



Briefs . . .

Visitors can use Harry Wurzbach gate

Effective June 15, the new Harry Wurzbach East gate, adjacent to The Towers, will be designated a visitor access control point. Daily passes will be provided to visitors who wish to enter the post for official business. Drivers must have a current driver's license and if asked, must provide proof of insurance and registration. Vehicles with expired inspection stickers will not be allowed on post. All passengers, 16 years and older, must also have a valid photo ID card.

Nursery Road gate closes temporarily

June 17 and 18, the Nursery Access Control Point gate will be closed for the installation of a canopy. The gate off Harry Wurzbach, adjacent to the Army Reserve Center, will remain open 24 hours to allow traffic in and out of the area. Traffic to and from the Watkins Terrace Housing area, Dodd Field Chapel, and other Morale, Welfare and Recreation facilities can travel to the main post via the new Harry Wurzbach East ACP. The Winans ACP will remain open 24 hours on both days or until construction is completed. The closure of the Nursery ACP will not affect traffic at the Fort Sam Houston National Cemetery.

Command Information Meetings

The post community is invited to Fort Sam Houston's Command Information Meetings. The meetings will be held today from 9:30 to 11 a.m. at Camp Bullis, Building 5000, and June 15 from 9:30 to 11 a.m. at the Evans Theater, Building 1396.

Change of Command

Col. Glenn E. Ballard will relinquish command of 5th Brigade (Health Services), 95th Division to Col. Mary C. Gomez during a change of command ceremony Sunday at 9 a.m. in Blesse Auditorium, Building 2840, Willis Hall. The host for the ceremony will be Maj. Gen. James E. Archer, 95th Division commander, headquartered in Oklahoma City, Okla.

Army birthday lunch

A special lunch will be served in all of the U.S. Army Garrison dining facilities Wednesday from 11 a.m. to 1:30 p.m. in celebration of the Army's 231st birthday. The cost will be \$5.90 for cash customers.

Van Autreve retreat, wreath presentation

The Army Medical Department NCO Academy and the Sergeant Audie Murphy Club will host a retreat and wreath presentation ceremony in honor of former Sgt. Maj. of the Army Leon Van Autreve Wednesday at 5 p.m. at the Fort Sam Houston National Cemetery.

See BRIEFS on Page 4



Photo by Elaine Wilson

Hands-on training

Second Lt. Canisha Martin performs a "head to toe" check on a patient during the Trauma Nursing Core Course at the University Health System in northwest San Antonio. The course equips Army nurses to treat trauma cases both stateside and downrange. See related story and photos on Pages 14 and 15.

Army installations to reduce operating costs

ARLINGTON, Va. — Based on funding projections, the Installation Management Agency will take action to reduce expenditures by at least \$530 million for the balance of the fiscal year, which runs through September.

The Installation Management Agency's fiscal 2006 funding position challenges IMA to closely manage its spending. Current Base Operations Support funding for IMA is \$4.949 billion. Based on Army's recent midyear review funding assessment, it is scheduled to increase by \$722 million to a total of \$5.67 billion for the fiscal year.

However, this amount is still about \$530 million short for the year based on current rates of spending. The shortage is due primarily to unbudgeted "fact-of-life" costs such as fuel price increases, physical security costs and foreign currency exchange rate differences.

Effective immediately:

- A 100 percent civilian hiring freeze is in effect.
- Commanders are beginning the process to release temporary and term employees as quickly as legally possible, except for those who directly support life, health, safety and the Global War on Terrorism. IMA officials said they do not expect reductions this year for career permanent employees.
- Commanders are developing spending plans for the balance of this year and next year that will provide the critical services to Soldiers and their families, while identifying the services that can be divested.
- Spending plans will identify contracts that can be reduced, cancelled or deferred until next year.

See REDUCE COSTS on Page 4

Army birthday, Flag Day celebration

Fort Sam Houston will celebrate the Army's 231st birthday and 229th Flag Day Wednesday at 10 a.m. at the Fifth Army Quadrangle. U.S. Army North Commander Lt. Gen. Robert Clark will host the event. The celebration will include Soldiers dressed in period uniforms presenting battle streamers to USARNORTH Sgt. Maj. Charles L. Griffin. Mary Carolyn Hollers George, author of "The Architectural Legacy of Alfred Giles," which includes a chapter on the Stilwell House, will also speak at the event.



