, defense officials said.

The performance appraisal cycle for Spiral 1.1 employees begins April 30 and ends October 31. These employees will receive their first performance pay increases in January 2007. In addition,

See PERSONNEL SYSTEM on Page 4

Web site cautions safety with unexploded ordnance

The U.S. Army recently redesigned its Unexploded Ordnance Safety Education Program Web site to provide the public safety information about munitions they might encounter.

Of particular importance are sections dedicated to explaining the potential hazards associated with munitions such as unexploded ordnance, or UXO; discarded military munitions or DMM, to include war souvenirs; and chemical agent identification sets, or CAIS.

The Web site retains its core message of "Recognize, Retreat, and Report." The Army developed the "3Rs" to be easily understood and remembered by small children, much like the "Stop, Drop and

Roll" fire safety message. However, the look and feel of the site has been revamped, to include a new mascot named Sgt. Woof, a friendly German Shepherd. The site also features more tools and guides that appeal to a wide variety of audiences.

Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health Tad Davis reaffirms the Army's commitment to educating communities on this issue.

"Given recent world events, which include increased military training and deployments, we believed it is necessary to update and advertise our program," Davis said.

"We recognize that while we reach certain age groups with the old design, we need to make the site more appealing to a broader audience, to include younger children, and provide additional information."

The Army designed and launched its UXO Safety Education Program Web site in 2001 as a means of educating the public of the potential hazards associated with munitions. The Web site is also designed to provide educators and safety specialists with a packaged toolbox of materials they may use in classroom settings and public forums to educate the community about the dangers associated with munitions.

"Although we continuously seek to maintain and improve our program, we

believed this new look will enhance the program and continue our efforts to provide our neighbors with the right safety messages," Davis said.

The Web site is organized to educate casual users, and to allow teachers and first responders to customize lesson plans to meet their needs. The site includes videos and activities that may be downloaded. One of the new additions to the site is a section targeted to specific work groups, e.g., firefighters or mariners who may have a greater potential to encounter military munitions as part of their jobs.

For more information visit www.denix.osd.mil/UXOSafety.

(Source: U.S. Army News Release)

Fort Sam Houston News Leader

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Fort Sam continues Fiesta traditions



Brig. Gen. David Rubenstein and his wife, Patricia, join Brooke Army Medical Center Commander Brig. Gen. James Gilman and his wife, Jeffri, in a presentation of flowers at the Veterans Memorial. The tradition concludes the Fiesta Commission salute to the service of veterans and their families.

Photos by Esther Garcia
(Above) Fort Sam Houston Fiesta 2006 Ambassadors Staff Sgt. Juan Perez, D Company, 187th Medical Battalion, and Sgt. Rebecca Magner, Headquarters Company, Brooke Army Medical Center, place a bouquet of flowers at the Veterans Memorial in downtown San Antonio Sunday.

(Right) Soldiers from the Fort Sam Houston Honors Platoon fire three volleys prior to "Taps" during the ceremony at the Veterans Memorial at Auditorium Circle in downtown San Antonio.



Members of the Joint Services Color Guard, sponsored by the Special Troops Battalion, retire the national and service colors following the Fiesta ceremony attended by military and civic leaders. State Representative Carlos Uresti, a Marine Corps veteran with service during Operation Iraqi Freedom, served as the keynote speaker.



The Joint Service Color Guard prepares to lead more than 200 parade elements along Broadway Saturday during the Fiesta Flambeau night parade.



Staff Sgt. Juan Perez (far right) joins the Air Force ambassadors on a military float during the Battle of Flowers parade Friday.



Sgt. Rebecca Magner represented the Army and Fort Sam Houston on a military float during the Fiesta Flambeau parade Saturday.

Briefs cont. . . .

Internal Medicine Clinic closure

The Brooke Army Medical Center Internal Medicine Clinic will be closed May 24 from 2:30 to 4:30 p.m. for training. Eligible beneficiaries who need care should go to the emergency room.

Drivers can talk on hands-free devices

New policy from the Department of the Army and Department of Defense authorizes hands-free devices on military installations. To comply with the policy, Fort Sam Houston drivers can now use hands-free communication devices. Hand-held communication devices — cell phones, two-way radios or electronic devices such as personal data assistants — are still not authorized when driving. Drivers can only use hand-held communication devices when stopped and the vehicle is placed in park. For more information, call Guadalupe Gomez, safety manager, at 221-3866.

Water conservation policies

Post water conservation policies are in effect throughout the year. Watering landscapes around residential and administrative buildings is not authorized from 10 a.m. to 8 p.m. Watering shrubs and ornamental plants with a hand-held hose is authorized anytime during the day.

Uniform donation

As the Army transitions to a new combat uniform, Soldiers can put their old uniforms to good use by donating them to the Department of Combat Medic Training for Soldiers in training. The collection bins are placed in front of Building 1374 on W.W. White Road and between Abel and Willis Halls on Stanley Road.

Legal assistance open Saturdays

The Fort Sam Houston Legal Office will offer appointments beginning June 3 on the first Saturday of the month from 8:30 a.m. to 4 p.m. at the Office of the Staff Judge Advocate, Building 134, 1306 Stanley Road. To schedule an appointment, call 221-2353 or 221-2282.

Misleading VA Web site

An organization called Veterans Affairs Services is gathering personal information on veterans using a VA Services Web site. However, this organization is a private company based in California and is not affiliated with the VA. The self-described nonprofit veteran's service organization is affiliated with the Military Financial Planning Association. If people know of any VAS acts, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, send the information via e-mail to Michael Daugherty, staff attorney with the Department of Veterans Affairs, at Michael.Daugherty2@va.gov or call (202) 273-8636.

Personnel system

Continued from Page 1

employees performing satisfactorily will receive an increase equivalent to the general pay and locality increase received by general-schedule employees in January 2007, according to a DoD press release.

England said he understood if some civilian employees had a little anxiety about the conversion, but he stressed that supervisors have been given a lot of training to help make sure people are comfortable with the new system. "This is not a fire-and-forget effort," he said.

Classroom and Web-based training covering the basics of NSPS, with special emphasis on performance management,

has been in high gear for employees over the last several months, according to a DoD press release.

This is a critical time for the United States because the current security context is much more varied and uncertain than at any time in the past, England said, and to meet today's challenges the DoD needs the right people in the right places, working in the right ways.

"People are our most valuable resource, and today we are improving the ability of the department's people to be successful," he concluded.

For more information, call 221-2489 or visit the NSPS Web site at <http://www.cpms.osd.mil/nsps>.

2005 tax season ends on high note

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

The 2005 tax season has ended and the Tax Assistance Center on Fort Sam Houston deemed it a success. More than 3,500 people received service and 4,340 tax returns were prepared.

Taxpayers who used the services received more than 4 million dollars in refunds and saved over half a million dollars in tax preparation fees.

The implementation of working almost exclusively by appointment proved effective for the 2005 season, said Capt. Katherine Evans, Tax Assistance Center officer in charge. The new facility, in the 1st Legal Support Office, was also a positive addition. Initially, clients who looked for the tax service in the old Officers' Club were concerned that the ability to provide services might be hindered by the new location. This concern was not realized and it is hoped that the Tax Center will be able to call the 1st LSO building home for many years to come, Evans said.

During a ceremony held Tuesday to honor the center's volunteers, Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, said, "Of all the programs we have, this has the biggest impact on our quality of life. It is Soldiers helping Soldiers."

Janice Foulk, military liaison for the Internal Revenue Service in Austin, Texas, was on hand to present certificates of appreciation to the volunteers. Foulk said of Fort Sam Houston, "This post was the 10th busiest Army post in the

world for preparing returns."

Evans was presented with a certificate of achievement for her hard work. "I had a good time working with all the preparers. Thank you for all your hard work," said Evans. "We are also grateful to all those on Fort Sam Houston who supported the service."

The center officially closed April 27. People with remaining tax questions can visit the Legal Assistance Office located in the Garrison Staff Judge Advocate Office, Building 134, or call 221-2282.



Volunteers from the Fort Sam Houston Tax Assistance Center receive certificates of appreciation from Janice Foulk, (far right) from the Internal Revenue Service in Austin, Texas, Tuesday at the Office of the Staff Judge Advocate.

BRAC

Continued from Page 1

To minimize traffic jams, "We're teaming with the city of San Antonio and the Metropolitan Planning Organization to add four inbound lanes and two outbound lanes to Walters Street by September 2007," said Jonathan Bean, of Texas DOT. The road will include bike and pedestrian lanes and a new bridge over Interstate Highway 35.

The plan seemed to appeal to attendees but a few had additions of their own. "I'd like to see some landscaping near the Walters gate," said Florence Alcoser, who attended on behalf of the conservation society and South Fort Sam Advisory Board. "It's the main entry to the post and I think it should be more appealing for all the visitors that come through. I hope they add some trees or plants to the area."

Other concerns centered on the types and number of incoming organizations and the impact on the San Antonio housing market.

All input is welcome and will be considered in the EIS, Martinson said, along with other topics of consideration to include utility requirements for gas,

electricity and sewers; water resources; cultural resources; planning; socioeconomic, such as the affect on medical services and schools; traffic patterns; air quality; hazardous material; and biological and water resources.

"BRAC will affect just about every function on post," Martinson said. "which, of course, impacts life off post."

