



Briefs . . .

Free symphony concert

The San Antonio Symphony will celebrate the Memorial weekend with a free concert May 28 at 8 p.m. at MacArthur Parade Field. The Tobin Endowment Concert will include patriotic music, and will also feature a pre-concert instrument “petting zoo,” interactive games, face painting and concessions starting at 6:30 p.m.. Accompanying the orchestra will be an Air Force flyover, fireworks display and cannon fire during the “1812 Overture.” Lawn chairs and blankets are welcome; however, pets, coolers or outside food and beverages are not permitted.

264th Med. Bn. change of command

The 264th Medical Battalion change of command will be held May 24 at 8 a.m. at the MacArthur Parade Field. Lt. Col. Erin Edgar will relinquish command to Lt. Col. William LaChance.

EMS Week and Blood Drive

The Fort Sam Houston Fire Department will sponsor a static display and information booth Monday from 1 to 6 p.m. in front of the Post Exchange in recognition of Emergency Medical Services Week. The event will showcase the capabilities of EMS, as well as the services provided by first responders and transport providers on post. The fire department will have a rescue truck on site and an ambulance from American Medical Response. The Akeroyd Mobile Blood Unit will also be on site to accept blood donations.

Practical Nurse Course graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, Class 05-05, will be held Friday 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 Luau

A luau in observance of Asian Pacific Islander Heritage Month will be held Friday 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. For tickets, call 221-9276.

Mother’s Day band recital

The U.S. Army Medical Command Band will perform a “Lunch Bites Mother’s Day Recital” Friday 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 Monday. For instructions, see CAC requirement on Page 6.

See BRIEFS on Page 4

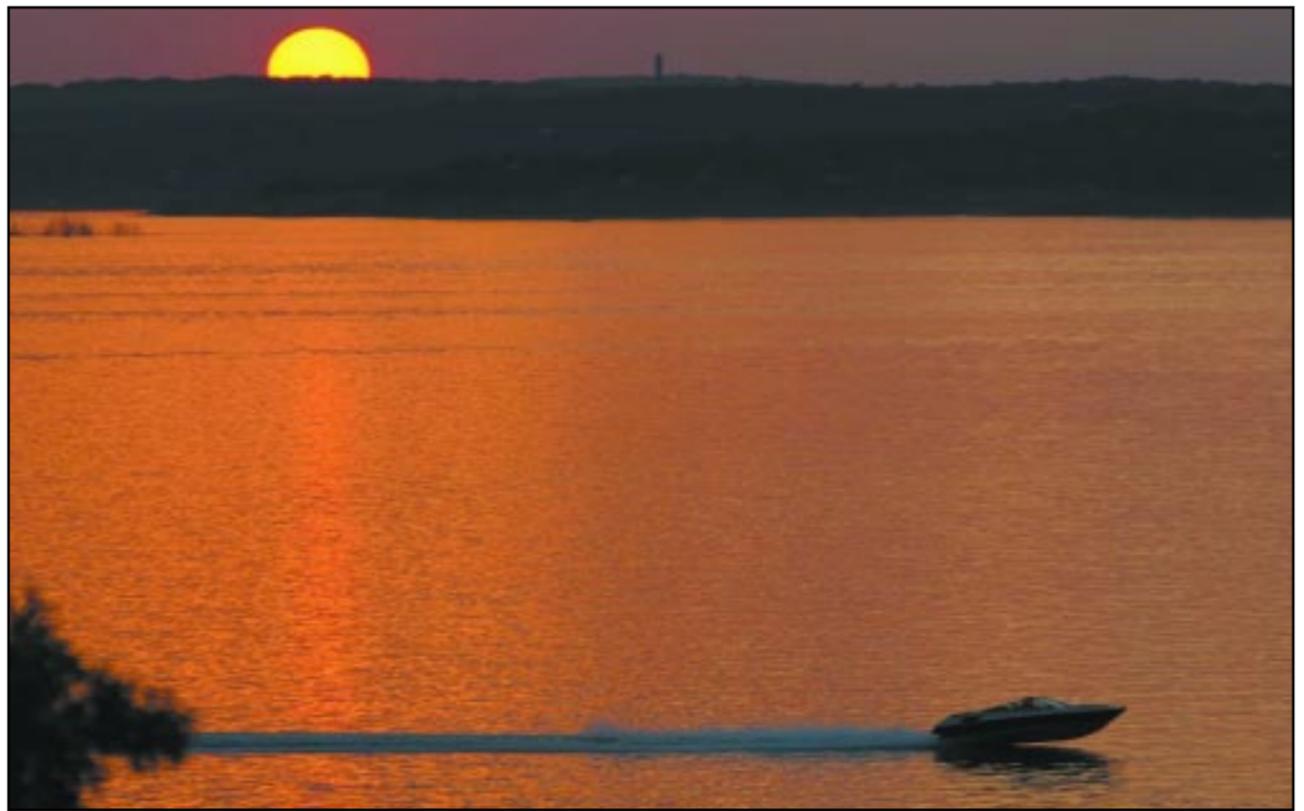


Photo by Kathrine Maple

Quick getaway

The Fort Sam Houston Recreation area is located a short distance from the post on the shores of Canyon Lake. A full service marina provides water sport equipment for patrons to enjoy and get away for some relaxing water sports. See related story on Pages 16 and 17.

Study targets prevention of low back pain

By Elaine Wilson
Fort Sam Houston Public Information Office

The Army, in partnership with the University of Florida, is preparing to launch a study in August aimed at the prevention of low back pain, a medical condition that affects more than 150,000 active duty Soldiers annually.

With a goal of 4,800 participants, the study will be one of the largest of its kind ever conducted, study investigators said.

“Low back pain is an epidemic problem in the Army and society as a whole,” said Air Force Maj. John Childs, co-principal investigator for the study and assistant professor and director of research in

the U.S. Army-Baylor University Doctoral Program in Physical Therapy at the Army Medical Department Center and School. “We need to decrease costs, not just monetary costs for health care, but the cost of lost man hours, decreased readiness and disability.”

Sit-up debate

For the study, investigators will test a theory that core stabilization exercises, such as those used in Pilates, are an effective low back pain preventive. In the process, they hope to solve an ongoing debate over the effectiveness and safety of traditional exercises.

“Traditional Army training consists of push-ups and sit-ups; however, there have

been many debates arguing that sit-ups are not the best exercise,” Childs said.

Anatomically, sit-ups strengthen the stomach but not the side or back, said Maj. Deydre Teyhen, study investigator and assistant professor in the U.S. Army-Baylor University Doctoral Program in Physical Therapy. On the other hand, core stabilization exercises not only strengthen the abdominals, but also the trunk and lower back.

“Evidence suggests people who have back pain and do core stabilization exercises have less back pain down the road,” Childs said.

See BACK PAIN on Page 4

Post volunteers donate valuable time; improve Soldiers’ quality of life

By Yolanda Hagberg
Fort Sam Houston Public Information Office

The post honored its volunteer workforce during the annual installation volunteer recognition ceremony May 3 at the Sam Houston Club.

The impact of the volunteers’ service was presented in the form of a symbolic check totaling \$3,465,397.60 to Maj. Gen. George Weightman, U.S. Army Medical Department Center and School and Fort Sam Houston commander. The amount signifies the monetary value of 202,064 hours of volunteer service contributed by more than 1,647 volunteers throughout the installation during the past year.

“As far as I can remember, I have heard the saying that ‘Volunteers are the heart of Fort Sam Houston.’ Today, not only

do I see a room full of people that can call themselves volunteers, but a room full of people that have the biggest hearts. The time, talent, and energy you give helps make a huge difference in the lives of our Soldiers, Sailors, Airmen, Marines, and their family members,” said Kim Taylor, Army Volunteer Corps coordinator for the installation.

Speaking to the volunteers, Weightman quoted Winston Churchill, who said, “We make a living by what we get, we make a life by what we give.’ You just never know how you will touch someone’s life. Don’t ever underestimate the power of what you give.”

Stating that volunteers make a significant difference in Soldiers’ and their families’ quality of life, he reminded the volunteers to go out and recruit more volunteers.

See VOLUNTEERS on Page 4

Inside . . .

From the Top	2
Health	10 and 11
Religion	13
Sports	14
School	19
MWR	20
Child and Youth Services . .	20
Community	21
Fort Freebies	22

Commander urges proactive role in water conservation

By Maj. Gen. George Weightman
Commander, AMEDD Center and School
and Fort Sam Houston

Fort Sam Houston is committed to protecting our water resources as an integral part of the installation's mission. We must all meet our responsibility by conserving this precious resource and being proactive in our stewardship.

The Edwards Aquifer is the sole source of drinking water for more than 1.5 million people. It is therefore imperative that the installation join San Antonio and local communities and take necessary steps to conserve our water resource and decrease water consumption from the Edwards Aquifer.