Photo by Esther Garcia

Soldiers, wearing period uniforms, presented battle streamers awarded to the U.S. Army flag at the Army birthday and Flag Day celebration last year.

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'Heroes Act' gives combat troops tax help

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON — An act signed into law May 29 by President Bush solves a conflict in the tax code by allowing service members who serve in a combat zone to still contribute to their individual retirement accounts, a Defense Department official said.

The Heroes Earned Retirement Opportunities Act amends the Internal Revenue Code to allow service members

to include tax-exempt combat zone pay in determining the allowable income tax deduction for contributions to retirement savings plans, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The tax code requires a certain amount of taxable income for someone to be qualified to deduct contributions to retirement plans, Fenton said. Service members who received tax-exempt pay in combat zones were running into trouble because their taxable income wasn't high enough, so they

were either prevented from contributing to their retirement accounts, or they were facing tax penalties for doing so, she said.

The "Heroes Act," as it's been dubbed, makes an exception to the rules about retirement accounts for service members in combat zones, Fenton said.

"It's just a specific act to help our military members in the combat zone who are using individual retirement accounts," Fenton said.

The Heroes Act is retroactive for two years, so anyone who has served in a combat zone in the past two years can fix tax

problems or make contributions they may have missed due to this problem, she said. These service members have three years to fix problems from the past, she said.

"They don't need to panic or do anything right away; they have a large window of time," Fenton said.

The Internal Revenue Service will soon be issuing more guidance for service members who qualify under the Heroes Act, Fenton said.

For more information, call legal assistance at 221-2353 or 221-2282.

Fort Sam Houston News Leader

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



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

New DVD tackles teen deployment stress

By Elaine Wilson
Fort Sam Houston Public Information Office

A new DVD aimed at reducing the affects of deployment stress on military teenagers is scheduled to be released worldwide this month.

The 30-minute DVD, called "Teens Coping With Military Deployment – How's Your Family Doing?," addresses a variety of teen deployment-related concerns, including fear of injury or death, anxiety brought about by changes in the home and coping mechanisms for dealing with the absence of a parent.

A mix of personal life experience and concern for fellow Soldiers and their families inspired Maj. Keith Lemmon to create the DVD.

"I deployed to Afghanistan (in 2002), and while I had my concerns, I thought my family would cope with my absence fairly well," said Lemmon, an adolescent medicine specialist in training at Brooke Army Medical Center.

A pediatrician with a wife experienced in the education field, Lemmon figured his family was well equipped to recognize signs of deployment-related depression and stress and, therefore, better able to handle the effects.

"It's horrible what you hear on the news; it's like, oh, in Iraq there's another bombing. You're just like, please don't let it be (where) my dad is."

– Victoria

From the "Teens Coping With Military Deployment – How's Your Family Doing?" DVD

"But it soon became apparent that no one is immune," he said. During his deployment absence, his wife struggled with situational depression and his 4-year-old son was irritable and acted out.

"I was concerned; if deployment affected us this significantly with all our strengths, what might others be facing?" Lemmon said.

Shortly after his return, Lemmon became interested in the affects of deployment on families. He discovered

See DVD on Page 4



Photo by Dr. Gloria Davila

Maj. Keith Lemmon, Brooke Army Medical Center pediatrician, and Col. Elisabeth Stafford, military child health and wellness expert at BAMC, present Cole junior Cameron Lucke with a certificate of appreciation to thank him for narrating a DVD, which addresses a variety of teen deployment-related concerns.

Brig. Gen. Macdonald assumes leadership of IMA

By Melina Rodriguez
Belvoir Eagle staff writer

FORT BELVOIR, Va. — The directorship of the U.S. Army Installation Management Agency changed hands May 30 in a ceremony on the front steps of Fort Belvoir's Abbot Hall.

Maj. Gen. Michael Rochelle relinquished the duties he has held since Nov. 1, 2005, to Brig. Gen. John A. Macdonald.

