



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

May 12, 2005

Briefs . . .

Short-term gate closure, May 19

Fort Sam Houston will conduct an operations-based exercise May 19. The exercise will evaluate the installation's capability to close all access control points in response to Force Protection Condition DELTA implementation. All post ACPs, to include Camp Bullis, will be closed for about five to 10 minutes between 10 and 11 a.m. to test the speed and effectiveness of the ACP closure process. Only those units and personnel directly involved in ACP operations will be involved.

Harry Wurzbach gate closure

Harry Wurzbach East, which is adjacent to the Medical Museum, is closed due to construction of a new vehicle access control point. The project is scheduled for completion in January. During the closure, the Scott Road gate is open 24 hours, seven days a week. However, people who normally enter through Scott Road, which is one lane, should consider an alternate entrance to avoid delays.

NCO induction ceremony

The 13th Battalion (National Health Services) invites the Fort Sam Houston community to an NCO induction ceremony Friday at 2:30 p.m. at Blesse Auditorium. For more information, e-mail Staff Sgt. Rebecca Root at Rebecca.root@us.army.mil.

Change of command

D Company, 232nd Medical Battalion, will host a change of command ceremony May 20 at 4:30 p.m. at the covered training area of Building 1379. Capt. Alejandro Gonzales will relinquish command to Capt. Martha L. Curtis.

Army mandates IA training

To protect data from internal and external threats, the Army established a directive requiring all computer users Army-wide to complete information assurance training no later than June 4. To access the training, civilians and active duty should go to the Army's e-Learning Program at <http://usarmy.skillport.com>. Once logged onto SkillSoft, click Catalog and then Government IA training. People must have an Army Knowledge Online account to access the system. Contractors should go to www.ia.gordon.army.mil to complete the training requirement. For more information, call Julie Gueller at 221-2010.

Safety Day ceremony

The Army Medical Department Center and School will conduct a Safety Day Ceremony at the Roadrunner Community Center, Building 2797, May 24 from 10 to 11 a.m. This ceremony is designed to promote safe operations and practices by military and civilian personnel and their families and is open to all AMEDDCC&S, Fort Sam Houston and tenant organizations.

See BRIEFS on Page 3

Welcome home



Photo by Esther Garcia

Sgt. Michael Sotelo gets a warm greeting from his niece, 3-year-old Jordan Castorena, at the 312th Medical Logistics Company, Detachment 1's welcome home ceremony Friday at the Roadrunner Community Center. The detachment was deployed for a year to Afghanistan. See related article and photos, page 17.

First military installation to sign historic agreement with AACOG

By Shadi May
Fort Sam Houston Public Information Office

Fort Sam Houston became the first military installation to sign a mutual aid agreement with the Alamo Area Council of Governments on antiterrorism measures.

Maj. Gen. George W. Weightman, Army Medical Department Center and School commander and the installation commander, signed the MAA Thursday during an antiterrorism committee meeting held at Fort Sam Houston with the AACOG executive director.

"We're the first military signatory," said Weightman. "Presently, there are 63 city and county signatories to the AACOG Regional MAA; no military installations are signatories yet, but other local mil-

itary installations have expressed a desire to enter into the agreement."

The AACOG regional MAA was developed to assist cities and counties during emergencies and disasters. Any type of assistance can be requested and shared under the terms of the agreement.

"FSH, to include Camp Bullis, would greatly benefit from being a partner in the AACOG Regional MAA in terms of being able to leverage regional emergency response capabilities, improve joint training opportunities and strengthen partnerships with surrounding communities," added Weightman.

This historic event will allow the participating cities and counties to conduct training and benefit from each other's resources.

See AGREEMENT on Page 4

Army announces Combat Action Badge

WASHINGTON, D.C. — A Combat Action Badge will soon be available to all Soldiers who engage the enemy in battle.

Although the Close Combat Badge was once considered an option, Army leadership created the CAB instead to recognize all Soldiers who are in combat. They said the decision was based on input from leaders and Soldiers in the field.

"Warfare is still a human endeavor," said Gen. Peter J. Schoemaker, Army chief of staff. "Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos."

The CAB may be awarded to any

Soldier, branch and military occupational specialty immaterial, performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, who is personally present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed rules of engagement.

Commanders at the rank of major general will have award authority for the CAB.

The CAB is distinct from other combat badges, officials said. The Combat Infantryman's Badge, or CIB, and Combat Medical Badge will remain unchanged, they said.

The Army will release an administrative message outlining exact rules and regulations for the CAB in the near future, officials said.

Although the final design of the CAB has not yet been released, officials said the award should be available this summer through unit supply and for purchase in military clothing sales stores.

For more information on the CAB, call the local personnel office or see the soon-to-be-operational CAB Web site at www.army.mil/symbols/combatbadges.

(Source: Army News Service)

G6 invites Knowledge Management award nominations

By **Marvin D. Wages**
Chief of Information Office/G-6

WASHINGTON, D.C. — Nominations for this year's Knowledge Management awards are being accepted until June 15 on Army Knowledge Online, the AKO portal.

The six award categories are: Knowledge Transformation Initiative, Enterprise Solution, Cross-Functional Solution, e-Army Initiative, Community of Practice and e-Learning Initiative. The awards will be presented during the annu-

al Director of Information Management /Army Knowledge Management Conference, Aug. 22 to 26 in Fort Lauderdale, Fla.

To nominate an organization for the award, go to the Chief of Information Office/G-6 portal at [https://www.us.army.mil/suite/portal.do?\\$p=9](https://www.us.army.mil/suite/portal.do?$p=9).

The Army Knowledge Awards Program recognizes outstanding initiatives that support enterprise solutions which improve situational awareness and decision-making, G6 officials said. They said these initiatives might be enhanced collaborative

processes that improve warfighter or organizational decision-making, learning and development. Or, they could incorporate the use of technology and re-engineering to achieve process transformation, i.e. improving operational effectiveness and the flow of products, services and knowledge to the user in a real-time, critical method.

"Knowledge Management is part of the Army's transformation to a network-centric and knowledge-based force," said Lt. Gen. Steven W. Boutelle, chief information officer/G-6. "The AKA program high-

lights tangible successes related to Army KM goals and objectives."

For more on Army KM, go to www.army.mil/ciog6/akm.htm.

Selection criteria for the awards include: return on value; collaboration; impact; scalability; transformation; customer-focus; streamlining; and E2E Integration, which incorporates cross-functional processes, G6 officials said.

For more information, call the Army Knowledge Awards Program Office at (703) 602-2046 or e-mail ak.awards@us.army.mil.

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**Army Medical Department
Center and School and
Fort Sam Houston Commander**
Maj. Gen. George W. Weightman
Garrison Commander
Col. Garry Atkins
Public Affairs Officer
Phillip Reidinger
Public Information Officer
Yolanda Hagberg
Editor/Writer
Elaine Wilson
Staff Writer
Shadi May
Layout Artist
Lori Newman

Briefs cont. . . .

Memorial Day Ceremony

Fort Sam Houston National Cemetery will host a Memorial Day ceremony May 30 at 9 a.m. Army nurse Maj. Dawn Garcia, a veteran of the Global War on Terrorism, will be the keynote speaker. In addition to the traditional wreath presentation, the program will include music by the Army Medical Command Band, and a children's choir, the Younger Generation, from Plano, Texas. The public is invited.

Sexual harassment training

The Civilian Personnel Advisory Center will offer Prevention of Sexual Harassment training June 28 from 1 to 3 p.m. at the Equal Opportunity Office, Building 142, in the basement. People should submit their nominations for attendance no later than June 17 via e-mail to TRNG.FSHCPAC@samhouston.army.mil. Phone nominations will not be accepted. For more information, call Lena M. Boutelle, human resources assistant, at 221-0639.

Change of command

The 314th Military Intelligence Battalion will sponsor a change of command ceremony June 14 at 7 a.m. at the parade field west of the 37th Training Wing Headquarters building at Lackland Airforce Base. Lt. Col. Peyton E. Smith will relinquish command to Lt. Col. Christopher P. Himsel. The 314th MI Bn. falls under the 470th Military Intelligence Group at Fort Sam Houston. For more information, call Sgt. Deborah Herman, 314th MI Bn. Public Affairs Office, at 671-0989.

Housing update

New Resident Center survey

A survey for the new Residents' Center was delivered to housing residents this week. To expedite planning for the center's design, surveys should be completed and submitted today. Surveys can be placed in the drop box in front of Building 367 or given to a Lincoln Military Housing representative in Building 367. Residents can also post their comments on the Lincoln Military Housing Web site at www.samhoustonlpc.com (select Comment Card).

Service request procedures

For housing service requests, Fort Sam Houston residents can either sign a Permission to Enter form or schedule an appointment. The PTE allows Lincoln's maintenance staff to enter a house without the residents there, which expedites the service request. The PTE must be submitted in writing and can be changed any-time. Appointments are scheduled based on the resident's and maintenance staff's availability. Wait time may be close to four weeks for appointments. For a service request, call the "Lincoln at Your Service" request line at (888) 578-4141. For more information, call the Lincoln Military Housing office at 270-7638.

Community littering

Please remember to bag and tie all trash before placing it in trash containers. Litter that is thrown loosely into the containers ends up in other people's yards and streets. The trash collector does not pick up loose trash. If people see litter in their area, they should dispose of it.

Harris Heights construction

Galaxy Builders has started the demolition process in Harris Heights. The area has been fenced off for the protection of the remaining Harris Heights residents and construction crews. The Harris Heights gate on Harry Wurzbach will remain open throughout the day as a construction site entrance and is restricted to construction traffic only. For more information, call Ron Bennett at 226-5597.

DMRTI takes Combat Casualty Care Course to South America

Story and photo by Navy Lt. Brian Haack
Defense Medical Readiness Training Institute

For the third time in as many years, the Defense Medical Readiness Training Institute took combat medical readiness training to South America.

Col. Alan A. Moloff, DMRTI commander, led a delegation comprising one other officer and a tri-service staff of senior NCOs to Fuerte Aguayo, a Chilean Marine corps base just north of Vina Del Mar Chile, in April. Their mission was to help the Chilean military develop its combat medicine course, which is modeled after DMRTI's Combat Casualty Care Course, or C4, taught at Camp Bullis.

Like C4, the Chilean course begins with classroom instruction where students are assembled into squads and receive training on topics ranging from field equipment to advanced trauma management techniques, and how to apply those techniques in austere combat environments.

The course culminates in a field exercise where squads rotate through a number of tactical medicine scenarios.

"It's really flattering to go to a different continent and find a nearly perfect copy of our course ... the Chileans work hard to model themselves after what we do at Camp Bullis," said Navy Petty Officer 1st Class Eric Vazquez, training team NCO in charge. "They think of us as their gold standard."

Staff Sgt. Victor Lopez, a Ranger and Special Forces medic, taught convoy ambush survival techniques, guided Chilean instructors through a new course to recognize and avoid improvised explosive devices and ran the patient trauma simulator for the two-day field exercise. Lopez also helped Chilean instructors supervise a crashed helicopter and tactical pilot rescue scenario.

Air Force Tech. Sgt. Joe McNamara led instruction on manual and litter carries, land navigation and served as a safety observer during the tactical medical lanes and litter obstacle course during the field exercises. He also assisted Lopez with safety observer responsibilities for a waterborne rescue scenario that included a water crossing in zodiac boats and live charges of plastic explosives.

The team was rounded out by a second Airman, Staff Sgt. Kimberly Bentley, who served as the logistics and supply NCO for the trip. She tracked visas, temporary duty paperwork and gathered and weighed all required supplies and



Staff Sgt. Victor Lopez, from the Defense Medical Readiness Training Institute, walks a column of vehicles while checking student performance during a convoy ambush survival exercise at the Fuerte Aguayo military base in Chile.

helped prepare the team for deployment.