South Central Texas is currently in a drought. The best case scenario is that additional water conservation measures will begin in June. The worst case scenario is that additional measures could start in May. Fort Sam Houston's military family housing follows the stage alerts

and water conservation measures in the San Antonio Water System Aquifer Management Plan. Currently, Fort Sam Houston practices year-round conservation measures which include no irrigation between 10 a.m. and 8 p.m., no wasting water and no carwash fundraisers.

Under drought conditions, additional water conservation measures will be implemented to include irrigation or washing privately owned or GSA vehicles only on designated days. If the aquifer level drops drastically, there will be no irrigation or washing of POV or GSA vehicles, and decreasing athletic field irrigation. San Antonio Water System stage alerts will be posted in the News Leader as well as in the San Antonio Express-News and on local television channels.

To further our conserva-

tion efforts, I am implementing a policy banning use of personal swimming pools and water slides on the installation once San Antonio enters Stage 1 of the City's drought management plan. This is a critical issue that must be taken seriously. I expect all residents to obey all water conservation measures specified in the installation's drought management plan.

Violators will be identified by Department of the Army civilian police

officers and Lincoln Military Housing, the Fort Sam Houston Family Housing property management company. Repeat violations will result in lease violations and potential housing actions by LMH.

Our goal is to be prudent stewards of our environment. I challenge all members of this community to support this effort. For more information on water conservation measures, please call the Environmental Office at 221-5093.

Water-saving tips

- When doing laundry, match the water level to the size of the load.
- Teach children to turn the faucets off tightly after each use.
- Choose a water-efficient drip irrigation system for trees, shrubs and flowers. Watering at the roots is very effective, be careful not to over water.
- Grab a wrench and fix that leaky faucet. It is simple, inexpensive and can save 140 gallons a week.
- Reduce the amount of grass in the yard by planting shrubs and ground cover with rock and granite mulching.

(Source: Fort Sam Houston Environmental Office)



Fort Sam Houston News Leader

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



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

Army Medical Department
Center and School and
Fort Sam Houston Commander
Maj. Gen. George W. Weightman
Garrison Commander
Col. Wendy Martinson
Public Affairs Officer
Phillip Reidingner
Public Information Officer
Yolanda Hagberg
Editor/Writer
Elaine Wilson
Staff Writer
Cheryl Harrison
Layout Artist
Lori Newman

Honored Soldier remembers fallen comrade

Story and photo by Michael Dulevitz
Brooke Army Medical Center Public Affairs

A Brooke Army Medical Center ceremony April 26 honored a heavy wheeled mechanic who sustained burn injuries after a blast on the streets of Ramadi, Iraq.

The ceremony also remembered a fallen comrade credited with pulling the wounded Soldier from his burning truck.

Sgt. Randal Divel received the Purple Heart and Bronze Star with "V" device for valor from Maj. Gen. Bruce Tuxill, flanked by his wife, Kim, and Robin McMullen, the mother of Sgt. Michael McMullen. McMullen died Jan. 10 from wounds sustained from the blast of an improvised explosive device.

"Sgt. Divel is a good, strong Soldier who got hurt in action," Tuxill said. The commander of the Maryland National Guard said Purple Heart ceremonies emphasized the sacrifices of those who serve.

"It's about Soldiers, Airmen and Sailors who get the job done," he said, stressing the importance of supporting the family unit because it is an ever-present, integral and important aspect of service life.

Divel was injured leaving Ramadi in a

convoy when two IEDs were spotted by convoy personnel. The convoy stopped. Divel's vehicle was next to one of the bombs that exploded trapping him inside. As Divel called for help, McMullen left his vehicle and pulled Divel free. Divel was on fire. McMullen rolled him in the sand to extinguish the flames. While performing this lifesaving measure, a second blast wounded McMullen. McMullen later died from the injuries. Divel sustained second and third degree burns to the right side of his body, face and both hands.

Both Soldiers were members of the Maryland National Guard assigned to the 243rd Engineer Company in Baltimore.

"Mike was a hero. He saved my life," said Divel. Looking at his Purple Heart, Divel said that the medal really belonged to McMullen. Divel attended and spoke at the funeral of his slain comrade Jan. 20 at Arlington National Cemetery.

Though Divel knew he was going to be presented the Purple Heart, he did not know that McMullen's mother would be in attendance. In an emotional reunion, the two shared a long hug and some tears at the ceremony. "Everyone has a purpose and he was supposed to save Randy," Robin said.



Sgt. Randal Divel, injured by a roadside bomb in Ramadi, Iraq, poses with Robin McMullen, mother of Sgt. Michael McMullen, after receiving the Purple Heart and Bronze Star with "V" device for valor in an April 26 ceremony at Brooke Army Medical Center. McMullen saved Divel's life but later lost his own from injuries sustained while performing lifesaving measures.

Mentors are trusted friends who care

Story and photos by Yolanda Hagberg
Fort Sam Houston Public Information Office

The Fort Sam Houston Community Mentor Program celebrated 15 years of service to the community and honored its volunteers during a mentor appreciation luncheon May 4 at the Sam Houston Club.

Eleven mentors received Mentor of the Year awards; nine teachers were recognized as Teacher of the Year; and 11 students were recognized as Most Improved Student for their respective schools in the Fort Sam Houston and the San Antonio Independent School Districts. The luncheon guests were serenaded by students from the Fox Tech mariachi group under the direction of David Zamarripa.

The guest speaker was Brenda King of the Texas governor's OneStar Foundation, an organization that works to increase the impact of mentoring in Texas.

"At some point in all of our lives, we have enjoyed the benefits of a mentor. Whether it was a relative or a teacher, we all needed mentors," said King. "The schools that have partnered with the mentor program here are a wonderful example of how a community works together for the benefit of our children.

"I really think it is special that you are not only serving our country, but you are also serving our future in the children you mentor," King said as she thanked the mentors for supporting and encouraging the children and the community.

One by one the children were called to the podium to read their prepared testimonial about their mentors. They

spoke of having a trusted friend who cares about them and listens to them; a role model they look up to; someone who helps them achieve their dreams.

"My mentor is very special to me because he helps me with my homework, makes sure I get good grades and spends a lot of time with me. He takes me places and I am very thankful for having him in my life," said Gabriel Wilcock, of Fort Sam Houston Elementary, about his mentor Sgt. 1st Class Isaac Day.

Each mentor was presented a special brass clock as a token of appreciation by Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander; Col. Wendy Martinson, U.S. Army Garrison commander; and Chaplain (Col.) Gilley Richardson, installation chaplain.

"You don't know what impact you will have on your mentee in the future. You have a tremendous impact on their lives," Weightman said to the mentors.

At Fort Sam Houston, I think we really understand what the mentor is all about. In the military, NCOs, officers, leaders ... it is all about role modeling. We are investing our time so we can make master citizens. Thank you for walking the talk, because that is what all of you do," said Weightman.

"Remember, what you do is so important that you need to make sure you go out there and recruit two or three persons and continue to give back to the community."

During the ceremony, five mentors were recognized for longevity with the program. Among those honored for 15 years of mentoring were retired Col. Howard Cain, Anthony Logan and Monica Talamantes; for 10 years of mentoring were Bonnie Acres and Olivia McLaughlin.

Through the Fort Sam Houston Community Mentor Program individuals volunteer to spend 60 to 90 minutes per week in one-on-one mentoring sessions in local schools with selected students. The program is command-sponsored so the volunteers receive work time each week to complete the mission. Although no special background or experience is required, volunteer mentors must exercise good judgment, remain objective and relate effectively. Each must receive a recommendation in order to participate. Employees must receive a recommendation form their immediate supervisor.

For more information about the Fort Sam Houston mentor program, call Brian Merry at 221-5005 or 221-5007.



Griselda Garcia, a fourth grader from Pershing Elementary, poses with her mentor, Christina Tetrazzi, at a mentor appreciation luncheon May 4.



Leroy Johnson, of Wheatley Middle School, speaks highly of his mentor, retired Col. Howard Cain, at a mentor appreciation luncheon May 4. Johnson was selected "Most Improved Student" for his school. Cain mentors two other children and has been a mentor for 15 years.

Hello,
My name is Griselda Garcia and I am in the 4th grade at Pershing Elementary. Christina Tetrazzi has been my mentor since 2nd grade. She deserves to be mentor of the year because she has helped me a lot. She is someone you can depend on and she helps me with my problems. Miss Christina is special to me because she has been there for me when I needed help. She has helped me feel confident about myself. She tells me I can do it when I do not think I can. I did not think I was going to pass the TAKS test, and I did. YEAH!!
Miss Christina is a good listener and a good person. She has given me things that I need. She gave me her valuable time and gave me all the attention. I appreciate Christina Tetrazzi. She deserves the honor of Mentor of the Year. Thank you Miss Christina.

Briefs cont. . . .

OCSC luncheon

The Officer and Civilian Spouses Club will host a luncheon Tuesday 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 Friday at noon.