The task of drafting the comprehensive EIS document will fall to MACTE Engineering and Consulting Inc. "We will take the data provided by the post and input from the community and prepare statements about the impact of different courses of action," said Ching Wu, MACTE EIS project manager.

Wu said the first EIS draft will be done in October. At that time, another, more formal, meeting will be held in November to solicit the public's comments. The final draft will be submitted to the Department of the Army in March 2007.

The process is unusually quick, according to Bob Morris, Army Corps of Engineers BRAC program manager for the Fort Worth District. "An EIS process that typically takes 18 to 24 months has been accelerated to 12," said Morris.

The speed is a by-product of BRAC deadlines, he said. "We have to have BRAC work done by 2011 and we can't 'turn dirt' until the EIS is done."

With \$1.54 billion in construction, "We have our work cut out for us," Morris said.

Community leaders also hope for a speedy resolution. "BRAC will be a tremendous economic advantage for the San Antonio community," said Bill Mock, vice president of economic development for The Greater San Antonio Chamber of Commerce. "I'm anxious to see everything that is proposed come to fruition."

With the first two scoping meetings complete, Martinson said the future looks promising.

"This is the first step of many, but each step is important," she said. "We're grateful for all the community support and will take all issues into consideration."

For more information, call Jackie Schlatter, Environmental and Natural Resources Division, at 221-5419 or e-mail Jackie.schlatter@samhouston.army.mil, or e-mail Jeffrey Tripe, U.S. Army Corps of Engineers, at jeffrey.a.tripe@swf02.usace.army.mil.



Photo by Robert Ward

Deputy Defense Secretary Gordon England signs a directive to implement the new National Security Personnel System April 28 during a roll-out ceremony at the Pentagon.

CAC requirement

The Department of Defense has mandated all DoD networks users to use the common access card to log in to the DoD network. The requirement includes DoD civilians, active duty military and long-term contractors who require access to the network for daily use.

The deadline for Department of the Army users is June 1. The Medical Command deadline is May 15.

To fulfill the requirement, users must register their CAC into the Army certification database.

The following are step-by-step procedures for CAC registration:

- Obtain a common access card. People without a CAC should visit the nearest pass and ID office or talk to their supervisor.
- Obtain and remember the six to eight digit personal identification number.
- For people who have forgotten their PIN, visit http://fshintranet.amedd.army.mil/ccl/CPR_Station_Information.doc to find a location for a CAC reset station.
- Check computer for a CAC reader (on the keyboard or an external reader). If there isn't a CAC reader, call the ITT Help Desk at 221-4357.
- To register CAC for login, insert CAC into the CAC reader, go to <https://naswcl.samh.army.mil> and follow the instructions. MEDCOM personnel should go to <https://anpt.amedd.army.mil>. Users will need to know their CAC PIN and Army Knowledge Online user name to register.

If unable to register, call the ITT Help Desk at 221-4357. For MEDCOM personnel, visit <https://www.cs.amedd.army.mil>.

Lane Closures scheduled on Hardee Road

Fort Sam Houston Family Housing, Limited Partnership's construction company, Galaxy Builders, has contracted with Cortes Contracting to correct the drainage problem on Hardee Road at the Forage Road intersection.

The construction is scheduled for May 9 through 18. There will be alternating lane closures on Hardee Road from 9 a.m. to 3:30 p.m. May 12 and from May 15 to 17. Hardee Road will be closed May 13.

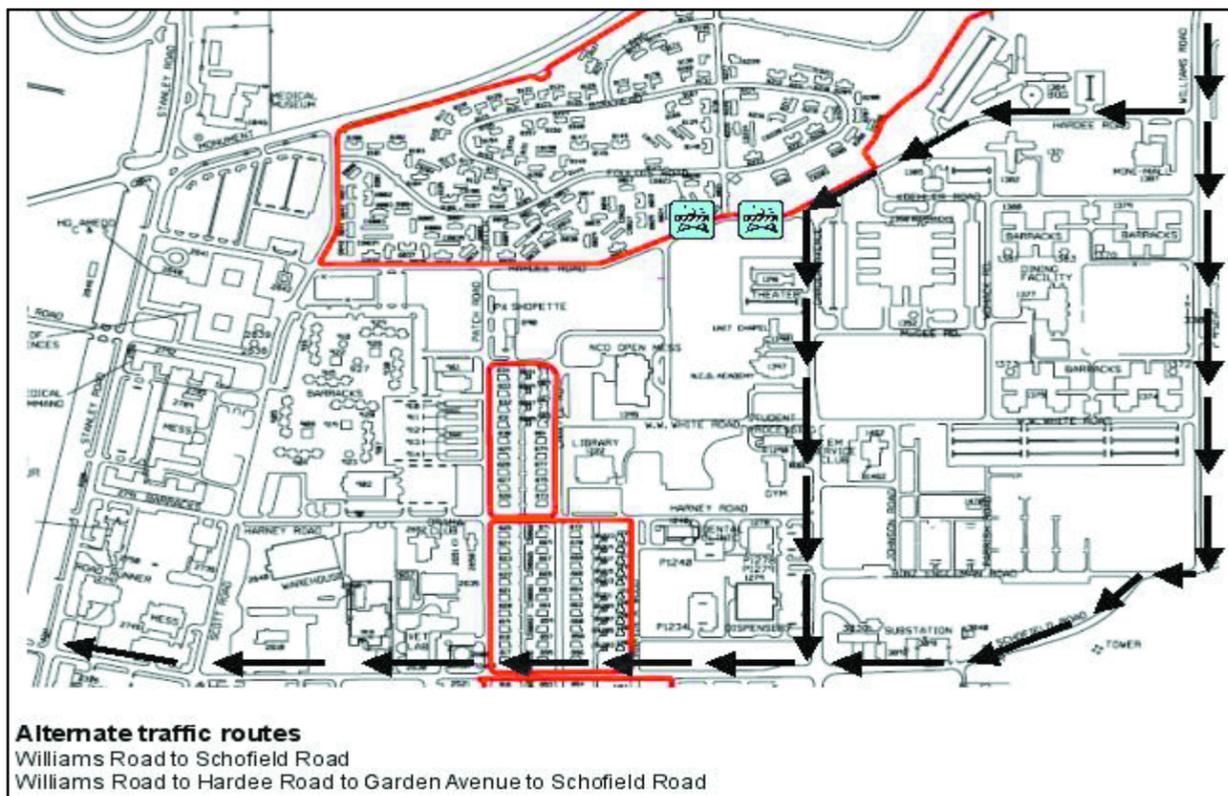
Due to possible traffic delays, it is recommended driv-

ers use an alternate route. Alternate routes include:

- Williams Road to Hardee Road to Garden Avenue to Schofield Road
- Williams Road to Schofield Road
- Nursery Road to W.W. White Road to Binz-Engleman Road to Schofield Road

For more information, call Ray Ferland at 221-1983 or Ron Bennett at 226-5597.

(Source: Residential Communities Initiative)



Crime Watch

Vehicle vandalism



In the case of vehicle damage or vandalism, the Fort Sam Houston police must be notified immediately. Do not move the vehicle before they arrive unless it is causing a safety hazard. The police must investigate the incident to substantiate that the incident occurred on Fort Sam Houston, and moving the vehicle could jeopardize the thoroughness of the investigation.

To file a claim for the damage to the vehicle, the claimant must be eligible to file a claim under Chapter 11, Army Regulation 27-20, The Personnel Claims Act. The following people are eligible to file a claim under the PCA: active duty Soldiers, U.S Army Reserve or Army National Guard Soldiers on active duty or conducting inactive duty training, Department of the Army civilian employees and Department of Defense civilian employees who are not employees of the Air Force, Navy or Marine Corps. Service members and civilian employees of the Air Force, Navy or Marine Corps must file with their service's claims office.

Vandalism results from intentional damage. Stray marks caused by children playing, rocks or gravel thrown up by vehicles, falling branches and similar occurrences are not considered vandalism. Claims for vandalism may be payable, but the claimant must be able to show by clear and convincing evidence that the vandalism occurred on the military installation.

The Army claims system is not intended to be a universal government insurance policy; it is very limited as to what it can pay. Therefore, it is vital that both military and civilian personnel take measures to protect their own property against the ordinary hazards of daily life and work, whether on post or elsewhere.

Although losses may be compensated under the PCA, it is still important to have private insurance to cover these losses and others. In many cases where a claim is not payable in whole or in part under the PCA, private insurance will pay the claim. Remember, people with private insurance must first make a claim with the insurance company. The claims office may only pay, in most instances, the amount of the insurance deductible when the claimant has private insurance.

For more information, visit the claims office in Building 153, call 221-1973 or visit http://www.samhouston.army.mil/sja/claims_div.asp. (Source: Fort Sam Houston Claims Office)

ACAP Online offers tailored transition assistance

ALEXANDRIA, Va. – The Army Career and Alumni Program has transformed its Web site to meet the changing needs of its various audiences.

With a modern look, the Web site now provides faster, more direct access to information through eight user paths, each tailored to a specific client population. The paths are Army leaders, active-component Soldiers, reserve-component Soldiers, retirees, veterans, Department of the Army civilians, family members and employers.

“We realized the need to reach the varied groups, and have changed our Web site to better accommodate those who are eligible for our transition services,” said James T. Hoffman, ACAP director.