Unlike the C4 course, which is taught 12 times per year with a full-time cadre of staff NCOs serving as primary instructors, the Chilean course is only offered once a year and is taught almost exclusively by medical officers. Moloff explains that one of the main challenges with producing any kind of combat oriented medical training in Chile is the unusual relationship the Chilean military has with its doctors, who do not serve in traditional active duty roles.

"Chile's doctors and their medical infrastructure are just as advanced and capable as anything you can find in the U.S.," he said. "The only thing they lack is the arduous deployment experience that we've gained over the last three years. They also face a unique organizational challenge in that Chilean doctors are not full time military officers. They only work 12 to 16 hours a week for the military. The rest of their time is spent pursuing their civilian practice.

"This is why they continue to request our support from year to year — DMRTI brings 25 years of experience in combat medical training to the table," he added. "My staff offers them the insight they needed to flatten the learning curve for their instructors, so they can go into meaningful training from the moment we arrive."

Moloff said the trip would not have been possible without the support they received from U.S. Army South and Southern Command.

Now part of Human Resources Command, DS3 program helps injured Soldiers

By Eric Cramer
Army News Service

WASHINGTON, D.C. — In an official ceremony in April, Human Resources Command took over the operations of the Disabled Soldier Support System — DS3 for short.

Operated by the Army's G-1 (Personnel) office since April 30, 2004, the DS3 program helps severely injured Soldiers and their families get the help they need to get medical treatment, stay on active duty or transition to civilian life.

Vice Chief of Staff of the Army Gen. Richard Cody said the DS3 program is among the Army's most essential tasks.

"There is no higher calling than the one that calls us to address the needs of our injured and severely injured Soldiers," Cody said. The 340 Soldiers we're supporting right now have done more than their share. They have lived the warrior ethos as an oath and as a promise."

In an interview following the ceremony, Cody said that numerous entities helped initiate the DS3 program.

"We had a lot of help from the Veteran's Administration, the Office of the Secretary of Defense staff and Vietnam veterans, as well as veterans from other wars," Cody said. "They told us what they wished they'd had."

Cody said he checks on the pro-

gram's progress by talking to Soldiers and their family members. "I've had several cards and letters saying they wouldn't have known what they'd have done without the assistance of the caseworkers and the DS3 program," he said.

For Soldiers who have been wounded, the first contact with DS3 usually comes via a telephone call from a DS3 operator. The Army identifies Soldiers who have received severe wounds, and notifies the DS3 program that they are qualified for assistance.

She said she keeps a "smart book" of programs and contacts to help Soldiers determine their needs.

"They're usually concerned with pay issues — their pay coming out of theater," she said. "I help a lot of families, people like Soldier's parents who don't know the system and don't know how they can be reimbursed for their travel to visit their Soldier."

Diane McManus, leader of Soldier Family Management Specialists Section assigns caseworkers to individual Soldiers and their families.

Bill Years, a caseworker for DS3, was separated from the Army as the result of a severe injury. Now he leads a three-member team of caseworkers at Walter Reed, helping Soldiers with their needs.

"We try to sort out the confusion. Frequently, the family needs our help.

With National Guard and Reserve Soldiers, the family members may never before have been on a military installation," Years said. "We try to help them understand what their Soldier is going through."

He said Soldiers have some common requests.

"They want to know where their personal items from in theater are, and where their buddies are," he said.

First Lt. Alex Houston went through the DS3 program after losing his hand to a rocket-propelled grenade attack in Najaf, Iraq, in August, 2004.

"The moment I said I was staying in the Army, they said, 'we'll find you a job,'" Houston said. "They gave me a brief on the Program Executive Office, and helped me get a position there. DS3 helped get the orders and get the ball rolling. When I said I needed to move my family, they said 'Go get them and move them up here.'"

Cumbo said the big advantage that came from moving DS3 from G-1 to HRC lay in bringing the program together into one location. "We were in two locations, which made it more difficult for us, and for the Soldiers we're trying to help."

For more information on DS3, call (800) 833-6622 between 8 a.m. to 4:30 p.m. EST, Monday through Friday, or via e-mail at ArmyDS3@hoffman.army.mil.

Freedom Team Salute to recognize Army's extended family

By Eric Cramer
Army News Service

WASHINGTON, D.C. — In a Pentagon ceremony May 2, the Army began its Freedom Team Salute campaign designed to recognize those who support Soldiers' service and veterans who have served the country in the past.

The first person to receive the honor was David Rodriguez, a decorated veteran of the Vietnam War who currently serves as the commander of the American GI Forum, an organization for Hispanic veterans of the Army.

The Freedom Team Salute package includes an "Army of One" lapel pin, an official Army decal, a certificate of appreciation signed by the Army chief of staff and the secretary of the Army, and a letter of thanks signed by the chief of staff and the secretary.

Dr. Francis Harvey, secretary of the Army, said the goal of the campaign is to recognize those who make Soldiers' service possible.

"Our Soldiers could not answer their noble calling of defending the values that have made our country great — this call to duty — without the support of those from whom they draw so much strength; spouses, parents, relatives, teachers, friends and employers," Harvey said.

He said Army veterans are also a key part of the campaign.

"Of particular importance is the recognition that this program provides for Army veterans," he said. "Today these courageous men and women collectively represent 10 million out of a total of 26 million veterans residing in the 50 states," he said. "Freedom Team Salute provides another opportunity for the Army to show its appreciation to veterans and Veteran Service Organizations for their dedicated service and continued support of today's Soldiers and families."

Gen. Richard Cody, vice chief of staff of the Army, said Freedom Team Salute is a way to recognize the sac-

rifices of those who don't wear the Army's uniform. He said he had recently visited a New York National Guard unit who had rescued American hostage Thomas Hamill.

"But that's not surprising considering the outstanding Soldiers that make up the unit and the incredible support they have received from their families, employers and units," Cody said. "Freedom Team Salute allows our Soldiers to pause and say 'thank you' to our incredible extended Army family that has done so much for our troops."

Cody introduced three Soldiers who had nominated family members or employers for the Freedom Team Salute program.

First Lt. Jennifer McGhee, U.S. Army National Guard 1710th Transportation Company, presented the commemoration package to her employer, Chris Small, of the Alexandria, Va., based Arrowpoint Corp., an Army veteran who, she said, not only supported her service with her unit, but also promoted her.

Master Sgt. John Melada presented the Freedom Team Salute package to his wife, Michelle, for her support while he was deployed with the 323rd Military Intelligence Battalion.

Spc. Nicolas Turner, of The Old Guard, presented his parents with the recognition for their support of his service.

Rodriguez said receiving the Freedom Team Salute recognition is an honor.

"It's going to be good for the Army. When I saw the one sergeant present the pin to his wife, or the young sergeant to his parents, it almost brought tears to my eyes," Rodriguez said. "We need to recognize what's going on in the United States, and show the people in the community that the military, the Army, knows and cares about the sacrifices they make."

Soldiers who wish to nominate someone to receive the Freedom Team Salute recognition can do so by visiting the campaign's official Web site at freedomteamsalute.army.mil.

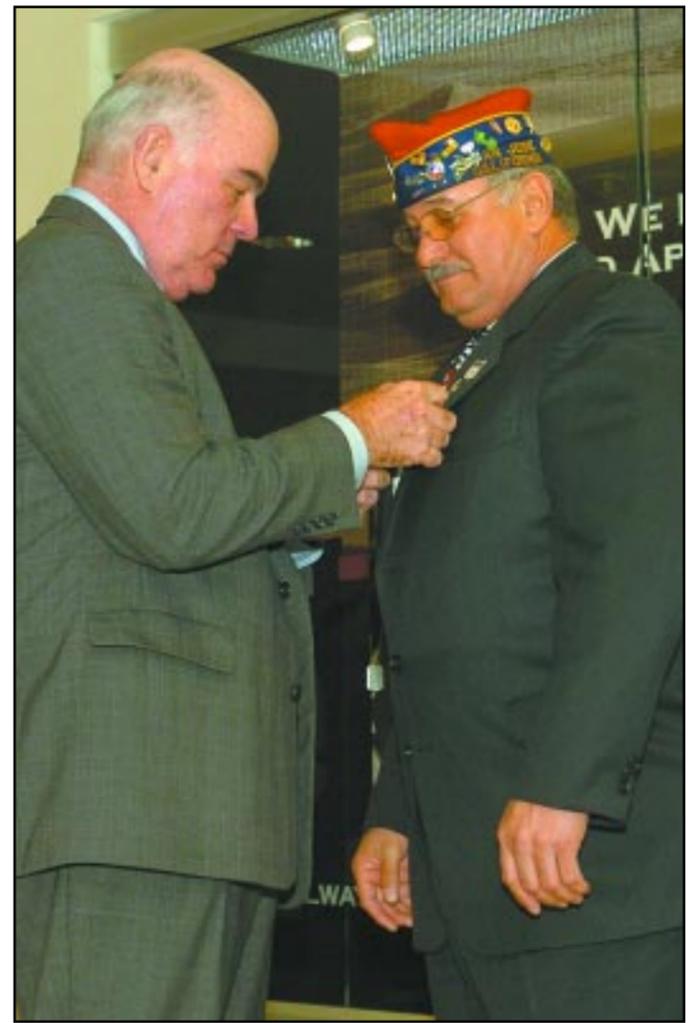


Photo by Staff Sgt. Carmen L. Burgess
Dr. Francis Harvey, secretary of the Army (left) presents the first Freedom Team Salute lapel pin to David Rodriguez, commander of the American GI Forum, a Hispanic veterans' organization. The Freedom Team Salute campaign recognizes Soldiers' families, employers and veterans for the sacrifices they make for their country.

News Analysis: Military value at heart of BRAC

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. — The U.S. military fighting the war on terrorism is far different from the military forces developed to confront the Soviet Union.

Today's military is smaller than the Cold War force. It is already more agile and more flexible. And experiences in Iraq and Afghanistan show that joint operations enable the military to focus more power, more quickly exactly where it is needed.

The impetus to change will increase in coming years, and the base-realignment-and-closure process will allow the Defense Department to match force structure with the necessary capabilities.

The BRAC process is a chance for the department "to get it right, right now," said a senior defense official. Changes in the global military posture and the need to reduce overhead have combined to offer the military the perfect opportunity to rationalize the military infrastructure to the force structure needed for the future.

The process will also allow the military

to improve its efficiency and place emphasis on joint training and operations.

The process is meant to allow the secretary and the BRAC commissioners to look across traditional lines to examine the potential for jointness. In fact, in the department, the entire decision-making process is joint at every level, said officials.

There are more than 520,000 DoD-owned facilities worldwide. All are being looked at to determine how each property fits into the new force structure plan.

This force structure plan, together with statutory selection criteria, will be the basis for all decisions. Developed by the Joint Staff, the plan is based on the new national security and defense strategies. It looks out 20 years and tries to forecast threats, probable end-strength levels and anticipated funding levels. The selection criteria were published in the Federal Register in December 2003 and later modified by Congress. The final selection criteria are set out in the BRAC statute, which specifies "military value" as the primary consideration in making any closure or realignment decision. Military value is reflected

in the first four selection criteria and includes the current and future capabilities needed and the impact on operational readiness of a post, base, range or installation. This includes the impact an installation has on joint warfighting, joint training and joint readiness.

In addition, military value includes the availability and condition of land, facilities and associated airspace. Military officials have looked at training areas that will exercise forces in a variety of climates and terrains.

Military value also includes a "surge capability" that allows the department to accommodate mobilization.

Finally, military value includes the cost of operations and manpower implications.

The remaining criteria consider the extent and timing of potential costs and savings; the economic impact on existing communities in the vicinity of military installations; the ability of the infrastructure of communities to support forces, missions and personnel; and finally, the environmental impact, including the impact of costs associated with environ-

mental restoration, waste management and environmental compliance.