Safety Day Conference

The Fort Sam Houston Safety Day Conference will be held May 23 from 10 a.m. to 2 p.m. at the Sam Houston Club. Vendors will display the latest safety equipment and provide summer safety information. The event is open to all personnel from the Army Medical Department Center and School, Fort Sam Houston and tenant organizations. For more information, call Lupe Gomez at 221-4866.

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

Maj. Gen. Antonio Taguba, deputy chief, U.S. Army Reserve Command for transition and transformation, will be the speaker at the 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 the MWR ticket office at the Sam Houston Club or call Barbara Hagen at 221-8060.

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.

Back pain

Continued from Page 1

Soldier contribution

To take a shot at solving the sit-up vs. core stabilization debate, the Army will solicit volunteer Soldiers, all advanced individual training students from the 232nd Medical Battalion at Fort Sam Houston, for the four-year study.

"It's a perfect population," Childs said. "Most AIT Soldiers are young and never had back pain. Being military, they will be easier to follow-up with once they leave here."

For the study, half of the Soldiers will continue with traditional physical training exercises while the other half will PT with core stabilization exercises. To keep disruption at a minimum, only five minutes of PT time will be affected.

Thoughts on pain

In conjunction with the physical study, investigators also will launch a psychological study that will examine the study participants' beliefs about pain.

"The way people cope with pain, their beliefs about pain, can actually prolong it," said Dr. Steven George, assistant professor of physical therapy at the University of Florida.

George uses back injury patients as an example.

"If you take two people, both with equal back injuries, the person with the pessimistic thoughts, such as fear of pain and reinjury, will most likely report more pain than the person with a positive outlook," he said.

In some ways, we've overmedicated back pain," said Childs. "However, only 10 percent of back pain leads to surgery; otherwise, it usually resolves on its own."

To test the power of positive vs. negative thinking, the psychological component of the study will run parallel to the physical. Soldiers will be given the facts about back pain and their belief systems will be measured through a series of questionnaires.

The psychological study will split the Soldiers, already split into two groups for purposes of exercise, into a total of four groups of 1,200 Soldiers each. The first group will combine core stabilization exercises with the psychological education program, the second will do the core stabilization exercises without the education, the third will do the traditional exercises with education and the fourth will do traditional exercises



Courtesy photo

Soldiers demonstrate a course stabilization exercise.

es without education.

Teyhen will also conduct physical exams on 10 percent of the participants, using ultrasound to view trunk muscles. "Part of the study is to determine how trunk muscles are related to low back pain," she said.

While the other components of the study focus on prevention, Teyhen's portion looks at the underlying cause of back pain since "90 percent of the time, we don't know what causes back pain," she said.

Final outcome

The study will last the duration of the Soldiers' schooling, which is about 12 weeks, then follow-up will continue until the participant hits a two-year mark. Follow-up consists of logging onto to a Web site to answer a series of questionnaires.

The study will wrap up in about four years, at which time the investigators are hoping to solve the PT puzzle and provide military leaders with some concrete results about low back pain prevention.

"Our goal is to reduce back pain," Childs said. "We believe there is a potential that core stabilization will help prevent future low back pain. If traditional sit-ups prove harmless, than at least we can end the debates."

At the same time, "We also hope to determine how best to conduct training in the Department of Defense and minimize risk of injury," he said.

Volunteers

Continued from Page 1

"The legacy of selfless service and volunteerism has no time limits."

One by one, more than 33 volunteers were recognized for their contributions to the community and presented tokens of appreciation by Weightman, and Col. Wendy Martinson, U.S. Army Garrison commander.

Other Fort Sam Houston groups to receive special recognition include the youth volunteer group, Brooke Army Medical Center American Red Cross Summer Youth Program, adult volunteer group and the Soldier and Family Assistance Center. The Youth Volunteer of the Year is Megan Ahearne.

The final presentation was to Capt. Nathaniel Garza, S-3 for the 79th Ordnance Battalion, his wife, Sara, and children William, 13, Natalie, 9, Matthew, 5, and Samuel, 6, who were recognized as the Fort Sam Houston Volunteer Family of the Year.

"Of course nobody volunteers for the recognition, but we are honored," said Sara Garza. "I've always been taught about giving back to the community and helping any way we can and we are now trying to instill that in our children."

Among the volunteer organizations the Garza family supports are Fort Sam Houston chapel's Catholic community, Girl Scouts, Boy Scouts, Fort Sam Houston Elementary Parents and Teacher Organization, soccer coaching and the Seton Home in San Antonio, a residential home that provides a safe and nurturing environment and educational opportunities for homeless pregnant and parenting teens.

The Army Volunteers Corps continues to look for volunteers in a variety of areas and organizations on post. Training is provided for all positions. For a list of organizations and to volunteer, call Kim Taylor at 221-2705.



Photos by Yolanda Hagberg

Capt. Nathaniel Garza, S-3 for the 79th Ordnance Battalion, his wife, Sara, and children William, 13, Natalie, 9, Matthew, 5, and Samuel, 6, are recognized as the Fort Sam Houston Volunteer Family of the Year in a ceremony May 3 at the Sam Houston Club.



Maj. Gen. George Weightman accepts the symbolic check for \$3,465,397.60 from Mary Copeland, Army Community Service volunteer supervisor. The check amount signifies the monetary value of 202,064 hours of volunteer service contributed by more than 1,647 volunteers throughout the installation during the past year.

Training Center dedicated to service of 95th Division NCO

By Phil Reidinger
Fort Sam Houston Public Affairs Office

A ceremony held at Camp Bullis on Saturday dedicated the Army Reserve Center at Camp Bullis to 1st Sgt. Tobias Corbin Meister.

Meister was killed in action on December 28, 2005 near Asadabad, Afghanistan while mobilized from the 486th Civil Affairs Battalion, Tulsa, Okla. and serving with 321st Civil Affairs Brigade, San Antonio Texas.

He was killed while performing duties as team leader for the

Asadabad Provincial Reconstruction Team, when an improvised explosive device detonated near his vehicle during the conduct of a combat patrol.

Meister family members who attended the ceremony included his wife, Alicia and son, William, as well as parents David and Judy and his brother T.J. Meister. The family resides in Jenks, Okla.

Major General James Archer, commanding general 95th Division, was host for the ceremony sponsored by the 6th Battalion, 3rd Brigade, 95th Division.

During the ceremony, Archer and family members unveiled the dedication plaque and a photo of Meister that will hang in the building foyer.

"We are here today with two objectives, to celebrate the life of a Soldier and comrade who made the ultimate sacrifice, and to dedicate a building that in effect will capture the essence and ideals he stood for," Archer said.

Brigadier General Philip Hanrahan, 90th Regional Support Group commanding general noted that Soldiers who train in the building will be reminded of Meister's service as they read about his career and contributions which reflect the heritage and legacy of the 95th Division.

His father, David Meister said that his son was a true patriot who believed in his mission in Afghanistan. He thanked the command for honoring his son and said "His spirit will always be with you and with us."

Meister's military career spanned 13 years from his enlistment in 1992. In 1992 he was the U.S. Army Reserve Drill



Maj. Gen. James Archer, commanding general 95th Division, and Alicia Meister unveil the photo of 1st Sgt. Tobias Corbin Meister that will hang in the foyer of the Army Reserve Training Center at Camp Bullis.



Family members (from left) brother T.J. Meister, father and mother David and Judy Meister and wife, Alicia unveil the plaque dedicating the Army Reserve Center building in memory of the service of 1st Sgt. Tobias Corbin Meister who was killed in Afghanistan during a combat patrol near Asadabad.

Sergeant of the Year. He also earned the Ralph Haines Jr. Award for his achievements as a drill sergeant. A former Golden

Gloves champion, Meister also held an undefeated career in kickboxing and was a fifth degree black belt in Tae Kwon Do.

Lane closures scheduled on Hardee Road **CAC requirement**

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.