ACAP provides transition and employment-assistance services, helping users assess their abilities, create effective resumes, prepare for job interviews and more.

The active-component path features a “per-

sonal coach” to help users who need guidance researching transition and job-assistance information. A new path for Army leaders also offers basic information about ACAP.

ACAP Online complements the 38 ACAP centers and 16 satellite offices worldwide that provide transition and employment-assistance services to more than 70,000 individuals each year.

“We think these changes will better accommodate the needs of our Army family and are excited to be able to better serve their needs,” Hoffman said.

For more information, visit ACAP Online at <http://www.acap.army.mil>.

The Fort Sam Houston ACAP Center is in Building 2263, Room B099 on Stanley Road. For Soldiers within a year of separation or two years of retirement, call 221-1212 for an appointment.

(Source: Army News Service)

AAFES works to establish fair, low gas prices

DALLAS – While the Army and Air Force Exchange Service gas pricing policy may appear mysterious, it does have definitive explanations and policies, as set by the AAFES Board of Directors, composed of senior leaders from across the Army and Air Force.

In the continental United States, AAFES gas stations conduct surveys of five or more local locations selling motor fuel, excluding members-only clubs, at least once a week.

“This process allows AAFES to establish a fair and competitive price equal to the lowest price surveyed for each grade of fuel sold,” said AAFES Commander Maj. Gen. Paul Essex.

Many believe gas is “tax free” because

AAFES is immune from state and local taxes on the sale of items in retail facilities. The truth is through the Hayden Cartwright Act, the U.S. Congress requires AAFES to pay all applicable taxes on gasoline.

Additionally, gas prices can change rapidly due to oil supply and disruptions stemming from world events or domestic problems, such as refinery or pipeline outages.

“Gas pricing is a very complex issue impacted by world markets as well as political and economic factors,” said Essex. “Authorized customers can rest assured . . . AAFES gas prices are based on solid fact.”

(Source: AAFES News Release)

Post Pulse: How will gas prices affect your summer vacation plans?



"Of course gas prices are way too high, but either way I have no choice but to pay gas to get to and from."

Ashanti Walther



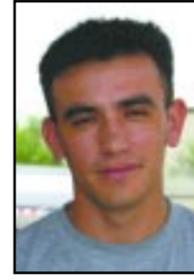
"I will not be vacationing any time during the summer until December. If needed, I will make one trip for errands to avoid using up gas."

Roy H. Parker



"My plan for the summer is to visit my mom in Atlanta, but if I were here I would stay local and not travel anywhere out of town."

Spc. Salima Muwakil



"I just returned from Iraq for a 10-day 'R&R' and, if I were to stay, I would drive less just to save because gas is way too expensive today."

Braulio Morapinilla

Stretch dollars, gas mileage with conservation tips

By Elaine Wilson

Fort Sam Houston Public Information Office

Americans are facing rising prices at gas stations and thinning wallets as they pay a national average of \$2.91 per gallon of regular fuel.

Before cancelling that summer road trip or weekend getaway, try a few gas conservation tips to help stretch dollars and gas mileage:

Driving

- Avoid rapid acceleration; most horsepower is built into cars for acceleration so relatively little power (and thus fuel) is required to maintain speed.
- Avoid hard braking and sudden stops. Stay alert and anticipate traffic lights, stop signs and merges. Traffic will move more smoothly, which saves fuel for everyone.
- When starting out, shift up to the next gear (manual trans-

mission) as soon as possible without straining the engine.

- Drive more slowly. One study reported that, for all vehicles tested, there was at least 20 percent loss in fuel economy as cruising speed was increased from 55 to 75 mph.
- Remove extra weight from the car; 100 extra pounds may cost 1 mpg. Pack lightly for trips.
- Use cruise control on highway trips.
- For any stop expected to last more than a minute, shut off the engine rather than letting it idle.
- Reduce the use of your air conditioner at low driving speeds. When driving over 40 mph, using the air conditioner costs less fuel than opening windows.

Fuel and maintenance

- Replace air and fuel filters regularly; change air filter more often if driving in dusty conditions. Replacing a clogged air filter can improve your car's gas mileage by as much as 10 percent.
 - Keep engine properly tuned.
 - Keep tires properly inflated and wheels aligned. You can improve your

gas mileage by around 3.3 percent by keeping your tires inflated to the proper pressure.

- Do not use mid-grade or premium grade gasoline unless specified for your vehicle. Older vehicles may require these grades to avoid "knock" which reduces power and may damage the engine.
- Do not overfill the tank.
- Determine gasoline mileage periodically. Declining mileage can be an early indicator of mechanical problems or a need for servicing.
- Store emergency fuel supply or fuel for gasoline-fueled power equipment in sealed, airtight containers; it will still be usable in another season.

For more information about gas conservation, visit the U.S. Department of Energy and Environmental Protection Agency Web site at <http://www.fueleconomy.gov/>.

(Sources: New Hampshire Office of Energy and Planning at http://www.nh.gov/oep/programs/energy/conservation_gas.htm and the U.S. Department of Energy and Environmental Protection Agency Web site at <http://www.fueleconomy.gov/>)

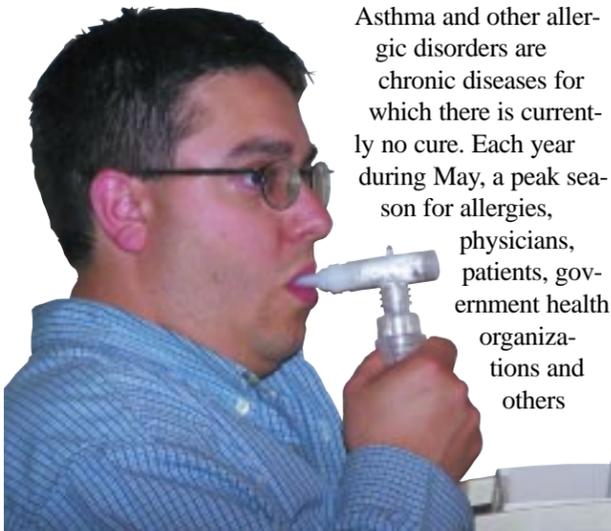
National Asthma and Allergy Month

Asthma: A matter of life and breath

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

The Asthma and Allergy Foundation of America has declared May as National Asthma and Allergy Month. Asthma affects 20 million Americans and 9 million children. The number of people with asthma continues to rise in the United States.

Asthma and other allergic disorders are chronic diseases for which there is currently no cure. Each year during May, a peak season for allergies, physicians, patients, government health organizations and others



join with AAFA to raise awareness about these serious health conditions.

Asthma is a chronic disease that affects the airways. The airways are the tubes that carry air in and out of the lungs. If a person has asthma, the inside walls of the airways are inflamed or swollen. The inflammation makes the airways very sensitive and they tend to react strongly to allergens or irritants. When the airways react, they get narrower and less air flows through to lung tissue. This causes symptoms like wheezing or a whistling sound heard when taking a breath, coughing, chest tightness and trouble breathing, especially at night and in the early morning. When asthma symptoms become worse than usual, it is most commonly referred to as an asthma episode or attack.

Asthma cannot be cured, but most people with asthma can control it so that they have few and infrequent symptoms and can live active lives.

Over the past 50 years, much has been done to help people manage this disease, but asthma continues to cause severe limitations for people all year long. Research by AAFA found that asthma and allergies cost the U.S. economy more than \$20 billion each year in terms of medical care, lost productivity from 12 million school days missed and 12.5 million workdays missed,

and the costs related to more than 5,000 deaths per year.

A physician or allergist has many tools to choose from after proper diagnosis, including over-the-counter medicine, prescriptions or allergy shots. Asthma treatment may also include long-term control medicines, such as anti-inflammatory medication, as well as quick-relief medications, such as bronchodilator inhalers.

The physical symptoms of asthma may include coughing, wheezing, tightness of the chest and shortness of breath. Symptoms such as extreme difficulty breathing, bluish color of the lips and face, severe anxiety and a rapid pulse may signal more than asthma breathing problems, and it is best to seek medical attention immediately when experiencing those symptoms.

According to the National Heart, Blood and Lung Institute, asthma has a multitude of triggers to include animal dander, dust mites, mold, cigarette smoke, strong odors and strong emotions such as stress.

Outdoor allergens, such as air pollution, pollen or changes in the weather cannot be avoided. However, if these allergens trigger asthma, try to stay inside as much as possible, especially in the morning, with the windows shut and air conditioning on. Be sure to check pollen counts and air quality before venturing outside for any extended period of time.

To avoid serious reactions and make the allergy season more manageable, take proactive steps to live with asthma with regular consultations by a physician to develop treatments.

For more information, call your family care provider or visit www.lungusa.org or www.aafa.org.

Smoke-free, courageous forever



Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever,

whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9v, Brooke Army Medical Center, or call 916-3352 or 916-5538.

Blood is fluid of life



The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center seeks your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

Sports Briefs . . .