"I think [Rochelle] united the staff and encouraged everyone he met to give 100 percent," said Jack Anderson, director of religious education at IMA.

Rochelle, who has been in the military for 34 years, is leaving IMA to become the Army's deputy chief of staff, G-1.

Lt. Gen. James Campbell, director of the Army staff, hosted the ceremony and introduced Rochelle and Macdonald.

"If one were to review all of the accomplishments of Maj. Gen. Rochelle they would see how he nurtured the organization," said Campbell.

Rochelle's accomplishments are numerous. As IMA director, he was responsible for oversight of 179 Army installations. During his tenure, Rochelle oversaw a period of change which was marked by the common levels of support and the standard garrison organization,

which contribute to more effective and efficient installations.

"He focused on resources and doing the right thing," said Arnie Cole, chief of Morale, Welfare and Recreation for IMA.

Rochelle expressed gratitude to the IMA employees who helped him achieve success.

"I am honored to have represented the colors of this agency," said Rochelle.

In his speech, Campbell looked to IMA's future under Macdonald with optimism.

"He is the ideal pick for IMA," said Campbell. "He has a general love for Soldiers and their families."

IMA employees look forward to working under Macdonald.

"He's been on the level of the people we're supposed to be taking care of," said Elaine Durden-Hunter, strategic planner with IMA. "He will bring a hands-on type of experience."

The ceremony ended with Macdonald's bright outlook for the future of IMA.

"I look forward to serving in this position," said Macdonald, who is joining IMA after serving as the commanding general of U.S. Army Community and Family Support Center.

Before his assignment at CFSC, Macdonald served as the director of the Korea Region of IMA at Yongsan Army



Photo by Stephen Oertwig

Brig. Gen. John A. Macdonald (left) accepts the Installation Management Agency colors as incoming director from Lt. Gen. James L. Campbell, director of the Army staff, during the change of director ceremony held May 30 at Fort Belvoir, Va. Maj. Gen. Michael D. Rochelle (right), is the outgoing IMA director, and Command Sgt. Maj. Debra L. Strickland (right center) carried the IMA colors during the ceremony.

Garrison, South Korea, from July 2002 to December 2004. He is IMA's fourth direc-

tor since it was established in October 2002.

Army officials streamline service uniforms to one blue

WASHINGTON — Army service uniforms will be streamlined to one blue Army service uniform, Army officials announced Monday.

"World-class Soldiers deserve a simplified, quality uniform. The blue Army service uniform is a traditional uniform that is consistent with the Army's most honored traditions," said Sgt. Maj. of the Army Kenneth O. Preston.

"We have all of these variations of uniforms – green, blue and white," said Army Chief of Staff Gen. Peter J. Schoomaker. "It makes sense for us to go to one traditional uniform that is really sharp and high quality and which Soldiers will be very proud to wear. And that's what we've done by adopting this blue Army service uniform that reflects simplicity, quality, utility and tradition."

Many Soldiers already own an Army blue uniform (now to be called the Army service uniform) and may continue to wear it. Improvements will be made to the fabric and fit. Reduction of the number of uniforms will reduce the burden on Soldiers for purchases and alteration cost.

Introduction in the Army military clothing sales stores should begin in fourth quarter of fiscal 2007. Introduction in the Clothing Bag should begin first quarter 2009. The mandatory possession date is expected to be fourth quarter fiscal 2011.

A wear-out date for the Army green class A and white dress uniforms will be determined at a later date.

The consolidation of Army service uniforms is part of a streamlining process. In 2004, the Army reduced the number of battle dress uniforms from three to one when it adopted the Army combat uniform in place of the woodland green battle dress uniform (winter and summer versions) and the desert combat uniform. That uniform consolidation has been a resounding success in terms of Soldier acceptance and reducing the variety of combat uniforms with which they must deal.

Army blue as a uniform color traces its origins back to the national blue and was first worn by Soldiers in the Continental Army of 1779.

Besides tradition, the Army service uniform reflects utility, simplicity and quality.