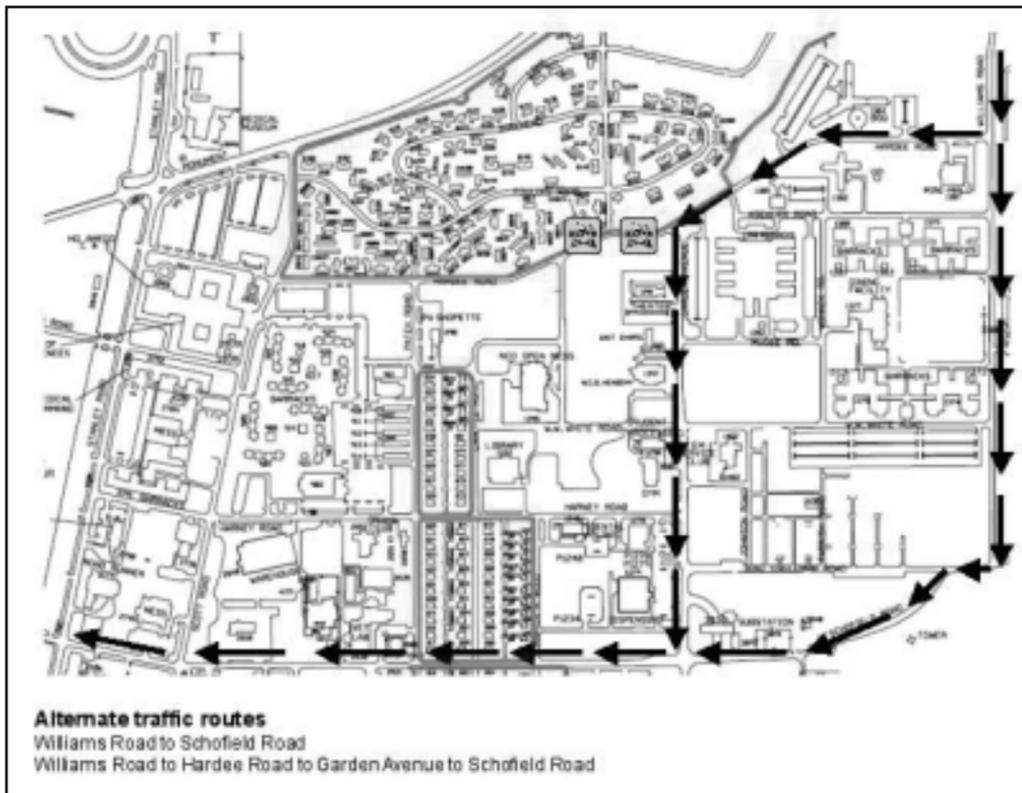
The construction is scheduled through May 18. There will be alternating lane closures on Hardee Road from 9 a.m. to 3:30 p.m. Friday and from Monday to Wednesday. Hardee Road will be closed Saturday.

Due to possible traffic delays, it is recommended drivers 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)



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 Monday.

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://naswcccl.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>.

ACAP Web site sports new look

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

The site has a more modern look and eight user paths, each tailored to a specific client population. The paths include Army leaders, active component, reserve component, retirees, Army veterans, Department of the Army civilians, family members and employers.

ACAP leaders said the reasons behind the new look and specific paths are more important than the changes themselves. The transformation provides users faster and more direct access to information they seek, erases the perception that ACAP followed a "one size fits all" approach in reaching out to client populations and more accurately reflects ACAP's basic mission to provide full employment assistance services while providing basic information and making appropriate referrals.

The redesign places all client groups on equal status as group members follow tailored paths to satisfy their information needs.

The transformed ACAP Online adds an Army leaders path that explains the program from the leader's perspective. Along with giving leaders basic information about ACAP, this path enables them to read or download a PowerPoint presenta-

tion that provides a more detailed Army leader perspective on ACAP.

The redesign also highlights a feature designed for users who want more guidance as they research transition and job assistance information. That feature, the Personal Coach, appears only on the active component path and guides the user more precisely through the various transition steps.

ACAP Online can be accessed at www.acap.army.mil. The Web site complements the 36 ACAP Centers and 18 satellite offices worldwide that provide transition and employment assistance services to more than 70,000 people transitioning annually.

Soldiers and leaders are reminded of the importance of beginning the ACAP process in a timely manner. Individual Soldiers should contact the center for an appointment when they are within one year of separation or two years of retirement. Commanders contemplating any action which might result in early separation, whether voluntary or involuntary, should make ACAP appointments for those Soldiers when the action is initiated. Timely receipt of transition services can have a positive impact on recruiting and will reduce unemployment costs paid by the Army. For more information, call 221-1213 or visit the center at Building 2263, Room B099, on Stanley Road.

(Source: ACAP)

VTT keeps medics up-to-date with worldwide broadcasts

Unlike their civilian counterparts, military medics are destined for locations around the world. As a result, maintaining skills and emergency medical technician accreditation can be a challenge for a Soldier medic.

Video teletraining can help Soldiers get needed continuing education or refresher courses when deployed or stationed overseas by bringing the classroom to the Soldier.

VTT uses the teletraining network to broadcast live classes to digital training facilities around the world, with a wide range of classes including EMT refresher; EMT bridge; combat medic advanced skills training; and trauma airway management, intravenous therapy, medication and shock management, or AIMS.

VTT also offers a variety of continuing education classes in wilderness and tactical environments in addition to continuing education from the basic to the paramedic level for National Registry.

Classes can be established based on an individual's time zone and needs.

VTT offers up-to-the-minute information received from forward-deployed units and lessons learned as well as new policy and procedures developed at the Army Medical Department Center and School. It operates 24 hours a day, 7 days a week; wherever there is a need for a class, VTT is there to broadcast.

VTT is a joint effort between the Department of Combat Medic Training and the Department of Academic Support and Quality Assurance.

For more information on available training or to request a specific class, e-mail Lt. Col. Tina Clements, VTT officer in charge, at tina.clements@amedd.army.mil; Jim Franklin, VTT EMT program manager, at james.franklin@amedd.army.mil; or call 221-8135.

For a current schedule of classes and the latest copy of the newsletter "Tidbits," visit www.cs.amedd.army.mil/ddl.

(Source: VTT staff)

**Serve Your Country
One Patient
at a Time**

210-692-7376

HEALTHCARE.GOARMY.COM

U.S. ARMY

Army surgeon general visits USAMITC

Lt. Gen. Kevin Kiley, U.S. Army Surgeon General and commander of the U.S. Army Medical Command, visited the U.S. Army Medical Information Technology Center at Fort Sam Houston April 18.

The surgeon general was briefed on some of the information technology systems and tools USAMITC uses to monitor MEDCOM's "infrastructure," to include bandwidth capacity, software distribution and environmental systems.

The surgeon general also learned about the Integrated Help Desk pilot, which will integrate help desk support from IT personnel at Fort Hood's Darnall Army Medical Center, USAMITC and the Military Health System Help Desk. The pilot runs from through Sept. 29, and will streamline the way help desk tickets are handled, enable IT staff to track and resolve recurring issues and provide round-the-clock help for users, including some self-service options. If the pilot proves



Photo by Martha Louise Reyna

Arlan Arabe, USAMITC Video Network Center operations manager, shows U.S. Army Surgeon General Lt. Gen. Kevin Kiley how the videoconferencing bridge works, with help from staff member Kirk Carroll (seated).

successful, it will be evaluated for enterprise-wide deployment.

After learning about various USAMITC functions, Kiley told staff members, "I support your efforts to centralize IT systems, and I appreciate all that you do for the MEDCOM."

(Source: USAMITC)



Artist's rendering of proposed Fort Sam Houston Fisher House.

USAA contributes \$250,000 to Fisher Houses

USAA Federal Savings Bank has contributed \$250,000 to support construction of two Fisher House facilities at Fort Sam Houston, scheduled for completion in January 2007.

Each new 21-suite facility will provide lodging for families of military patients receiving medical care at Brooke Army Medical Center.

"USAA Federal Saving Bank's generous contribution represents another milestone in building a 'home away from home' for families of service members who are undergoing treatment for illness, disease, burns, amputation or other serious medical situations," said Kenneth Fisher, chairman, president and CEO of the Fisher House Foundation. "In most cases, the new Fisher House facilities will enable entire families to stay together as their loved ones move through various stages of treatment and recovery."

"Building strong foundations for the future of our military members and their families has been USAA's mission for nearly 85 years," said Mike Luby, president and CEO of USAA Federal Savings Bank. "We're honored to be part of this Fisher House project, which recognizes and supports the emotional foundation that is so necessary to the healing of the men and women who have sacrificed so much for this country."

(Source: USAA news release)

Career Clips

New parent support program home visitor, Fort Sam Houston –

Provides culturally sensitive home visits to military families with children up to age 3 with services to include role-modeling, mentoring, pregnancy and parenting education, support groups, individual and couples crisis counseling and information and referrals to other military and civilian resources.

Maintenance director, San Antonio – Supervisor of maintenance and housekeeping teams, hands-on problem solving. HVAC certified preferred. Must have at least five years related experience to provide overall inspection, supervision and internal/external maintenance of community and equipment.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news. leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

Troop Salute

187th Medical Battalion



Soldiers of the Week



Name: Pfc. Daniel Jaggie
MOS: 91S, preventive medicine specialist
Hometown: Bridgeport, W.Va.
Years of service: three months
Future goals: graduate (advanced individual training) and finish college
Reasons for joining: To give myself a better future and to see the world.
Latest accomplishment: Military Idol winner for 187th Medical Battalion



Name: Pvt. George Watlington
MOS: 91X, mental health specialist
Hometown: Fayetteville, N.C.
Years of service: six months
Future goals: graduate AIT with honors and eventually become sergeant major
Reasons for joining: To defend freedom and join the echelons of highly respected 82nd Airborne paratroopers
Latest accomplishment: Soldier of the month, week and quarter for B Company, 187th Medical Battalion, and also the highest Army physical fitness test score of 300 plus



Army Community Service

Financial Readiness – May and June Class Schedule

Class	Date	Time
Personal Financial Management	June 6 and 8	2 to 4 p.m.
Financial Planning	Today June 13 and 15	2 to 4 p.m.
Checkbook Maintenance	Tuesday and May 23 June 20 and 22	2 to 4 p.m.

