



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

May 25, 2006

Briefs . . .

Memorial Day ceremony

The Fort Sam Houston Memorial Day ceremony will be held Monday at 9 a.m. at the Fort Sam Houston National Cemetery. The ceremony will include a wreath presentation, musical presentation by the Sweet Adelines Quartet, Native American memorial to warriors and keynote speaker, Brig. Gen. Jan-Marc Jouas, vice commander, Air Intelligence Agency.

Harry Wurzbach gate opens

The Harry Wurzbach East Access Control Point, adjacent to The Towers, will be opened for entry Saturday at 6 a.m. The Winans and Nursery ACPs also will return to normal operations Saturday at 6 a.m. See related story on Page 3.

AUSA luncheon

Maj. Gen. Antonio Taguba, deputy chief, U.S. Army Reserve Command for transition and transformation, will be the speaker at the Association of the U.S. Army luncheon today at 11:30 a.m. at the Sam Houston Club. Tickets are \$10 and can be purchased from the Morale, Welfare and Recreation ticket office at the Sam Houston Club or call Barbara Hagen at 221-8060.

MEDCOM Band at the Alamo

The Army Medical Command Band will perform a concert in front of the Alamo today at 7 p.m. The public is invited to come by and hear the band perform musical selections such as "American Soldier" by Toby Keith, "Pirates of the Caribbean," "Oye Como Va" by Santana and "What a Wonderful World." The band is under the direction of Chief Warrant Officer William Brazier.

Newcomers' Extravaganza

The next Newcomers' Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. Attendance to the event is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. Everyone who attends the extravaganza will receive a voucher for \$2 off lunch at the Sam Houston Club immediately following the event. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Military Spouse Appreciation

A spouse appreciation ceremony will be held today from 10 a.m. to 2 p.m. at the Roadrunner Community Center, Building 2797. The ceremony will include an Army and Air Force Exchange Service fashion show, live demonstrations, free massages by Calm Day Spa, body composition testing, blood pressure screening and swimming instruction. Joan Weightman will be the guest speaker. For more information, call 221-9904 or 221-2601.

See BRIEFS on Page 3



Photo by Jerry Harben

Best of the best

Sgt. Nathan Henry, of the 2nd Infantry Division, Camp Casey, Korea, nears the finish of the 12-mile march, the final event of the Expert Field Medical Competition held May 17 to 19 at Camp Bullis. Thirty-seven Soldier medics competed in the 56-hour event. Sgt. Loren Kacoroski, from Fort Lewis, Wash., emerged with the highest score and the right to call himself "Top Medic in the Army." See related story on Pages 18 and 19.

Exercise tests U.S. Army North's crisis response

By Spcs. Wes Landrum and Giancarlo Casem
50th Public Affairs Detachment

U.S. Army North wrapped up exercise Ardent Sentry May 18, applying lessons learned from previous exercises and real-world events to a fictitious hurricane that struck the Gulf Coast.

"This was a great exercise for USARNORTH," said Lt. Gen. Robert T. Clark, USARNORTH commander. "We are pleased with the progress we have made."

Ardent Sentry is the premier exercise for North American Aerospace Defense

Command and U.S. Northern Command. The exercise was conducted May 8 to 18 in Colorado Springs, Colo., and other locations in the United States and Canada.

For USARNORTH, the mission was to deploy and operate a joint task force to manage the Department of Defense assets responding to support the relief effort in the wake of Hurricane Xena.

The primary objective of the exercise was to give federal, provincial, state and local authorities the opportunity to work together to better prepare participants to respond to national crises. The exercise stressed consequence management for a

range of man-made and natural disasters.

As the exercise began, Tropical Storm Xena formed in the Atlantic Ocean, and USARNORTH stood up its operational command post and began planning to support civil authorities in case the storm caused damage that exceeded the capabilities of local, state and federal response agencies. As days passed, Xena skirted the Florida Keys and grew to a category 3 hurricane over the Gulf of Mexico before making landfall near New Orleans.

See CRISIS RESPONSE on Page 4

San Antonio Symphony performs at Fort Sam

The San Antonio Symphony will celebrate the start of the summer season and pay tribute to the military with a free community concert Sunday at MacArthur Parade Field. Pre-concert activities begin at 6:30 p.m. and the orchestra starts at 8 p.m.

The Tobin Endowment Concert will be the first San Antonio Symphony concert broadcast live on television in more than 20 years, with both Time Warner Cable and KLRN broadcasting.

"We are very excited about The Tobin Endowment Concert, in particular, because we have not been out to Fort Sam Houston to present an exclusive symphony concert there in many years," said David Green, president and CEO of the San Antonio Symphony.

Brig. Gen. P.K. Keen, commanding general, U.S. Army South, will provide welcoming remarks.

The symphony's resident conductor, David Cho, will lead the orchestra in a performance of fan favorites including music



from the Lion King, Superman and familiar patriotic songs such as "The Star-Spangled Banner" and Copland's "Fanfare for the Common Man." Several special effects will accompany the orchestra, including a fireworks display and cannon fire during the "1812 Overture."

The concert will also feature many family entertainment additions, including a pre-concert "instrument petting zoo," face painting, balloon-making, concessions and more.

Concert-goers can enter at the Walters Street exit from Interstate Highway 35 to receive a visitor's pass. All guests ages 16 and older must have a photo ID to enter grounds. Guests can follow signs to The Tobin Endowment Concert once on the military post. Lawn chairs and blankets are welcome; however, guests are asked not to bring pets, coolers or outside food and beverages.

"We're making special arrangements for traffic to run smoothly and encourage everyone to attend and arrive early," said Maj. Gen. George Weightman, installation commander.

(Source: San Antonio Symphony news release)

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'101 critical days of summer' calls for safety awareness

By Maj. Gen. George Weightman
Commander, AMEDDC&S and Fort Sam Houston

The Memorial Day weekend traditionally kicks off the "101 critical days of summer." These 101 critical days are a time of increased travel and a corresponding increase in off-duty fatalities. Statistics from the National Highway Traffic Safety Administration rank Memorial Day weekend as one of the deadliest holidays for alcohol-related traffic deaths.

As we relax at lakes, beaches and parties, let us celebrate safely and remember that alcohol impairs judgment and slows reaction time whether you are driving on the roadway or the waterways. Remember, drunk driving is not an accident; it is a choice and 100 percent preventable.

From Oct. 1, 2005 to May 11, 2006, 69 Soldiers have been

killed in privately owned vehicle accidents. POV accidents have decreased this year to the lowest level in three years while motorcycle fatal accidents are on the rise. The Army Safety Management Information System-2, or ASMIS-2, should be used for all military personnel traveling by POV for leave, pass, temporary duty or permanent change of station. This system can be found on the U.S. Army Combat Readiness Center Web site at <https://crc.army.mil/home>. Access is through your Army Knowledge Online e-mail address and you must also know your first-line supervisor's AKO e-mail address to complete the form.

Regardless of how you choose to celebrate Memorial Day, ensure that you examine the risks and take the appropriate steps to mitigate them. Focus on alcohol use, heat injury prevention, POV inspections, highway safety,

seatbelt compliance, safe driving, boating, water sports, motorcycles and all terrain vehicle operations. In the last five months, one Fort Sam Houston Soldier died due to POV operation — this is one loss too many.

Leaders should brief their personnel on the risks to their health and to their careers. Always use seatbelts and designated drivers. Additionally, leaders should emphasize sexual assault risks, prevention and response in their holiday briefings; guidance is available at www.sexualassault.army.mil.

Think creatively about the hazards we face and be safe. I hope you enjoy this holiday and have a great summer. Don't forget that the Army Medical Department Center and School and Fort Sam Houston Safety Office is a great informational resource. People can call the safety office at 221-3866 or visit <http://www.samhouston.army.mil/iso>.

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Briefs cont. . . .

Museum closure

The Fort Sam Houston Museum will be closed Sunday in observance of Memorial Day.

Special Forces recruiting

A series of U.S. Army Special Forces recruiting briefings will be held on post through Friday. For information on qualification, application and briefing times, call Sgt. 1st Class Juan Lopez toll free at (877) 217-7131.

Student spouse open house

Army Family Team Building will sponsor an open house for student spouses June 5 from 10 to 11 a.m. at the Roadrunner Community Center, Building 2797. The open house will acquaint student spouses with Fort Sam Houston, San Antonio and the benefits and activities available. Children are welcome. For more information, call Amy Malec at 221-1132 or Sue York at 221 9821.

Audie Murphy induction ceremony

A Sergeant Audie Murphy Club induction ceremony will be held June 23 at 4 p.m. at the Roadrunner Community Center, Building 2797. For more information, call Sgt. 1st Class Brande Dietrich at 221-0240 or Sgt. 1st Class Isaac Day at 916-5991.

Annual HIV training

Fort Sam Houston, Camp Bullis and Brooke Army Medical Center personnel can schedule their annual HIV training by calling Debra Spencer, of the Department of Preventive Medicine, at 926-5216 or 295-2326.

Parking lot closure

A portion of the parking lot west of the Harlequin Theatre will be closed from June 17 through Aug. 9 to allow setup and use of the Food and Drug Administration's Mobile Laboratory. This closure will only affect part of the first row, closest to the theater. It will not affect the handicapped parking spaces.

Command Information Meetings

The post community is invited to Fort Sam Houston's Command Information Meetings. The meetings will be held June 7 from 1 to 2:30 p.m. at the Roadrunner Community Center (sign language interpreter will be available); June 15 from 9:30 to 11 a.m. at the Evans Theater, Building 1396; and June 8 from 9:30 to 11 a.m. at Camp Bullis, Building 5000.

Legal assistance open Saturdays

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

Harry Wurzbach East gate opens

Effective Saturday at 6 a.m., the Harry Wurzbach East Access Control Point, adjacent to The Towers, will be opened for 24-hour access to Fort Sam Houston. The attached diagram reflects the traffic flow after entering the ACP.

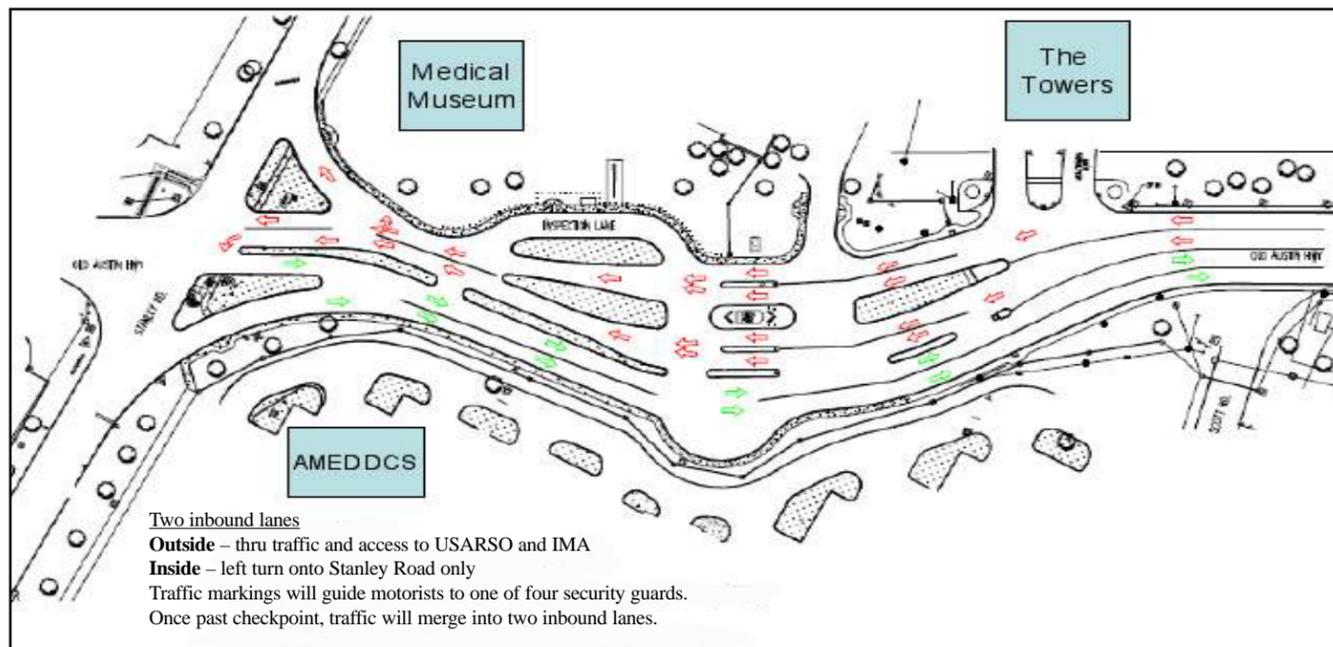
People should use caution at this ACP due to lane changes. As reflected on the diagram, the outside inbound lane becomes two lanes at the checkpoint and then merges to one lane. At the intersection of Harry Wurzbach/Stanley Road, this lane can go straight to Dickman Road or turn right toward U.S. Army South and Installation Management Agency areas.