- In utility, the blue Army service uniform provides a basic set of components that allow Soldiers to dress from the lowest end to the highest end of service uniforms with little variation required.

- In simplicity, the blue Army service uniform eliminates the need for numerous sets of green class A uniforms, service blue uniforms and, for some, Army white mess uniforms (and tunics, for women). Streamlining various service uniforms into one Army service uniform reduces the burden on Soldiers in the same manner that the Army combat uniform did for the field utility uniform.

- In quality, the blue Army service uniform is made of a durable material that is suitable for daily use without special care.

For more information, visit www.army.mil/symbols/uniforms.

(Source: Army News Service)

World famous chorus performs at BAMC

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

The University of the Philippines Concert Chorus took a detour from its busy 17th world tour schedule to perform for wounded warriors and staff June 1 at Brooke Army Medical Center. The chorus awed everyone with a repertoire of patriotic, gospel, Broadway and songs from their homeland.

Charles Lopinto, a resident of San Antonio and retired medic who served four years in Vietnam, introduced the group.

"It is an honor to be able to be here today and to take part in the introduction. They are an amazing group of young performers," Lopinto said.

Lopinto, whose wife is from the Philippines, said he feels a very strong bond with that country because of the common interests in the world and a shared and deep-seated appreciation for freedom and democracy.

The performance began with the national anthems of the United States, "The Star Spangled Banner," and the Philippines, "Lupang Hinirang," sung a cappella. Both renditions earned standing

ovations from the audience. The performance held in the BAMC Medical Mall lasted about 45 minutes. Aided by colorful choreography, the chorus and its director took the audience on a soulful journey with its musical presentations.

"We wanted to take this opportunity to say thank you to those that serve to keep freedom alive and well," said Janet Sabas Aracama, UPCC director, after their performance. She also stated that the students wanted to come to BAMC to say thank you to the wounded for their sacrifices.

"I feel happy that through my gift of music, I was able to entertain and to give comfort to the wounded Soldiers at BAMC. I will never forget this wonderful experience. It gives a deeper meaning to my young life," said Michelle Agas, a soprano.

"Knowing we performed in a facility that nurses the wounded Soldiers fighting for peace, inspired me to sing with my whole heart. I saw the diversity of the people who watched us and I felt that everyone there was united toward one cause — peace in our world. After the concert, someone approached us and said, 'your songs are healing our wounds,'"



The University of the Philippines Concert Chorus performs a song from their homeland June 1 while entertaining wounded warriors and staff in the Brooke Army Medical Center Medical Mall.

said Ana Teresa Micalat a member of the chorus.

Randell Oneal Mendoza, a tenor, said, "I am honored to sing for the wounded Soldiers of this country. We hope that our songs have helped comfort them. Through our songs, we would like them to know that they are truly appreciated and

that their labor would never be in vain."

The UPCC is the official state university choir and is composed of 24 students and four support personnel. They are from Quezon City and showcase Filipino artistry in song and dance. The members of the UPCC expressed their desire to return to BAMC in the future.

Briefs cont. . . . Reduce costs

Retirement, Honor Medic ceremony

A retirement and Honor Medic ceremony for Col. Richard Agee, chief of staff, Army Medical Department Center and School, will be held June 22 at 5 p.m. at the Fort Sam Houston main flagpole on Stanley Road. For more information, call Sgt. 1st Class Stephen Welch at 221-4558.

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 through July 19 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.

Family employment program ends

Due to budget constraints and the resulting staff reduction, the Family Employment Readiness Program will no longer be available. For more information or resources available, call Army Community Service at 221-2705.

Uniform policy reminder

Members of the command are prohibited from wearing the BDU or ACU uniform inside shopping malls, department stores or entertainment facilities off post. Also, wear of the BDU and ACU is prohibited in establishments that primarily sell alcohol. For more information, reference Headquarters Army Medical Department Center and School and Fort Sam Houston Pamphlet 600-1, Military Standards, dated Sept. 15, 2003.

Continued from Page 1

• Garrisons have been reducing cell phones and pagers, reducing government vehicle usage and deferring as many expenses as possible in order to save money.