Personal Financial Management – Offers information on credit reports, maintaining budgets and effective savings plans.

Financial Planning – Focuses on savings, credit and establishing budgets.

Checkbook Maintenance – Geared toward personnel referred by the command for abusing and misusing check-cashing privileges; however, anyone can attend.

Classes are held in Training Room 1 at the Roadrunner Community Center, Building 2797 on Stanley Road. For more information or to register, call 221-1612.

National High Blood Pressure Education Month

Activity, healthy eating can ward off 'Silent Killer'

By Susan Manship
Brooke Army Medical Center dietitian

Often known as the "Silent Killer," hypertension, or high blood pressure, affects about one in every three American adults. With the continued increase in obesity, the numbers will likely continue to grow.

Fortunately, hypertension is a disease that can often be treated and managed with lifestyle. In other words, you can play a significant role in your health outcome.

Weight management can often play a crucial role in the management of hypertension. If your weight is currently appro-

priate, strive to prevent weight gain as you age. If you are overweight, do not be discouraged; just a minimal amount of weight loss can play a big role in lowering blood pressure levels.

Leading an active lifestyle can help in weight management and blood pressure control. Try to be active for a minimum

of 30 minutes per day.

Activity does not have to mean vigorous exercise.

There are numerous ways to move: work in the yard, wash the car, take walks and take the stairs when available. All of these activities count; however, be sure to check with a health care provider before starting any exercise program.

How you choose to nourish your body is also important. Certain foods have the ability to positively influence blood pressure. The Dietary Approaches to Stop Hypertension, or DASH

Diet, has been proven effective. The diet is rich in low-fat and fat-free dairy, high in fruit and vegetables, balanced with whole grains and includes low-fat protein sources.

When the DASH Diet was combined with a controlled sodium intake, the reduction in blood pressure was even greater. Salt is high in sodium and so should be avoided. Most of the sodium in our diets comes from the processed foods we eat, so eating as many fresh items as possible will assist with lowering sodium intake. Strive to limit sodium to 2,400 mg per day or less. Food labels provide useful information to guide food choices.

Hypertension is a serious disease but much of the management can be influenced by lifestyle choices. Know your blood pressure numbers and work in harmony with your health care providers to keep those numbers where they need to be.

For more information, visit the National Heart Lung and Blood Institute Web site at www.nhlbi.nih.gov/hbp.

Brooke Army Medical Center

Health Promotions – May Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday, 23 and 30	2 to 3:30 p.m.	BAMC, Health Promotions lower level, Room L31-9V
* Blood Pressure Management	Wednesday	9 a.m. to 12 p.m.	BAMC, seventh floor, hospital education conference room
Body Fat Testing	19	8 to 11 a.m.	For class information, call Nutrition Care at 916-7261
Breast-feeding Class	Fridays	1 to 2:30 p.m.	BAMC, OB/GYN, fifth floor conference room
Breast and GYN Cancer Support Group	Friday	9:30 a.m.	For location, call 916-3352
Cholesterol Management	Wednesday	1 to 2:30 p.m.	BAMC Health Promotions (This class is by consult only)
Diabetes Management	Monday and 22 Tuesday and 23	Call for more information	BAMC, call Lila Kinser at 916-0794
* Tobacco Use Cessation A New session	Monday and 22	3 to 4:30 p.m.	Army Community Service, Building 2797, Stanley Road
* Tobacco Use Cessation B New session	Tuesday, 23 and 30	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
* Tobacco Use Cessation C New session	today, 18, and 25	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Weigh for Health (Weight Management)	Friday, 19 and 22	1 to 2 p.m.	For class information, call Nutrition Care at 916-7261
Yoga	Wednesday, 24 and 31	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

* To schedule these classes, call 916-9900 and choose option number 4. For more information, call 916-3352.

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."

Health Promotion Center
Room L31-9v, Brooke Army Medical Center
916-3352 or 916-5538



Out-of-area care made easier for SA beneficiaries

By Air Force Lt. Col. Linda Eaton
San Antonio Multi-Service Market

There is now a new customer-friendly process for all San Antonio military treatment facility-enrolled beneficiaries to obtain authorization for care while traveling outside the San Antonio area.

Beneficiaries who are traveling in the United States, Alaska or Hawaii and feel they need medical care can call the Consult and Appointment Management Office at (800) 443-2262. If calling during duty hours, press option 1 followed by option 4. After duty hours, select option 5. The process that follows is slightly different depending on whether or not an individual is calling during or after duty hours. However, calling the number gives members access to the San Antonio Patient Assistance Line.

The SAPAL service is not new, but now has improved features for out-of-area travelers and is available to them 24 hours a day, seven days a week. Once connected to the SAPAL clerk, the clerk will ask individuals for their name, phone number, symptoms, etc. and determine whether to connect them to a registered nurse or have the nurse call them back. A call back from the nurse will not normally exceed 30 minutes.

The nurse will ask a series of questions about the individual's symptoms. Based on the symptoms, the nurse will help them to decide if using home care or seeking urgent or emergency care is more appropriate.

If home care is recommended, the individual will be given advice on home care treatments. If conditions should worsen,

individuals should call the SAPAL back for additional advice.

If the nurse determines emergency care is appropriate, then callers will be advised to go to the closest emergency room. Each individual's Primary Care Manager will put in the necessary referrals based on the information received from the SAPAL.

Patients should avoid urgent care centers when directed for emergency care to ensure the level of care is appropriate and to prevent claims problems.

If the nurse determines urgent care is appropriate, then the nurse will provide the individual with a list of network providers and phone numbers for the area where the caller is traveling. Patients can then feel comfortable to seek care and know their care will be authorized.

If the health care provider advises the patient to seek additional treatment beyond the first visit, the individual's PCM must be notified immediately so they may put in additional referrals for this routine care. Otherwise, the individuals may be liable for payment of this routine follow-up care.

A call to the SAPAL for permission to seek emergency care is not mandatory. Patients who feel their life is at risk should not delay seeking care and should go to the nearest emergency room. If individuals are not sure whether or not the emergency room is appropriate, then the SAPAL can help with that decision. However, if the SAPAL is not notified in advance, individuals must call their assigned PCM at the MTF within 24 hours to ensure continuing treatment is arranged as directed or needed. PCMs will not need to put in a referral for the initial emergency room visit.

TRICARE defines an emergency as a health care need which would lead a "prudent layperson" to believe a serious medical condition existed or the absence of medical attention would result in a threat to life, limb or sight and requires immediate medical treatment, or which has painful symptoms requiring immediate attention to relieve suffering.

"We knew we had to change the authorization process for out-of-area care, because we saw too many instances of beneficiaries not knowing what to do or

who to call which led to delays in care and claims problems," said Lt. Col. Joyce Borgfeld, the San Antonio Multi-Service Market medical manager. "This will give beneficiaries the right information with one call and standardize our process for San Antonio MTF-enrolled beneficiaries."

Beneficiaries are still welcome to contact their PCM clinic if they prefer; but for most traveling beneficiaries, working through the CAMO and SAPAL will be a more seamless process to obtain out-of-area care.

Army Community Service

Family Advocacy Program – May Class Schedule

Class	Dates	Time
B.E.A.M.S. (Series 5 and 6) (Building Effective Anger Management Skills)	Monday and 22	11 a.m. to 12:30 p.m.
B.E.A.M.S. (six-part series)	Wednesday, 24 and 31	4:30 to 6 p.m.
Healthy Pregnancy	31	9 a.m. to 12 p.m.
Commanders' Training	25	8 to 9:30 a.m.
Getting Ready for Childbirth	18	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday and 23	9 to 11 a.m.
Negotiating Conflict	Tuesday	1 to 2:30 p.m.
S.T.E.P Early Childhood	today, 18 and 25	11 a.m. to 12 p.m.
S.T.E.P. Program for Parents of School Age Children	today, 18 and 25	1 to 2:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday and 23	11 a.m. to 12:30 p.m.
Truth or Consequences?	Tuesday and 23	4:30 to 6 p.m.
Basics of Breast-feeding	Wednesday	6 to 9 p.m.

A "You and Your Baby Marathon" will be held May 20 from 9 a.m. to 5 p.m. Join this two-part class to learn how to care for a newborn baby. This class will prepare for baby's homecoming and provide information on infant care, infant safety and more. Dads are welcomed and encouraged to attend. Receive a duffel bag with a layette upon completion of this class. For more information, call 221-0349 or 221-2418 or visit www.fortsamhoustonmwr.com.

Post Pulse: What would you like for Mother's Day?