The inside inbound lane also becomes two lanes at the checkpoint and then merges to one lane. At the intersection of Harry Wurzbach/Stanley Road, traffic in this lane can only turn left.

Police officers will be directing traffic until the traffic signal devices are installed.

Effective Saturday at 6 a.m., the Winans and Nursery ACPs will return to normal operations. The hours of operation will be 4:30 a.m. to 10 p.m. The gate at Winans/Harry Wurzbach will close at 10 p.m. There will be no access to Harry Wurzbach from Winans Road after 10 p.m. Watkins Terrace residents can travel to the main post via Nursery Road and exit the installation through the Walters, Binz Engleman or the new Harry Wurzbach ACPs.

Vehicles without Department of Defense decals must enter at the Walters or Binz Engleman gates to obtain a visitor's pass. (Source: Fort Sam Houston Provost Marshal Office)



VA urges caution after theft of personal information

By Samantha L. Quigley
 American Forces Press Service

WASHINGTON — Veterans Affairs officials Monday announced the theft of personal information on up to 26.5 million veterans. However, VA Secretary R. James Nicholson stressed there's no indication the information is being used for purposes of fraud.

"We at the VA have recently learned that an employee here, a data analyst, took home a considerable amount of electronic data from the VA, which he was not authorized to do," Nicholson said. "His home was burglarized, and this data was stolen."

The compromised data includes names, Social Security numbers and birthdates of veterans separating from the military since 1975, he said. The information also may have included data on veterans who separated before 1975 but who submitted a claim for VA benefits.

No medical or financial information

was compromised, though the files might have contained numeric disability ratings in some cases, Nicholson added. A statement issued by the department indicated that spousal information also might have been compromised in some cases.

"There is no indication that any use is being made of this data or even that (the thieves) know they have it," Nicholson said.

Exercising what the secretary called "an abundance of caution," the department is working through a number of channels, including the news media, to make veterans aware of the situation. Individual notification letters also will be mailed to veterans.

The department is providing more information through the www.firstgov.gov and call centers that can be reached at (800) 333-4636. The call centers will be able to handle more than 250,000 calls a day.

"The most important priority that I have right now is to get the word out to our veterans and get them alerted and aware of this possibility," Nicholson said.

The department also is encouraging veterans to watch their financial accounts carefully for any signs of fraud or identity theft. If suspicious activity is detected, veterans should contact the fraud department of one of the three major credit bureaus: Equifax, Experian or TransUnion.

Nichols said the Federal Trade Commission has alerted credit bureaus of a potential increase in requests for fraud alerts and for requests for credit reports.

Any accounts that have been tampered with or opened fraudulently should be closed, and the veteran should file a report with

local police or the police in the community where the identity theft took place. Those who suspect identity theft also are encouraged to contact the Federal Trade Commission via its identity-theft hotline at (877) 438-4338, or through its Web site.

There is no indication when the career employee removed the information from his office, but the data was stolen when his home was burglarized sometime this month, Nicholson said. He declined to identify the employee or where he lives but said law enforcement officials reported several burglaries in the area and they do not believe the stolen information was targeted.

"The employee has been placed on administrative leave pending the outcome of (a full-scale) investigation," Nicholson said. All appropriate law enforcement agencies, including the FBI and the VA Department's inspector general are participating in the investigation.

Members of the President's Identity Theft Task Force will meet to coordinate a comprehensive response, recommend ways to further protect affected veterans and increase safeguards to prevent the reoccurrence of such incidents, Nicholson said. VA officials also moved up the date by which all department employees must complete the "VA Cyber Security Awareness Training Course" and the "General Employee Privacy Awareness Course." Both must be completed by June 30.

Additionally, VA will immediately begin conducting a review of all current positions requiring access to sensitive information. All employees requiring access to such data will undergo updated law enforcement and background checks.

For more information, visit the Department of Veterans Affairs Web site at <http://www.va.gov> or the Federal Trade Commission Web site at <http://www.consumer.gov/idtheft>.

Changes of command

C Company, 187th Med. Bn.

Capt. James R. Fox will relinquish command of C Company, 187th Medical Battalion to Capt. Henry W. Schnedler during a change of command ceremony June 1 at 7:30 a.m. at the company, between Buildings 919 and 905.

B Company, 264th Medical Battalion

Capt. Marc Raciti will relinquish command of B Company, 264th Medical Battalion to Capt. Jenny Stewart June 2 at 5:30 p.m. at the MacArthur Parade Field.

Headquarters Company, 32nd Med. Bde.

Capt. Edward Schupbach will relinquish command of Headquarters Company, 32nd Medical Brigade to Maj. Eric Wallis during a change of command ceremony June 2 at 9 a.m. at the main post flagpole.

San Antonio Recruiting Battalion

Lt. Col. John Keenan will relinquish command to Lt. Col. Rene Brown during a change of command ceremony June 2 at 10 a.m. at the Quadrangle.

228th Combat Support Hospital

Col. Lester McGilvray will relinquish command of the 228th Combat Support Hospital to Col. Purry Wacker during a change of command ceremony June 3 at 11 a.m. outside of Building 3540, 3670 W.W. White Road.

5501st USAH

Col. Mary Gomez will relinquish command of the 5501st U.S. Army Hospital to Lt. Col. Mark Gibson during a ceremony June 4 at 10 a.m. at Blesse Auditorium.

Post celebrates grand opening of Community Pharmacy



Photo by Kelly Schaefer

(From left) Mike Waldrop, deputy to the U.S. Army Garrison commander; Brig. Gen. James K. Gilman, Brooke Army Medical Center commander; and Master Sgt. Javier Diaz-Berrios, NCO in charge of the Department of Pharmacy, cut the ceremonial yellow ribbon May 12 at the grand opening of the Fort Sam Houston Community Pharmacy.

By Nelia Schrum
Brooke Army Medical Center Public Affairs

Patients and staff celebrated the completion of a two year \$750,000 renovation project at the Fort Sam Houston Community Pharmacy May 12 with a ribbon cutting at the grand opening ceremony.

Lt. Col. Emery Spaar, chief of pharmacy at Brooke Army Medical Center, said the leadership listened to the patients and staff concerns and set out to eliminate long lines that often meant patients waited in the Texas heat.

"We are fully aware of how important the pharmacy benefit is to our beneficiaries," Spaar said, adding that satisfaction ratings with the pharmacy service have leaped 14 points since the Fort Sam Houston Community Pharmacy became fully operational in mid-March.

"The completion of this project honors our commitment and promise to our valued patients," said Spaar.

Patients waiting to fill prescriptions the morning of the ceremony said that the

short wait time and abundant parking were a plus.

"I've used the pharmacy already," said retired Capt. Tom Repino. "It sure beats waiting three hours for your prescription."

Retired Air Force Master Sgt. Bill Poston said he started using the pharmacy when it began full operations in mid-March.

"It's better than a civilian pharmacy with quick service as the norm," Poston said. "I stop by now and I'm on my way to work a few minutes later."

Five service windows were added during the renovation along with new automated dispensing technology that incorporates prescription imaging, bar-coding, visual identification and standardized dispensing processes.

With the renovation complete, patients will find the Fort Sam Houston Community Pharmacy convenient with ample parking available. The pharmacy, located in Building 2401 in the Post Exchange complex, operates Monday through Friday from 9 a.m. to 5 p.m.

For more information, call 295-9371.

Crisis response

Continued from Page 1

In anticipation of the storm, defense coordinating officers and defense coordinating elements notionally joined state and federal officials in joint field offices in Louisiana, Mississippi, Alabama and Florida. These DCOs and their small elements serve as the DoD representatives to receive requests for support from the civil authorities.

Once the Secretary of Defense approved the State of Louisiana's request for DoD support, USARNORTH deployed a command assessment element of about 20 people to meet with the primary federal agency on the scene. During hurricane relief operations, the Federal Emergency Management Agency is the primary federal agency. The CAE's mission was to make an assessment of the situation on the ground and to assist the DCO to respond to FEMA's requests for support.

For the exercise, the joint field office was set up at Tyndall Air Force Base, Fla., simulating the location of an office in Baton Rouge, La. Exercise participants from DoD and civilian agencies set up their offices and com-

mand posts to simulate their locations during an actual disaster response.

Once Hurricane Xena made landfall, more than 60 USARNORTH service members and DoD civilians boarded a plane in San Antonio and flew to Tyndall Air Force Base to meet up with the CAE and coordinate the large-scale support efforts. USARNORTH set up its joint task force (forward) and immediately began responding to events as they unfolded.

Communication is key

Soldiers from the 93rd Signal Brigade from Fort Gordon, Ga., participated in the exercise in preparation for the 2006 hurricane season. They are no strangers to hurricane relief missions; the unit provided communications support during Hurricane Katrina.

"We provided a satellite link for the components of the (exercise)," said Sgt. Frank Lewis, team chief. "And, we provided a variety of services from video teleconferences to computer access."

Lewis said his team connected the operational command post at Tyndall Air Force Base with other military commands and civilian disaster response agencies supporting the simulated recovery efforts.

Staff Sgt. Moses David, cable system installer and maintainer, said they laid more than 2,000 feet of cable and provided links for fax machines and telephones as well.

"I think it's important to practice things like this," David said. "This way we'll be better prepared for when the real thing happens. Everybody will know their role and what they're supposed to be doing instead of jumping into it blindfolded."

Interagency cooperation

While the Signal Brigade Soldiers provided equipment and connectivity, agencies coordinated to bring necessary equipment and helping hands into relief efforts.

"We come in a supporting role to FEMA, local and state responders, and help out with that particular capability they are asking for," said Col. Alfred Dochnal, USARNORTH chief of operations.

DoD can provide Soldiers and Marines, for example, to support local law enforcement in evacuations and search and rescue.

"We can provide many types of support, from transportation of food, water and supplies to medical support," Dochnal said.

The U.S. Air Force and Navy were also players in the exercise. Air Force North, the Air Force Service Component Command to NORTHCOM, provided communications and critical weather



Courtesy photo

Maj. Jarrett Thomas, U.S. Army North Headquarters commandant, unloads baggage as the joint task force arrives at Tyndall Air Force Base, Fla.

information to the JTF. Joint Forces Marine Component Command provided naval assets. During the exercise, the Navy only simulated providing aircraft for search and rescue and moving ships into the port at New Orleans to provide billeting and medical services.

Testing the system

In a typical field exercise, opposing forces provide challenging situations for friendly forces to overcome. In exercise Ardent Sentry 06, that mission falls upon Exercise Control.

This element, under the direction of USARNORTH's chief of training, Col. Jon Smart, provided scripted events to test existing response plans and to challenge USARNORTH personnel throughout the exercise.

One challenge EXCON inflicted on the joint task force was command and control of a brigade from the 1st Cavalry Division. Notionally, the Fort Hood, Texas-based division was training at Fort Polk, La., when Xena struck. It was left to the USARNORTH operations officers to coordinate the brigade's movement from Fort Polk to New Orleans. However, EXCON threw in a twist to the problem.

"That unit didn't have all the equipment it would normally have at their home station," Smart said. "They also didn't have the internal transportation required for them to get to New Orleans. Now, the task force had to assess what type of transportation that unit needed to get down there."

The exercise was designed with data from Hurricane Katrina to make the training scenarios as real and relevant as possible.

"Because it is a new mission for us, we need to get out and train so we are ready for this type of event, whether it's a hurricane, earthquake or even a terrorist attack," Smart said. "It increases our readiness to react to events that would happen in the United States."



Courtesy photo

Sgt. Frank Lewis, a tactical satellite team chief, 252nd Signal Company, 56th Signal Battalion, sends a satellite status report to Fort Detrick, Md., May 15. The Fort Gordon, Ga., unit was deployed to Tyndall Air Force Base, Fla., for exercise Ardent Sentry.