Tee It Up 'Fore' the Troops

The "Tee it Up 'Fore' the Troops" golf tournament, sponsored by Operation Comfort, will be held May 22 at the Fair Oakes Country Club in Boerne, Texas. Registration begins at 11 a.m. with a 1 p.m. shotgun start. Format is a four person scramble. Prizes will be awarded for closest to the pin, longest drive, longest putt, putting and raffle. Sponsor levels range from \$150 to \$2,500, and all of the proceeds will directly benefit wounded Soldiers at Brooke Army Medical Center. Early registration is due May 11. On-site registration and space is available at the door for \$175. For more information, call Jim Riley at 916-2722 or 845-3985. Mail registration forms to Operation Comfort, Janis Roznowski, 6304 Lakeshore Drive, Lago Vista, TX 78645 or register online at www.operationcomfort.org.

Ravens honor service members

The San Antonio Ravens football team will honor service members on Armed Forces Day with reduced admission to the May 20 regular season finale game, Ravens vs. Cleveland Outlaws. The cost is \$3 for military ID cardholders. The Ravens will also provide 5,000 free tickets to the U.S. Armed Forces. For more information, call 787-9958.

Youth soccer

Alamo Heights-Fort Sam Houston Youth Soccer invites girls and boys who will play "under 11" in the fall season (birthdays between Aug. 1, 1995 and July 31, 1996) to attend tryouts for its competitive soccer program, known as the "Fire" Club. Players should report for tryouts at the area between AHFSH Fields 2 and 4 at the following times: girls' tryouts are May 18 from 6:30 to 7:30 p.m. and May 20 from 9 to 10 a.m.; and boys' tryouts are May 14 from 10:30 to 11:30 a.m. and May 18 from 5 to 6 p.m. For more information, visit www.ahfsh.org and go to the "Fire Club Info" link.



Courtesy photo

Run for a cause

Forty-six Soldiers from B Company, 187th Medical Battalion, joined hundreds of other participants April 22 in a 5K run at McAllister Park in San Antonio sponsored by the Madison High School Sparrow Club. The run was a benefit for 5-year-old Micaela Poole (front center), a leukemia patient.

Cole sports update

The Cole baseball team finished the regular season on a high note Friday with a huge victory over the Comfort Bobcats 7-3. Matt Newcomer picked up the victory for the Cougars, while Ryan Boyeles paced the offense with three hits. Cole finished the regular season with 11 wins and nine losses. The Cougars finished in third place in district 27-2A competition with a 6-4 record. Cole will play Poth High School, Poth, Texas, in a best of three series Friday and Saturday in the first round of District 2-A playoffs. Darrell Kurek, Cole history teacher, is the coach.

FSH Independent School District Weekly Calendar Monday to May 13

Teacher Appreciation Week

Cafeteria note for both campuses: Beginning Monday for the remainder of May, all meals must be paid at time of purchase or covered by funds in account.

FSH Elementary School

Wednesday

Early dismissal – kindergarten through fourth grade, 2 p.m.

Early dismissal – fifth and sixth grade, 2:45 p.m.

May 12

Fifth and sixth grade field day

Spirit Day

Robert G. Cole Jr./Sr. High School

Monday

Cougar Pride club meeting in media center, 5:30 p.m.

Tuesday

Senior High student council elections during lunch

Wednesday

Art show in Moseley Gym, 7 to 8:30 p.m.

May 11

Spring blood drive in JROTC Building, 3:30 to 7 p.m.

Fort Sam Houston supports National Academic Decathlon Meet

More than 40 volunteers from the Fort Sam Houston Independent School District and Fort Sam Houston provided support for the nation's premier academic contest, the United States Academic Decathlon Championship, held in San Antonio last week.

"San Antonio was thrilled to host the winners from more than 40 states competing for this year's national championship title," said Dr. Gail Siller, superintendent of Fort Sam Houston Schools. "And an event of this magnitude could not have happened without lots of volunteer support."

The Academic Decathlon is a 10-event scholastic competition for teams of high school students. Each team consists of nine students: 3 "A" or honor students, 3 "B" or scholastic students and 3 "C" or varsity students. Students are tested in 10 categories: art, economics, essay, interview, language and literature, mathematics, music, science, social science, and speech (both a prepared and impromptu speech).

The final event was the Super Quiz relay, which took place at Laurie Auditorium on the Trinity University campus Friday and included students from each team competing to answer questions

on this year's theme: European Renaissance. WOAI's news director Jim Forsyth served as quiz master.

"As answers are given and scores change, the contestants and audience cheer for their team," added Siller. "It's an academically challenging event that is fun to watch."

Siller served as super quiz chairman, with Dr. Roland Rios, Robert G. Cole High School principal, assisting. Members of Cole's Junior ROTC Color Guard participated in the opening ceremonies, which included a parade of state flags.

Serving as super quiz monitors were the following: Sgts. Nicolle Clarke, Jason Conrad, Shayanna Patterson and Shem Webler; Staff Sgts. Rolanda Robinson Place and Corrin Johnson; and Sgts. 1st Class Andrea Wolfe and Andrew Wolfe. Also serving were Pvts. Patrick Oaks, Alex Maldonado, Justin O'Brien, Matthew Boyd, Michael Allen, Joshua Ackland, Cody Fennern, Grant Dilucchio, Aja Frijas, Jesse Pointer, Trent Richey, Mateusz Radziszewski, Megan Krumrie, Susan Gray, Linden Kinder and Nicholas Thalkin; and Pfc. Christopher Waldrop, Rikki Garcia, David Evans and Latina Kapraun completed the group of volunteers. Sgt. 1st Class Gloria Hoskins deserves special

thanks for helping with this project, Siller said.

The team representing William Howard Taft High School from California won the National Championship, with Texas' contender, Plano Senior High School, Plano, Texas: earning first runner-up honors.

(Source: FSHISD)

Fort Sam Houston ISD celebrates Law Day

By Dr. Kathy Maxwell

Fort Sam Houston Elementary School

According to the American Bar Association, Law Day is "a special day focusing on our heritage of liberty under law, a national day set aside to celebrate the rule of law." It was established by President Dwight Eisenhower in 1958. In 1961, May 1 was designated as the official Law Day by joint resolution of Congress.

Both Robert G. Cole Jr./Sr. High School and Fort Sam

Houston Elementary observed Law Day this week to help students understand "how law and the legal process have contributed to the freedoms that all Americans share."

Capt. Marlin Paschal and members of the Fort Sam Houston Judge Advocate General's office conducted a mock trial at FSH Elementary Monday. The case of "Big Bad Wolf" vs. the "Three Little Pigs" was presented to the fifth grade students.

Big Bad Wolf was accused of attempting to devour Curly the pig on numerous occasions and of eating his two brothers. The defense lawyers for Wolf alleged Curly the pig was caught boiling a cauldron of water and had his cookbook turned to the recipe for "Poached wolf."



Courtesy photos

Attorneys from the Judge Advocate General's office conduct a mock trial for Fort Sam Houston Elementary fifth grade students. Students were able to witness the entire trial process involving famous children's characters from "The Three Little Pigs."

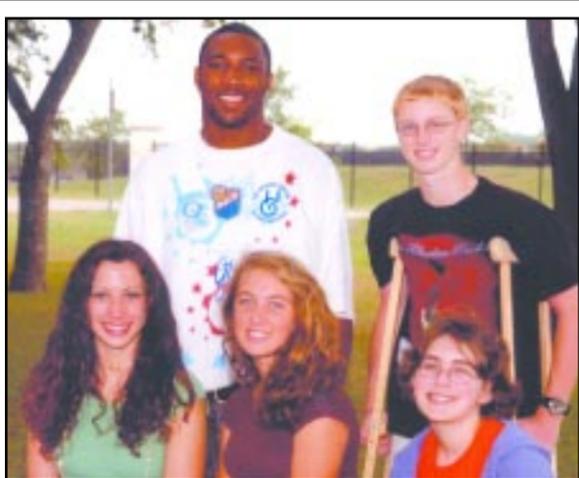
The fifth grade student body served as the jury. After listening to the testimonies of Big Bad Wolf and Curly the pig and taking several minutes to deliberate, the student jury made their decision. Curly pig was found guilty of attempting to harm Wolf.

In preparation for the trial, the fifth grade students entered posters illustrating, "Liberty Under Law: Separate Branches, Balance of Power," the Law Day theme.

Following the verdict of the jury, Col. Karen Judkins announced the winners: John Simpson, gold medal; Jazmin Lattimore, silver medal; and Katelyn Kaufman, bronze medal. The Law Day posters are on display at the Fort Sam Houston Commissary.

Jim Hudson, Cole social studies teacher, also hosted a mock trial Wednesday with the assistance JAG attorneys, who served as judges, prosecutors and defense attorneys. The students served as prosecutors, defense attorneys, the accused, witnesses and members of the jury.

Tuesday, JAG attorneys helped the Cole student prosecutor and defense attorney select the jurors. Students were prepared for the case, which involved a security guard who used unnecessary force in subduing animal rights protestors. The case was presented Wednesday, including the complete trial process.



Courtesy photo

Principal's Students of the Month

Each month Cole Jr./Sr. High School recognizes one student from each grade level for his or her 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 April 2006 are (back row from left) Anson Brantley, 12th grade; and Wesley Lavender, 10th grade. (Front row, from left) Brittany Maas, 11th grade; Grace Simpson, ninth grade; and Abigail Abrahamson, seventh grade. Not pictured is Emily Martin, eighth grade.