Commanders have also been told to use their planning for the balance of this year as the foundation for fiscal 2007 spend plans.

No installations will fail, IMA officials said. Activities in support of the Global War on Terrorism and immediate life, health and safety needs will be supported. All other programs and services are under review and garrison commanders are expected to find ways to locally reduce operating costs. This will result in curtailment of some services for the short term,

including deferment of noncritical service contracts.

As a part of the Army, installations are faced with unprecedented resourcing challenges, IMA officials said, as the Army is fighting a war on several fronts, maintaining combat readiness across the force and transforming its warfighting force into the Army Modular Force — all simultaneously. However, IMA remains committed to the well-being of Soldiers and their families and is doing everything possible to continue providing critical services during this fiscally challenging time, officials said.

"I view this as the ideal time to begin planning for FY 07, and the momentum will posture us for success by identifying for the future what we can and cannot afford," said IMA Director Brig. Gen. John A. Macdonald.

(Source: IMA news release)

DVD

Continued from Page 3

projects in the works for other age groups, including a DVD called "Mr. Po & Friends" for 6- to 12-year-olds and a preschool DVD by Sesame Street in the early stages of development.

"But there was nothing for adolescents," Lemmon said. "We decided to concentrate our efforts on that age group since there was nothing out there to address their mental health issues in relation to deployments.

"Our goal was to reduce the anxiety and fear surrounding a military deployment and to let teens know they are not alone in the struggles their families are facing," he said.

Along with the other age groups, a DVD made sense, Lemmon said, as it would grab the attention of a TV- and computer-driven generation.

To obtain funds, Lemmon enlisted the help of his fellowship program director, Col. Elisabeth M. Stafford, military child health and wellness expert, and applied for a \$20,000 grant from the American Academy of Pediatrics — successfully. The grant proposal included an aggressive plan to address the affects of deployment on adolescents — develop a DVD and Web site, create a training curriculum and offer civilian health care providers training so they could better screen for deployment stress.

Lemmon's first step in implementing his comprehensive teen plan was to create the DVD. He decided to make the DVD "peer to peer, with teenagers relating their own deployment-related stories and offering advice. He selected Cole High School student Cameron Lucke, who has firsthand experience with deployment of a parent, as narrator for the DVD.

"We know adolescents are more comfortable discussing these kinds of emotional issues with each other rather than adults," Lemmon said.

Last summer, Lemmon visited Operation Purple, a summer camp for children of deployed service members, sponsored by the National Military Family Association, in New Hampshire to interview adolescents for the DVD. Lemmon said he was surprised that teens were so eager to discuss the various emotions surrounding their family deployment stories.

"I asked children about the affects of deployment — What are you most worried about? Did your families prepare you? Did the military offer helpful support? I ended up with about nine hours of video which we edited down to 30 minutes," he said.

The final product features various teenagers touched by deployment talking about their experiences and lessons learned, some tearfully and others with regret.

"Since he's been gone . . . I cared a lot less because I didn't have anyone to push

me to do better," said Tyler, a teen from the DVD. "I ended up starting out the school year being an A plus student and by the end of the school year I was getting Cs and Ds."

Other teens expressed worry for their deployed parent, particularly in light of the media attention surrounding the war.

"It's horrible what you hear on the news; it's like, oh, in Iraq there's another bombing. You're just like, please don't let it be (where) my dad is," Victoria said.

Teens on the DVD advise others to listen to the deployed parent rather than the media or to avoid the news altogether. They also encouraged others facing the same issues to speak to someone, whether a family member, friend or a trusted adult such as a teacher or their doctor.

"Don't keep your emotions bottled up, let it all out and talk to people, people who had their (parent) deployed, and ask them for advice and what to do and what not to do," said James.

"Kids say the darndest things," Lemmon said. "They offered a lot of sound advice that I was not expecting. I think many adolescents will benefit from this DVD."

The DVD is scheduled to be released near the end of June and will be available online at the American Academy of Pediatrics deployment Support Web site at www.aap.org/sections/unifserv/deployment/index.htm, along with instructions on how to obtain a copy of the DVD.

Help Wanted!