BAMC patients, staff take 'A Ride With Bob'

By **Nelia Schrum**

Brooke Army Medical Center Public Affairs

If you are going to play in Texas, you have to have a fiddle and a band. And that's just what Brooke Army Medical Center patients and staff enjoyed May 17.

With toes tapping and a lot of hooahs mixed with a few yee haws, the hospital crowd gathered for a sneak preview of the musical "A Ride With Bob."

The critically acclaimed musical features nine-time Grammy Award recipient Ray Benson along with other musicians from Asleep at the Wheel.

The 6-foot 7-inch Benson was joined by fiddler Jason Roberts, who plays musician Bob Wills, and actor Rick Perkins, who portrays former Texas Governor Pappy "Pass the Biscuits" O'Daniel in one scene, and Doctor Miracle hawking his wares in another.

"Medicine has come a long way," said Perkins, as he acted out his role of Doctor Miracle, hawking his potions. "No one knows that better than the folks

at Brooke Army Medical Center."

"A Ride With Bob" is a musical about the legendary Bob Wills and his Texas Playboys. The colorful Texas swing musician, Wills, was married five times and liked to joke that he kept a lawyer and preacher in business full time.

The musical goes back to 1973 — after "Asleep at the Wheel" produces its first album paying tribute to Wills.

Ray Benson is invited by his idol, Wills, to Dallas for a meeting. When he arrives, Benson learns Wills is not feeling well and his meeting with him is postponed until the next morning.

That same night Wills had a stroke and went into a life-ending coma. In "A Ride with Bob," Benson finally gets to have his conversation with the Spirit of Bob, who visits him on the Asleep at the Wheel band bus late one night.

During the 50-minute performance, the BAMC audience was treated to many Texas traditional tunes including "San Antonio Rose," "You're from Texas," "Miles and Miles of Texas" and "Beautiful Texas."



Photo by Michael Dulevitz

Members of the cast of "A Ride With Bob" perform May 17 at Brooke Army Medical Center. Ray Benson, a nine-time Grammy Award recipient, along with fiddler Jason Roberts and actor Rick "Pappy" Perkins perform Texas swing music selections and scenes from the musical.

"A Ride With Bob" plays San Antonio June 1 and 2 at the Majestic Theatre. The San Antonio performance is a benefit for

Operation Comfort, a group that helps BAMC with activities for wounded warriors and their families.

Have feedback for a post customer service provider?

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

Safety Day highlights motor vehicle safety

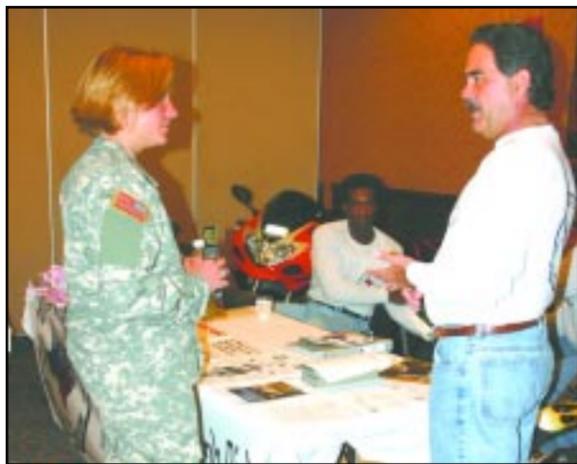
Story and photos by Minnie Jones
Fort Sam Houston Public Information Office

Fort Sam Houston introduced the "101 Critical Days of Summer" campaign by hosting a safety day event at the Sam Houston Club to promote safety awareness.

Various vendors from the San Antonio area were on hand exhibiting their safety items and wares during the event. William H. Thresher, chief of staff of U.S. Medical Command, was the guest speaker at the event.

The "Critical Days of Summer" are the 101 days between Memorial Day and Labor Day; it begins May 26 at 4 p.m. and ends Sept. 5 at 7 a.m., coincidentally with an increase in off-duty accidents.

In his presentation, Thresher stressed the high incidence of motor vehicle accidents occurring within the Army, particularly in motorcycle fatalities. According



James Stubblefield, president of the Fort Sam Rough Riders, talks with 1st Lt. Analise Thompson, of U.S. Army South, about motorcycles and becoming a member.

to Army statistics, 116 Soldiers have been killed in motorcycle accidents since Oct. 1, 2001, and 45 Soldiers were lost to motorcycle accidents in 2005. Many of them involved alcohol or were instances where the driver was doing a stunt, such as "popping a wheelie." Most of the victims were between ages 18 to 24.

Thresher highlighted the Army's Motorcycle Mentorship program, which is a club designed to increase motorcycle safety by allowing experienced riders to pass on their knowledge, training, life experiences and learned safety skills to new motorcyclists. Thresher said motorcycle safety training is available here on post, at no cost to military members, and is also offered at a reduced rate for civilian employees.

Thresher said "we can make a difference by focusing on things that can reduce accidents." Here are a few tips to keep in mind before entering a motor vehicle:

- Wear seatbelts regardless of how short the driving distance.
- Take rest breaks when traveling.
- Don't drink and drive.
- Maintain proper hydration; drink small amounts of water frequently.
- Wear protective equipment while operating a motorcycle.
- Make sure children are seated in the proper seat according to state regulations.

During the event, the 2006 Fort Sam Houston Certificate of Safety was awarded to Sgt. 1st Class Harold Larvins, 32nd Medical Brigade Safety Office.

The Fort Sam Houston Installation Safety Office has helpful tools to help when planning a trip, and other safety information to help reduce risks during the "101 Critical Days of Summer."

For more information, visit www.cs.amedd.army.mil/iso/.



William H. Thresher, chief of staff of U.S. Medical Command, presents the 2006 Fort Sam Houston Certificate of Safety to Sgt. 1st Class Harold Larvins, 32nd Medical Brigade Safety Office.

Motorcycle ride raises awareness

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

Their 1,600-mile journey began in cold rain and ended in warm Texas sunshine for three businessmen hoping to raise money for Soldiers wounded while sacrificing for their fellow Americans.

May 15, three riders — Tom Donegan, Joe Kurnos and Bob Loy — set off in cool temperatures from Fairfax, Va., rode 320 miles a day and arrived in San Antonio Friday. Along the way, they made it their mission to bring awareness to the American public, pick up other riders and supporters and meet with media to state the reason for their ride.

The journey began long before the road

trip to San Antonio, with a business acquaintance followed by an informal invitation ending with a motorcycle ride of inspiration.

Tom Donegan, a Fairfax, Va.- based RE/MAX broker and owner, met former Army Spc. J.R. Martinez at a 2005 real estate convention in Orlando, Fla. Both Army veterans, they struck up a conversation and a friendship formed. After his meeting with Donegan, Martinez invited the realtor to “look him up” if ever in the San Antonio area.

“I was inspired by this kid’s unbelievable spirit and positive attitude,” said Donegan, a former Army major. “I asked J.R., ‘What we can do to help Soldiers like yourself? Is there something you need?’”

In April 2005, Martinez was serving as a driver of a Humvee in Iraq when his vehicle hit a landmine. He suffered severe burns to more than 40 percent of his body. Sent to Brooke Army Medical Center for treatment, he has undergone more than 30 surgical procedures including skin grafts and cosmetic surgery. While a life-changing experience, amazingly Martinez claims this is a change for the better.

Impressed by Martinez, Donegan decided it was time for a ride.

“A friend of mine from church and I are big motorcycle enthusiasts and had been talking about doing a long ride and this seemed like the ideal time,” Donegan said.



Leading the pack are bikers representing the American Legion Post 593 in Converse, Texas. The group met up with the three men leading “The Ride for America’s Patriots” after a four-day trek from Fairfax, Va.

As a result, Donegan and Loy established “The Ride for America’s Patriots.”

“Tom and I have been friends and fellow bikers for a while. When I heard about the ride and what it was for, I had to be a part of it,” said Loy, an Army veteran of 22 years.

“When Bob and I decided to do this ride, we wanted to make it worthwhile,” Donegan said. “We wanted to bring awareness to other Americans about the men and women who have been injured while serving our country and we decided to raise funds for the efforts as we rode.”

Originally scheduled for September 2005, the ride had to be postponed when Mother Nature threw a curve in the forms of Hurricanes Katrina and Rita. Her devastation did not thwart the efforts of the riders though. It was simply a matter of logistics in rescheduling for this group of busy business and family men.

Kurnos, also a RE/MAX employer, was involved in the efforts as well. But

before he truly committed to the long trip, he kept coming up with excuses for not participating.

“I kept telling myself, I can’t take that time off from work; two weeks is a long time to be away from my family; it’s a long trip,” said Kurnos, “I had all kinds of reasons for not making the trip.”

“The plans had to be postponed due to hurricanes, and I still had not made a commitment, but I heard an interview on TV with a Soldier who had lost both arms and had severely damaged his legs. His only complaint was he ‘couldn’t help his buddies by simply tying a tourniquet.’ My excuses were so lame; I decided I had to go. Now that we are into it, it is a decision I will never regret.”

Kurnos is the official “blog master” for the group and updated their Web site with details of each day’s ride before going to sleep at night.

See **MOTORCYCLE RIDE** on Page 10



J.R. Martinez (left) shakes hand with Tom Donegan, a founder of “The Ride for America’s Patriots.” The bikers have raised more than \$25,000 for American Soldiers injured while serving their country.

Defense planners eye unified medical command concept

By Donna Miles
American Forces Press Service

WASHINGTON — Defense Department officials are weighing the potential benefits of creating a single, unified medical command that would oversee all military health care as well as the training and education of military medical professionals and military medical research and development activities.

The concept, if adopted, would bring together the Army, Air Force and Navy medical departments and services, enabling DoD to provide better care while keeping costs in check, said Dr. David Tornberg, deputy assistant secretary of defense for clinical and program policy.

The DoD medical community is generally supportive of such a realignment, which Tornberg said would make more efficient use of health care assets and pro-

grams and eliminate redundancies. It would also boost DoD's buying power so it gets more goods and services for its acquisition dollars, he said.

While bringing the military health care system new efficiencies, the plan "would also recognize that each of the services has service-unique requirements and cultures," Tornberg said.

The concept of a unified DoD medical command isn't new; in fact, it was first raised in 1942 and has resurfaced off and on over the years.

With Defense Secretary Donald Rumsfeld pushing "jointness" to new levels, along with his transformation efforts, Tornberg said there's a strong indication the idea of a unified medical command may move beyond the talking stage.

Defense planners are putting together options for implementing the concept, which they plan to present to the senior

leadership within the next several months, said Tornberg, who co-chairs the working group that's developing the options. Once approved, the implementation plan for a unified medical command would be included in the fiscal year 2008 budget request, he said.

Throughout the process, the biggest litmus test will be how much it improves the military health care system, Tornberg said. "No change would ever come at the price of quality," he said. "We are always striving to provide a higher-quality product, and this has the potential to help us."

Already, several examples of a unified approach to medical care are operating or in the works. DoD's health care system in support of operations in Iraq and Afghanistan rely on the integrated capabilities of each of the military services. Also, Landstuhl Regional Medical Center in Germany operates as a joint medical facility.

The 2005 base realignment and closure plan, with big changes to military medicine in Washington, D.C., and San Antonio, offers a snapshot of what's likely to be ahead, Tornberg said.

It establishes the Walter Reed National Military Medical Center on the grounds of the National Navy Medical Center in Bethesda, Md., while closing the existing Walter Reed campus in Washington, D.C. In addition, Malcolm Grow Hospital at Andrews Air Force Base, Md., will become an ambulatory clinic. Military medical research and development will combine efforts at Fort Detrick, Md., and Edgewood Arsenal, Md.

BRAC 05 also creates the joint San Antonio Regional Medical Center at Brooke Army Medical Center and makes San Antonio the training hub for all enlisted medical technicians.

Veterinary facility offers more appointments



The Fort Sam Houston Veterinary Treatment Facility has expanded its appointment availability to about 800 vaccination appointments and 144 sick call appointments per month.

The facility also offers one Saturday vaccination clinic per month from 9 a.m. to 12 p.m. for healthy pets only. Vaccination appointments are with an animal health technician and sick call appointments are with a veterinarian.

For more information, call 295-4260. The facility is open for over-the-counter sales and appointment scheduling Monday through Friday from 8 a.m. to 4 p.m., but does not offer after-hours emergency services. If a pet needs attention after business hours, contact a civilian emergency veterinarian.