"I want them (12-year-old and husband) to clean the house more."
Marlene Glover and daughter, Amari



"I'd like a day at the spa; to relax and not get up every few minutes."
Darlene Weber



"To be left alone in my house by myself."
Wendy Knight



"I'd like some peace and quiet."
Kathy Maple

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT? IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

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, child care 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: Saturday – Ladies retreat; Sunday – 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.tx.com or robert.griffith1@amedd.army.mil.

Designated offerings

Designated offerings are accepted each quarter through the Installation Chaplain's Office for different organizations. The designated offerings for the next quarter include: 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.



Sports Briefs . . .

Golf tournament

The San Antonio Chapter of the National Defense Transportation Association will host a golf tournament May 19 at Northern Hills Golf Club to commemorate National Transportation Week and National Transportation Day. For more information and entry applications, visit http://home.att.net/~alamondta/golf_flyer_may06.htm.



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 today. 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.

Summer soccer

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 Sunday 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.

Soccer camp

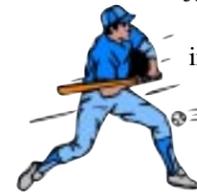
The Alamo Heights Fort Sam Houston Summer Soccer Camp will be offered on the following dates: June 19 to 23: Full day camp 8:30 a.m. to 4:30 p.m. for under 9 to under 16, \$165; June 26 to 30: Half day camp 8:30 to 11:30 a.m. for under 5 to under 9, \$95; Half day camp 5:30 to 8:30 p.m. for under 5 to under 9, \$95; and Advanced camp 5:30 to 8:30 p.m. for under 10 to under 16, \$95. July 31 to Aug 4: Full day camp 8:30 a.m. to 4:30 p.m. for under 9 to under 16, \$165; and Team camps 8:30 a.m. to 4:30 p.m. for under 9 to under 16, \$165.

The camp includes a free ball and T-shirt. For more information, call 288-7071, e-mail sfirth@challengersports.com and reference the Alamo Heights Fort Sam Houston Summer Soccer Camp, or visit <http://www.ahfsh.org>.

All-Army men's softball camp

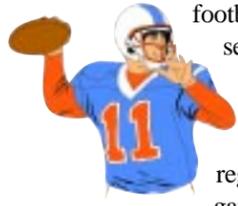
June 28 is the application deadline to participate in the 2006 All-Army men's softball trial camp. The trial camp will be held Aug. 23 through Sept. 15 at Fort Sam Houston.

Players chosen for the team will participate in the Armed Forces Championships held at Eglin Air Force Base, Fla. from



Sept. 16 to 21 and in Oklahoma City, Okla. from Sept. 29 through Oct. 1. If interested, apply online at <https://armysports.cfsc.army.mil>. For more information, call Earl Young at 221-1180.

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.

TFFA Spring State Championships

Fort Sam Houston will host the Texas Flag Football Association Spring State Championship on May 27 and 28 at Green Belt and Leadership Fields. Forty to fifty flag football teams throughout Texas including the Fort Sam Houston All-Star team are expected to play in the tournament. For more information, call 221-1180.

B Co., 187th Med. Bn. Sports Day

Soldiers from B Company, 187th Medical Battalion competed for the sports day Commander's Cup Friday at Leadership Field and the 32nd Medical Brigade Gym.

There were three teams participating in the competitions — two student Soldier teams and a team of cadre. The events included softball, ultimate football, volleyball, basketball and dodge ball. The cadre swept the students in all events but basketball.

The purpose of sports day is to build

morale, esprit de corps and foster teamwork within the unit.

After the sporting events, the unit had a barbecue and awards were presented at the company headquarters building.

Intramural bowling standings

Final Standings Apr 26

Team	Wins	Loss
264th Med Bn (Pin Action)	50	14
D BAMC Dragons	44	20
BAMC #2	39	25
NMCRC	36	28
264th Tm #2	35	29
*BAMC #1	25	39
Baylor	5	55
*Commanders Cup Representative Team		

Bowling League Championship

The 264th Medical Battalion (Pin Action) won the 2006 Intramural Bowling League Championship beating D, Brooke Army Medical Center the final night. The 264th Medical Battalion and D, BAMC often



shared first place in the league with the 264th taking the lead away from D, BAMC in the final two weeks of the season. The 264th managed to hold on and win the championship by six points. The following highlights the individual accomplishments through the year: Female High Average - Sharon Hodges (125) Male High Average - Ric Glenn (196) High Game Scratch Female - Sharon Hodges (189) High Game Scratch Male - Scott Howard (268) High Series Scratch Female - Stephane Truss (443) High Series Scratch Male - Scott Howard (688)

MWR hotline

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



Photo by Kathrine Maple

The Fort Sam Houston Recreation Area at Canyon Lake is located 50 miles north of San Antonio. Take U.S. Highway 35 north through New Braunfels to exit 191, turn left on FM 306 to Canyon City and another one-and-a-half miles

to Jacob Creek Park Road. Then follow the signs to the Fort Sam Houston Recreation Area and enjoy a variety of activities that include camping, fishing, boating and swimming.

Summertime means outdoor fun

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

As the summer months approach, people begin to think about vacations. Nevertheless, it is a fact that gas prices, high as they are, are going to rise even higher, making a long distance vacation something to reconsider.

Morale Welfare and Recreation has some alternative ideas for the lazy days of summer, one of which is to stay in the area and enjoy the recreational activities offered by Outdoor Recreation.

Lessons are available in a number of recreational venues. Horseback riding,

archery, kayaking, boating safety and hunter education are just a few of the classes offered. Many of the activities are readily available, at a reasonable cost and are family-oriented. Just park that car, sign-up for something new and enjoy the summer.

Archery lessons are available by appointment only with Skip Dawson, at the Outdoor Equipment Center, Building 1111 on Forage Avenue.

Archery is a sport that is dependent on individual skill, rather than team support. Dawson has been shooting archery since 1948 and had a thing or two to say about the sport.

"I would like to see, especially kids, learn to use the computer they have between their ears," Dawson said. "Archery teaches focus, posture and strengthens muscles. It is a great way to unwind."

Archery is a great family activity, and can be taught and practiced together. For more information or to schedule a lesson, call 221-5224 or 221-5225.

Canyon Lake is a great source of recreation, located only 50 miles north of Fort Sam Houston. The recreation area offers a variety of activities including camping, fishing, boating and swimming. Three covered picnic areas and two large covered pavilions are available for unit gatherings, picnics or parties. A full service marina provides water sport equipment at reasonable prices. The marina offers boats, paddleboats, canoes and water tricycles for rent. Recreational vehicle and boat storage is also available on-site.

The Fort Sam Houston Equestrian Center, located right outside the Binz Engleman gate has riding lessons, pony rides, trail rides and a youth horsemanship camp for children. Horse boarding is also available. For more information about the stable call 224-7202 or e-mail www.fort-samhoustonmwr.com.

Outdoor recreation offers a wide variety of recreational and utility equipment for rent to include boats, travel trailers, barbecues or smoker pits, canopies, as well as camping equipment. However, one does not need to be a camper to enjoy outdoor recreation.

Recently, outdoor recreation purchased mountain bikes and kayaks. Upcoming kayak lessons will be available. What better way to spend a hot Texas summer day, than learning to kayak the Guadalupe River.

Jeffrey Heagerty, manager, Outdoor Recreation said, "We will be holding kayaking lessons, for \$29. That will include a day-long lesson, with transportation to the river, the kayak and instruction. All the customer has to bring is their lunch."

Mountain bikes are there for biking the trails around the San Antonio area, seeing the sites and visiting the historical missions along the way.

Included in the outdoor recreation inventory are four new 18-foot Mallard travel trailers. The trailers sleep six, are fully contained with bathrooms, microwaves, CD players, stove and refrigerators. All a family needs to enjoy camping at Canyon Lake, for instance, is the Class III hitch to pull it and hot dogs for roasting.

Don't forget Camp Bullis Recreation Center. Located off NW Loop 1604 exit at Northwest Military Highway north, the site has a pay-as-you-go catfish pond, stocked with channel catfish. Hunters will find it a paradise for turkey, dove and other small game. Hunter education courses, horseback riding trails and a scout camping area are also available.

Recent gas price hikes have put long distance vacation plans on hold. However, it does not mean the summer months cannot be enjoyable. MWR activities are conveniently located, and will launch the "101 Days of Summer" beginning Memorial Day weekend.



Sgt. James Sutton and Spc. Randall Sharpe get information about boat rentals at the Outdoor Recreation Center, Building 1111 on Forage Avenue. Beverly Baker Johnson, recreation aide, answers their questions about the sizes, kinds and prices of boats in the inventory.



(Above) The Outdoor Recreation Center offers a wide variety of recreational and utility equipment for rent, to include canopies, mountain bikes, kayaks, tents and ice chests.

(Left) Skip Dawson, contracted archery instructor, gives lessons by appointment only. His lessons are held at the Outdoor Recreation Center.



The Equestrian Center is located on Hawkins Road, outside the Binz Engleman gate. A variety of activities are offered for patrons of all ages and skill levels.