Defense Secretary Donald H. Rumsfeld's BRAC recommendations are due to be published by Monday. At that point, the BRAC Commission, led by former Veterans Affairs Secretary Anthony Principi, will examine the recommendations. The commission's findings are due to President Bush no later than Sept. 8.

The president must approve or disapprove the whole list; he cannot agree with some recommendations and disagree with others.

If he approves the recommendations, the list goes to Congress, where senators and representatives have 45 "legislative days" to enact a joint resolution of disapproval. If they do not, then the list has the force of law.

Under the BRAC statute, actions to close or realign a base must be initiated within two years of the date the president transmits the BRAC Commission's recommendations report to Congress and must be completed within six years of that same date.

For more information on the Army BRAC process, visit www.hqda.army.mil/acsim/brac/braco.htm.

Agreement

Continued from Page 1

"This agreement means a lot to the region in that we are all part of the community, and our relationship has always been outstanding," said Al Notzon, ACOG executive director. "There is an opportunity to help each other. We see this as a win-win situation for all parties involved."

The city officials hope for precise coordination when incidents occur, and believe this agreement will help reach this goal.

"It is important that Fort Sam Houston signed this MAA because the post is in the middle of the city,

so anything affecting the installation could affect the city," said Stephen Gladstone, regional liaison officer, Division of Emergency Management. "It gives us more resources to draw from and will allow us to work better. This type of relationship is where the entire United States is going."

The MAA is among the steps Fort Sam Houston is taking toward the Ready South Texas project, a program to educate and provide information and support to the community prior to, during and after critical incidents, disasters and terrorist attacks.



Photo by Shadi May

Maj. Gen. George W. Weightman, Army Medical Department Center and School commander, and Al Notzon, Alamo Area Council of Governments executive director, sign the mutual aid agreement, making Fort Sam Houston the first military signatory of such an agreement.

Committee reviews military pay package

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. – A new committee is studying the military compensation system to come up with ways to bring it more in line with what service members want and operational needs demand.

The Defense Advisory Committee on Military Compensation held its first public meeting to explain its marching orders from Defense Secretary Donald H. Rumsfeld: to take a look at the current system and recommend how to make it better.

The committee will look at the whole compensation program for men and women in uniform in both the active and reserve components, explained retired Navy Adm. Donald Pilling, committee chairman and former vice chief of naval operations.

This includes basic, special and incentive pays; benefits ranging from housing to medical care; and deferred pay that includes retirement pay and survivor benefits, he said.

The committee will attempt to strike the best balance between cash and benefits, current and deferred compensation, and the need for flexibility during peacetime as well as war, Pilling said.

It will also consider the best way to compen-

sate members of the National Guard and Reserve, who are deploying more frequently than ever before to support military operations, he said.

One issue the committee will deal with is the fact that many military members are more interested in cash in hand than retirement or other benefits. "They tend to value current compensation more than compensation that they will not receive for 10 or 20 years, or maybe not at all," he said.

During May 10 meetings with service leaders, committee members heard "a range of views about specific changes" in the compensation package, all to be considered during the committee's deliberations, he said.

But one particular message came through loud and clear. "All asked for an architecture that allows flexibility rather than mandatory changes in compensation," Pilling said.

Flexibility will be a key goal as the military undergoes its longest period of sustained conflict since the all-volunteer force was conceived in the early 1970s, he said.

The committee plans to present Rumsfeld an interim report of its recommendations by late September and the final report in April 2006. The next of its public meetings is scheduled for June 7.

232nd change of responsibility



Courtesy photo

Command Sgt. Maj. Keith Seidler passes the unit colors to Lt. Col. Bruce McVeigh, 232nd Medical Battalion commander, during the battalion's change of responsibility ceremony May 6 at MacArthur Parade Field. Command Sgt. Maj. Gilberto Martinez-Torres is the new command sergeant major. "Command Sgt. Maj. Matinez-Torres is the only replacement for Command Sgt. Maj. Seidler, so today is truly a celebration for the Soldier medics of this great battalion," McVeigh said.

Seatbelts can save lives in combat

By Chief Warrant Officer Jeffery Danitz
A Company, 7th/158th Aviation Regiment

FORT HOOD, Texas — Would you go to Las Vegas and bet your life on a spin of the roulette wheel? I hope not! You'd probably question the intelligence of anyone willing to make such a gamble. Yet many Soldiers bet their lives every day when they don't use their seatbelts in tactical vehicles, especially in theater. Why is this happening?

I heard all the familiar excuses while working as a safety adviser to the Combined Joint Task Force-7 command staff in Iraq. "The seatbelt keeps me from getting out of the vehicle fast." "It restricts me from turning sideways in the seat." This one really scares me: "I was told not to use it."

Aside from commanders telling them not to use seatbelts, why would Soldiers make an independent decision not to buckle up in combat? People make decisions based on their perception of the likelihood an event will occur. Roadside bombings and ambushes are common in Iraq, so it is natural that Soldiers will do everything possible, including not wearing seatbelts, to "protect" themselves during these events.

This skewed perception can get Soldiers in

trouble. Most Soldiers believe they're more likely to die because they can't get out of a vehicle quickly during an ambush or bombing. In their minds, the risk of injury or death in a rollover or other accident is secondary. It makes sense to them, then, not to wear seatbelts in combat.

This logic is flawed. Army regulations require seatbelts to be worn at all times, even in combat, for a simple reason. Statistics show many more Soldiers are injured or killed because they aren't wearing their seatbelts than those killed by the enemy because they can't get their seatbelts off quickly. Did I mention there hasn't been a single documented case of the latter happening? In other words, zero Soldiers have died because they were trapped by their seatbelts during enemy activity, but many have been killed because they weren't buckled up during a vehicle accident.

An intelligent person learns from their own mistakes, but a wise person learns from the mistakes of others. I hope you'll make sound decisions and carry out safe operating procedures every time you begin a mission. Remember, the probability of you making it home safe is much greater if you wear your seatbelt. Your family, friends and the Army will thank you for it.

Celebrating a culture



Photo by Lt. Col. Evelyn Langford

Members of the Medical Command Asian Pacific American Heritage Committee meet Dr. Rajam Ramamurthy, the guest speaker for the MEDCOM Asian Pacific American Heritage Month ceremony May 2. Ramamurthy spoke on demographics of Asian Pacific Americans in the United State. She is a pioneering neonatologist, professor of pediatrics at the University of Texas Health Science Center at San Antonio and leads the Bexar County Medical Society as the first female president.

Safety Day ceremony, May 24

The Army Medical Department Center and School will sponsor a Safety Day ceremony at the Roadrunner Community Center, Building 2797, May 24 from 10 to 11 a.m. The ceremony will promote safe operations and practices and is open to AMEDDC&S, Fort Sam Houston and tenant organizations. Vendors will display the latest personal protective equipment and information on safety awareness, risk management, defensive driving, heat stress, boating safety and other summer safety activity information.

Safety Day agenda

10 a.m. - Welcome remarks - Guadalupe Gomez, safety manager
Opening remarks - Col. Garry Atkins, U.S. Army Garrison commander
Safety award presentation - second quarter award
10:10 to 11 a.m. - Guest speaker - Michael Moore, San Antonio Police Department
11 a.m. to 3 p.m. - Exhibits and drunk driving demonstration in the parking lot across from Building 2797
12:30 to 1:15 p.m. - 101 days of summer safety brief
2 to 2:45 p.m. - 101 days of summer safety brief
3 p.m. - Exhibits close
Also, fire extinguisher training will be offered in Building 3826, across from the Fire Station, at 8 a.m., 9 a.m., 11 a.m. and noon.

Asian Pacific American Heritage Month events

Today - Col. Rogert Eng will present an Asian Health Promotion lecture at 10 a.m. at Wood Auditorium.

Friday - Lt. Col. Philip Kahue will present a Kempo Martial Arts demonstration at noon at Wood Auditorium.

May 24 - An Asian Prayer Breakfast will be at 6:30 a.m. at the Sam Houston Club.

May 26 - A Medical Command Mini Culture Festival featuring vendor displays, music dance and a potluck will be at 11 a.m. at the rear of the Headquarters Medical Command building.

Post Pulse: What Asian Pacific American do you think impacted American culture?



"I think of Gen. (Eric) Shinseki because he impacted many Soldiers and was a big role model. I was one of the first sergeants under his command when he was a division commander."

Retired Command Sgt. Maj. David Langford



"I think of Gen. Shinseki because he inspired many Soldiers, and he is from my hometown of Lihue, Hawaii."

1st Sgt. Rosalie Worthy



"Gen. Shinseki since he was a dominating figure in the Army life style and leadership."

Master Sgt. Clay Istre



"We both think of Gen. Shinseki because he led the transformation to a smaller, faster Army."

Sgt. 1st Class Cynthia Kling
Master Sgt. Julie Peterson

Promoting Diversity

Post celebrates Asian Pacific American Heritage Month

By Yolanda Hagberg
Fort Sam Houston Public Information Office

The sounds of tropical music and the smells of Hawaiian food welcomed more than 100 military and civilians at the Roadrunner Community Center as they arrived to celebrate Asian Pacific American heritage Tuesday.

The luncheon was hosted by Col. Richard L. Agee, chief of staff for the Army Medical Department Center and School.

"Today we celebrate and join another culture that represents more than 30 different ethnic groups from the Asian and Pacific islands. Diversity is what makes us who we are as a nation," said Agee during welcome remarks. He encouraged everyone to embrace all of the different groups, cultural background, religions and creeds that make up this great nation of ours.

"This month, as we turn our attention to Asian Pacific Americans, think about the contributions Asian Pacific Americans have made in the war effort and to embrace diversity as a way of life," Agee said.

A fashion and dance show was presented during the luncheon period.

In addition, a special tribute to more than 20 "Fallen Warriors" was presented on a large screen showing the photos of Asian Pacific Americans who have died during operations Enduring Freedom and Iraqi Freedom.

Keynote speaker Momi Lee, postmaster for Austin, Texas, and a native of Hawaii, greeted the audience with a warm "Alooooha!" She then asked the question, "Why is diversity important to us?" To illustrate her point, she invited members of the audience to open the brown bags placed in front of them and put on the item contained inside. To their amazement, it was a pair of black rimmed Groucho

Marx glasses with a large nose. As the audience laughed and looked at each other, everyone appeared to look the same. "It would be very boring if we came to work and everyone looked the same," said Lee. "Diversity encourages us to reach out and learn from each other. Without diversity there can be no motivation," she said.

She also noted the theme for Asian Pacific American Heritage month as "Liberty and Freedom for all." "Asian Pacific Americans are working to protect and preserve peace around the world," said Lee.

After the speaker's remarks, the audience was invited to participate in a special "Tualuga," a Samoan Princess ceremonial dance performed by Sgt. 1st Class Jacqueline Pona, an instructor and writer from 232nd Medical Battalion.



Photos by Shadi May

(Above) Command Sgt. Maj. Timothy Burke, Army Medical Department Center and School; Col. Richard Agee, AMEDDC&S; Col. Kent Nabarrete, Headquarters Fifth U.S. Army; and Chaplain (Col.) Paul Buck, AMEDDC&S, put on masks to prove the importance of diversity emphasized by the ceremony's speaker, Momi Lee, postmaster for Austin, Texas.

(Right) Sgt. 1st Class Jacqueline Pona, an instructor and writer from 232nd Medical Battalion, performs during Tualuga, a Samoan Princess dance, and the finale for the Asian Pacific American heritage ceremony.



(Above) Momi Lee, postmaster from Austin, Texas, and Fort Sam Houston's Asian Pacific American heritage ceremony speaker, accepts a plaque from Master Sgt. Paula Chavez.