(Source: Fort Sam Houston Veterinary Treatment Facility)

Pet owners should prepare early for overseas move

Moving overseas with a pet can be a tricky process. For instance, some countries are rabies-free and have developed stringent animal importation and quarantine requirements, such as Japan, Hawaii, the United Kingdom and Guam. The Fort Sam Houston Veterinary Treatment Facility offers a few tips to ease the process for pet owners:

- Pets must have an ISO compatible microchip in place in order to travel to Japan, Hawaii, the United Kingdom and Guam.
- Once the microchip is in place, pets should be vaccinated for rabies. Some countries

require two rabies vaccines. The vaccine should be at least 30 days old but no more than one year old.

- After the above criteria have been met, a fluorescent antibody viral neutralization, or FAVN, blood test is required in order to measure pets' rabies antibody level.

All of these procedures take time, and some countries require these procedures be performed up to six months prior to travel. For more information, call the facility at 295-4260.

(Source: Fort Sam Houston Veterinary Treatment Facility)

Thanks for the memories

'The Rainbow Kids' set to perform final show

For the past two and a half years, a group of young Fort Sam Houston entertainers had their voices heard throughout the San Antonio area to the appreciation of thousands of people.

The group is called The Fort Sam Houston Rainbow Kids and will officially disband after its final performance June 3 at the Rivercenter Mall in downtown San Antonio. The group will perform three mini-shows at 2, 3 and 4 p.m. The public is invited to this final group event.

The group is disbanding because their director, Ron Joy, is being transferred to Heidelberg, Germany, to become the new Heidelberg Garrison public affairs officer.

In its short existence, the group has performed for special events at the Alamo and River Walk, competed in the Army Performing Arts Competition, presented professional-style music at churches, schools, and military and community events.

The group comprises boys and girls from ages six through 13 who like to sing, dance and perform comedy or special acts. Their music includes routines from the 1920s, 30s, 40s, 50s, 60s, Broadway, some modern, and country and western.

There are several similar groups that were developed by Joy in locations throughout the world, such as Phoenix and Lakeside, Ariz.; San Bernardino and San Diego, Calif.; Colorado Springs and Fort Carson, Colo.; Stuttgart and Frankfurt, Germany; Hickam Air Force Base, Mililani, Makakilo, Hawaii; Scott Air Force Base, Ill.; Osan Air Base, Korea; Fort Monmouth, N.J.; Wright-Patterson Air Force Base and Trotwood, Ohio; and Fort Bliss and El Paso, Texas. Many of these groups are still in operation with parents and other volunteers taking over after the director departed.

Many past performers have gone onto professional careers in movies such as "Poltergeist"



Courtesy photo

Jennifer Pederson is surprised by the Purple People Eater, played by Hannah Shearer, during a performance by the Fort Sam Houston Rainbow Kids. The group will officially disband after its final performance June 3 at the Rivercenter Mall in downtown San Antonio.

and "Annie;" on television shows like "Happy Days," "The New Dick Van Dyke Show" and "Webster;" and on stage in Opryland and with country and western stars. In addition, the Osan group won the 1991 Korea Star Search for best performer under the age of 13 and best performing group for 13 years and under. The group has also done 24 TV specials in the format of the old ABC "After School Specials."

Joy started in the entertainment field when he was 10 years old working on the Lew King Ranger Show in Phoenix. King started the careers of such stars as Wayne Newton, Marty Robbins and Tanya Tucker. Joy has a bachelor's degree in theater and a master's degree in broadcast communications. He has also appeared in many stage shows, TV programs, movies and commercials both in the United States and Korea. He is currently a public affairs specialist at Fort Sam Houston.

Current members of the Rainbow Kids are Lana Dvorak, Ethan Fleming, Mattie Goodwin, Raven Harden, Taraja Hudson, Jessica Kiss, Elizabeth and Emily LaFrance, Emily Mazak, Holly McEuen, Natalie Palmer, Jennifer Pederson, Sean Powell and Hannah Shearer.

For more information on the group, call Joy at 348-8014 or 295-2093.

(Source: Rainbow Kids news release)

Motorcycle ride

Continued from Page 8

The plan was to ride 320 miles each day, arriving in San Antonio May 19 with T-shirts and donations to help service members who have sacrificed for their country.

According to schedule, at about 2 p.m. Friday, with temperatures in the high 90s, the original group of three and a large following of other bikers drove into the parking lot of the American Legion Post 593 in Converse, Texas. Awaiting their arrival was Martinez and members of the Legion, cheering the group and giving them a warm Texas welcome.

Martinez, now medically retired and spokesperson for the Coalition to Salute America's Heroes, said, "All Tom and these other riders want to do is help Soldiers. Everything these men have done is from their hearts. Their passion for bikes is being used for the good."

The long ride from Virginia to San Antonio has not yet ended. The bikers will return to their jobs and their families, but the job they started will continue. They have brought awareness to the American public by reaching three goals: recognizing service members, raising awareness of the sacrifice they have made and are still making daily and raising money to directly support Soldiers.

"The Ride for America's Patriots" has raised more than \$25,000, which was donated to the Coalition to Salute America's Heroes and to the Fisher House at BAMC. During their three-day stay in the San Antonio area, they visited Soldiers at BAMC, bringing a simple gift of T-shirts, but a bigger gift of appreciation for what they have given themselves.

"We are not just doing this ride; we want to do other rides. We don't know where yet; we just want to keep raising money," Donovan said.

All money raised by the bikers will go to the Coalition to Salute America's Heroes. For more information or to make online donations, visit www.rideforamericaspatriots.org.

When asked why he wanted to do something like this for the Soldiers, Tom answered simply, "Well, I met this guy ..." and the generosity and heartfelt appreciation of a group of biker friends unfolded.

Historic Wheaton Graham homes receive renovations

Lincoln Military Housing Development group has been steadily renovating homes in the Wheaton Graham village. The Wheaton Graham village, constructed from 1931 to 1934, features 141 homes designed in the Spanish Revival style. Variations of the home design and size exist within the village to include one and two story homes. Wheaton Graham homes are eligible for the National Register of Historic Places.

Wheaton Graham homes, even though well constructed, require minor renovations. The development plan for Wheaton Graham includes kitchen upgrades such as cabinetry, flooring, lighting and appliances. The bathrooms will receive new cabinetry, plumbing fixtures, flooring and lighting. The electrical fixtures will be upgraded. The homes' hardwood floors and fireplaces will remain; however, the fireplaces will not be useable. Identified landscape, plumbing systems and basement leaks will be addressed. Other upgrades include fuse boxes, roof and chimney leaks, bath and water heater exhaust, garage conditions and increasing cable and telephone outlet locations.

The former Officers Club located in the Wheaton Graham village will be renovated and become the main Residents Center for all family housing. The building is ideally located in the center of the village and faces the historic parade grounds. The development plan calls for the renovation of the 13,860 square foot area to accommo-



Courtesy photo

One of the homes in Wheaton Graham Village scheduled to be renovated. It is located at 437 Graham.

date a range of indoor amenities such as a media room, meeting rooms, a full kitchen and clubroom with billiards, business center and an arcade with shuffle board. Exterior amenities will include a pool, sports courts and tot lot. The second floor of the main Residents Center will house the LMH general management, development and property management offices as well as the Residential Communities Initiative office.

In addition to Wheaton Graham, homes are being renovated in Staff Post, Artillery Post, Infantry Post, Patch Chaffee and Watkins Terrace. For more information, call the Fort Sam Houston Family Housing Development Group at 226-5597 or the RCI office at 221-0891.

(Source: RCI)

Talented Soldiers needed for Military Idol Competition

By Ben Paniagua
Hacienda Recreation Center

Calling all talented Soldier vocalists of Fort Sam Houston — the 2006 Military Idol Competition, similar to the popular TV talent contest, American Idol, will be conducted on Fort Sam Houston in August and September.

Plans are currently under way to stage the production at the Hacienda Recreation Center. All Soldiers, regardless of rank or marital status, are eligible to participate. Lucrative cash prizes will be awarded to the top three winners and the Fort Sam Houston Military Idol first place winner will be flown to the U.S. Army Military Finals. The first place winner's military unit also receives the same cash award as the winner.

Soldiers selected to appear in the 2006 Fort Sam Houston Military Idol are encouraged to bring their families and friends because the winners will be determined by audience vote. Each audience member, regardless of age, will be given a voting ballot. For each purchase in the Hacienda Snack Bar, the patron will receive an additional ballot.

Specific dates and times for the show will be announced in a future article. To schedule an audition, call Ben Paniagua at 224-7250 or e-mail ben.paniagua@samhouston.army.mil.



Water-saving tips

- Be familiar with where the master water shut-off valve is located. This could save gallons of water and damage to the home if a pipe were to burst.
- When watering grass on steep slopes, use a soaker hose to prevent wasteful runoff.
- Group plants with the same watering needs together to get the most out of watering time.
- Remember to weed lawns and gardens regularly. Weeds compete with other plants for nutrients, light and water.
- While fertilizers promote plant growth, they also increase water consumption. Apply the minimum amount of fertilizer needed.

(Source: Fort Sam Houston Environmental Office)



Career Clips

MHMR services assistant III, San Antonio - License personnel in performing venipuncture and obtaining laboratory specimens as assigned and is responsible for appropriate documentation, leveling and transporting of specimens to onsite or offsite laboratories. Must be capable of performing CPR and Heimlich techniques correctly and safely.

Registered nurse, Public Health preparedness coordinator, San Antonio - Implement the bioterrorism preparedness plan and be responsible for departmental implementation of national preparedness programs, including the national smallpox preparedness program and the strategic national stockpile.

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



Photo by Esther Garcia

New company commander

Capt. Todd Etheridge (left) receives the guidon from 1st Sgt. Clay Istre as he prepares to relinquish command of B Company, 187th Medical Battalion to Capt. Darrin M. Vicsik (center back) at the ceremony Friday at MacArthur Parade Field. Lt. Col. Patricia Darnauer (far left), 187th Med. Bn. commander, awaits the guidon for the final transfer of command.



Photo by Esther Garcia

ROTC visits post

Lt. Col. David Hernandez, research and development, Department of Combat Medic Training, greets ROTC students from Harlingen High School, Harlingen, Texas. The annual field trip to the post included a briefing about the combat medic course and observing Soldiers as they train to treat various wounds using patient simulators. The students also had the opportunity to visit the Junior ROTC headquarters, Benner Barracks, the Quadrangle and post museums.



Photo by Michael Bueno

Quilt donation

Stacey Senior High School Student Council members (from left) Samantha Cox; Andrew Schiermeyer; Doug Poludniak, student council sponsor; Shay Saldana; Heather Lesieur; and Rebecca Young present a lap quilt to Army Spc. Allen Bailey and Red Cross volunteer Wanda Hudson at the Powless Guest House. The students donated 20 quilts April 25 to the Soldier and Family Assistance Center, a recreation room at the guest house for recovering Soldiers and their families. "We are all military brats," said Rebecca Young, daughter of Brig. Gen. David Young, 59th Medical Wing commander. "So, we wanted to show our appreciation and thank them for what they have done for our country." Stacey High School is located at Lackland Air Force Base, Texas.

Bank of America donates \$1 million to rehab center

Bank of America is donating \$1 million to the Intrepid Fallen Heroes Fund to help finance a 60,000 square foot, state-of-the-art rehabilitation center at Fort Sam Houston for Soldiers critically wounded in Iraq and Afghanistan.

The Center for the Intrepid will treat Soldiers suffering from the most severe injuries – multiple amputations, severe burns, head and body trauma, blindness, deafness and partial and full paralysis – and help them adapt to their new disabilities through advanced life skills training. The center will open in January 2007.

“These men and women have sacrificed almost everything to serve our country and advance the freedom of others,” said Walter Elcock, Texas state president for Bank of America and member of the Bank of America Charitable Foundation Board of Directors. “We want to help the Intrepid Fallen Heroes Fund provide our Soldiers the finest rehabilitation care and advanced skills training available in the world.”

Bank of America is a longstanding partner of the Intrepid Fallen Heroes

Fund. In 2004, the bank donated \$250,000 to the fund to help meet the financial needs of families of military personnel who died in Iraq and Afghanistan. Since the passage of legislation which provides for a substantially increased death gratuity for military families, the Intrepid Fallen Heroes Fund has shifted its support from direct grants for military families to construction of The Center for the Intrepid.

“Bank of America’s generous contribution is particularly meaningful because it helped us complete our capital campaign and make The Center for the Intrepid a reality,” said Bill White, president of the Intrepid Fallen Heroes Fund.