Judge Advocate General officers assist Cole students as they question prospective jurors for the mock trial. (From left) Capt. Marlin Paschal, judge; Capt. Ward Narramore, prosecution; senior Owen Black, prosecutor; senior Jamie Siegle, prosecutor; Capt. Mile Lamphiers, defense; senior Josh Heaney, defense lawyer; senior Todd Bentley, defendant; and senior James Raymond, defense lawyer, listen to prospective jurors' answers.

Ceremony honors service



Photos by Ed Dixon

(From left) Master Sgts. Rene Kinsey, Rebecca Yuille and Pauline Perry; Maj. Suellen Dennett; and Col. Carol Swanson are honored at the April retirement ceremony, sponsored by the 187th Medical Battalion, which is commanded by Lt. Col. Patricia Darnauer.



(From left) First Sgt. Jessie Hall, Master Sgt. Blas Ramirez, Sgt. 1st Class Roland Thomas, Lt. Col. Patricia Bradley and Sgt. 1st Class Todd Gilman were honored at the April retirement ceremony. The reviewing officer, Brig. Gen. Jose Mayorga, deputy commanding general for support, U.S. Army South, presented awards and retirement certificates to 10 officers and NCOs and their spouses.



Photo by Cheryl Harrison

Little or no water required

Cyndy Samaniego looks at a drought-tolerant plant while walking through the xeriscape garden near the main Post Exchange. Xeriscaping is a word coined by combining xeros for dry with landscaping. It is a water conservative approach to landscaping using plants whose natural requirements are appropriate to the local climate. Other plants that can be seen in the xeriscape garden are Red Yucca, Purple Fountain Grass, Harbour Dwarf Nandina, Early Sunrise Croreopsis and Pink Mist Pincushion flowers.

MWR Events

Play ball

The Fort Sam Houston Honor Guard present the colors at the San Antonio Missions baseball game April 26, which was designated as Fort Sam Houston night. Pregame ceremonies also included Staff Sgt. Robin Farland, of Fort Sam Houston, singing the national anthem and Marine Lance Cpl. Stephen Boisvert, of the Soldier and Family Assistance Center, throwing the first pitch. Force 3 sponsored the game, which is the first of three home games designated as Military Appreciation Night. Other Military Appreciation Nights are sponsored by Kraft Foods and are scheduled for May 31 and Aug. 30.



Photos by Kathrine Maple

March madness winners

Winners of the Fort Sam Houston Bowling Center's March Madness Promotion receive their cash prizes for participating in drawings for Final Four Fridays and Turkey Tournament Wednesdays and Thursdays. Shelly Stovall won \$100 cash in the Final Four Fridays' drawing, and Staff Sgt. Montez Bonner won the grand prize of \$300 cash and two Southwest Airlines roundtrip tickets in the Turkey Tournament drawing. Stovall is married to Capt. Steven Stovall, of A Company, 187th Medical Battalion. Bonner is assigned to C Company, 264th Medical Battalion. Pictured (from left) Anna Garcia, First Command Financial Planning representative; Shelly Stovall; John Fryman, Bowling Center Manager; Staff Sgt. Montez Bonner; and Kelly Jones, Morale, Welfare and Recreation sponsorship and advertising manager.



Asian American Pacific Islander History Month

Trivia Contest

- Who was the first woman to win both the Nobel and Pulitzer Prizes?
- Who was the first Asian American Pacific Islander mayor in Texas?
- 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?
 - Goat Island
 - Angel Island
 - Alcatraz Island
- Who were the pensionados?
 - Japanese-American veterans from World War II who lobbied congress for pension plans.
 - Filipino students who came to the U.S. to study medicine, agriculture, and other fields from 1903 to 1910
 - Asian-American students who started the Yellow Power movement in the 1970s
- What is a "picture bride"?
 - An Asian woman who agrees to an arranged marriage through the exchange of photographs
 - A traditional ceremony in which a bride is prepared for her wedding day?
 - Any woman of Asian descent who marries interracially

People can e-mail their answers to walter.white2@us.army.mil. Winners will have their names published in the next edition of the News Leader.

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:

12:30 p.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 service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel,
Building 1398, 221-4362

Troop Catholic Mass: Sundays:
11 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant gospel service:

9:45 a.m. - 32nd Med. Bde.

Soldiers - Sundays

Troop Protestant service:

8:30 a.m. - 32nd Med. Bde.

Soldiers - Sundays

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

Evans Auditorium, 221-5005 or 221-
5007

Mormon service:

9:30 to 11:30 a.m. - Sundays

Installation Chaplain's Office, Building
2530, 295-2096

Contemporary service:

11:01 a.m. - Sundays

Web site:

www.samhouston.army.mil/chaplain

Religious Happenings . . .

PWOC seeks homeschool moms

The Protestant Women of the Chapel invites women who homeschool their children to attend PWOC programs Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail jecsones@earthlink.net.

PWOC weekly Bible studies

The Protestant Women of the Chapel invites women in the Fort Sam Houston community to weekly Bible studies at Dodd Field Chapel. The daytime study meets Wednesdays from 9:30 to 11:30 a.m. and the evening study meets Thursdays at 6:30 p.m. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

11:01 worship service events

Upcoming 11:01 worship service events include: Sunday – Communion Sunday; May 13 – Ladies retreat; May 14 – Children's Godly play worship service; and June 3 to 4 – Men's retreat at MO ranch. Services are held at the Installation Chaplain's Office next to Child and Youth Services, Building 2530 on Funston Road to the left of Burger King. For more information, e-mail Chaplain (Maj.) Yvonne Hudson at Yvonne.hudson@samhouston.army.mil.

Chapel youth group

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

Officers' Christian Fellowship

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

Intergenerational retreat

The Installation Chaplain's Office will hold an intergenerational retreat Friday through Sunday. The retreat is open to all active duty permanent party and dependents, retirees and Department of Defense civilians and families. The theme is "Building the Body of Christ: Rising up above the stress of our lives" and will be held at the HEB Ranch near Leakey, Texas. A donation of \$25 for reservations for one or more is suggested and includes meals, barracks-style cabins and the retreat. Only 65 slots are available. For more information, call Brian Merry at 221-5005.

Designated offerings

Designated offerings are accepted each quarter through the Installation Chaplain's Office for different organizations. The designated offerings for the next quarter are: May 20 and 21, Military Archdiocese, Catholic only; June 10 and 11, San Antonio Aids Foundation, Catholic and Protestant; and June 24 and 25, Retired Priest of Laredo, Catholic only.



Photo by Steve White

Holocaust remembrance

Staff Sgt. Louis Stanton, of the Defense Medical Readiness Training Institute at Fort Sam Houston, lights candles during the Holocaust Remembrance Ceremony April 25 at Randolph Air Force Base. The candles were symbolic of the 11 million people who died during the Holocaust. "I have an uncle who survived a concentration camp. I wanted to do this to honor him," Stanton said.

National Physical Fitness and Sports Month

Shape up for summer at Jimmy Brought

Story and photos by Elaine Wilson
Fort Sam Houston Public Information Office

People have different motivations for getting in shape. Some aim for a perfect score of 300 on the physical fitness test while others strive to be a perfect 10 in a bathing suit.

Whatever the driving force or magic number, the Jimmy Brought Fitness Center staff can help people achieve their personal goals.

"I see a lot of people come here wanting to improve their health or appearance," said Lucian Kimble, fitness center supervisor and personal trainer. "It really boils down to a change in lifestyle; doing the right thing."

With an abundance of automatic everything, from garage door openers to remote controls, America has become a sedentary society, Kimble said. "When I was in Germany, everyone was walking and moving. I remember sitting downtown and not seeing one overweight person."

A simple way to burn more calories is to increase activity in everyday life, he said. "Park your car and walk, or use the stairs. Don't use the blame game; accept responsibility for your physical condition and commit to changing it."

Kimble, who dropped 34 pounds about a year and a half ago, recommends people take it slow when kick starting a fitness program.

"The first step, for people who haven't worked out before or in a long time, is to check with their doctor to get medical clearance," he said.

The next step is simple, Kimble said, just get moving.



John Kendrick works up a sweat on the elliptical trainer. The fitness center has a wide variety of exercise machines.



Robin Tefft, spinning instructor, adjusts a bike for cycling class student Gloria Belin at the fitness center. Tefft, a volunteer, teaches the class three days a week. "It's an awesome workout," she said.

The fitness center offers an ever-lengthening schedule of classes, programs and competitions to help people do just that. The staff tailors its offerings to meet a wide variety of patrons' needs, from aerobics classes for seniors to bench press competitions for aspiring bodybuilders. For people who prefer solo pursuits, the fitness center is packed with top-of-the-line equipment and weight machines.

No matter what people choose, Kimble said they should stick to it for about 20 minutes four to five times a week, combining cardiovascular training, such as running, walking or biking, with weight lifting.

"Both are important, but cardio is the first and foremost because it takes care of our most important muscle – the heart," he said.

To ensure a heart-healthy workout, people should aim to stay at their target heart rate for about 20 minutes. To calculate target heart rate, people can take their age and subtract it from 220; multiply that by 70 percent.

Along with exercise, a sure way to drop a few pounds is by pushing away

from the dinner table, Kimble said. "Americans are served too much in restaurants," he said. "Portion control is very important. We should be eating six small meals rather than gorge ourselves at one or two. Next time you're in a restaurant, try buying one entrée and splitting it. We have to condition our bodies to eat less."