(Above) Spc. James Cox looks over the 13-foot camper trailers. He plans to use them for camping at NASCAR races.

(Left) Newly purchased, 18-foot Mallard camping trailers will soon be available for rent. They sleep six comfortably, are fully-contained and have all the comforts of home.

Fort Sam Houston Elementary book fair is a rousing success

The Fort Sam Houston Elementary Scholastic Book Fair held May 1 through 5 attracted many parents, students, and members of the military community. Special guest readers entertained the children by reading favorite tales and stories. More than a thousand parents and family members purchased and donated more than 100 books for the classroom libraries. Funds raised will be used for library books, field trips, and the science fair in 2006-2007 school year.

Guest readers from the installation included Brig. Gen. James Gilman, commanding general, Brooke Army Medical Center and Great Plains Regional Medical Command; Dr. CEM Maxwell, Facilities Management Officer, Great Plains Regional Medical Command and Fort Sam Houston Independent School District Board of Trustees secretary; Master Sgt. Troy Brumley, DES operation sergeant, Provost Marshall's office and Command Sgt. Maj. Michael Kelly, 32nd Medical Brigade command sergeant major; Megan Alexander, KENS 5 Morning News and Great Day SA commentator, and Jayne Hatton, Fort Sam Houston Elementary

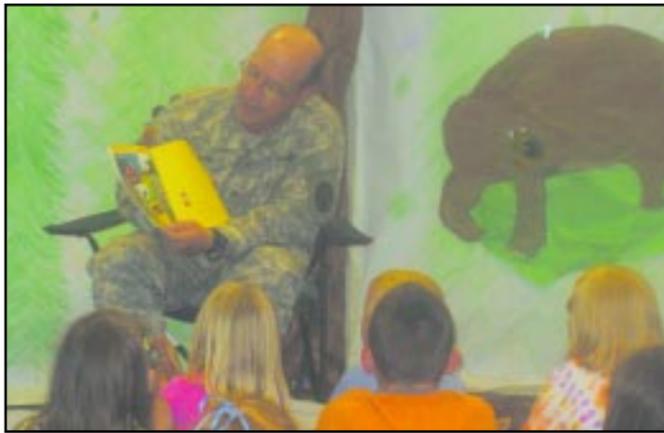


Photo by Bobbi Jo Bowser

Brig. Gen. James Gilman, commanding general, Brooke Army Medical Center and Great Plains Regional Medical Command, reads a favorite story to the Fort Sam Houston Elementary students during the Scholastic Book Fair. Hundreds of parents, students, and members of the military community attended the fair May 1 through 5 in support of FSH Elementary and its library.

principal also attended as guest readers.

"I credit the great success of the book fair to the support and the hard work of more than 80 volunteers, including Parent Teacher Organization Board members, parents, teachers, school staff, custodians, and students," stated Bobbi Jo Bowser, book fair chairperson.

(Source: Fort Sam Houston Elementary School)

Free summer camp sign-up deadline nears for military kids

ALEXANDRIA, Va. – Even though the registration deadline is only a week away, there's still room for military children to attend an "Operation Purple" summer camp free of charge, according to National Military Family Association officials.

Applications are available only online, and will be accepted through Monday.

NMFA's Operation Purple camps provide children from military families fun and memorable opportunities to learn new skills for managing deployment-related stress, officials said. NMFA developed this free summer camp program, sponsored this year by the Michael and Susan Dell Foundation and TriWest Healthcare Alliance, in response to the need for increased support for military children.

Operation Purple is the only summer camp program that focuses on helping kids deal with deployment-related issues. Each camp is "purple," meaning it is open to children of any member of the uniformed services, including the Coast Guard, and the commissioned corps of the Public Health Service and National Oceanic and Atmospheric Administration.

Applications, a list of camp locations and camp details are available at www.operationpurple.org.

Officials encourage interested children from military families to apply for the camp nearest to their home, since travel expenses are not reimbursed.

Camps are offered in 23 states: Alaska, California, Florida, Georgia, Hawaii, Idaho, Iowa, Maryland, Michigan, Montana, Nebraska, Nevada, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, Texas, Utah, Vermont, Washington and Wisconsin.

(Source: Army News Service)

FSH Independent School District Weekly Campus Activities – Monday to May 20

FSH Elementary School

Monday

Volunteer appreciation coffee, 8:30 to 10 a.m.

Tuesday

Fifth grade Texas Assessment of Knowledge and Skills math retest

Wednesday

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

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

May 18

Drug Abuse Resistance Education ceremony, 9 a.m.

Parent Teacher Organization board meeting, 10 a.m.

Band concert at Evans Auditorium, 6 p.m.

May 19

Spirit Day

Fun and Field Day for kindergarten and first grade, 8:30 to 10:30 a.m.

Fun and Field Day for second through

fourth grades, 12 to 2 p.m.

Sixth grade to Cole for orientation, 1:15 p.m.

Robert G. Cole Jr./Sr. High School

Tuesday

Honor Society induction in cafeteria, 3:45 p.m.

Wednesday

Seniors final exams — math and social studies

May 18

Seniors final exams — science and foreign language

Seventh and eighth grades accelerated reader reward movie, 1 to 3:30 p.m.

Varsity spring concert at Evans Auditorium, 6 p.m.

May 19

Seniors final exams — English and electives

Sixth grade visits Cole for orientation, 1:15 p.m.

Asian American Pacific Islander History Month

Trivia Contest

- What was the purpose of the Chinese Exclusion Act of 1882?
 - To prohibit the immigration of Chinese laborers to the United States
 - To increase taxation of the wages of Chinese laborers
 - To establish greater trade controls with China
- When did Chinese workers begin to build the Transcontinental Railroad?
 - 1865
 - 1900
 - 1915
- What is the name of the Asian American cultural movement in the 1960s that advocated self-acceptance and fought racism and ethnic prejudice?
 - Brown Power Movement
 - Yellow Power Movement
 - People's Power Movement
- In 1976, whose work incorporated Asian American history, myth and memories of the author's family?
 - "The Good Mother" by Pearl S. Buck,
 - "Woman Warrior" by Maxine Hong Kingston
 - "The Joy Luck Club" by Amy Tan
- What group helped to spur passage of the 1991 Civil Rights Act?
 - Chinese Americans who felt discriminated against in San Francisco's Chinatown
 - Cambodian immigrants who had resettled in New England
 - Filipino American workers

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.

Trivia contest answers from May 4

- Pearl S. Buck in 1949
- David Chiu, mayor of San Marcos
- Angel Island processed mainly Asian immigrants from 1910 to 1940. Alcatraz Island, also in the San Francisco Bay, was a notorious prison from 1933 to 1963, when it was closed.
- Filipino students who came to the U.S. to study medicine, agriculture and other fields from 1903 to 1910.
- An Asian woman who agrees to an arranged marriage through the exchange of photographs. More than 20,000 picture brides came to Hawaii between 1907 and 1924, primarily from Japan and Korea.

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 rescheduled

Due to heavy rainfall, the post garage sale was canceled Saturday and has been rescheduled for May 20 from 7 a.m. to 1 p.m. in the MacArthur Pavilion parking lot. For more information, call 221-2523 or 22-2601.

Summer reading program

Registration for the summer reading program will begin June 1 at the Fort Sam Houston Library. The theme for 2006 is "Reading: the Sport of Champions!" Children in preschool through eighth grade are eligible to participate. Participants can sign up at any time through July and try to read 10 or more books during the summer. The more a child reads, the more prizes they can receive. Participants can read books from any library or home collection. Prizes include new paperback books, book bags and bookmarks. For more information, call 221-4702 or 221-4387.

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.

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.

Inner-tube water polo league

A mandatory information meeting will be held May 23 at 6 p.m. at the Aquatic Center for those interested in an inner-tube water polo league. The co-ed and family inner-tube water polo leagues begin June 12 through Aug. 27. Teams in both leagues must consist of five players. Co-ed league teams must have at least two male or female players, and teams will play Tuesday and Thursday from 6 to 6:30 p.m. Family league teams must have at least three players under 16 years old and will play Saturday and Sunday from 6 to 6:30 p.m. The cost is \$75 per team. For more information, call 221-4887 or 221-1234.

Equestrian summer youth camp

Register for the Equestrian Center Summer Youth Horsemanship Camp 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.

Bodybuilding show

A bodybuilding show will be held May 24 at 6:30 p.m. at the Jimmy Brought Fitness Center. For more information or to participate, call 221-2020 or 221-1234.

Aerobathon

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

Hunters' education classes

A bow hunter education class will be held May 20 and 21 from 8 a.m. to 2 p.m. at the Camp Bullis Outdoor Recreation Center. Registration is \$15, payable on the first day of class and reservations are required. The class is mandatory for all bow hunters that plan to hunt on Camp Bullis. Participants need to bring their own bows to class each day. The course is open to anyone aged 12 years and older. To register or for more information, 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 Saturday. For more information, call 295-7577.