The Center for the Intrepid will be operated by the U.S. Army as part of Brooke Army Medical Center, but will serve personnel from all branches of the armed forces who have been severely injured in the performance of their duties. The center will feature cutting-edge prosthetic technology from around the world, an innovative “activities of daily living” center to assist service members in devel-



Artist rendering by SmithGroup, Inc.

The Center for the Intrepid, a \$30 million dollar rehabilitation center funded by the Intrepid Fallen Heroes Fund, is being built on Fort Sam Houston near Brooke Army Medical Center.

oping self-care skills, and a children’s learning space to help children understand and manage the difficulties of their parent’s condition and treatment.

“Bank of America is honored to support the Intrepid Fallen Heroes Fund” said

Scott Mullen, military bank executive for Bank of America. “The Center for the Intrepid will provide invaluable direct and community support to our wounded Soldiers and their families.”

(Source: Bank of America news release)

Student nurses gain firsthand look at Army medicine

By Mina Mullins

5th Recruiting Brigade Advertising and Public Affairs

Thirty student nurses from throughout the country took part in the first U.S. Army Recruiting Command-sponsored student nurse tour.

The tour was focused on students interested in joining the Army Nurse Corps.

The students were given a “windshield” tour of Fort Sam Houston to include the Fort Sam Houston Museum, Army Medical Department Center and School, the Brooke Army Medical Burn Center and the Rocco Dining Facility.

The tour gave the students exposure to medical trainers and allowed time for the student nurses to interact with nursing professionals at various career levels.

Alicia Prosser, nursing student and prospective Army nurse from St. Louis, Mo., indicated that she was surprised and impressed that the Army Medical Department, far from being behind the times in comparison to civilian health care organizations, is in fact at the cutting edge of medical technology and care.

One of the highlights of the tour was the bus trip to nearby Camp Bullis, where the students saw the Deployable Medical System, a fully operational, temperature-controlled facility housing its own lab, pharmacy, dental clinic and operating rooms. The high-tech facility dispelled the old “MASH” concept of makeshift field operations for the student nurses.

Nursing students also visited the AMEDD Officer Basic Course forward operating base to observe hands-on training. They were given numerous opportunities to ask questions and interact with OBC students.

The week’s activities culminated with a keynote address by Col. Lark Ford, deputy commander for nursing at BAMC and chief nurse for Great Plains Regional Medical Command. Ford said she was encouraged by the level of motivation and enthusiasm displayed by the group of prospective Army nurses. She briefed the students on a few significant changes that may be occurring as a result of base realignment and closure and the Army’s transformation to a more deployable and responsive force. She also indicated that



Photo by Staff Sgt. David Meditz

Nursing students receive hands-on experience with the patient simulators at Brooke Army Medical Center during a U.S. Army Recruiting Command-sponsored student nurse tour.

this is a great time to become a member of the Army Nurse Corps as the opportunities are boundless.



Spotlight your unit

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

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

Army PTs benefit from technology, international knowledge

By Elaine Wilson
Fort Sam Houston Public Information Office

Physical therapists from throughout the Army attended the Rehabilitative Ultrasound Imaging Conference May 10 to 12 in San Antonio to learn about a relatively new technology and benefit from the expertise of international experts.

The conference was aimed at teaching Army physical therapists how to apply rehabilitative ultrasound imaging technology to enhance the assessment and treatment of low back and pelvic pain among military beneficiaries worldwide.

"This course will change my practice when I return to Fort Bragg (N.C.) in terms of evaluation, diagnosis, prognosis and intervention," said Maj. Mary Hannah, PT service assistant chief.

Rehabilitative ultrasound imaging is a procedure used by physical therapists to evaluate muscle and soft-tissue behavior during physical tasks. While ultrasound imaging has been used since the 1950s, most commonly to see developing fetuses, the rehabilitative application wasn't developed until the 1980s when the technology was used to assess muscular function.

"Since the 1980s, the technology has been successfully incorporated into phys-

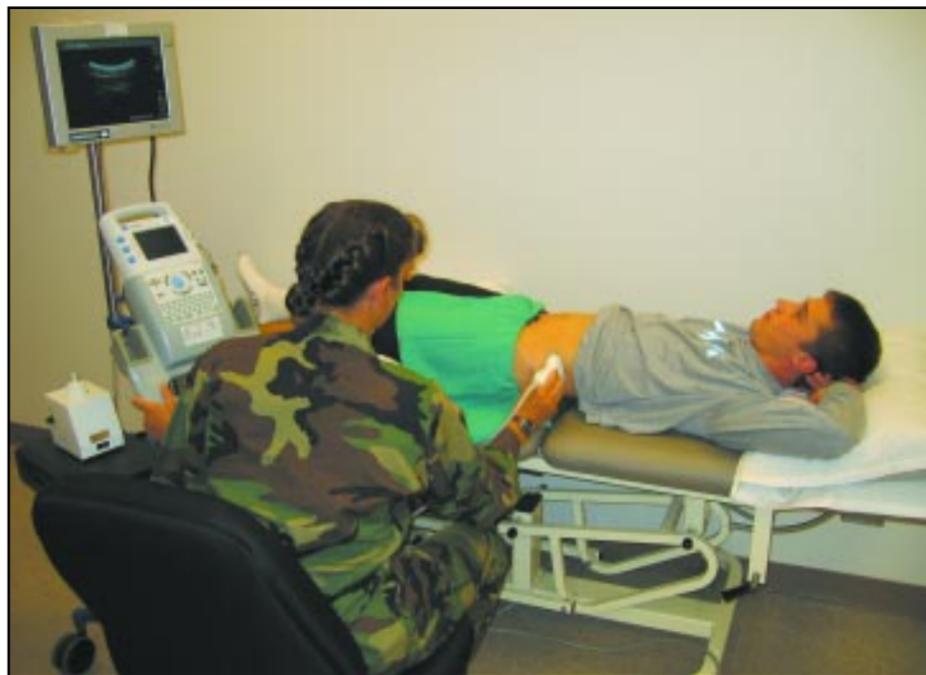
iotherapy practice in England, Australia and Canada," said Maj. Deydre Teyhen, assistant professor in the U.S. Army-Baylor University Doctoral Program in Physical Therapy.

The application was introduced to the Army in 2005 when Teyhen, Maj. John Childs and Maj. Norman Gill submitted a proposal and received \$900,000 in funding to implement the technology Armywide, Teyhen said. Since then, 36 Army PT clinics have received the technology.

"The technology enables us to assess and train dysfunctional muscles better because we can see how these muscles are contracting," Teyhen said. "Previously, we could only 'feel' the contractions through our fingers."

Since most of those muscles are relatively deep, "we were unable to distinguish which muscles were functioning properly or improperly. We can now be much more specific in our assessment and training of dysfunctional muscles," she said.

"Real time ultrasound is a powerful adjunct rehabilitative tool that advances our evidence-based practice to a new level," said Col. Billie Mielcarek, commander, U.S. Army Medical Activity, Fort



Courtesy photo

Maj. Deydre Teyhen, assistant professor in the U.S. Army-Baylor University Doctoral Program in Physical Therapy, uses rehabilitative ultrasound imaging technology to assess one of her students, Lt. Bradley Ritland.

Meade, Md. "Most importantly, it allows us to show patients their dysfunction in real-time and work to correct it.

"This grant, providing the equipment and training for the Army, will significantly enhance the evaluation and treatment of back and pelvic pain in our beneficiary population," Mielcarek added.

Teyhen said the new technology has already shown promise in reducing recurrence of low back pain. "This new technology has the capacity for us to both identify and treat specific muscle deficiencies." As a result, "our goals are to decrease the cost and recurrence of low back pain," she said.

With the technology now in place, "we're currently in the training phase of implementation," Teyhen said, adding that the conference is one part of the training process.

During the conference, participants were taught how to use the technology as well as how to implement the new tech-

nology into a busy clinic schedule.

The Army turned to international experts from six countries, to include Australia, England, Ireland, Norway and Canada, to enrich training.

"The technology is relatively new in the states, but is further developed in Australia, England and Canada," Teyhen said. "We wanted to bring in international experts from around the world to ensure we implement this new technology properly across Army physical therapy."

"The conference again demonstrated how Army physical therapy is on the cutting edge and leading the PT profession as a whole," said John Tortorelli, conference attendee. "The collection of talent, both speakers and students, was impressive."

Bottom line, Teyhen said, is the technology will enable PTs to do their "bread and butter" skills better. "This technology will enhance assessment and treatment of those with underlying musculoskeletal conditions," she said.



Courtesy photo

Seventeen international experts were invited to participate in the Rehabilitative Ultrasound Imaging Conference May 10 to 12 in San Antonio and pass on their knowledge of ultrasound technology to Army physical therapists.

Skin cancer: Early detection is key to treatment

The last place a person might look for melanoma, the most serious form of skin cancer, is exactly the place where a small percentage shows up, such as under the nails, on the scalp, palms of the hands and soles of the feet. Since symptoms are not easily detected and can mimic other conditions, these skin cancers are very dangerous. If left undetected, hidden melanomas can pose a serious threat to a person's health and prognosis.

"People need to know that melanoma is not limited to sun-exposed areas of the body," says dermatologist Dr. Stephen P. Stone, president of the American Academy of Dermatology. "That's why the Academy is advising everyone to conduct regular self-examinations and be aware of the areas of the body where melanoma can hide."

Nails

Melanoma that presents itself within the nail plate can account for a fraction of all skin cancer cases; two percent in Caucasians and 30 to 40 percent in people with skin of color. While these melanomas most commonly occur under the nail of the thumb or big toe, they are characterized by the appearance of a brown or black-colored streak within the nail plate that is often mistaken for a bruise caused by an injury to the nail.

Patients should see a dermatologist if a dark-colored streak appears within the nail plate, if the nail discoloration does not gradually improve or if the size of the streak increases over time.

Scalp

Melanoma that occurs on the scalp also is difficult to detect, since it is easily hidden by hair. Since symptoms do not usually appear until the melanoma has progressed

to an advanced stage, dermatologists recommend that everyone examine the scalp during a self-exam, using a blow dryer to part the hair away from the scalp and a mirror for hard-to-see areas.

Symptoms of melanoma occurring on the scalp include a pigmented lesion that has recently appeared or changed, or a lesion that bleeds. To determine whether a mole is suspicious, it is helpful to keep in mind the ABCDs of melanoma:

- **Asymmetry** – meaning one half of a mole is different from another;
- **Border irregularity** – the edge, or border, of melanomas are usually ragged, notched or blurred;
- **Color** – benign moles can be any color, but a single mole will be only one color. Melanoma often has a variety of hues and colors within the same lesion; and
- **Diameter** – while melanomas are usually greater than 6 mm (a pencil eraser) in diameter when diagnosed, they can be smaller. If a mole is different from others, or it changes, itches or bleeds, even if it is smaller than 6 mm, see a dermatologist.

Other areas

Melanoma also can occur in other unusual areas, such as in the eyes, on the palms of the hands or the soles of the feet, or the mucosal tissue lining the nose, mouth, genitalia, anus, urinary tract and esophagus.

"With these types of hidden melanomas, symptoms often include bleeding, pain or an unusual sensation without a known cause," said Stone. "It's extremely important to seek the

proper medical attention for problems that arise in these areas to rule out melanoma or another serious medical condition."

This year alone, nearly 8,000 deaths will be attributed to melanoma, yet when detected early, skin cancer has a 95 percent cure rate.

"The earlier you detect skin cancer, the better your chances of a complete cure," said Stone. "That's why we recommend everyone conduct self-examinations and see a dermatologist if you find something suspicious."

For more information about skin cancer, visit www.aad.org.

(Source: The American Academy of Dermatology)

Army Community Service

Family Advocacy Program – June Class Schedule

| Class | Dates | Time |
|--|------------------|-----------------------|
| B.E.A.M.S. (six-part series) (Building Effective Anger Management Skills) | 5, 19 and 26 | 11 a.m. to 12:30 p.m. |
| B.E.A.M.S. (series 5 and 6) | 7, 21 and 28 | 4:30 to 6 p.m. |
| Dad Difference | 5 and 12 | 2 to 3:30 p.m. |
| Helping Us Grow Securely (H.U.G.S.) Playgroup | 6, 13, 20 and 27 | 9 to 11 a.m. |
| S.T.E.P. Program for Parents of School Age Children | 8, 22 and 29 | 1 to 2:30 p.m. |
| S.T.E.P. Program for Parents of Teens | 13, 20 and 27 | 11 a.m. to 12:30 p.m. |
| Middle Way Parenting | 8, 15, 22 and 29 | 5:30 to 7:30 p.m. |
| Stress Management | 6 | 1 to 2:30 p.m. |
| Truth or Consequences? | 6, 13, 20 and 27 | 4:30 to 6 p.m. |
| You and Your Baby | 7, 21 and 28 | 8 a.m. to 12 p.m. |

For more information, call 221-0349 or 221-2418 or visit www.fortsamhoustonmwr.com. Classes are open to all military, family members and Department of Defense civilian ID cardholders.