Cutting back will ensure a healthy weight loss, which is about a pound a week, Kimble said, adding that 3,500 calories equals one pound. And, avoid the crash or trendy diets, a billion dollar industry rampant in America.

"People want a quick fix; they get desperate," Kimble said. "I don't sanction diets or supplements. If you just eat healthy – portion control, lean meats, fruits and vegetables – and get active, you can change your body."

And, if all else fails, Kimble said people can always give him a call. The fitness center has two fitness trainers on staff, Kimble and Will Lloyd, who are available to customize a program to suit individual needs.

"The best investment you can make is your health," Kimble said.

The fitness center, located on Wilson Road, is open Mondays through Fridays from 5 a.m. to 9 p.m. and weekends and holidays from 5 a.m. to 5 p.m. People eligible to use the facilities include active and reserve military, family members, retirees and their families and Department of the Army civilians working at Fort Sam Houston.

For more information, call Kimble at 221-2020 or visit www.fortsamhoustonmwr.com.

Jimmy Brought Fitness Center

Upcoming events

5K run and walk – Saturday, start at 9 a.m. in front of the Jimmy Brought Fitness Center

10 Miler – Sunday, start at 7 a.m. in front of the Brigade Gym, Building 1281

Bench Press Contest – Wednesday at 6:30 p.m.

Aerobathon – May 20, from 9 a.m. to 12 p.m., three hours of nonstop aerobics

Natural Body Building Show – May 24 at 6:30 p.m.

Classes

Cycling – Tuesdays from 12 to 12:45 p.m., Wednesdays from 4:45 to 5:15 p.m. and Thursdays from 12 to 12:45 p.m.

Salsa and merengue dance class – Thursdays from 6:30 to 7:30 p.m.

Aerobics – Mondays and Wednesdays from 6 to 6:45 p.m.

Senior Fitness – Tuesdays and Thursdays from 9 to 10 a.m.

Water Fitness – Mondays, Wednesdays and Fridays from 8:45 to 10:30 a.m. and Mondays and Wednesdays from 5 to 6 p.m.

Body Sculpture and Abs – Tuesdays and Thursdays from 5:30 to 6:30 p.m.

Karate class – Tuesdays from 6:45 to 8:30 p.m. and Fridays from 6 to 8 p.m.

Swimming lessons (outdoor pool) – June 5 to 16, June 19 to 30, July 10 to 21 and July 24 to Aug. 4; \$35 per student

Basic weight training class – Tuesdays at 10 a.m. and Fridays at 5 p.m.

Aerobics classes are \$2 per class or \$24 for a 16-class pass; aquatic classes are free to pre- and post-natal participants. For karate, call Al Francis at 264-1391. For more information, call 221-2020 or visit www.fortsamhoustonmwr.com.



Dottie Henderson Freeman works out with weights during the Senior Fitness class at the Jimmy Brought Fitness Center.



Water Fitness class students do underwater aerobics at the Jimmy Brought Fitness Center pool.



Mike Lee starts off his day with a workout at the fitness center.

‘Wake up call’ leads to 100 pound weight loss

By Elaine Wilson
Fort Sam Houston Public Information Office

Travis Gunter vividly remembers the day he woke up, not just from sleep, but from denial.

“It was Jan. 12, 2004, and I weighed 312 pounds. It was way too much,” said Gunter. “I faced the truth that day and made a decision to get my weight under control.”

Nearly two years and 100 pounds lighter, Gunter is now a svelte second lieutenant attending Officer Basic Course at Fort Sam Houston.

“I used to get winded walking up a flight of stairs and now I’m helping others pass the PT test,” said the environmental science officer. “I don’t want to meet the bare minimum in life; I want to succeed and help others to achieve.”

Gunter attributes his values, and his weight challenges, to his parents.

“I come from a family with weight problems – my parents, grandparents and sisters are all overweight,” he said.

Although he tended toward the heavy, Gunter kept his weight under control by playing sports. He was an avid football and baseball player throughout high school in the sports-saturated town of Midland, Texas. The activity kept his spirits up and his weight down.

But when he started college at Baylor University in Waco, Texas, a challenging chemistry curriculum and a penchant for Oreos and Dr. Peppers started a weight increase that wouldn’t end until more than a decade later.

“I’d buy a 12-pack of soda and a box of cookies every other day,” he said. “I didn’t just gain the freshman 15,” he joked. “I also gained the sophomore, junior and senior 15.”

He graduated in 1996, worked as a chemist for five years, then headed back to his alma mater for graduate school. With two jobs and a packed schedule, Gunter’s dinner table was at the nearest fast food joint. He graduated in 2003 with a master’s degree and a weight gain that caused him physical pain.

“My knees hurt, my back hurt; I was too young for that,” he said. “I researched my pain on the Internet and it was all due to my weight.”

With aspirations in hospital administration, Gunter started work at a Waco hospital, but he was unsatisfied with his work and himself. Unsure of his future career path, he focused first on his weight. A month after he woke up and decided to lose weight, he started to exercise.

“The first day I ran, I couldn’t finish a quarter of a mile; I was breathing so heavy,” he said. “But I didn’t let that stop or discourage me. I hadn’t run for 12 years so I was easy on myself.”

With a low-carbohydrate diet combined with daily workouts, the pounds melted away. Although happier with his weight, Gunter’s dissatisfaction with his job remained.

He turned to his good friend, Ken Jones, from graduate school.

“He had joined the Army and seemed very happy with his job,” Gunter said. “I saw that he was part of a team, part of something greater than himself. That interested me.”

He decided to join too. The goal gave him the motivation to shed the final 20



Photo by Elaine Wilson

Second Lt. Travis Gunter does push-ups at the track on Stanley Road, as part of a daily fitness regimen that also includes running and sit-ups.



Courtesy photo

Travis Gunter (third from left) topped off at 312 pounds when he decided to drop the weight and join the Army.

pounds he needed to meet weight requirements.

“I’m stubborn and didn’t let things get in my way,” he said. “It’s like smokers or alcoholics – people can try to change you but change comes from within. You have to want it wholeheartedly.”

These days, Gunter runs, does hundreds of push-ups and sit-ups a week and only

occasionally indulges in Dr. Peppers or Oreos, but wouldn’t trade all the junk food in the world for his newfound happiness.

“I remember thinking on Jan. 12 that I never wanted to let my weight get out of control again,” he said. “Everyone has a different motivation and my desire to do well and help others in the Army is mine. A healthy weight is part of that.”

MWR hotline

Information about MWR events, activities and programs is available 24 hours a day at 295-3697 or visit www.fortsamhoustonmwr.com.

Community Recreation

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 individuals selling items must pre-register by calling 221-2523 or 221-2601. A valid Department of Defense ID card is required to participate. Participants must bring their own tables or rent them from the Outdoor Equipment Center at 221-5224.

Equestrian summer youth camp

Registration for the Equestrian Center Summer Youth Horsemanship Camp begins Monday for youth ages 7 to 17 years. Camp consists of a one-week session held from 9 a.m. to 3 p.m. each day. The first session begins May 29; the last session ends Aug. 4. Registration fee is \$175 (\$25 deposit required). For more information, call 224-7207.

Bench Press Competition

The Jimmy Brought Fitness Center will host a Bench Press Competition on Wednesday at 6:30 p.m. The competition will include male and female categories. The entry fee is \$30. For more information, call 221-2020 or 221-1234.

Aerobathon

The Jimmy Brought Fitness Center will conduct two hours of non-stop aerobics May 15 from 5 to 7 p.m. To sign up, call 221-2020 or 221-1234.

Swim class registration

Registration for Red Cross swimming lessons are held from 11 a.m. to 7 p.m. at the Aquatic Center. Cost is \$35 per person for two-week lessons. Classes are Monday through Friday from 8:30 to 9:15 a.m. and 11 to 11:45 a.m. beginning June 5 through Aug. 4. For more information, call 221-1234 or 221-4887.

Outdoor pool opens

The Aquatic Center will be open daily from 12 to 8 p.m. starting May 26. For more information, call 221-4887 or 221-1234.

'Read to the Kids' program

The Fort Sam Houston library has a new Video Messenger System that gives children of deployed or pre-deployed Soldiers the opportunity to stay connected with their parents. The program captures Soldiers reading a children's book while being videotaped and recorded. A completed copy of the video or DVD is then mailed to the Soldier's home. Books used in the program are available at the post library. The service is by appointment only. Call 221-4702 or 221-4387 to make an appointment.

5K Fun Run

A 5K Fun Run will be held Saturday at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. For more information, call 221-2020 or 221-1234.

Fort Sam Houston 10 Miler #1

The Fort Sam Houston 10 Miler #1 will be held Sunday at 7:30 a.m. at the Brigade Gym. For more information, call 221-2020 or 221-1234.

Hunters' education classes

A gun hunter education class will be held Saturday and Sunday from 8 a.m. to 2 p.m. at the Camp Bullis Outdoor Recreation Center. Reservations are required. Registration fee is \$15 payable on the first day of class. This class is mandatory for all rifle hunters that wish to hunt on Camp Bullis. Firearms cannot be brought onto Camp Bullis. For more information or to register, call 295-7577 or 295-7529.

Hunting permits on sale

Bow and combo hunting permits are on sale at the Camp Bullis Outdoor Recreation Center May 13. For more information, call 295-7577.