Fort Sam PX recruits military family members

The Army and Air Force Exchange Service is currently recruiting for entry-level and management positions worldwide in retail, information systems, finance and accounting, logistics, food service and restaurant management, contracting and procurement, and other career fields.

More than 11,000 active duty military family members account for nearly a quarter of all AAFES associates, making AAFES one of the largest employers of military families.

"Military family members are already AAFES customers; they understand troops better than anyone," said Retha Stackleather,

AAFES human resources manager at Fort Sam Houston. "Having them in our stores is really a win/win for all involved. Customers receive top-notch service from a member of the Fort Sam community."

As a founding member of the Army Spouse Employment Partnership, AAFES was one of the first employers to sign a statement of support pledging its best efforts to increase employment opportunities and provide training for Army spouses. Out of that partnership, AAFES has developed an aggressive initiative to expand career opportunities for military spouses of all branches called the "Spouse

Employment Continuity" program.

Started Feb. 1, the program offers non-competitive priority placement to eligible AAFES associates who are spouses of military members required to relocate with their sponsor. Currently, the provisions of the one-year test apply to spouses relocated to or within the continental United States. Upon conclusion, and depending on the results of the test, "Spouse Employment Continuity" will be considered for AAFES-wide implementation.

Like other local Department of Defense employers, AAFES offers employment preference to military spouses and family

members. Once employed, AAFES' reinstatement program helps military families when they move from installation to installation by allowing eligible AAFES associates to compete with current associates for in-house jobs. "That's in addition to having up to 36 months to find a job at the new location while maintaining eligibility for reinstatement benefits," said Stackleather.

For more information on the "Spouse Employment Preference" program, along with a listing of current job openings, visit <http://odin.aafes.com/employment/default.asp>. (Source: AAFES news release)

Randolph-Brooks donates \$100,000 to Fisher House Foundation

Randolph-Brooks Federal Credit Union donated \$100,000 to the Fisher House Foundation to help support America's military and their families.

The company has also issued a challenge to the community to raise at least \$200,000, which the credit union will match.

"When a wounded service member comes to San Antonio to heal from a serious injury, it is usually an unexpected stay that could keep a family apart for months," said Randy Smith, president and CEO of Randolph-Brooks Federal Credit Union. "For these Soldiers, having their family around to help deal with the traumatic changes in their lives can make all the difference in the healing process."

David Coker, president of the Fisher House Foundation, accepted the initial contribution, along with Becky Ziegel from Metamora, Ill., whose son, Ty, was badly wounded in Iraq and has been staying at the Brooke Army Medical Center Fisher House for 16 months.

"The wounds of these Soldiers are unlike any that we've seen before," said Coker. "Having their family around to help deal with the traumatic changes in their lives can be the best medicine of all. By partnering with businesses and individuals in San Antonio, together we have the opportunity to make a real difference in this community."

"Randolph-Brooks is proud to support

Fisher House and we believe it's important to spread the word so others can support them," Smith said.

In San Antonio, there are five Fisher Houses — three located at Wilford Hall Medical Center and two at BAMC. Two more houses are under construction at BAMC and are expected to open in January 2007 in conjunction with a new rehabilitation hospital.

The Randolph-Brooks campaign will run through Independence Day. To contribute, visit www.rbfcu.org or stop by a Randolph-Brooks branch.

(Source: Randolph-Brooks Federal Credit Union news release)



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.

Fire up the grill, but safely

By Terry Davis

Assistant fire chief, fire prevention

Summer is nearly upon us and people are already starting to enjoy outdoor activities, like outdoor grilling. However, before rolling out the barbecue grill and cooking brisket or burgers, even the most experienced grillers should keep a few safety tips in mind:

Gas grills

- If you smell gas there may be a leak.
- Do not start the grill until you have run a safety check and know there are no problems. If your grill needs repair have a professional do the job.
- Read the operator's manual.
- Ensure the grill is clean and free of grease buildup.
- Never start a gas grill with the lid closed. The propane or natural gas may accumulate inside, and when ignited, it could blow the lid off.
- Never wear loose clothing that might catch fire if the flames suddenly flare up.
- Always shut off the valve to propane tanks when not in use.