Post community invited to new golfing event

By Paul Matthews

Director of Morale, Welfare and Recreation

The Fort Sam Houston Golf Club will host a new golfing event, the Warriors Monthly Golf Scramble, the first Wednesday of each month beginning June 7. Shotgun start time is 1:30 p.m.

The objective of the tournament is to bring the Fort Sam Houston military community, to include tenant organizations, together to meet new people and build relationships between military personnel, Department of the Army civilians, contractors and military retirees.

The golf club staff will establish balanced teams based on their established or reported handicaps. The golf club

staff will assign an official handicap to players who are new to the game of golf. An attempt will be made to balance each team in an effort to even the playing field.

Participants can register as a team of one, two, three or four people. They are not required to have a four-person team to play in this tournament. Using each team's gross scores, the final net scores and team rankings will be based on the Calloway Scoring System.

The cost of is \$20 per person and includes cart rental, prizes and a social that follows tournament play. Prizes will be awarded for teams with the lowest net scores in the top three places, for golf shots closest to pin on the selected par 3s and for the longest drive for both men and women.

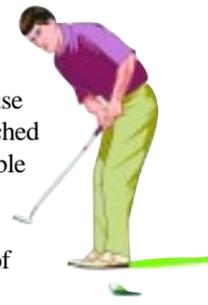
All participating personnel should be in an approved pass or leave status.

Tournament registration is located in the Golf Pro Shop or people may use the tournament registration form attached to the Warriors' Monthly Golf Scramble flyer currently in distribution.

It is important to register early as this will facilitate the establishment of teams in advance of the tournament.

The golf club encourages all golf enthusiasts to come out and have fun at the Fort Sam Houston Warriors Monthly Golf Scramble.

For more information, call 221-5863 or 221-9386.



Sports Briefs . . .

187th Med. Bn. Golf Scramble

The 187th Medical Battalion Golf Scramble will be held today at the Fort Sam Houston Golf Course. Registration opens at 11 a.m. with a 1:45 p.m. shotgun start. The cost is \$45 which includes cart, 18 holes of golf and dinner. Raffles, free grab bags and prizes for top teams will be awarded. The event is open to military and civilians. For more information, call Master Sgt. Carl Youngs at 295-4422 or e-mail youngscr@amedd.army.mil.

'For the Soldier' Golf Tournament

The Alamo Chapter-Association of the U.S. Army will sponsor a "For the Soldier" Golf Tournament July 17 at 1 p.m. at the Fort Sam Houston Golf Course. The tournament will help the chapter's continuing efforts to provide support to Soldiers and community programs. People can sign up their team or enter individually at www.alamochapterausa.org. For more information, call retired Command Sgt. Maj. Carlos Correa at 771-3514.

Summer soccer

Youth soccer

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

Soccer camp

The Alamo Heights Fort Sam Houston Summer Soccer Camp will be offered on the following dates:

- June 19 to 23: Full day camp 8:30 a.m. to 4:30 p.m. for under 9 to under 16, \$165
- June 26 to 30: Half day camp 8:30 to 11:30 a.m. for under 5 to under 9, \$95; Half day camp 5:30 to 8:30 p.m. for under 5 to under 9, \$95; and Advanced camp 5:30 to 8:30 p.m. for under 10 to under 16, \$95.

- July 31 to Aug 4: Full day camp 8:30 a.m. to 4:30 p.m. for under 9 to under 16, \$165; and team camps 8:30 a.m. to 4:30 p.m. for under 9 to under 16, \$165.

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

All-Army men's softball camp

June 28 is the application deadline to participate in the 2006 All-Army men's softball trial camp. The trial camp will be held Aug. 23 through Sept. 15 at Fort Sam Houston. Players chosen for the team will participate in the Armed Forces Championships held at Eglin Air Force Base, Fla., from Sept. 16 to 21 and in Oklahoma City, Okla., from Sept. 29 through Oct. 1. If interested, apply online at <https://armysports.cfsc.army.mil>. For more information, call Earl Young at 221-1180.

Flag football championship

Fort Sam Houston will host the Texas Flag Football Association Spring State

Championship Saturday and Sunday at Green Belt and Leadership Fields. Forty to 50 flag football teams from throughout Texas, including the Fort Sam Houston All-Star team, are expected to play in the tournament. For more information, call 221-1180.

Boxers, coaches needed

The Jimmy Brought Fitness Center seeks individuals interested in participating as boxers and coaches in Boxing at the Brought III. The event will be held in October. Boxers and coaches must be registered with USA Boxing and training 30 days prior to the event. Pre-registration and pairing of boxers will begin Sept. 28. For more information on USA Boxing registration and Boxing at the Brought III, call the Morale, Welfare and Recreation Sports Branch, Boxing Club at 221-1532 or 221-1342, or e-mail douglas.stanley@sam-houston.army.mil or john.m.rodriguez1@sam-houston.army.mil.

Inner-tube water polo league

The co-ed and family inner-tube water polo leagues begin June 12 through Aug. 27. Teams in both leagues must consist of five

players. Co-ed league teams must have at least two male or female players, and teams will play Tuesday and Thursday from 6 to 6:30 p.m. Family league teams must have at least three players under 16 years old and will play Saturday and Sunday from 6 to 6:30 p.m. The cost is \$75 per team. For more information, call 221-4887 or 221-1234.

Intramural softball standings

May 18

| Team | Win | Loss |
|----------------------|-----|------|
| 264th Med Bn | 9 | 1 |
| USARSO | 8 | 2 |
| Bad News Bears (STB) | 6 | 4 |
| 5th Army | 2 | 2 |
| BAMC | 4 | 5 |
| Fire Department | 5 | 7 |
| NMCRC | 3 | 8 |
| Band | 1 | 10 |

May 15

| | | | |
|---------------------|----|-------|-------------|
| USARSO | 19 | NMCRC | 7 |
| Fire Department | 7 | Band | 0 (Forfeit) |
| Bad News Bear (STB) | 7 | Band | 0 (Forfeit) |

May 17

| | | | |
|----------------------|----|-----------------|-------------|
| Fire Department | 7 | BAMC | 0 (Forfeit) |
| Fire Department | 10 | NMCRC | 9 |
| Bad News Bears (STB) | 28 | Band | 0 |
| Bad News Bears (STB) | 14 | BAMC | 8 |
| BAMC | 26 | Band | 6 |
| 264th Med Bn | 35 | Band | 2 |
| 264th Med Bn | 23 | Fire Department | 5 |

Cole students inducted into prestigious societies

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

Twenty-two Robert G. Cole Jr./Sr. High School students were formally inducted last week into prestigious academic societies — National Honor Society, Sociedad Honoraria Hispanica (Spanish Honor Society), Latin National Honor Society and the National Junior Honor Society. Family, friends, faculty, and fellow students gathered to witness the induction ceremonies held at the high school.

Membership in the National Honor Society, for students in grades 10 to 12, and the National Junior Honor Society, for students in grades seven to nine, is based on scholarship, citizenship, service, leadership and character.

New members inducted into the National Honor Society were Jessica Bagg, Jennifer Gibson, Wesley Lavender, Jordan Maney, Caitlin Mester, James Phillips, Jennifer Sees, Lukas Sheridan, and Katherine Teeter. The sponsor for the society is Cassie Malcolm, Cole biology and science teacher.

Inducted into the National Junior Honor Society were Abigail Abrahamson, Hayley Benjamin, Shantal Goodwill, Carlton Hogan, Gretchen Newcomer, Megan Renz and Zachary Compton. Kim Chandio, history teacher, is the sponsor for the society.

"These students exemplify what educators love about teaching," said Cole Principal, Dr. Roland Rios. "They have shown an internal drive to learn and excel."

La Sociedad Honoraria Hispanica (the Spanish Honor Society) also welcomed its new members. The ceremony for this induction was conducted in Spanish by senior society officers and included a moving candle-lighting ritual. New members of



Courtesy photo

Casey Gresenz (center) is the first Robert G. Cole Jr./Sr. High School student to be inducted into the Latin National Honor Society. Dr. Roland Rios (left), Cole principal; and Ron Rullius, sponsor and Latin teacher, join Gresenz after the induction.

the Spanish Honor Society are Jennifer Gibson, Jordan Maney, Caitlin Mester, Mayra Ruiz and Jennifer Sees. The sponsor for the Spanish Honor Society is Jo Chacón, Spanish teacher.

Membership to the Spanish Honor Society is based on character, leadership, honesty, service, commitment and scholastics, 90 or higher for three consecutive semesters.

For the first time in Cole history, the Latin National Honor Society welcomed its first inductee, Casey Gresenz. To be a member of the Latin National Honor Society, a student must maintain an "A" average in Latin or ancient Greek for a minimum of three semesters. Ron Tullius, Latin teacher, is the sponsor.

"This is a great thrill for me," said lone Latin Honor Society inductee Casey Gresenz. "My teacher, Mr. Tullius, makes Latin a fun class."



Photo by Dr. Kathy Maxwell

In remembrance

Fort Sam Houston Elementary students help to prepare a planter with soil for a garden, part of a ceremony Tuesday to honor their third grade teacher, Rita Lockett, who passed away suddenly December 2005. The students, district staff and personal family members paid tribute to the 20-year Fort Sam Houston Independent School District veteran.

Emergency numbers



Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

Staff Sgt. Cesar Veliz treats a simulated casualty with a chest wound during combat medical lanes of the Expert Field Medical Competition.



2006 Expert Field Medical Competition Soldiers bear heat, exhaustion to earn top medic title

Story and photos by Jerry Harben
U.S. Army Medical Command

"Only heroes started, and the weak fell out along the way." That description of an ancient military campaign might well apply to the Army's 2006 Expert Field Medical Competition held May 17 to 19 at Camp Bullis, Texas.

The event brought together 37 Soldier medics nominated by divisions, special operations units and medical commands for 56 hours of almost nonstop physical and mental exertion under a broiling south Texas sun.

"It's the greatest thing in the world,"

said Sgt. Loren Kacoroski, who emerged with the highest score and the right to call himself "Top Medic in the Army."

"I love playing Army. I have to work in an office all day, so every chance I get to do this stuff, I'm there," said Kacoroski, who is operations NCO for A Company at Madigan Army Medical Center, Fort Lewis, Wash.

Staff Sgt. William R. Thurston Jr., a squad leader of a treatment platoon in the 1st Armored Division, Wiesbaden, Germany, placed second in the competition, while Maj. Charles L. Unruh, executive officer for Landstuhl Regional Medical Center in Germany, finished third.

"It was very challenging. We didn't get much sleep. There was a lot of heavy lifting," said Unruh.

"I like the challenge. It helps to keep me young," added Unruh, who also competed in the first EFMC in 1994.

The event began with the Army Physical Fitness Test, followed by M-16 marksmanship in standing, kneeling and prone positions. Participants then ran through an obstacle course and used map and compass to find their way through a land navigation course. After night fell, they completed another land navigation course.

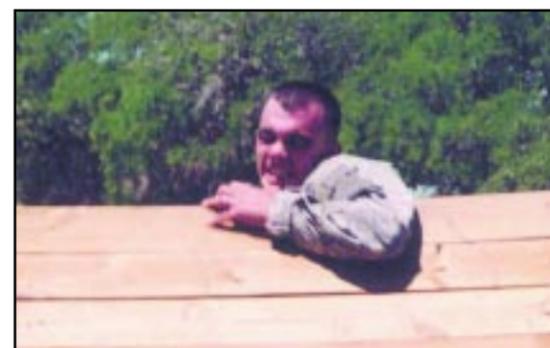
On the second day, the contestants completed four training lanes under simulated combat conditions. They were required to treat and evacuate a variety of simulated casualties, assemble and disassemble a rifle and pistol, respond to enemy attacks and work in a simulated contaminated environment wearing MOPP protective equipment. Every move was watched by staff from the Army Medical Department Center and School, who graded for proper form and procedures.