Canyon Lake trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake is not accepting trailer reservations until further notice. Trailers are scheduled for renovation and construction. Only mobile homes will be affected by the construction project. The marina, cabana and beach areas will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

Archery lessons

Indoor archery lessons from beginner to professional level are offered at the Archery Training Center at the Outdoor Recreation Center. Lessons are by appointment only Tuesday through Friday from 10 a.m. to 12 p.m. and from 1:30 to 6:30 p.m. Special group sessions are available on the weekend. For more information or to make an

appointment, call the Outdoor Recreation Center at 221-5225 or 221-5224.

Cruiser bikes for rent

New men's and women's cruiser bikes are available for rent at the Outdoor Recreation Center. Cost is \$3 a day or \$5 for the weekend, and includes bicycle helmet and combination lock. For more information, call 221-5225 or visit the Outdoor Recreation Center at 1111 Forage Ave.

Dining and Entertainment

Sam Houston Club, 224-2721

Mother's Day brunch

A special Mother's Day brunch will be held May 14 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. Brunch features a kids' meal station, a chocolate fondue station, complimentary champagne and an international food station. Cost is \$17.95 for nonmembers, \$14.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. Reservations are strongly encouraged. For more information or reservations, call 224-2721.

Cinco de Mayo TGIF

Celebrate Cinco de Mayo Friday at 4:30 p.m. at Super TGIF at the Sam Houston Club. A free taco bar and \$2.50 strawberry margaritas will be available. For more information, call 224-2721.

Club membership benefits

Become a member of the Sam Houston Club and receive special benefits such as a free first month of membership. The Sam Houston Club offers a membership card that gives members the chance to earn complimentary items such as Sunday brunch, weekday lunch meal, bowling games, a bingo package and dinner theater show. The club member will be offered one complimentary service after using or participating in 10 paid activities at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

Bowling Center, 221-3683

Eighties day

The Fort Sam Houston Bowling Center now offers 80 cent bowling and shoes every Sunday from 2 to 8:30 p.m. For more information, call 221-3683.

Bowl-A-Jams

Bowl-A-Jams is every Saturday from 7 to 10 p.m. Cost is \$8 per person. The cost includes shoes and one order of fries per lane. For more information, call 221-3683.

Golf Club, 221-4388

Warriors monthly scramble

The Fort Sam Houston Golf Club will host the Warriors monthly scramble the first Wednesday of each month. Shot-gun start time is 1:30 p.m. Participants form their own four-person teams. The cost is \$20 per person and includes cart rental and social that follows tournament play. All participating personnel must be in an authorized leave status. For more information or to sign up, call 222-9386.

Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre presents the comedy production, "Breaking Legs," by Tom Dulack. In this production, murder and menace are served up with plenty of pasta and laughter. The Harlequin Dinner Theatre box office is open Monday through Friday from 12 to 5 p.m. and Saturday from 1 to 5 p.m. Military discounts are available. For more information or reservations, call 222-9694.

MWR Ticket Office, 226-1663

Season passes to Fiesta Texas, Disney World and Universal Studios are available. For more information, call 226-1663 or 224-2721.

Military spouse appreciation

Fort Sam Houston's Morale, Welfare and Recreation will show its appreciation for the dedication and fortitude of military spouses May 22 to 25. Spouses will be recognized with various services for free or at reduced rates at select MWR facilities. Special offers will be available, such as a free salsa class, reduced rate on a round of golf or reduced price on a special lunch at the Sam Houston Club. A kick-off event will be held Monday from 10:30 to 11:30 a.m. at Army Community Service, in the Roadrunner Community Center, Building 2797. The kick-off ceremony will include remarks by Col. Wendy Martinson, U.S. Army Garrison commander, and presentations by MWR managers, informational displays and drawings for door prizes. Refreshments will be provided. For more information, call 221-9904 or 221-2601.

Child and Youth Services

Youth Services registration

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

Summer camp registration

Summer Camp registration for middle and high school teens, grades six through 12 is ongoing at the Roadrunner Community Center, Central Registration, Building 2797. Registration is required for camps even if currently using the program. A one-week non-refundable deposit will be required. A current Child and Youth Service membership is required to participate. For membership registration, parents

must bring a current leave and earning statement or pay stub and two local emergency designees. An \$18 registration fee is required for membership. For more information, call Central Registration at 221-4871 or 221-1723.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. Youth Services will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services. The annual fee is \$18, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Track registration

Registration for track is ongoing from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797. To register, parents must pay a \$75 activity track fee and bring updated immunizations for fifth graders and below, current sports physical and a current leave and earning statement or pay stub. All participants must have a current Child and Youth Services membership. For more information, call 221-4871 or 221-1723.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet May 18 from 11:30 a.m. to 12:30 p.m. at the Child

Development Center. A Community Health representative will speak on asthma awareness in honor of Asthma Awareness Month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Home-based child care

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

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 at Building 2797 from 8 a.m. to 4:30 p.m.

CDC waiting list

To remain on the waiting list for the Child Development Center parents are required to check their status every 90 days; not checking will result in deletion from the waiting list. To check status, call the Child and Youth Services Central Registration office at 221-4871 or 221-1723.

Events

'Classic Cruise along the Corridor'

The Alamo Area Council of Governments, the San Antonio Botanical Garden, and the communities of the Alamo-La Bahia Corridor are sponsoring the "Classic Cruise along the Corridor" Saturday from 8 to 9:30 a.m. at the San Antonio Botanical Gardens' parking lot. The car clubs will depart from the parking lot and journey down the historic Alamo-La Bahia Corridor with music by local songwriter Roger Chacon. For more information, call 362-5220 or visit www.aacog.com/tourism.

Education, training conference

Air Education and Training Command and the San Antonio Chapter of the American Society for Training Development will host the Technology in Education and Training Conference Wednesday to May 11 at the Norris Conference Center in the Crossroads Mall. The keynote speaker will be Air Force Gen. William R. Looney III, commander, Air Education, and Training Command. The event is free and open to the public. For more information or to register, visit www.fbcinc.com/tetc. For lodging information, call 652-8057 or DSN 487-8057.

USO's 1940s-style canteen dance

The United Service Organizations Council of San Antonio and Central Texas' Annual Canteen Dance will be held May 12 from 8 p.m. to 12 a.m. at the Omni Hotel, 9821 Colonnade Blvd. Doors open at 7 p.m. Tickets are \$30; corporate tables of 10 are \$300. The dance will feature the 21-piece Sentimental Journey Orchestra; guests are encouraged to dress in military or civilian clothing reminiscent of the World War II era. Proceeds will benefit the USO's local programs and services. For more information, call Anita Reyes at 227-9373.

Seniors' walk, ice cream social

The Alamo Area Council of Governments and the Bexar Area Agency on Aging will sponsor the Alamo "Texercise Walk in the Park" and the annual "Celebration of Seniors Ice Cream Social." The walk will be held May 12 from 1 to 4 p.m. at Brackenridge Park at the Witte Museum, 3801 Broadway. The ice cream social will be held from 2 to 4 p.m. at the museum. The event is free for ages 60 and over. Entertainment will include dance, song and music. For more information or for reservations, call 362-5274.

Maverick Park walk

The Fort Sam Houston Texas Wanderers Volksmarch Club will host a 10K and 5K walk at Maverick Park with the city of San Antonio's "Walk & Roll Festival" May 13 from 8 to 10 a.m. beginning at the corner of Broadway and Jones Avenue; the walk will finish by 1 p.m. For more information, call Gerald Kamicka at 658-2160 or visit the www.hikeandbikesa.com/.

Tejano/Conjunto festival

The Tejano/Conjunto festival will be held Wednesday to May 14 from 6 to 9 p.m. at Rosedale Park. Tickets are \$7.50 per person or \$25 for a four-day pass. The festival will feature many popular Texas-based acts. The festival is sponsored by the Guadalupe Cultural Arts Center. For more information, call 271-3151, ext. 15 or visit www.guadalupeculturalarts.org.

GSA's Expo 2006

The GSA's Expo 2006 will be held May 15 to 18 from 9 a.m. to 4 p.m. at the Henry B. Gonzalez Convention Center located at 200 E. Market St. in San Antonio. The conference and trade show exposition is designed for procurement and program professionals in government. The four-day exposition will offer training sessions and have more than 600 commercial vendors and GSA exhibitors. The Expo is free and the public is invited. For more information, call (888) 272-5565 or visit expo.gsa.gov.

AAA long-term care symposium

The long-term care symposium, sponsored by the Bexar Area Agency on Aging, will be held May 18 from 7:45 to 11:45 a.m. at the Incarnate Word Extended Care Facility, 4707 Broadway. Featured speaker will be national expert on aging, Judith Clinco. For more information or for reservations, call 362-5274.

Tuskegee Airmen awards banquet

The San Antonio Chapter of the Tuskegee Airmen, Inc. will host its annual educational assistance awards banquet June 10 at 6 p.m. at the Randolph Air Force Base Enlisted Club. Keynote speaker is former Air Combat Command and Air Education and Training Command commander, retired Gen. Hal M. Hornburg. Tuskegee Airmen, Inc. is a national nonprofit organization dedicated to preserving the history of those who participated in the Tuskegee experience during World War II. For more information, call Master Sgt. Marv Abrams at 421-2485 or Maurice Ripley at 286-2009.