Dining and Entertainment

Sam Houston Club, 224-2721

Mother's Day brunch

A special Mother's Day brunch will be held Sunday 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.

Bowling Center, 221-3683

101 Days of Summer bowling

Youth in kindergarten through 12th grade can earn up to 101 free games by participating in the "101 Days of Summer" bowling promotion to be held May 27 through Sept. 4. Eligible youth will receive one free game of bowling with one paid game at the Fort Sam Houston Bowling Center. Each day a youth participates in the promotion, the youth will receive one game card. At the end of the promotion, participants can enter one of their game cards into a drawing for the chance to win a prize. Local prizes include a DVD player, an iPod Shuffle, video games and the soundtrack and book from the movie "Hoot." The first place grand prize includes an all-expense paid trip for four to an Aly and AJ concert sponsored by Hollywood Records. The second grand prize includes a private screening of New Line Cinema's "How to Eat Fried Worms." For more information, call 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.

Golf Club, 221-4388

Golf lessons

Get 10 golf lessons for \$150 through May 31. Open

to men and women with any level of experience. To register, call 355-5429.

Ladies golf clinic

A Ladies golf clinic for beginners will be held each Tuesday in May from 6 to 7 p.m. The cost is \$120. To register, call 355-5429.

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.



Photo by Elaine Wilson

Military spouse appreciation

Kathy Maple, of Morale, Welfare and Recreation, hands Felipa Medellin some informational flyers about various MWR programs and services during the Military Spouse Appreciation kick-off ceremony Monday at the Roadrunner Community Center. Col. Wendy Martinson, U.S. Army Garrison commander, spoke at the event. "Spouses are the glue of the Army that keeps families together. We have a tremendous opportunity this month to pay tribute to spouses," she said.

Fort Sam Houston's Morale, Welfare and Recreation will show appreciation for the dedication and fortitude of military spouses May 22 to 25. Various services will be available for free or at reduced rates to military spouses at select MWR facilities such as a free salsa class, reduced rate on a round of golf, reduced price on a special lunch at the Sam Houston Club and much more. An appreciation ceremony will be held May 25 at Army Community Service, Building 2797. The ceremony will include an Army and Air Force Exchange Service fashion show, live demonstrations, free massages by Day Spa, body composition testing, blood pressure screening and swimming instruction. Special MWR coupon booklets will be given to spouses who attend the event and spouses of deployed Soldiers. Refreshments will also be provided. Joan Weightman will be the guest speaker. For more information, call 221-9904 or 221-2601.

Child and Youth Services

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.

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.

Events

USO's 1940s-style canteen dance

The United Service Organizations Council of San Antonio and Central Texas' Annual Canteen Dance will be held Friday 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 Friday 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" Saturday 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/.

Historic locomotive in town

The Union Pacific Railroad's historic steam locomotive No. 844 will be in town Saturday to May 19, and on display daily from 8 a.m. to 5 p.m., half a mile south of Rittiman Road off Interstate Highway 35 and Loop 410 service road. The locomotive is on a 35-day, 10-state tour to celebrate the railroad's history and heritage. Locomotive No. 844 is the last steam locomotive built for the Union Pacific Railroad. Track the locomotive routes at http://www.uprr.com/newsinfo/releases/heritage_and_steam/2006/0411_socentral.shtm. For more information, call Mark Davis at (402) 544-5459.

Tejano/Conjunto festival

The Tejano/Conjunto festival runs through Sunday 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 Monday to May 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.

King William District walk

The Randolph Roadrunners Volksmarch Club will host a 10K and 5K walk through the historic King William District May 19 at the "Bethoven Mannerchor Halle und Garten," 422 Pereida St. Admission to the German fest at the start point is free for paid walkers. For more information, call Tony or Nancy Paulson at 658-8324 or e-mail nantony6@hotmail.com.

CLASS annual 'Bark-B-Q'

The Canyon Lake Animal Shelter Society's annual "Bark-B-Q" will be held May 20 from 11 a.m. to 3 p.m. Tickets are \$6 in advance or \$7 at the door. Tickets can be purchased at the Canyon Lake Animal Shelter at 2170 Old Sattler Road in Startzville, Texas, from 10 a.m. to 4 p.m. Tuesday through Saturday. The event is free and open to the public. Prize-winning barbecue chef, Jim McKee, will be preparing the dinner. For more information or directions, call (830) 905-7387.

Dripping Springs walk

The Colorado River Walkers Volksmarch Club will host a 10K and 5K walk through Dripping Springs May 20 and 21 at the Dripping Springs Founder's Memorial Park at the pavilion near the swimming pool. For more information, call Jo Ann Fries at (512) 480-0291 or e-mail Joannwoolf@aol.com.

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

NAU representative

A representative from the National American University will be at the Fort Sam Houston Education Center Tuesday 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" Wednesday from 8 a.m. to 12 p.m. at the Sam Houston Club. The seminar is free and seating is limited. Registration deadline is Friday. For more information, call Glennis Ribblett at 221-9401.

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.

Annual HIV education

All units on Fort Sam Houston and Camp Bullis must attend HIV education. To schedule the one-hour class, call Army Public Health Nursing at 295-2326 or 916-5216.

Webster University

The Webster University staff is available for all military personnel interested in pursuing a master's or master of business administration degree. Registration is currently under way for the summer session, which begins May 27. The Webster office is located in Building 2248 in the Army Education Center from 7:30 a.m. to 4 p.m. Monday through Friday. For more information, call 226-3373.

St. Mary's University education office

A St. Mary's University representative is available Monday through Thursday from 8:30 a.m. to 4 p.m., and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

Help with career transitioning

Employment Readiness has computer software to help people find out more about their skills and abilities and the decision-making process that takes place during a job search. The software helps match personality with a particular career field. A valid military family member ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

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.pacificarelaino.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 post-marked 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.

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: White Whirlpool Ultimate Care II washing machine, nine cycles including hand wash, five combinations and quiet wash, extra rinse; Hotpoint dryer, almond, \$275 for both. Call Jenny at 310-1826.

For Sale: Beautiful maple baby set includes crib, mattress, three drawer dresser, changing table and glider, \$350; Bassett sofa, plaid, \$125; Lazyboy chair, navy, \$25; Graco PortaCrib with changing table, \$35; oak rocking horse, \$25. Call 270-2114 or 218-3021.

For Sale: Pool table, \$1,500; washer and dryer, \$350; full size bed with frame and headboard, \$200; love seats, \$125 each; trampoline, \$50. Call 666-4196.

For Sale: 1987 Honda Civic, four-door,

manual transmission, needs minor work, \$400; 19-inch Magnavox TV, \$30; HP Pavilion computer, 866Mhz upgraded RAM includes monitor, printer, keyboard, mouse, Webcam, \$75; add desk, \$35. Call 861-9883 after 5 p.m.

For Sale: Continental Airline ticket voucher, must use by June 7, \$400; small authentic Burberry tote, \$175; 1990-95 Toyota 4-Runner manual, \$8; power antenna with mast, \$80. Call Toni at 279-3367.

For Sale: Kawasaki motorcycle, 1994 ZG1000 Concours, red, 16,531 miles, A55 mpg driving distance, two attaching black bags, \$4,500. Call 521-1363, ext. 5140.

For Sale: BMW motorcycle, 1985 K100RT, gray, 9,241 miles, includes hard

cased locking black bags, \$4,500. Call 657-0584.

For Sale: Sony 51-inch wide screen projection TV, model KP-51WS510, HDTV compatible, \$1,300. Call 595-7321.

For Sale: 2003 4X4 SLT Dodge Durango, 32,000 miles, gray and silver exterior with leather interior, includes scheduled maintenance package, towing package, heated seats, third row seating, Infinity speakers, running boards, roof rack, \$19,500. Call 447-7795.

For Sale: Sofa bed, \$1,000; chair to match sofa bed, \$500; Lazyboy recliner with massager and heat, \$300; sleeper couch, brass and ivory ends, \$300; computer cabinet, large, encloses, \$100. Call Bob at 493-8420.

For Sale: French door, exterior, wood, 8 feet by 3 feet, single lite, \$60; Faux wood

blinds, pure white, 28 inches wide by 56 inches high, inside mount, \$10; faux wood blinds, pure white, 72 inches wide by 56 inches high, inside mount, \$30. Call Donna at 698-8481 or 849-0447.

For Sale: Mediterranean-style kitchen table with four chairs, \$50; double pedestal desk, \$50. Call 223-0287.

For Sale: Antique twin sleigh bed and box spring, \$200; solid wood dining set with six chairs, \$250 obo; two red clay ceramic pots, \$5 and \$20; VCR and old RCA TV, \$20; Army winter black boots, \$15 to \$20. Call 316-9793 or 271-3459.

For Sale: Walking stroller, \$10; corner TV table, \$85; small rocking chair, \$20; Broyhill wood dining table, extendable, \$75. Call 656-7840.