Melissa Cruz with her daughter, Elyse



Photo by Olivia Mendoza

Edwin Sierra and daughter, Tatiana

Dealing with deployments

Military programs offer help to families touched by war

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

Capt. Chris Connors and his wife, Delana, were trying to conceive a baby. They each had children from prior marriages, but hoped for one together. The big joke between the two of them was that as soon as she found out she was pregnant, he would get deployment orders.

The laughter stopped when she got pregnant ... and he got orders.

When Delana was four months pregnant, Connors left for training and arrived in Iraq on Christmas Day. He hopes to come home on leave when the baby is born.

"Chris is my best friend," Delana said. "I miss his presence. I always tell him that a bad day with him is better than a million good ones away."

The Connors are just one of the thousands of families touched by war, and the pain of sometimes unlimited separations.

"As the real-world tempo increases, so do the number of deployments and level of stress," said Chere Harper, Fort Sam Houston mobilization and deployment readiness manager for Army Community Service. "The families left behind are deeply affected by these separations."

In recent years, the Army has stepped up its efforts to ease their pain with a host of outreach programs. ACS, for instance, offers video-conferences linking Soldiers and their families worldwide, a variety of educational classes for children and adults and training to jump start Family Readiness Groups.

Even more far reaching is Military OneSource, a Department of Defense-level Web site and round-the-clock phone center, where an extensive amount of military-related information is gathered into one database.

"Military OneSource is a great source of help," Harper said. "It's there to answer those burning questions that come up at 2 a.m., and has a huge database of information to respond to everything from child-care questions to how to get a new ID card."

The questions always seem to increase as family members confront unfamiliar situations, such as handling finances or firing up the lawnmower.

"Things always seem to happen right after he leaves," said Melissa Cruz, whose husband Carlos, deployed to Kuwait in December. "The toilet overflowed the day he left for basic training and leaked down three floors. I had no clue what to do."

Now, Melissa said, Carlos calls just about every day to answer Melissa's questions, everything from when the oil change is due to bill payment reminders.

This type of communication is vital to a successful separation, Harper said. However, "ideally, families are setting the groundwork before the deployment — the sooner, the better."

Besides taking on extra household and parenting responsibilities, spouses also deal with a wide range of emotions ranging from initial anger and sadness to worry and fear, Harper said.

"The best thing you can do is to find a routine that works and stick with it," Harper said. "The day-to-day regularity is comforting and familiar. Also, try not to become dependent on the nightly news. You don't need daily stressful reminders of the dangers."

ACS has checklists and pamphlets for every age group and topic imaginable with additional tips for dealing with deployments. But however available the assistance, the divide between the head and the heart can seem insurmountable, Harper said.

"We may understand the coping mechanisms, but that doesn't always help," she said. "Children have a particularly tough time because they have the same issues as adults but haven't developed the same coping mechanisms."

Edwin Sierra has seen the affects of separation firsthand with his daughter, Tatiana, even though she's just 22 months old. His wife, Haydee, deployed to Iraq in March.

"My wife and daughter are extremely

close," said Sierra. "It's been tough on both of them. My wife sent a video for us, and my daughter tried to grab her through the screen, then realized it wasn't really her. She fell on the floor and started to cry."

Sierra said, although heart wrenching, he feels it's important to keep the image of his wife present for Tatiana.

"I don't want her to forget her mother," he said. "I show her pictures all the time, and I just bought a computer camera so we can see each other."

Through pictures, e-mails and phone conversations,

Harper said people can reach the ultimate goal, which is for relationships to remain solid during the separation.

"This is vital for young children," she said. "You don't want to hand a child back to a parent and have the child become hysterical because she thinks it's a stranger. Show pictures and talk about the parent all the time."

"The communication between a Soldier and family is every bit as important as the communication between the family and other avenues of assistance."

**Chere Harper,
Army Community Service**

These reminders are just as important for school-age children.

"I keep a priority mail envelope on the kitchen table for my son, Jonathan," said Delana. "He draws pictures and writes letters, and whenever he feels like putting something in there, he does. I send it when it's full and buy another envelope so we can start over."

Seemingly small gestures can have a big impact at the homecoming, Harper said.

"I was at a unit homecoming ceremony," she said. "There was a big crowd of families waiting for their loved ones. A 2-year-old, who was just an infant when her father left, ran into the sea of desert uniforms and grabbed her dad's legs. That's what needs to happen."

Harper said it's also important to ask for help when needed.

"The communication between a Soldier and family is every bit as important as the communication between the family and other avenues of assistance."

For more information, call Harper at 221-2705, or visit the Military OneSource Web site at <http://www.militaryonesource.com> or call (800) 342-9647.

(Note: Delana gave birth to a 6-pound, 6-ounce boy named Noah April 26. Due to mission requirements, her husband wasn't able to take leave for the birth.)



Delana Connors and her sons, Jonathan and 2-week-old Noah

Bridging the distance

Roxanne Arndt, a nurse from Fort Sam Houston, meets with Brig. Gen. Kevin Bergner, commander of U.S. forces in northern Iraq, while deployed to Mosul for a one-year deployment. Bergner sought out Arndt to let her know her son, Justin Darm, a junior at Madison High School in San Antonio, was doing well. The general heard about Arndt and her son while catching up with former high school friends, all Cole High School alumni, at Fort Sam Houston. The gathering included a Spanish teacher from Madison, who knew Justin's mother was at Mosul, where Bergner was headed. A week after Bergner arrived in Mosul, he sought Arndt out and then sent a message to Justin that his mother was doing well.



Courtesy photo

Antiterrorism advisers



Photo by Terri Stover

Keith Lacroix, instructor team leader, presents a lesson on conducting threat assessments during the Unit Antiterrorism Advisor Course, which was May 2 through Friday. The Fort Sam Houston Antiterrorism Office hosted the course for 31 military and civilian employees from throughout the post. Instructors from the U.S. Army Military Police Corps at Fort Leonard Wood, Mo., conducted the antiterrorism Level II training on the roles and responsibilities of a unit antiterrorism adviser. Successful completion of the course certifies people to serve as a commander's antiterrorism adviser and conduct mandatory annual antiterrorism awareness training (Level I).

Tips for Summer Energy Savings

- Review your monthly electric bill. Some electric companies offer special rate plans for usage during off-peak hours in the summer.
- Don't install window unit air conditioners too early in the season. If the weather turns colder suddenly, you may be forced to use heat, which may escape through a window air conditioner, wreaking havoc on your energy efficiency plan. Try using a ceiling fan instead to circulate cooler air.
- Check your insulation. Poorly insulated patio doors may increase your electricity bill more than you may think. Check to see that your doors are properly insulated, especially older sliding doors.
- Increase efficiency. Shading your home or installing reflective material to windows can reduce energy use greatly. Use heavier curtains or blinds to shade east and west-facing windows. Exterior awnings can also be effective.
- Reduce your hot water temperature by adjusting the thermostat or installing a water heater timer switch. Most can be controlled with an external switch that allows you to easily override the timer. Consider solar. Preheating water with solar energy can reduce your overall energy expense.
- Replace incandescent bulbs with fluorescent lights. Use incandescent lamps only when necessary because they use more energy and generate more heat than fluorescent lights.

(Source: Take Charge America, Inc., a non-profit charitable organization in Phoenix, Ariz.)

Why wear seatbelts?



- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- Eighty percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)

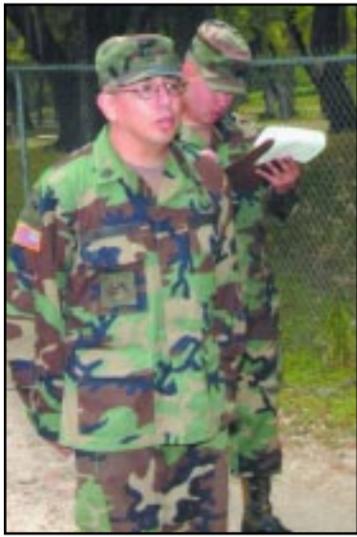
WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

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



187th Medical Battalion



Drill Sergeant of the Quarter

Name: Staff Sgt. Lewis Labrador
B Company

Entered the Army: Sept. 6, 1990

MOS: 91W, combat medic

Hometown: Ponce, Puerto Rico

"Leader among leaders," said Lt. Col. John Collins, battalion commander. "He is persistently out front leading by example. His professionalism is demonstrated by his superb performance during the Soldier skills testing portion of the competition. His performance validates our drill sergeants are prepared to train Soldiers to standard."

Company B is responsible for the 91K laboratory technician, M6 practical nurse and the 91V respiratory technician courses. Drill sergeants work with the school staff to foster academic excellence while providing warrior ethos training to reinforce Soldier skills.

NCO of Quarter

Name: Staff Sgt. Juan Perez
D Company

Entered the Army: Dec. 1, 1993

MOS: 91W, combat medic

Hometown: Robbstown, Texas

"Although a new arrival to the battalion, he accepted the challenge to appear before a tough NCO board," said Lt. Col. John Collins, battalion commander. "His performance during the competition and this recognition indicates that he will be a tremendous leader for our Soldiers."

Company D is responsible for the training of prior-service Soldiers attending one of 22 different MOS or advanced additional skill identifier courses.



TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Candi Darst

MOS: 65B, physical therapy

Hometown: San Diego, Calif.

Time in service: Five years

Future goals: Graduate the Army Baylor Physical Therapy Program

Why did you volunteer for service? Serve my country, family tradition

Latest accomplishment: Getting accepted to the physical therapy program



Soldier of the Week

Name: Spc. Ericka Korb

MOS: 91X, mental health specialist

Hometown: Scottsdale, Ariz.

Time in Service: Six months

Future Goals: Finish masters degree in psychology and Ph. D. in neuropsychology

Why did you volunteer for service? As an able-bodied American, I felt a responsibility of giving some of my time and effort to the same country which offers me the freedom to excel.

Last Accomplishment: Winning Soldier of the Month

232nd Medical Battalion



Soldier of the Week

Name: Pvt. Sion Ledbetter

MOS: 91W, combat medic

Hometown: Redlands, Calif.

Time in service: Four years active duty, four years Reserve

Future goals: 18D, special forces medical sergeant; re-enlist 97 B, counterintelligence agent

Why did you volunteer for service? To have a purpose in life

Latest accomplishment:: Soldier of the Week



Junior Leader of the Week

Name: Spc. Jason Robinson

MOS: 91W, combat medic

Hometown: Orlando, Fla.

Time in service: Two years

Future goals: Graduate 91W with E Company on time

Why did you volunteer for service? I didn't want to take the things we have here for granted, time to "ante" up.

Latest accomplishment:: Junior Leader of the Week

SPORTS

SPORTS BRIEFS . . .

'For the Soldier' Golf Tournament

The Alamo Chapter of the Association of the United States Army will sponsor its eighth annual "For the Soldier" Golf Tournament June 27 at the Fort Sam Houston Golf Course. Cost is \$75 for non-club members and \$55 for members. Soft spikes are required. All proceeds will be used to benefit Soldiers and their families. For more information, call (830) 228-5482 or e-mail director@alamochapterausa.org or go to www.alamochapterausa.org.

Fisher House golf tournament

The 5th Annual Fisher House Charity Golf Tournament is today at the Fort Sam Houston Golf Course on Harry Wurzbach Road. The event is four-player scramble. Registration is at 11 a.m. with a 1 p.m. shotgun start. The \$65 entry fee includes a casual dinner and awards ceremony immediately following the tournament. The awards dinner is \$13 per person. For more information, call Nikki Hendrickson at 862-3972 or Kim Taylor at 241-2475. Entry forms can be picked up at the Golf Course, Jimmy Brought Fitness Center or in the Brooke Army Medical Center Medical Mall across from the pharmacy.