That evening, competitors answered 100 written questions about combat medic tasks, medical evacuation, field hygiene and sanitation.

Another early morning saw the contestants hitting the trail before dawn for the final event, a 12-mile march across the rugged Camp Bullis terrain.

Lack of sleep, the high 90s temperatures and the requirement to carry heavy rucksacks, weapons and Kevlar vests and helmets wherever they went wore down the competitors. Most responded to a question about the toughest part of the tests by simply saying "the heat" or "the conditions."

"It was very strenuous. I was not used to the amount of weight we had to carry," said Sgt. 1st Class Vern E. Campigotto, senior dental NCO of the U.S. Army Dental and Trauma Research Detachment at Great Lakes, Ill.



Staff Sgt. Brendon J. Thompson comes over the reverse wall obstacle during the Expert Field Medical Competition. Thompson is wardmaster of the intensive care unit at the Fort Stewart, Ga., Medical Department Activity.

"It was rough, challenging," said Sgt. 1st Class Harry Cleveland, from the Fort Benning, Ga., Medical Department Activity. "It feels good to compete against your peers. No one is going to walk away with this – you know the one who won earned it."

The 2006 competition marked a revival of the EFMC, which was staged five times between 1994 and 2000, but had been suspended since 2001 due to operational requirements.

"The time to do this was right based on how our people are doing on the battlefield," said Command Sgt. Maj. David A. Eddy, the senior enlisted adviser to the Army Surgeon General and command sergeant major of U.S. Army Medical Command. "We are getting lots of recognition on the battlefield. We wanted another way to recognize our superior warriors, equivalent to the Best Ranger."

After a little rest and clean up, the competitors were recognized by Brig. Gen. Philip Volpe at a closing ceremony. Volpe, commander of the 44th Medical Brigade, Fort Bragg, N.C., said they epitomize the Oath of Service, the Army Values and the Warrior Ethos.

"Countless men and women are alive today because of the actions of our fearless medics," Volpe said. He also quoted author David Hackworth, saying, "They didn't wait for a miracle to save a Soldier, they were the miracle."



Sgt. Christopher McNamara leads a team evacuating a casualty under sniper fire at the Camp Bullis MOUT training site. McNamara is senior medic of A Company, 1st Battalion, 75th Ranger Regiment, at Fort Stewart, Ga.



Sgt. 1st Class Renee Junod, exhausted by heat and continuous exertion, loads up her 45-pound rucksack before starting one of the combat medical lanes. Junod is NCO in charge of Soldier Readiness Processing for Pacific Regional Medical Command, and was one of two female Soldiers in the Expert Field Medical Competition.



Staff Sgt. Willie Henard balances on the rolling logs obstacle during the Expert Field Medical Competition. Henard is a drill sergeant at the Army Medical Department Center and School.



Brig. Gen. Philip Volpe, commander of the 44th Medical Brigade, Fort Bragg, N.C., speaks during the Expert Field Medical Competition award ceremony.



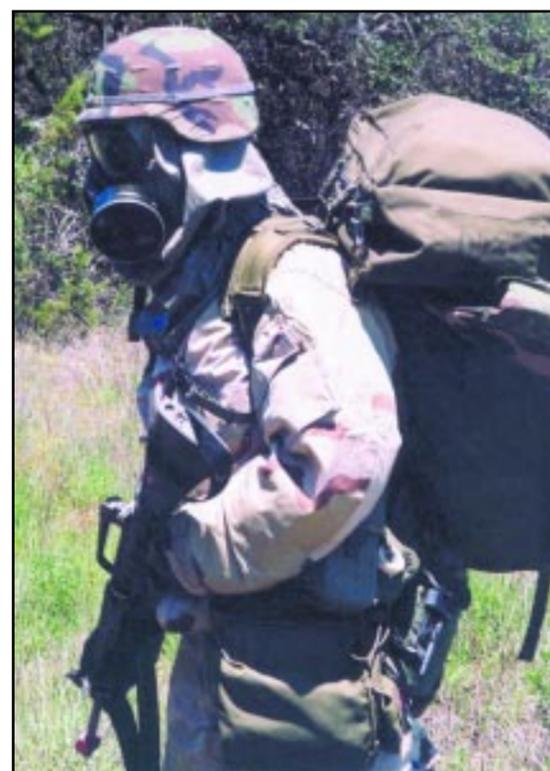
EFMC competitors find a bit of shade to rest while awaiting their turns during the combat medical lanes.

Expert Field Medical Competition participants

Sgt. Zackary Halgren, 1st Infantry Division
 Sgt. Chad J. Howell, 1st Infantry Division
 Staff Sgt. John D. Williams, 1st Armor Division
 Staff Sgt. William R. Thurston Jr., 1st Armor Division
 Sgt. 1st Class Shawn Rodgers, 1st Cavalry Division
 Sgt. Lloyd Hickscolon, 1st Cavalry Division
 Capt. Mark S. Hayward, 2nd Infantry Division
 Sgt. Nathan Henry, 2nd Infantry Division
 Sgt. Lewis Mann, 1st Medical Brigade
 Staff Sgt. Marcus E. Doe, 18th Medical Command
 Sgt. Murray L. Rice, 18th Medical Command
 2nd Lt. Stephen P. Schmelzer, 30th Medical Brigade
 Staff Sgt. Michael E. Abrams, 30th

Medical Brigade
 Staff Sgt. Patrick Kaer, 44th Medical Brigade
 Sgt. Jose Perez, 44th Medical Brigade
 Maj. Charles L. Unruh, Europe Regional Medical Command
 Sgt. Nathaniel Turner, Europe Regional Medical Command
 Staff Sgt. Roderick L. Campbell, Great Plains Regional Medical Command
 Staff Sgt. Markus Eckert, Great Plains Regional Medical Command
 Spc. Daniel Lopez, North Atlantic Regional Medical Command
 Staff Sgt. Esteban Alvarado Jr., North Atlantic Regional Medical Command
 Sgt. 1st Class Timothy L. Dess, Pacific Regional Medical Command
 Sgt. 1st Class Renee Junod, Pacific Regional Medical Command
 Staff Sgt. Brendon J. Thompson, Southeast Regional Medical Command
 Sgt. 1st Class Harry Cleveland, Southeast Regional Medical Command

Sgt. Loren Kacoroski, Western Regional Medical Command
 Spc. David Cosio, Western Regional Medical Command
 Staff Sgt. Lawrence J. Romero, AMEDD Center and School
 Staff Sgt. Willie Henard, AMEDD Center and School
 Sgt. 1st Class Vern E. Campigotto, Dental Command
 Sgt. 1st Class Jennifer R. Crook, Dental Command
 Capt. Michael E. McCown, Veterinary Command
 Staff Sgt. Kevin M. Kelly, Special Operations Command
 Staff Sgt. Cesar Veliz, Special Operations Command
 Sgt. Matthew Brown, 75th Ranger Regiment
 Sgt. Christopher McNamara, 75th Ranger Regiment
 Spc. Matthew Roderigues, Joint Readiness Training Center



Staff Sgt. Markus Eckert, medical operations NCO for the Joint Readiness Training Center Surgeon at Fort Polk, La., works in MOPP gear during the combat medical lanes of the Expert Field Medical Competition.

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

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

Catholic Services: 12:30 p.m. - Mass - Sundays

Protestant Services:

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

9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided.

Samoan Protestant Service: 8:30 a.m. - Sundays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass:

11 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Gospel Services:

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

Troop Protestant Service: 8:30 a.m. - 32nd Med. Bde. Soldiers - Sundays

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

10:30 a.m. - Children's Religious Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

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

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

Contemporary service: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

Religious Happenings . . .

11:01 worship service events

The 11:01 worship service will sponsor a men's retreat June 3 to 4 at MO ranch. Services are held at the Installation Chaplain's Office next to Child and Youth Services, Building 2530 on Funston Road to the left of Burger King. For more information, e-mail Chaplain (Maj.) Yvonne Hudson at Yvonne.hudson@samhouston.army.mil.

Chapel youth group

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

Officers' Christian Fellowship

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

Designated offerings

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

Women's summer Bible study

Protestant Women of the Chapel will hold a summer Bible study June 8, 15, 22 and 29 from 6:30 to 8 p.m. at Dodd Field Chapel. The study, "Extraordinary Women: Refresh Your Spirit," will feature nationally recognized speakers on DVD, including Lois Evans, Ruth Graham, Michelle McKinney Hammond, Lisa Whelchel and Julie Clinton. Free childcare will be provided for children five and under. For more information, call Lois Griffith at 226-1295.

Army Community Service

Financial Readiness – June Class Schedule

| Class | Date | Time |
|-------------------------------|----------------|-------------|
| Personal Financial Management | June 6 and 8 | 2 to 4 p.m. |
| Financial Planning | June 13 and 15 | 2 to 4 p.m. |
| Checkbook Maintenance | June 20 and 22 | 2 to 4 p.m. |

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

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

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

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

Asian Pacific American Heritage Month

Trivia Contest

1. Who were the first Asian American Pacific Islander network news reporters (male and female)?
2. Who was the first AAPI U.S. senator?
3. Who was the first AAPI U.S. ambassador?
4. Who was the first AAPI governor?
5. Who was the first AAPI mayor of a major U.S. city?

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

Trivia contest answers for May 18

1. The casting of Caucasians in major Asian roles. The casting of Jonathan Pryce in the role of the musical's Eurasian narrator generated great controversy when the London show opened on Broadway.
2. Dr. David Ho is recognized as a leader in the fight against AIDS for his bold yet cohesive hypotheses about the incurable disease.
3. Representatives Mineta of California and Horton of New York introduced a House resolution in June 1977. The following month, Senators Inouye and Matsunaga introduced a similar bill in the Senate.
4. Young Oak Kim, of the 100th Infantry Battalion, in 1943.
5. Margaret Cho in "All American Girl" in 1994.

Post Pulse: What are your plans for Memorial weekend?



"I'm planning to go out of town to Chicago to visit family."

Gloria Kilpatrick



"I'll be hanging out in San Antonio and barbecuing with friends and family from out of town."

Sgt. 1st Class William Hargrove



"We are just going to stay home, have a picnic and barbecue with the family."

Betty French



"I will be going to Houston for my daughter's regional final beauty pageant and will watch my son play in the (Amateur Athletic Union) basketball tournament in San Antonio."

Sgt. 1st Class Robert Williams

MWR hotline

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

Community Recreation

Summer reading program

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

'Read to the Kids' program

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

Equestrian summer youth camp

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

Outdoor pool opens

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

Swim class registration

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

Heart of Texas #1

The Heart of Texas #1 10-miler will be held June 4 and the Heart of Texas #2 will be held June 18. Both events begin at 7:30 a.m. at the Aquatic Center. For more information, call 221-2020 or 221-1234.

CAT I, II bow hunters stand selections

The CAT I bow hunters stand selection will be held June 3, and the CAT II bow hunters stand selection will be held June 17 at the Camp Bullis Outdoor Recreation Center. For more information, call 295-7577.

BOSS Billiards Tournament

The Better Opportunities for Single Soldiers program will host a BOSS Billiards Tournament June 15 at 6:30 p.m. at the Hacienda Recreation Center. The tournament will be an eight-ball single elimination contest. Trophies will be awarded to the first and second place winners. Pre-register by June 12 for the chance to win a \$50 Army and Air Force Exchange Service gift card. For more information, call 224-7250. The tournament is sponsored by Morale, Welfare and Recreation, Military Installation Loan and Educational Services, Balfour Military Awards, DeVry University and AAFES.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-style Sunday Brunch

The next family-style Sunday Brunch at the Sam Houston Club will be held June 4 from 10 a.m. to 1:30 p.m. Brunch features a kids' meal station, a chocolate fondue station, complimentary champagne and an international food station. Cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free.

Big Bucks Bingo

Big Bucks Bingo will be held June 3 at the Sam Houston Club. Win a possible \$10,300 guaranteed giveaway. Early bird begins at 10:30 a.m. Buy packs early to be eligible for door prizes. For more information, call 224-2721.