Charcoal grills

- Make sure you allow enough time for your briquettes to warm up. There are no safe ways to speed up the process. Briquettes are often pre-soaked with quick-start chemicals.
- Do not add your own "quick start," such as cigarette lighter fluid or gasoline. Many injuries have been caused by a sudden burst of flame from adding chemicals.
- When using charcoal starter fluid, place the container well away from the grill before attempting to light it. Always make sure you do not spill any on your clothes.
- Although decks are popular places to barbecue, be aware that leaves, dry grass and other combustible materials collect under them. If a smoldering match is dropped between the boards, it may ignite these materials and the deck. If your deck is close to, or attached to your home, this could present a very serious fire hazard. It would probably be wise not to cook on a deck.

General tips

- Never move outdoor grills into the garage or other closed area. You should grill at least 10 feet away from your house or building.



Photo by Lori Newman

Larry Newman barbecues hot dogs on a gas grill.

- Never store liquid or pressurized fuels inside your home. Propane, gasoline and any other flammable liquids and gases should be stored in regulation containers away from potential sources of flame such as furnaces, water heaters and fireplaces.
- Keep a multipurpose fire extinguisher available for minor household fires next to your grill.
- Always shut off the dampers on your grill or smoker when not in use.
- Any type of grill attracts children. You cannot leave a grill unattended even for a minute or some little one will decide to "help you." Children may knock the grill over or they may touch it and receive serious burns.
- Wear an insulated fire retardant barbecue mitt and use long-handled tools designed for barbecuing.

Dorm, housing rules

- Remember that grilling is not allowed on the landings of dormitories or balconies of housing units on Fort Sam Houston.
- Cooking is not allowed in transient billeting or barracks.
- Microwaves are allowed. Read the operating and safety instructions before use.

For more information, call 221-2727.

Housing office clarifies process for refuse removal, disposal

Lincoln Military Housing provides garbage collection and recycling for homes twice weekly. Refuse should be placed curbside by 7 a.m. every Tuesday and Friday.

The refuse removal contractor will not remove certain items from the curb, including appliances, sofas and other bulk items.

Residents with non-hazardous excess trash and items larger than the city-issued refuse containers will hold may dispose of those items at the dumpster provided by Lincoln Military Housing located at the Lincoln Maintenance Facility, Building 3882, Gardner Road. The dumpster is open for disposal from 10 a.m. to 4 p.m. Monday through Friday.

For more information, call Lincoln Military Housing at 270-7638.

(Source: RCI)



Water-saving tips



- Encourage the school system and local government to help develop and promote a water conservation ethic among children and adults.
- Teach the family how to shut off the automatic watering systems.
- Turn sprinklers off if the system is malfunctioning or if a storm is approaching.
- Set a kitchen timer when watering the lawn or garden with a hose.
- Make sure the toilet flapper does not stick open after flushing.
- Make sure there are aerators on all of the faucets.

(Source: Fort Sam Houston Environmental Office)

Why wear seatbelts?



- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- Eighty percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1.3 million injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)

Looking back

Fort Sam, AMEDD museums offer different historical perspective

By John Manguso
Fort Sam Houston Museum

There are two museums on post to serve the Fort Sam Houston community, each with a different focus.

Situated in a building completed in 1989, the Army Medical Department Museum presents the history of the AMEDD from 1775 to the present.

Classified by the Army Center of Military History as a branch of service museum, the AMEDD Museum documents and preserves the history of one of the Army's largest branches. Its exhibits present the significant events in the AMEDD's history,

important technical and scientific advances, the development of the medical field service and the significant contributions of AMEDD personnel in peace and war.

Static displays of equipment near the AMEDD Museum include vehicles used for casualty evacuation, such as trucks, aircraft and an ambulance train. The AMEDD Museum Foundation, which supports the AMEDD Museum, operates a gift shop well stocked with branch-related items.