Track and field registration

The Fort Sam Houston Amateur Athletic Union Track and Field Club registration will continue through May 20. Registration is open from 10 a.m. to 7 p.m. at the Youth Center, Building 1630, for 5- to 18-year-olds. Fees are \$75 for military, retirees and Department of Defense personnel, and \$85 for civilians. Uniforms will be provided. Practice days are Mondays, Wednesdays and Thursdays from 5:30 to 7 p.m. at the Cole High School track. Military and DoD personnel must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513, or Coach Avery Chester at 279-4366.

Basketball camp

The Ten Star All-Star Summer Basketball Camp is accepting final applications from 10 to 19-year-olds through July. Past participants include Michael Jordan, Tim Duncan and Vince Carter. College basketball scholarships are possible for players accepted to the All-American Team. For more information and camp locations, call (704) 373-0873.

Sports foundation seeks volunteers

The San Antonio Sports Foundation seeks volunteers for U.S. Junior Olympics Taekwondo Championship at the Alamodome June 21 to 25. For more information, call 820-2191 or e-mail dbrowne@sanantonioports.org. Applications can be submitted online at www.sanantonioports.org.

Exercise, energy expenditure are key factors in weight loss, maintenance

Fast food, long workdays plus lack of regular exercise equal increasing fat deposits on varying parts of our bodies.

As we age, a very unique phenomenon occurs ... additional and undesirable body fat. One method of dealing with this reality is to employ vigorous exercise as a means of expending additional calories. Interestingly, the Centers for Disease Control and Prevention recently publicized another slant on exercise presenting a choice between 30 minutes of "accumulated" moderate-intensity exercise, or 20 minutes of vigorous exercise.

The media bombards our senses with messages reinforcing "calories in – calories out" to express how we lose fat weight. Nutrition labels show percentages of fats, carbohydrates and protein, usually expressed in grams, relative to a 2,000-calorie diet. Even exercise machines, with all the fancy bells and whistles, will determine how many calories one expends during exercise.

A calorie is a simple way to measure energy, the energy in food as well as the energy released in the body. If we look at the caloric equivalent of the major nutrients, this will help clarify how the body uses energy, especially as we differentiate between rest and any given intensity of exercise.

Fat metabolizes only in the presence of oxygen. Fat provides more energy than carbohydrate – nine calories per gram for fat compared to four calories per gram for carbohydrates. If the intensity is greater than the body's ability to consume and deliver sufficient oxygen and nutrients to the working muscles, then the body will prefer to burn carbohydrates and less fat. The only reason the body will prefer to burn carbohydrates during more intense exercise is less energy is required to combust a gram of carbohydrates than a gram of fat.

The mode, intensity and duration of any exercise bout will determine what energy system is engaged the most to produce the required energy from existing fuel sources.

The terms aerobic and anaerobic are simply words to describe a type of energy production. Respectively, they mean "with" and "without" oxygen. But these terms also describe the preference of fuel, or the combination of fats and carbohydrates metabolized, for combustion and energy production.

In an average person, a combination of about 60 percent fat and 40 percent carbohydrate are used for each calorie of energy that is expended to meet the body's resting energy needs.

During the first few minutes of exercise, the fuel ratio changes to more than 80 percent carbohydrates and less than 20 percent fats. At this point, the body is attempting to reach steady state, which takes about two to five minutes in the average person, provided exercise intensity remains the same. Once at steady state, the heart and lungs "catch-up" and an increased portion of calories are derived from fat stores.

The energy cost of walking is relatively low, for instance, when compared to jogging because of slower speeds; however, when walking at speeds of 5 miles per hour or faster, the caloric cost per minute of walking approaches that of jogging.

The ultimate percentage of calories from fat stores is solely dependent on the intensity of exercise. As exercise intensity continues to increase above resting levels, more carbohydrate is burned per calorie expended. Even though less fat is burned, the higher the intensity, the more total fat and calories are burned overall. As an individual exercises harder, more oxygen is consumed and used to supply the working muscles. Each liter of consumed oxygen equates to five calories being used or "burned." More oxygen consumed means more total calories expended overall.

Among the many benefits of resistance training is fat loss, weight control and maintenance.

For any questions regarding fitness, e-mail Army Physical Fitness Research Institute at AWCC-DPF@awc.carlisle.army.mil.

(Source: APFRI)

Allergy and Asthma Awareness Month

Keep asthma under control, avoid springtime allergens

By Capt. Johnny King III
Brooke Army Medical Center Health Promotions

Spring is a beautiful time of year, but it also can be a difficult time for people who suffer from asthma and allergies. The increase in airborne allergens in springtime causes people with asthma to have more symptoms to include coughing, wheezing and breathing difficulty.

Fortunately, you can control your asthma by decreasing or avoiding exposure to airborne allergens.

Airborne pollen grains from grass, trees and weeds are common triggers for people with asthma. Allergens in the air have a tendency to make asthma symptoms worse during pollen seasons which occur in spring, summer and the dry season in tropical regions. Asthma symptoms can

also be aggravated by imported grass, weeds and trees. Exposure to airborne allergens mostly occurs outside and in the morning when pollen counts are high and also are associated with outbreaks of asthma that occur after thunderstorms.

If you suffer from airborne allergies and have asthma, it is important to reduce your exposure to allergens. A few methods include: stay indoors as much as possible before noon during the pollen season, on windy days and after thunderstorms; avoid activities known to cause allergen exposure, such as mowing grass; wash your hands and face often; and bathe after outdoor activities to remove allergens from your body.

You can also clean allergens from screen doors and windows, dust with a damp or electrostatic cloth, and use a wet or electro-

static mop rather than a vacuum. You may want to consider ducted or well-filtered vacuum-cleaning systems. However, cleaning can expose you to allergens, so wear a mask while cleaning your home.

There are other allergens, besides pollen, that trigger asthma attacks. Allergies can be caused by house dust mite, pet dander and molds. To reduce house dust mite in your home, put mattresses and pillows in mite-proof covers; wash bed sheets, blankets and pillowcases weekly in hot water (more than 55 degrees Celsius) each week; shake pillows and quilts and let them sit in the sun weekly; and remove soft furry toys and soft furnishings, if possible. Place them in the freezer overnight to kill dust mites.

If you are affected by allergens from animals, you should avoid close contact with those animals. Also, keep pets out of

the bedrooms, preferably out of the house.

If mold spores trigger your asthma, air the house and keep air-conditioning units clean. Evaporative coolers are not recommended. You may have to remove indoor plants and avoid disturbing rotting plants like mulches and composts, especially when the weather is hot and humid.

Even in spring, people with asthma and allergies can keep their asthma under control. The key is to stay away from triggers, take your asthma and allergy medication and follow the asthma plan prescribed by your health care provider.

Brooke Army Medical Center's Health Promotions offers physician-led asthma management training and counseling sessions. For more information or to register, call Health Promotions at 916-3352.

'Life Force' seeks members for elite blood donation team

While many members of the armed forces are currently deployed, one key component that supports all service members is being strengthened at home: Life Force.

Though you may not have heard the name, you might already be a member. By committing to donate blood to or provide support for the Armed Services Blood Program at Fort Sam Houston, you become part of an elite team whose mission is to save lives.

Akeroyd Blood Donor Center is looking for dedicated team members of all blood types to fulfill this mission. By donating regularly, Life Force members ensure their families, friends and neighbors have what they need when the unexpected occurs. The blood donated to the ASBP

directly supports military members and their families at Brooke Army Medical Center and troops worldwide.

Joining is easy and, unlike many specialized units, no lengthy training or special skills are needed. All that is required is the desire to help the sick and injured members of your military family at home and throughout the world.

But Life Force isn't just about what you give; it is also about what you get — the satisfaction of making a difference.

For more information about donating blood, call the Akeroyd Blood Donor Center at 295-4655 or visit the ASBP Web site at www.militaryblood.dod.mil.

(Source: Akeroyd Blood Donor Center)

Health Promotion May Class Schedule

CLASS	DATE	TIME
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Pediatric Asthma	Friday	2 to 3:30 p.m.
Cholesterol	Monday	9 to 11:30 a.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Arthritis	Tuesday	9:30 to 11 a.m.
Colonoscopy	Tuesday	10:30 to 11:30 a.m.
Diabetes Education	Tuesday	12:45 to 4:30 p.m.
Tobacco Cessation "Readiness to Change"	Tuesday	5 to 7 p.m.
High Blood Pressure	Wednesday	9 a.m. to 12 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
Breast and GYN Cancer Support Group	19	1:30 to 3 p.m.
Tobacco Cessation "Readiness to Change"	19	3 to 5 p.m.
Body Fat Testing	20	8 to 11 a.m.
Weigh for Health	20	12 to 1:30 p.m.
Breastfeeding Support Group	20	1 to 2:30 p.m.
Adult Asthma	20	2 to 3:30 p.m.
Diabetes Education	23	12:45 to 4:30 p.m.
Colonoscopy	24	10:30 to 11:30 a.m.
Diabetes Education	24	12:45 to 4:30 p.m.
Office Yoga	25	12 to 1 p.m.
Colonoscopy	31	10:30 to 11:30 a.m.

Schedule Diabetes Education through the Internal Medicine Clinic at 916-0794. Schedule Weigh for Health through the Nutrition Care Division at 916-5525. Colonoscopy requires a consult from your Primary Care Manager to the Gastroenterology Clinic.

Army Community Service

Family Advocacy Program Class Schedule – May 2005

Class	Dates	Time
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, 24 and 31	9 to 11 a.m.
Truth or Consequences?	Tuesday	4:30 to 5:30 p.m.
Girl Talk! Ages 9 to 10	Wednesday	3 to 4 p.m.
Stress Management I and II	today	1 to 2:30 p.m.
Teen Talk	today, 19 and 26	4 to 5 p.m.
Building Effective Anger	today, 19 and 26	11 a.m. to 12:30 p.m.
S.T.E.P. Program for Parents of School Age Children	Tuesday and 24	1 to 3:30 p.m.
Parenting with Love and Logic (Teens)	Wednesday and 25	1 to 3 p.m.
You and Your Baby	25	8 to 12 p.m.
Boys Only! Ages 9 to 10	25	3 to 4 p.m.
Healthy Pregnancy	Monday	12 to 3 p.m.
Basics of Breastfeeding	Wednesday	10 to 11:30 a.m.
Getting Ready for Childbirth 1 and 2	19 and 26	9 a.m. to 12 p.m.
Saturday Marathon	21	9 a.m. to 5 p.m.
Anger Management Awareness	23	11 a.m. to 12:30 p.m.
Commanders Training	26	8 to 9:30 a.m.

To sign up for classes or for more information, call the ACS Family Advocacy Program at 221-0349 or 221-2418.

Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are May 19 at 9 a.m. in Blesse Auditorium, Building 2841 and June 1 at 9 a.m. in Evans Theater, Building 1396. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

CHILD AND YOUTH SERVICES



Youth Happenings

Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th grades at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There will be a variety of camps offered this year to include sports camp, culinary arts and computer camp. Camp will run from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost will range from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call Youth Services at 221-3502.

Summer camp orientation

School Age Services will have a required summer camp orientation May 25 from 5:30 to 6 p.m. at Building 1705. For more information, call 221-4466.

YS shuttle unavailable

Youth Services will no longer have a shuttle to pick up or take children home. Parents of school age children will need to bring them to the Youth Center and sign them in and will need to pick them up and sign them out before 8 p.m. every Saturday. YS will continue to pick up youth from school Monday through Friday.

Youth Services volunteers

YS is always looking for volunteers to assist with youth programs such as golf experts, roller hockey enthusiasts, tennis players, sports coaches, computer skilled people and craft experts. Clerical experts are also needed. For more information, call the Youth Center at 221-3502.

Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make queso with shrimp.

Free after school program

Youth Services offers a free after school program for sixth to ninth graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they 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 for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502.