The Army Birthday Ball

The 2006 Army Birthday Ball will be held June 10 at the Hilton Washington Hotel in Washington, D.C. Formal attire is required. The ball celebrates the Army's 231st birthday, and is open to Army Soldiers, family, Department of the Army civilians, retirees and veterans. For more information and online registration, visit www.army.mil/ako.

Meetings

Sergeants Major Association

The Fort Sam Houston Sergeants Major Association will meet May 18 and June 15 at 5 p.m. in the Sam Houston Club. All active duty and retired sergeants major and command sergeants major (E-9 from all services) are welcome to participate in this community-based fraternal association. For more information, call Command Sgt. Maj. Timothy Burke at 221-8050 or Command Sgt. Maj. Stephen Paskos at 221-1676.

BAMC chess club

The Brooke Army Medical Center chess club meets Wednesdays from 5 to 7:30 p.m. in the BAMC Medical Mall. The club is open to military and their dependents, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 513-3435 or e-mail michael.veri@cen.amedd.army.mil.

Seamless Transition Program

The Seamless Transition Program is a collaboration between the Department of Defense and the Department of Veterans Affairs to ensure continuity and improved coordination of health care and benefits for "seriously disabled" service members returning from theaters of combat operations. "Seriously disabled" service members or their families may be entitled to VA benefits while on active duty and can receive case-managed care of their issues. For more information, visit Room 513-7 in Brooke Army Medical Center or call 916-7897.

Training

Virtual assistant workshops

Virtual assistant workshops are May 11, 18 and 19. Application deadline is Friday. Participation is limited to eight individuals and selection is based on the information provided in the training application. Virtual assistants are self-employed individuals who provide off-site business-support services to their clients. Training is free and open to active duty Army military spouses. Submit application online at http://www.msvas.com/application_samhouston.htm. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

NAU representative

A representative from the National American University will be at the Fort Sam Houston Education Center May 16 from 9 a.m. to 12 p.m. and from 1 to 3:30 p.m. in Building 2248, Room 201. For more information, call Amy Morse at (800) 209-0182, ext. 4836 or e-mail amorse@national.edu.

Free training seminar

The Human Relations/Equal Employment Opportunity Office Special Emphasis Program Committee will present a training seminar called, "Nutrition, Fitness, Safety, and Employment Longevity" May 17 from 8 a.m. to 12 p.m. at the Sam Houston Club. The seminar is free and seating is limited. Registration deadline is May 12. For more information, call Glennis Ribblett at 221-9401.

NECE summer class schedule

The North East Community Education's summer session is now accepting registration for classes that will begin in June. There are hundreds of classes to choose from and classes will be offered at convenient locations throughout San Antonio, including Reagan and Alamo Heights High Schools. For more information, call 657-8866 or visit www.communityed.neisd.net to register online.

ROA offers college scholarships

The Reserve Officers Association will award up to 60 \$500 Reilly Scholarships to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren or spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any officer (active, Reserve, National Guard, retired or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or National Oceanic and Atmospheric Administration. To join ROA, call (800) 809-9448 or visit www.roa.org. For more information, call Chandra Oliphant at (800) 809-9448, ext. 730.

Scholarships in health care careers

The PacificCare Foundation and the UnitedHealthcare Latino Health Scholars program offers 75 \$2,000 scholarships to Spanish-speaking, bicultural high school students who want to pursue careers in the health care industry. Applicants must be high school seniors with a minimum grade point average of 3.0; fluent in Spanish and English; show proof of acceptance into a university, community college or accredited technical college; and enrolled in an approved health care program at the time they receive the scholarship. Applications are due May 29; visit www.pacificarelato.com.

Volunteer

Post volunteers needed

The Fort Sam Houston American Red Cross Chapter, the Mentor Program and Cub Scout Pack are in need of volunteers. These programs touch the lives of individuals from the Brooke Army Medical Center and youth on Fort Sam Houston and the surrounding school district. Volunteer programs on Fort Sam Houston help enhance and augment programs and organizations. For more information, call Kim Taylor at 221-0921 or e-mail Kimberly.taylor2@samhouston.army.mil.

Host families needed

Families are needed to host international teens from different countries for the 2006-2007 fall semester or academic school year. Students are between the ages of 15 and 18 years old, and they will attend the high school closest to their host family's home. The host family will provide a bed, meals and a genuine desire to share the American way of life. The students speak English and have medical insurance and a spending

allowance. For more information, call Yvette Coffman at (800) 941-3738.

VFW Post seeks American flags

The Veterans of Foreign Wars Post 4700 is seeking donations of used American flags for their retirement flag ceremony. Drop off flags at the VFW Post 4700 between 2 and 8 p.m. daily. For more information, call Robert De La Vega at 833-8563. The ceremony will be held Flag Day, June 14, at 7 p.m. on the grounds of VFW Post 4700, 2219 Frio City Road.

American Red Cross youth program

The American Red Cross summer youth program needs volunteers ages 14 to 17 years old. The Brooke Army Medical Center orientation will be held June 1 and 13 from 7:30 a.m. to 12 p.m. in the Hospital Education Center, Room 7, west. Parental consent and application forms are available in the BAMC Office of Volunteer Services, fifth floor. For more information, call Jessica Veilleux at 916-5083 or Laura Hansbrough at 916-3862.

Children's Shelter seeks families

The Children's Shelter seeks new foster and adoptive parents to care for children in the state of Texas. Children ages range from newborns to 17 years old. The Children's Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

Dental program seeks patients

The periodontics department at the Dunn Dental Clinic on Lackland Air Force Base is currently screening patients for dental care. Patrons who have been told by their military or civilian general dentist that they need periodontal therapy can be evaluated. To schedule an evaluation, people can have their general dentist fax a consultation to the periodontics department at 292-3338. For more information, call 292-6365.

Essay contest

Kraft Foods "Salute to Military Families" program will hold a youth essay contest that will award three \$1,000 U.S. Savings Bonds to military youth in the San Antonio area. The essay cannot exceed 1,000 words and must be written by the military child on the topic of "The Person I Admire." The contest is open to military children 18 years old and younger. "Salute to Military Families" is sponsored by Kraft Foods and Milk Bone, Post Cereals and Oscar Mayer products. Essays should be postmarked before Aug. 1 and mailed to the San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, Texas, 78277. For more information, call 675-7275 or 221-2606.

Missions bat boy/girl program

Kraft Foods is looking for military children to participate in its honorary bat boy/girl program. Honorary bat boys/girls receive a San Antonio Missions baseball cap and T-shirt, tickets for their families to attend the game, and will participate in opening ceremonies on the field at home games Fridays, Saturdays and Sundays. The program is open to youth 18 years old and younger who are authorized to use the Defense Commissary Agency and Morale, Welfare and Recreation programs. Youth interested in participating must register by mailing a postcard to the San Antonio Missions Baseball Club, Kraft Singles Honorary Bat Boy, 5757 Highway 90 West, San Antonio, Texas 78277. For more information, call 675-7275 or 221-2606.

Canine assistant program

Kraft Foods will offer a canine assistant to military families who have a member who qualifies to have one. These specially trained dogs assist people with disabilities and cost nearly \$15,000. Kraft pays the entire cost. For more information, call 675-7275 or 221-2606.

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 to news.leader@samhouston.army.mil or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: GE self-cleaning electric range, almond color, excellent condition, \$100 obo. Call 590-4854.

For Sale: 2001 Suzuki Esteem Sedan, four-door, automatic, 69,000 miles, burgundy color, \$3,900; Louis Vuitton men's wallet, black, \$50; Seiko men's watch, \$50; Rolex watch, \$200; household plants. Call 212-8861 after 5 p.m.

For Sale: European twin sleigh bed and box spring, \$200; beige crib, mattress and nightstand, \$50; solid wood dining set with six chairs, \$250 obo; two red clay ceramic pots, \$5 and \$20;

pool filter, \$15. Call 316-9793 or 271-3459.

For Sale: Cherry wood dinette set with six chairs, two-piece china cabinet, \$1,800 obo; coffee table and two end tables, \$325 or all pieces, \$2,000. Call Debra at 650-4973.

For Sale: White wicker desk, \$45; area rug, 5.5 feet by 7.5 feet with red, blue, beige and off-white colors, \$40; vacuum cleaner, upright model with attachments, \$30. Call 495-2296.

For Sale: Seven-foot pool table, \$1,500; washer and dryer, \$375; full mattress set with bookcase headboard, \$225;

love seat, \$125; refrigerator, \$35. Call 666-4196 after 2 p.m.

For Sale: Living room set includes tan leather sofa and loveseat, two oak end tables and coffee table, two lamps, \$250 obo. Call 481-0372 or 683-9843.

For Sale: 2000 Toyota 4 Runner, 82,000 miles, cruise control, tow package, \$10,000. Call Jeff at 240-4606.

For Sale: Two 8-week-old AKC female Saint Bernard puppies, AKC parents on site, ready for pickup. Call Kelley or Shawn at 661-6944 for an interview.

Water-saving tips

- Direct downspouts and other runoff toward shrubs and trees, or collect and use for the garden.

- Designate one glass for drinking water each day. This will cut down on the number of times the dishwasher is used.

- Water summer lawns once every three days and winter lawns once every five days.

- Install a rain shut-off device on automatic sprinklers to eliminate unnecessary watering.

- Do not use running water to thaw food. (Source: Fort Sam Houston Environmental Office)