Bowling Center, 221-3683

'101 Days of Summer' bowling

Youth in kindergarten through 12th grade can earn up to 101 free games by participating in the "101 Days of Summer" bowling promotion Saturday through Sept. 4. Eligible youth will receive one free game of bowling with one paid game at the Fort Sam Houston Bowling Center. Each day a youth participates in the promotion, the youth will receive one game card. At the end of the promotion, participants can enter one of their game cards into a drawing for the chance to win a prize. Local prizes include a DVD player, an iPod Shuffle, video games and the soundtrack and book from the movie "Hoot." The first place grand prize includes an all-expense paid trip for four to an Aly and AJ concert sponsored by Hollywood Records. The second grand prize includes a private screening of New Line Cinema's "How to Eat Fried Worms." For more information, call 221-3683.

Doubles Bowling Tournament

The Fort Sam Houston Bowling Center will host the Second Annual San Antonio Military Doubles Bowling Tournament June 3 and 4 from 11 a.m. to 1:30 p.m. The tournament is open to all Department of Defense ID cardholders

and their family members. First place prize is \$600. Cash prizes will be awarded for the first through fifth place winners. Prizes will be based on 50 team entries. Cost is \$35 per doubles team. To register, call 221-4740. The event is sponsored by First Command Financial Planning and Home Depot.

Eighties Day

Bowl for 80 cents a game and rent shoes for 80 cents every Sunday from 2 to 8:30 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3683.

Golf Club, 221-4388

Watering on Salado Course

Due to the renovation project, the Fort Sam Houston Golf Club will water the greens and tees on Salado Course from 6 a.m. to 8 p.m. daily beginning in June. This phase of the project is expected to continue through October, which is the growth season. Reused water will be used to hydrate the greens and tees in accordance with the Water Use Reduction Program and Phase I Conservation Plan. Watering the landscape is essential to promote the natural growth of grass on the course. For more information, call the Golf Course at 221-5863.

Junior Golf Lessons

A Junior Golf Camp will be held June 5 through 9 and June 26 through 30 from 8 to 10 a.m. at the Fort Sam Houston Golf Course. The camp is for youth 7 to 16 years old of any level of experience. Cost is \$120. For more information and to register, call 355-5429.

'Beat the Heat' golf cart special

Members of the Fort Sam Houston Golf Club can purchase a Member Advantage Card and receive 10 individual 18-hole golf cart rentals at a discounted rate of \$100, a \$30 savings. This special members' rate is available June 1 through July 31. Cards are available at the pro shop. For more information, call 222-9386.

Missions Military Appreciation Night

Free ticket vouchers will be available for the San Antonio Missions baseball game Wednesday at Wolff Stadium. The game begins at 7:05 p.m. Vouchers can be picked up at various Morale, Welfare and Recreation locations such as the Bowling Center, Jimmy Brought Fitness Center, library, Child and Youth Services facilities and Army Community Service. The game is the first of two Military Appreciation Night games sponsored by Kraft Foods. For more information, call 221-2606 or 221-9904.

Harlequin Dinner Theatre

The comedic production of "I Hate Hamlet," by Paul Rudnick, will open Wednesday at the Harlequin Dinner Theatre. Tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. Saturdays. Military discounts are available. For more information or reservations, call 222-9694.

Child and Youth Services

is required for membership. For more information, call Central Registration at 221-4871 or 221-1723.

Track registration

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

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m.

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

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet June 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYC patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Youth Services registration

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

Summer camp registration

Summer Camp registration for middle and high school teens, grades six through 12 is ongoing at the Roadrunner Community Center, Central Registration, Building 2797. Registration is required for camps even if currently using the program. A one-week non-refundable deposit will be required. A current Child and Youth Service membership is required to participate. For membership registration, parents must bring a current leave and earning statement or pay stub and two local emergency designees. An \$18 registration fee

Pre-kindergarten Jump Starter program

A Pre-K Jump Starter program will be held in the fall, for patrons who would like a part-day enrichment program for preschool children, 4 and 5 years old. Please complete this survey and return it to the Fort Sam Houston Child Development Center or Central Registration office, Building 2797, Stanley Road, before July. Additional surveys are available at the Central Registration office. To participate, patrons must be registered with Child and Youth Services. For more information, call 221-4871 or 221-1723.

YES! I am interested in the Pre-K Jump Starter program for my child(ren) who are 4 to 5 years old.
 _____ 5-day Pre-K Jump Starter program - Monday through Friday, 9 a.m. to 2 p.m.

 Child's Name

 Sponsor Name

 Telephone Number

 Child's Name

 Sponsor Name

 Telephone Number

Events

MOAA awards luncheon

The Military Officers Association, Alamo Chapter will host an awards luncheon today at 11 a.m. in the Sam Houston Club. The \$2,000 "Colonel Clarence T. Torey Community Service Scholarship" will be awarded to Erica Freno, a senior at Ronald Reagan High School. Retirement Services Officer Salvador Toscano will speak on the Survivors Benefit Plan. The luncheon is open to all active duty military officers, warrant officers, Reserve and National Guard officers, former or retired officers and warrant officers, and surviving spouses. The cost is \$15. Tickets may be purchased at the door. For more information, call 228-9955.

Pacific War reenactment

A re-enactment of a World War II assault titled, "Island Assault: 1944," will be presented Saturday and Sunday at 10:30 a.m., 12:30, 2:30 and 4 p.m. each day at the National Museum of the Pacific War, 340 East Main St. in Fredericksburg, Texas. Follow authentically dressed and equipped World War II Soldiers on a tour of a recreated Pacific War battlefield. The event is free with a purchase of regular museum admission. The cost without museum admission is \$3 for adults and \$2 for students. For more information, call (830) 997-4379 or visit www.nimitz-museum.org/.

UTSA's 'Memorial Memories'

The University of Texas at San Antonio presents "Memorial Memories" Sunday from 3 to 6 p.m. at the Institute of Texan Cultures, 801 S. Bowie Street. "Memorial Memories" is a tribute to America's military men and women from Civil War to present day. The Sentimental Journey Orchestra, under the direction of Ted Conerly, will define a period in American history with the Big Band swing sounds of the 1940s and 1950s. Film clips and photos of the military will accompany the performance. The event is free and open to the public. Complimentary bus parking is available in the museum's bus lot, located off Bowie Street (south of Market Street and adjacent to Interstate Highway 37, south). For more information, call 458-2329 or e-mail E.aaron.parks@utsa.edu.

Father's Day messages

The Stars and Stripes, the daily newspaper of the U.S. military, is hosting a free Father's Day online message posting service at Stripes.com through Tuesday. All messages received by the deadline and in conformance to the paper's policies will be printed in the newspaper's three editions and displayed online June 17.

Memorial Day program

The National Museum of the Pacific War will host its annual Memorial Day program Tuesday at 10 a.m. in the Plaza of the Presidents, located on Austin Street between Washington and Lincoln Streets in Fredericksburg, Texas. Congressman Mike Conaway and Col. Scott Netherland will be the guest speakers at the Memorial Day ceremony. The ceremony will include the military color guard, patriotic music and a 21-gun salute; 40 wreaths will be placed in the memorial courtyard in honor of those fallen heroes of World War II. For more information, call (830) 997-4379 or visit www.nimitz-museum.org/.

'Artworks' Community Art Day

A free Community Art Day will be held Wednesday from 4 to 7 p.m. at the Artworks Studio, 1840 Nacogdoches Road. Artworks is an art studio for children. The free art day will give children the opportunity to be creative and learn more about art and the various activities offered at studio. The event is free and open to children 3 to 10 years old. For more information, call 826-2787 or visit www.artworkstx.com.

San Antonio Peacock walk

The Randolph Roadrunners Volksmarch Club will host a 5K and 10K walk in northwest San Antonio June 3 at the Trinity United Methodist Church, 6800 Wurzbach Road from 7 to 11 a.m. The walk will finish by 2 p.m. For more information, call Ellen Ott at 525-8574 or e-mail ellenott@sbcglobal.net.

Fredericksburg's walk, swim

The Volkssportverein Friedrichsburg Volksmarch Club will host a 5K, 10K and 20K walk in historic Fredericksburg, Texas, June 10 starting at the Visitors Bureau, 302 E. Austin St. The swim will be at the Lady Bird Johnson Municipal Park, 126 W. Main St. For more information, call Joyce O'Rear at (830) 997-2533, e-mail tnjocole@austin.rr.com or visit www.walktx.org/AVA1/.

Tuskegee Airmen awards banquet

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

The Army Birthday Ball

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

Training

ROA offers college scholarships

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

Webster University

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

St. Mary's University education office

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

Help with career transitioning

Employment Readiness has computer software to help people find out more about their skills and abilities and the decision-

making process that takes place during a job search. The software helps match personality with a particular career field. A valid military family member ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Scholarships in health care careers

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

Meetings

Sergeants Major Association

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

BAMC chess club

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

Seamless Transition Program

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

Volunteer

Mentors needed

The Army Family Team Building Program and the Fort Sam Houston Mentor Program are recruiting volunteers. Volunteers will be trained as master trainers, volunteer instructor trainers and program administrators. Mentoring positions are also available. The AFTB provides information and everyday life skills that lead to personal and family preparedness for the challenges of the Army mission. For more information, call Kim Taylor at 221-0921 or e-mail Kimberly.taylor2@sam-houston.army.mil.

Post volunteers needed

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

VFW Post seeks American flags

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

American Red Cross youth program

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

Children's Shelter seeks families

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

Dental program seeks patients

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

Essay contest

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

Missions bat boy, girl program

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

Canine assistant program

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

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

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



For Sale: SafetyFirst stadium-seating stroller, can use with Eddie Bauer, Costco or SafetyFirst car seat, like new, \$75; wood toddler bed with mattress, \$40. Call 520-4881.

For Sale: Wood dining table, tile in the middle with four chairs and one bench, \$85; large gray cargo carrier, \$75. Call 662-0091.

For Sale: Paraguayan silverware, 12-piece, gold trimmed in attaché case, \$110; Sony stereo system, CD, AM/FM radio with speakers, \$75; Kenmore refrigerator, large side-by-side, black, ice and water dispenser, \$600; New Mexico hanging lamp, \$40; Czechoslovakian chinaware, 175 pieces, \$500. Call Bob at 295-6299.

For Sale: Cherry wood dinette set with six chairs and two-piece cherry wood china cabinet, \$1,800; cherry wood coffee table

with end tables, \$325, or all pieces, \$2,000. Call 650-4973.

For Sale: Double stroller, blue, \$25; baby high chair, \$20; baby car seat, \$20. Call 393-2864.

For Sale: Doll house style bookcase with toy box bench seat for storage, 5 feet by 3 feet, \$125; HP inkjet printer and fax machine, \$20; hunter green needlepoint upholstered bench with English animals in profile, \$250. Call 226-3470.

For Sale: Various cushions, yellow and blue designs, \$7 to \$10 each; eight Royal Brierley hand cut lead crystal glasses from England, \$10 each; Laura Ashley sailor pattern queen comforter, bed skirt, two pillow slips and three window valances, \$40; drapes, burgundy with coordinating ties, 42 inches by 85 inches, \$5; Little Tykes storage

shelf unit, \$10. Call 271-3975.

For Sale: Washer and dryer, \$150 each or \$275 set; Liz Claiborne purse, \$50; AKC golden retriever, male, \$195; Boston terriers, adult male and female, \$27 each; AKC bulldog, male, \$950; kids Jeep, two-seat, battery-operated, \$95. Call 633-3859.

For Sale: RyoBi compound miter circular saw 10-inch with extra blades, \$55 obo; Prolift two-ton hydraulic floor jack with two heavy duty jack stands, \$65 obo. Call 650-5986 in the evening.

For Sale: Adventure 16-foot canoe by Mad River, red polyethylene, two molded paddling seats with folding back rests at stern and bow, molded middle bench seat, must sell before June 5, \$350. Call Brian at 369-9562.

For Sale: Kitchen cabinet with counter-

top, 16 inches wide, \$75; microwave carts, large, \$60 and small, \$30; 32-piece Corelle dishes by Corningware, \$55. Call 927-6114 or 887-1856.

For Sale: Heavy duty moving boxes, 14 wardrobe boxes with metal hanging bars, four dish packs, 30 book boxes, size 1.5, 32 medium boxes, size 3.1, 15 large, size 4.5, and packing material, \$1 each. Call 653-7769.

For Sale: Two Michelin tires, MXV4 Plus 225/60-16-inch, \$100 obo. Call 410-3051.

For Sale: 1990 35-foot Dolphin motor home, fully equipped, sleeps six, queen size pedestal bed, TV, AM/FM radio, VCR, wine-gard antenna, microwave, 7-kwh Kohler generator, propane hot water heater, Michelin tires, \$15,000. Call Joe at 310-2285.