Youth sports registration

There are still openings for the spring baseball, softball and T-ball season. Youth Services will be open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost will be \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. Children must be registered with Child and Youth Services and bring a birth certificate and proof of a physical. The cost for 3- and 4-year-olds first step T-ball is \$30 per child. For more information, call 221-3502 or 221-5513.

Youth cheer clinic

The Youth Services Cheer Clinic is ongoing at the Youth Center, and the School Age Services, Building 1705, will hold a weekly cheer clinic. There will be two different age groups: 5- to 8-year-olds who will meet Wednesday from 6 to 7

p.m. and 8- to 12-year-olds who will meet Mondays from 6 to 7 p.m. The cost will be \$30 per month per child. All participants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

Saturday open recreation

Open recreation for first through 12th graders is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Children must be registered with Child and Youth Services to participate. For more information, call 221-3502

Open recreation

School Age Services offers after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call Central Registration at 221-4871 or 221-1723.

Instructional classes

Tae Kwon Do, quarterly babysitter training or gymnastics classes are offered through the Youth Center. For more information, call 221-4882, 221-4871 or 221-1723.

Parent News

ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call CYS Central Registrations at 221-4871 or 221-1723.

FCC providers

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

Home-based child care

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

CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

PAC meeting

CYS Parent Advisory Council meeting will be Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns. A Family Advocacy representative will speak on child abuse prevention.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.

Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



Red Cross volunteer opportunities

Youth ages 14 to 17 can help their community by volunteering for the American Red Cross at Brooke Army Medical Center. Orientation sessions will be May 31 or June 15 from 7:30 a.m. to noon at the BAMC Bed Tower 7 West. Parental consent and volunteer packets are available at the Office of Volunteer Services, fifth floor at BAMC; the post's ARC Station House, corner of Harney and Patch Roads; or the ARC Chapter office, 3642 E. Houston Street down from the SBC Center. For more information, call Jessica Veilleux or Laura Hansbrough at 916-5083 or Carrie Leighty at 582-1925.

418th Medical Logistics Company departs . . .



Sgt. Tania Valdez gets a goodbye kiss from her son, Alexis. Twenty-nine Soldiers assigned to the 418th Medical Logistics Company deployed to Qatar May 5 for a "quick" mission.

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

Family members and fellow Soldiers gathered May 5 at the 418th Medical Logistics Company headquarters to say goodbye to 29 Soldiers from the company who soon after deployed to Qatar.

Named the "Quick Team," the Soldiers' mission is to reset and inventory medical equipment for combat support hospitals.

The Soldiers will identify shortages in medical equipment sets, update equipment, conduct technical inspections of medical equipment and process shortages through the supply pipeline.

The unit was notified in March of the mission, then immediately began the mission-analysis process. The Soldiers met all theater requirements within 30 days. Key training events included a convoy live fire exercise, individual training requirements such as area of operations briefs, and Soldier readiness packets review.

"We are one step closer to getting the job done," said Spc. Allyn Clements.

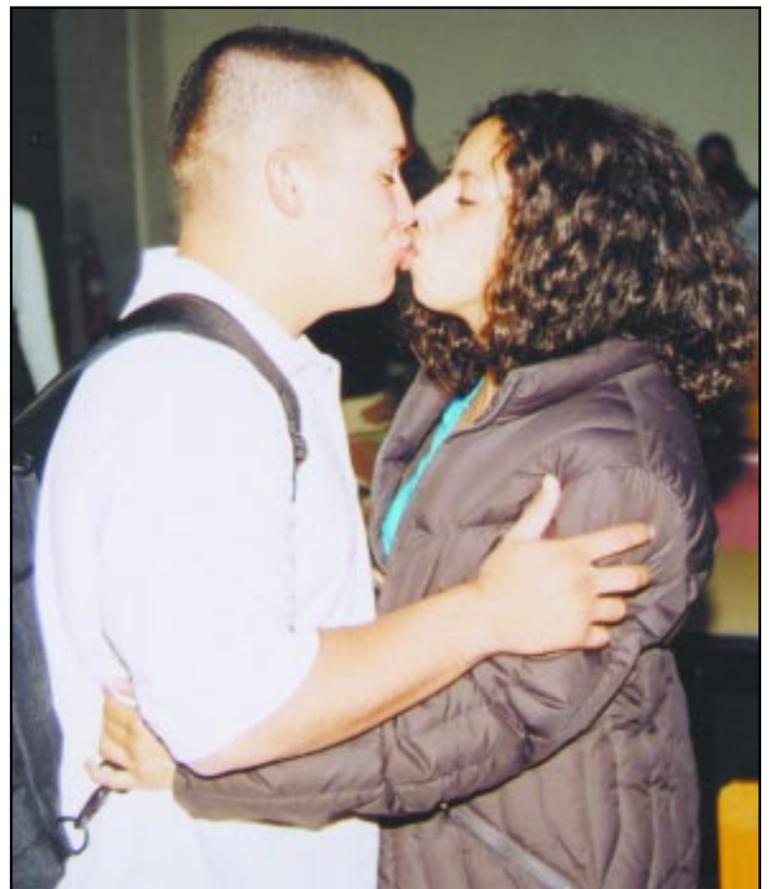
Soldiers are equipped with the Army's best individual gear, to include the new kevlar, hydration systems "camel pack," silk undergarments and goggles.

"Now you know why you have been training. Do a great job, do your mission and take care of yourselves," said Lt. Col. Stephen Bolint, commander of the Special Troops Battalion. "Remember that you have families here that care about you. Be safe and hope to see you soon."

"The 'Quick Team' is ready and eager to conduct their task at hand and return in the summer timeframe," said Capt. Pablo Rivera, commander of the 418th Medical Logistics Company.



Special Troops Battalion Sgt. Major Garland Haynes and U.S. Army Garrison Command Sgt. Major Johnny Gray wish a successful mission to Pfc. Jessica King.



Spc. Robert Hernandez gets one last kiss from his girlfriend.

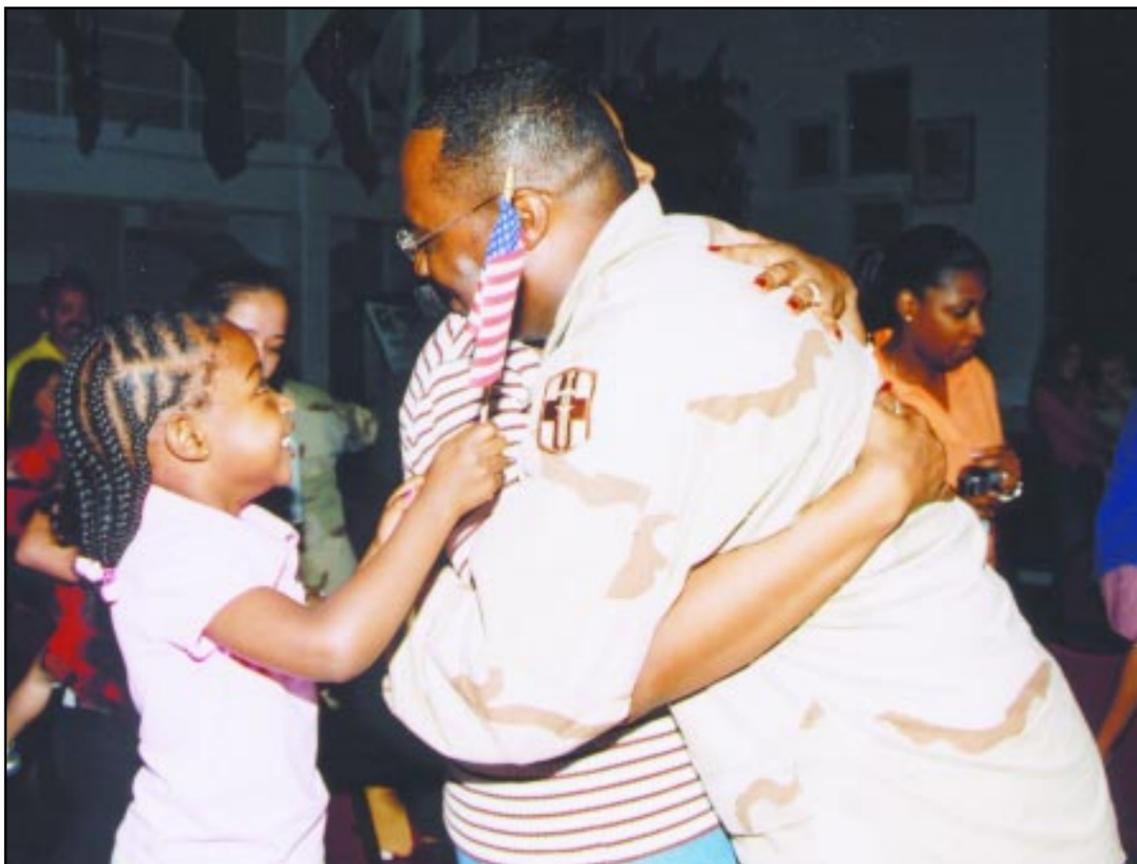


(Above) Capt. Pablo Rivera, commander of the 418th Medical Logistics Company, offers his congratulations and good luck for a successful mission to Staff Sgt. Mary Reese, NCO of the "Quick Team."

(Left) Spc. Charles Gordon and Spc. Laura Pore help Spc. Robert Hernandez and Pfc. Lassine Konate (in civilian clothes) load their duffel bags on the bus for the trip to the San Antonio International Airport en route to Qatar.



(Above) Lt. Col. Stephen Bolint, Special Troops Battalion commander, greets Sgt. Caleb Wines and members of the 312th Medical Logistics Company following their return from Afghanistan.



(Right) Staff Sgt. Terence Thurman hugs his wife, Renee, as his daughter, Karrington, anxiously waits her turn during the welcome ceremony held at the Roadrunner Community Center Friday.

... 312th Medical Logistics Company Soldiers return

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

Fort Sam Houston hosted a welcome home ceremony for 23 Soldiers assigned to the 312th Medical Logistics Company and their families Friday at the Roadrunner Community Center.

The Soldiers deployed May 9, 2004. The unit was responsible for performing diverse medical logistics services to five locations in Afghanistan, for storage and distribution of medical supplies, optical fabrication, medical equipment maintenance support, and blood processing and storage.

Assigned to the San Antonio-based 90th Regional Readiness Command, the 312th Medical Logistics Company is a subordinate unit of the 145th Medical Logistics Battalion, 807th Medical Brigade, U.S. Army Reserve.

"Last year we left on Mother's Day, and we returned on time for Mother's Day. I am glad to be here," said Sgt. Caleb Wines.



Sgt. Caleb Wines is happily reunited with his wife, Jean, and 3-year-old daughter, Sarah, at the welcome home ceremony for the 312th Medical Logistics Company Friday at the Roadrunner Community Center.



Sgt. Melinda Rivera hugs her daughters, Christina and Clarissa, as her husband, Herminio, looks on. When asked what she planned to give her mother for Mother's Day, Clarissa whispered, "A recipe holder in the shape of a giraffe made out of clay that I made at school."



After the welcome home ceremony held in their honor at the Roadrunner Community Center, members of the 312th Medical Logistics Company remove their weapons from shipping containers for inspection and weapon accountability.

RELIGIOUS HAPPENINGS . . .

OCF Bible study

The Officers' Christian Fellowship Bible study will be Friday at 1008 Gorgas Circle near the old Brooke Army Medical Center. Dinner is at 6 p.m., and class is at 7 p.m. Retired Lt. Gen. Bruce Fister, OCF's executive director, will be the guest speaker. Fister flew 220 combat missions in the C-123 aircraft during the Vietnam War and held key command positions during Operations Urgent Fury in Grenada and Just Cause in Panama. For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

Single Soldiers retreat

There will be a free retreat (transportation, meals and lodging provided) for single Soldiers May 20 to 22 at the Ramada Inn Bayfront in Corpus Christi, Texas. Participants need to meet at the Dodd Field Chapel May

20 at 5 p.m. Registration is required. Call Chaplain Broedel at 221-1698 or Brian Merry at 221-5007.

Wives of warriors

Deployed Spouses Support Group in affiliation with Protestant Women of the Chapel meet every second and fourth Wednesday of the month at the Dodd Field Chapel at noon for worship, fellowship and support. For more information, call Wendy at 559-3497 or e-mail her at whfeagler@yahoo.com.

Medical Hold Patients Luncheon

The Men of the Chapel will sponsor a Medical Hold Patients Luncheon at the Brooke Army Medical Center park area May 26 from 11 a.m. to 1 p.m. The community is invited to let the Soldiers know their sacrifices are appreciated.

For more information, call Claudie Simpson at 673-0687 or e-mail her at Cdsimpson77@aol.com.

Men's Bible study

The Men of the Chapel will host a Bible study May 19 at Dodd Field Chapel from 6:30 to 7:30 p.m. The topic is "Tender Warrior: God's intention for a Man," by Stu Weber. Men are welcome to bring a friend. The study facilitator will be Col. Edward K. Maney, installation chaplain. For more information, call Claudie Simpson at 673-0687 or e-mail her at Cdsimpson77@aol.com.

INTERFAITH CALENDAR . . .

Sunday: Pentecost - Christian observation of the day when God the Holy Spirit came to the disciples in the forms of tongues of fire and rushing wind. It is a traditional day for baptism and confirmation of new Christians.

May 22: Trinity - Catholic Christian - Christians believe in three distinct persons in one God.

May 23: Declaration of the Bab * - Baha'i recognition of the declaration in 1844 by Ali Muhammed that he is the anticipated "Coming One" of all religions. Work is suspended.

May 24: Buddha Day - Visakha Puja ** - Buddhists celebrate the birthday of Buddha.

May 29: Corpus Christi - Catholic Christian - Christian (Roman Catholic) celebration in recognition of the Eucharist - the Blessed Sacrament of the Body and Blood of Christ. The real presence of the body and blood of Jesus is honored.

May 29: Ascension of Baha'u'llah - Baha'i recollection of the death of Baha'u'llah, the founder; observed by prayers and readings. Work is suspended.

* Usually begins at sundown the day before this date.

** Local customs may vary on this date.

CAREER CLIPS

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or call 221-1213.

Site Safety Supervisor, San Antonio. Supervises, implements and administers the corporate SH&E policies and programs as they apply to employee protection, public safety, equipment and property protection, occupational health and hazardous waste and material.

Health Advocacy/Nurse Consultant, San Antonio. Clinical skills in a collaborative process to assess, plan, implement, coordinate, monitor and evaluate options and services to facilitate appropriate inpatient health care management.

Field Office Coordinator, San Antonio. Manager who performs a variety of routine and non-routine financial and administrative tasks for a remote project office in accordance with established procedures. May participate in negotiating contractual terms and conditions; submits recommended purchase and lease arrangements.

BOSS sponsors Commissary Awareness Campaign

By Ben Paniagua
Hacienda Recreation Center

The Fort Sam Houston Better Opportunities for Single Soldiers program, in partnership with the Defense Commissary Agency, will sponsor a Commissary Awareness Campaign Monday to May 21 at the Fort Sam Houston Commissary.

The Commissary Awareness Campaign is an annual event that takes place on every Army installation throughout the world.

The campaign is geared at young single Soldiers who believe the commissary is only for retirees and their families, and NCOs and officers and their families. During the campaign, BOSS members and commissary officials will conduct daily tours of the com-

missary so Soldiers can become aware of what is offered at the store. The tours start at noon daily through May 20. At the end of each tour, the commissary will hold a prize drawing for a \$25 gift certificate.

An "End of Campaign Celebration" featuring barbecue, cash prize drawings and games, will wrap up the campaign May 21 from 11 a.m. to 2 p.m.

DeCA will give \$1 for every Soldier who attends a tour to the installation BOSS program. Scrapbooks highlighting each installation's campaign will be judged by DeCA on originality of campaign presentation, marketing and press coverage. The best scrapbook wins a monetary award for the installation BOSS Program.

MWR

Recreation and fitness

MWR activities

Check out MWR's Web site at www.fortsamhoustonmwr.com for various fun activities throughout the post.

Texas gun hunter education course at Camp Bullis

This required training will be held Saturday and Sunday. All gun hunters on Army land must take this course. For more information or to register, call Camp Bullis at 295-7577.

3-D archery at Camp Bullis

The next 3-D shoot is May 28 and 29; check-in is from 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards are given to the top three in each class. Saturday's shoot is \$15, all competitive, and Sunday's shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult, and a playground is available. It is open to the public. For more information, call 295-7577.

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Youth horsemanship camp

Students ages 7 through 18 can learn

proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available from June to August. The cost is \$175. For registration information, call 224-7207.

National physical fitness month

The Jimmy Brought Fitness Center will honor National Physical Fitness Month by offering an aerobathon Saturday from 9 a.m. to 12 p.m. in the aerobics room. The aerobathon includes step aerobics, kick boxing and low impact and stretching. The cost is \$10. The center will also offer a free 5K Fun Run and Walk May 28 at 10 a.m. For more information, call 221-2020 or 221-1234.

Aquatic Center opens

The Aquatic Center opens for summer May 27. The 50-meter Olympic size swimming pool will be open daily from noon to 8 p.m. The center has three amusement park style water slides, a kiddie pool and locker rooms with showers. For more information, call the Jimmy Brought Fitness Center at 295-8861.

Swimming lessons

Swimming lessons will be available at the Aquatic Center this summer from June 6 to 17, June 20 to July 1, July 11 to 22 and July 25 to Aug. 5. For more information, call the Jimmy Brought Fitness Center at 295-8861 or visit www.fortsamhoustonmwr.com under the recreation link.

Catfish pond at Camp Bullis

The catfish pond is open Saturdays and Sundays from noon to 6 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For

more information, call 295-7577.

AC service at the Auto Craft Shop

Get ready for summer with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at www.fortsamhoustonmwr.com for a \$5 off coupon. For more information, call 221-3962.

Dining and Entertainment

Sam Houston Club, 224-2721

Bingo

Come play bingo Thursday and Friday nights and Saturday afternoons. Free buffet is available for bingo players.

Sunday brunch

The Club offers a brunch May 22 from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members and \$13.95 for non-members. The meal includes a complimentary glass of champagne.

Bowling Center, 221-3683

Rock n' Bowl

Rock n' Bowl is June 11 from 7 to 9 p.m. The cost is \$10 per person. This summer kick-off event features black light bowling and live music by San Antonio's hottest DJ.

Unit bowling

Unit bowling is Wednesdays from 3:30 to 5 p.m. and Thursdays from 12:30 to 5 p.m. Active duty bowlers pay \$3 per person for unlimited bowling, with up to eight Soldiers per lane.

Family Bowling Day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Soldier appreciation

Soldier appreciation day is Saturdays from 11 a.m. to 8 p.m. The center offers free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Golf Club, 221-4388

Summer Junior Camp at Golf Club

Instruction on putting, chipping, etiquette, safety, irons, driver, fairway and woods are available at the Golf Club. The cost is \$110 and includes new set of clubs.

Golf lessons

Private customized and personalized instruction are offered at the golf course.

Pro Shop sale

A Father's Day sale features 10 percent off all iron sets, bags, wood, wedges and Dexter and Etonic shoes. A Wilson Jack pack, which includes two DZ balls and hat, is \$20.

Harlequin Dinner Theatre

The theater presents "Crimes of the Heart" featuring Beth Henley Wednesday through Saturday evenings June 1 through July 2. Discounts are available for military and students. For show times and tickets, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m., and closed Sundays and Mondays. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

Popular 'Operation Purple' youth camp deadline approaching

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON, D.C. – Interested military parents have until Sunday to register their children to attend free "Operation Purple" summer youth camps, a camp official said.

This year, 22 "Operation Purple" camps located across the country and overseas will provide summer camp experiences for more than 2,000 children whose parents are members of the U.S. armed forces, said Lauren Rebeiz, the National Military Family Association's project manager for the program.

Attendees from ages 8 to 18 spend five to seven days experiencing canoeing, horseback riding, arts and crafts, team

building and other activities, Rebeiz said.

The NMFA and Sears, Roebuck and Co. co-sponsor the Operation Purple program. Rebeiz said the camps are funded by a \$100 million commitment from Sears' American Dream program. In addition to state-side locales, the camps are also offered in Japan, Guam, Italy and Germany.

While priority is given to register children with a deployed parent or those with a parent

about to be deployed, Rebeiz noted any military child is eligible to attend an Operation Purple camp free of charge.

Participants with a deployed parent can gain coping skills by discussing their feelings with other campers who are in or have experienced similar situations, Rebeiz noted.

Motivational speakers are also part of Operation Purple activities, Rebeiz added, noting that they can help to put things in

perspective for young campers pining for a departed parent.

Camp participants are also provided "lots of opportunities to network with other kids (and) develop a lot of really good friendships" and just have fun, Rebeiz noted.

Openings for this year's camps are still available, Rebeiz reported, especially in Pennsylvania, Iowa, Oklahoma and Texas. "We really don't want to see any of these spaces unused," she pointed out. Parents can get information and register their children through Operation Purple's Web site at <http://www.nmfa.org/site/PageServer>.

Rebeiz said about 1,000 children attended last year's Operation Purple camps, the first time the program was offered.



SCHOOL NEWS

Cole baseball team honors



Courtesy photo

The 2005 Cole Cougar baseball team was honored recently at the "C" Awards Ceremony. The team includes (from left, back row) A.J. Ruiz, assistant coach; Tommy Leeds; Matt Newcomer; Patrick Newcomer; Jason West; Darrell Kurek, coach; (middle row) Doug Raymond; Scott Gibson; James Raymond; Cody Oswald; Steven Rhodes; (front row) Ryan Boyles; Mike Ruiz; and Sean Chislett. Julio Burgos is not pictured. Julio Burgos, Ryan Boyles, Matt Newcomer and Cody Oswald received All-District Honors. Sean Chislett, Doug Raymond, James Raymong and Mike Ruiz received All-District Honorable Mention.

FSH ISD now accepts transfer students under new policy

The Fort Sam Houston Independent School District Board of Trustees recently changed its admissions and transfer policy to allow more military students to attend its schools beginning in the 2005-2006 school year.

Non-resident students can now attend Fort Sam Houston ISD tuition free if certain district criteria are met. Parents or guardians approved for a transfer are required to agree to administrative guidelines and a non-resident transfer agreement.

The following categories of students are being considered for transfer:

1. Students whose parents are assigned to Fort Sam Houston and have certification that housing is available during the school year for which a transfer is requested.
2. Students who were resident students in the district, who have moved off-post and whose parents remain on military active duty.

3. Students who were resident students in the district, have moved off post and whose parents have retired from military active duty.
4. Students whose parents are active duty military personnel assigned to the Fort Sam Houston installation and are not seeking certification for installation housing.
5. Children of district employees.

Parents or guardians may obtain a transfer application for 2005-2006 from the District Administration Office or the campuses. The transfer applications are to be submitted to Kathy Hayson at the District Administration Office, 1902 Winans Road. Letters of acceptance or denial will be mailed as soon as possible.

For more information and administrative guidelines, visit the Fort Sam Houston ISD Web site at www.fort-sam-houston.k12.tx.us or call Kathy Hayson at 368-8701.

(Source: Fort Sam Houston ISD)

Board Meeting, May 26

The Fort Sam Houston ISD Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting May 26 at 11 a.m.

FSH Independent School District

Weekly Campus Activities
Monday to May 21

Fort Sam Houston Elementary School

Tuesday

Fifth grade TAKS math retest

Wednesday

Early dismissal

May 20

Spirit Day

DARE ceremony, 9 a.m.

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

Robert G. Cole Jr./Sr. High School

Wednesday

Senior final exams for English and social studies

May 19

Senior final exams for math and foreign language

May 20

Senior final exams: science and electives

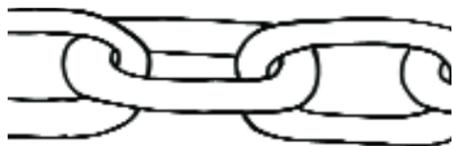
Fourth nine weeks tests: English and science

College bound



Courtesy photo

Eight Cole High School Junior ROTC cadets were offered multiyear college ROTC scholarships May 5 at the JROTC Awards Ceremony. The recipients are (from left) Cadet Lt. Col. Caitlyn McCoolle, Boston University; Cadet Capt. Scott Gibson, Brigham Young University; Cadet Maj. Ashley Kelley, Texas Christian University; Cadet Sgt. 1st Class Debesh West, Colorado State University; Cadet Capt. Robert Keith, University of Texas-Arlington; Cadet Sgt. Nadine Willis, University of Colorado-Colorado Springs; Cadet Capt. Alexa Collins, TCU; and Cadet Capt. Jennifer Bagg, TCU. Retired Lt. Col. Robert E. Hoffmann is the senior Army instructor and retired Sgt. 1st Class John Clinton is the junior Army instructor.



COMMUNITY LINK



Happenings

OCSC luncheon

The Officer and Civilian Spouses Club will host a luncheon Tuesday at 11 a.m. at the Sam Houston Club to award scholarships to students and nonprofit organizations. Reservations are due by Friday. For more information or for a reservation, call Sigrid Reitstetter at 226-8806 or e-mail Sigrid.reitstetter@amedd.army.mil.

Retiree appreciation day

Lackland Air Force Base and Brooks City Base will host a week of retiree appreciation events from Tuesday to May 20. Every base facility will offer specials to honor retirees. There will also be a retiree appreciation fair May 21 from 9 a.m. to 1 p.m. in Mitchell Hall. A list of events and specials will be available at local retiree activities offices. For more information, call 221-2537, 671-2728 or 536-2116.

Annual asthma, allergy screening

The San Antonio Asthma and Allergy Society will conduct an asthma screening May 21 at Rolling Oaks Mall from 10 a.m. to 2 p.m. For more information, call Dr. Jean Murphree at 614-7594 or Rebecca Gray at 308-8978.

Newcomers' Extravaganza

All permanent party in-processing Soldiers, lieutenant colonel and below, are required to attend a Newcomers' Extravaganza within 60 days of their arrival. The next session is May 31 at 9 a.m. at the Roadrunner Community Center. Soldiers, civilians and family members will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

Memorial Day fundraiser

Texas Statewide Golf Courses will collect donations for the Children of Fallen Soldiers Relief Fund, which donates college money to children who have lost a parent in the Afghanistan or Iraq wars. The event is scheduled for May 30 and is open to everyone. A \$1 donation will be collected when people tee off on a course or driving range at a participating golf course. For more information, e-mail dfordtexas@cfsrf.org or yellowribbon7@msn.com.

Memorial Day ride

The Twin Elm guest ranch in historic Bandera, Texas, will host a Memorial Day weekend trail ride which will include fun, friendship and trail riding May 27 to 30. Activities include swimming and tubing in the Medina River, and shopping at arts and crafts areas. For prices and directions, call (903) 856-3691 or visit www.banderaregulars.org. All proceeds from the ride will be donated to the Soldier and Family Assistance Center.

Kraft youth essay contest

Kraft Foods, under its "Salute to Military Families" program, will sponsor a youth essay awarding three \$1,000 U.S. Savings Bonds. The contest is to write a paper, not to exceed 1,000 words, written by a military child on "The Person I Admire." The essay should be postmarked before Aug. 1 and mailed to San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, TX, 78277.

Bat boy opportunity

Kraft Foods will honor military children with its bat boy program. The honorary bat boys will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games on Friday, Saturday or Sunday. To register for bat boy, send a post card to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277.

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at www.hero.salute.com or in the entrance plaza of participating parks, and must show a Department of Defense-issued photo ID. For more information, visit www.herosalute.com.

Annual Run for the Hills

The sixth annual Run for the Hills 5K run and walk will be Saturday from 8 a.m. to noon at Bulverde Senior Center. The entry fee is \$15, and there will be an awards ceremony following the race. For more information, call (830) 438-3111.

Lost Maples State Natural Area

The Selma Pathfinders Volksmarch Club will host two 10-kilometer (6.2 mile) and 5-kilometer walks Saturday and Sunday starting at the Lost Maples State Natural Area. The state natural area is located on FM 187 north of Vanderpool, Texas. The Saturday's start time is between 8 a.m. and 1 p.m., and will finish by 4 p.m. Sunday's start time will be between 8 a.m. and noon, and will finish by 3 p.m. For more information, call 496-1402, e-mail milchene@juno.com or check out the club's Web site at www.geocities.com/Yosemite/Gorge/8195. There is a \$4 entry fee per person at the park, and for more information on the park, visit www.tpwd.state.tx.us/park/lostmap.

Bandera RiverFest Walk

The Hill Country Volkssportsverein Volksmarch Club will host a 10-kilometer (6.2 mile) and 5-kilometer walk starting at the Bandera City Park on Maple Street in Bandera, Texas, Saturday. The walk is in conjunction with the Bandera RiverFest, and the route is along the Medina River, a nature trail and along the streets in historic old Bandera. The start is between 7 and 10 a.m., and will finish by 1 p.m. For more information, call John Bohnert at (830) 995-2421, e-mail tina.bohnert@comfort.texed.net or view the walk event brochure at www.walk-texas.org. For more information on the Riverfest, call (800) 364-3833 or visit www.banderariverfest.com.

Volunteer

UFE procedure available at WHMC

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

BAMC needs volunteers

Brooke Army Medical Center needs drivers for its caremobiles which transport patients from the BAMC parking lot to the clinic entrance. The hospital also needs volunteers for its patient library to distribute materials to clinics and patients. For more information, call Laura Hansbrough at 916-5083 or Jessica Veillux at 916-3862.

Student exchange program

Families interested in sponsoring foreign exchange high school students for the coming 2005-2006 fall semester can call the program coordinator, Yvette Coffman, at (800) 941-3738 or e-mail ycoffman@share-southwest.org.

Professional Development

ACS sponsorship training

Army Community Service Relocation Assistance Program will conduct sponsorship training for all service members selected to be sponsors May 26 from 2 to 3 p.m. at the Roadrunner Community Center, Building 2797. The training includes up-to-date information on writing sponsorship letters and helping families settle in the community. A video will be shown. To sign up, call 221-2418.

Camp Bullis college day

Representatives from local colleges and universities will be available at Camp Bullis' recreation center May 20 from 9 a.m. to 2 p.m. For more information, call 295-7606 or e-mail Vincent.yuille@sam-houston.army.mil.

Summer academy auditions

The St. Philip's College Department of Fine Arts has openings for its Summer Academy, a tuition-free, actors' training program designed for high school students up to age 18. Auditions for entry into the program will be held May 21 at 10 a.m. in the Watson Fine Arts Center. Those interested in auditioning must be prepared to dance, bring and perform 16 bars of any song, and prepare a one-minute monologue. For more information call Summer Academy Director Vincent Hardy at 531-4838.

FRG workshop

There will be a Family Readiness Group leadership team workshop May 20 at the Roadrunner Community Center. It is open to all units on the installation. The purpose of the workshop is to provide standardized training to unit commanders, first sergeants, family member FRG leaders and any other unit representative with an interest in family readiness. For more information or to register, call Army Community Service at 221-2705.

Home-Based Career Development

The Army Community Service will host a Home-Based Career Development Program workshop June 9 from 8:30 a.m. to 3:30 p.m. for job seekers and career changers who would like to work from home. The program is designed by Staffcentrix training company, and will be hosted through the Family Employment Readiness Program at the ACS building. It is free but limited to 35 participants. To complete an online application, log on to http://www.msvas.com/HBCDP_FSH.htm. For more information, call Josie Gonzales, Family Employment Readiness Program Manager, at 221-0516.

Free computer training

Family members of active duty military personnel may receive computer training to prepare for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instruction is also available in Spanish. For more information, call Katja Lunsford at 221-0427.

Meetings

AUSA symposium

The Army Medical Department in cooperation with Association of the U.S. Army invite the Army medical community to attend the 2005 AUSA Medical Symposium at the Henry B. Gonzalez Convention Center in San Antonio from June 27 to 30. This year's theme is "Army Medical Department: At War and Transforming." For symposium information and registration, visit www.ausa.org. Reservations should be made as soon as possible. For all other inquiries, to include breakout session or military exhibitors, call Capt. Stephanie Wolf, AUSA project officer at 221-7124 or e-mail ausa.med-com@amedd.army.mil.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' morale, welfare and recreation programs. For more information, call Staff Sgt. Edward Castro at 221-8760.

Association seeks members

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

FORT FREEBIES



Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: 2004 Everest model 293P 33 foot fifth-wheel trailer made by Keystone, features two slide outs, rear kitchen with wood floor, huge campsite window, two swivel rocker recliners, full size hide-a-bed couch, dinette table with four chairs, 10-gallon water heater, ceiling fan, remote control 15,000 BTU ducted a/c and heater system, surround sound stereo, cable and satellite hook-up. Call Ann or Bob at 499-5308 after 6 p.m.

For Sale: Toddler white bedroom set, frame and mattress, \$50; child's hard wood rocking chair, \$20; adult rocker, hard wood with green fabric cushion, \$50. Call 558-6883 or 857-3729.

For Sale: Computer desk with hutch, \$50; toddler bed and mattress, \$25; toddler outdoor slide, \$15; toddler desk with chair, \$20; radio flyer wagon and toddler bike, \$20. Call 662-0234.

For Sale: Blue pocket bike, 49cc, like new, \$275. Call 224-8260.

For Sale: Trailer, enclosed, 5 feet by 8 feet, excellent condition, \$650; five Oriental rugs, various sizes, \$100 to \$250; chairs, all wood, \$30 to \$50. Call 827-9869.

For Sale: Four new 80K-mile tires, never used, 215 70R, 15-inch, have road hazard and lifetime repair and balance warranty through AAFES, \$200; upright ebony Kawai piano, \$500. Call Martin or

Diana Morris at 223-8009.

For Sale: Two ball pythons, large cage, all accessories, excellent pets, \$200 obo. Must sell. Call Shaun at 590-2126.

For Sale: Frigidaire washer and dryer set, six years old, good condition, \$100 for both. Call 447-7795.

For Sale: 2003 Dodge Durango, 32K miles, \$18,000. Call 656-8472.

For Sale: Trampoline with enclosure \$150 obo; swing set, \$40 obo; both are less than two years old. Call 222-9940.

For Sale: Sofa, natural white cotton, \$500; bunk bed frame, \$25; girls pink bike with training wheels, \$15 obo. Call Tracey at 832-8482 or 862-3071.

For Sale: Queen mattress and box spring, \$75; HP3200 Scanjet, \$50; Gateway 2000 color monitor, \$50; Corcoran boots, worn once, ladies size 8, \$75; girls bike, \$25. Call 212-7913.

For Sale: 1997 Pontiac Grand Am, runs great, no dents, spoiler, loaded, 71K miles, \$2,000. Call 650-4174 and leave a message.

For Sale: 2001 Ford F150 Super Crew pickup, King Ranch edition, four-wheel drive, all leather, all power, auto transmission, V8 engine, towing package, camper shell, bed liner, heated seats, running boards, six-disk CD changer, green and tan exterior, saddle leather (light tan) interior, 52K miles, \$19,500 obo; must sell. Call 566-0508.