The Fort Sam Houston Museum, on the other hand, presents the history of the installation, including its evolution, units and people, from 1845 to

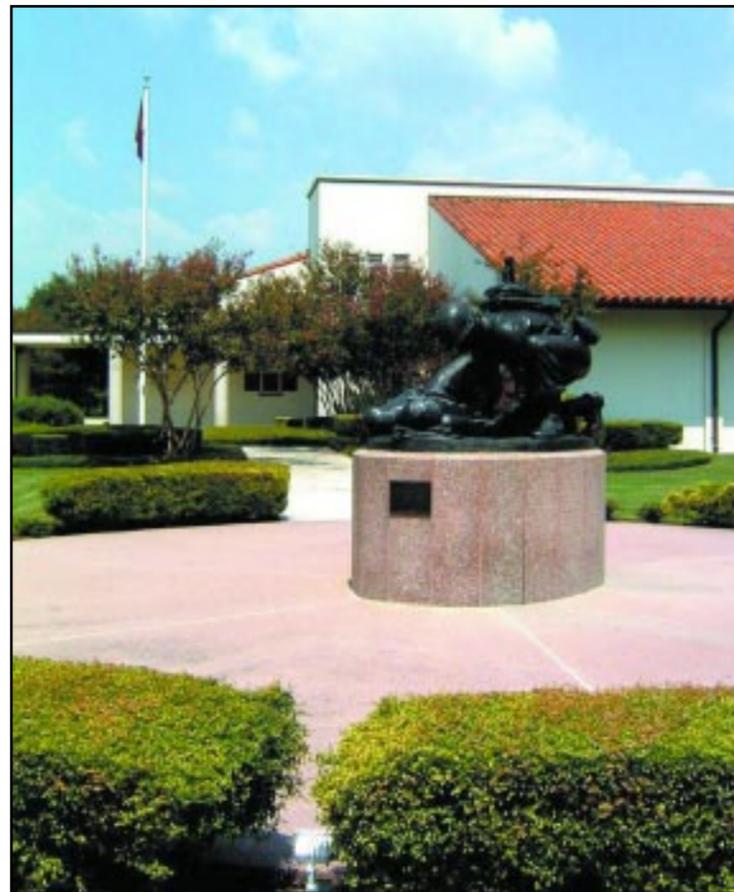
the present. Exhibits trace the post's history, from its origins in the Alamo to its present role as the "Home of Army Medicine."

The Fort Sam Houston Museum also maintains displays of artillery and combat vehicles on the museum grounds and at the Quadrangle.

Both museums are organizational elements of the AMEDD Center and School and are educational institutions that offer a variety of programs to support the training and professional development of Soldiers and civilian personnel. Each museum has an extensive collection of books, military publications and documents which can be made available for research or staff studies. Both museums have also been certified by the U.S. Army Center of Military History as demonstrating a level of professional excellence in meeting the standards for operating museums set forth in Army Regulation 870-20.

To fully understand Fort Sam Houston and its continuing role as one of the Army's most important installations, people serving in all the organizations at Fort Sam Houston, trainees, family members and visitors should experience both museums.

The AMEDD Museum, located at the north end of Stanley Road by U.S. Army South, is open from 10 a.m. to 4 p.m. Tuesday through Saturday; call 221-6358 for the AMEDD Museum and 225-0015 for the



Courtesy photo

The Army Medical Department Museum presents the history of the AMEDD from 1775 to the present.



Courtesy photo

The Fort Sam Houston Museum presents the history of the installation from 1845 to the present.

gift shop. The Fort Sam Houston Museum, located at Building 123, 1210 Stanley Road, is open from 10 a.m. to 4 p.m. Wednesday

through Sunday; call 221-1886 or visit <http://ameddregiment.amedd.army.mil/fshmuse/fshmuse.htm>.

New company commanders



Photo by Esther Garcia

Capt. James R. Fox, outgoing commander of C Company, 187th Medical Brigade, accepts the company guidon from 1st Sgt. Dwight Wafford (right) for the last time as he prepares to relinquish command of C Company, 187th Medical Battalion June 1 to Lt. Col. Patricia Darnauer (far left), battalion commander. Darnauer transferred the guidon and the responsibilities that come with it to incoming commander Capt. Henry W. Schnedler (center).

Capt. Jenny Stewart hands the B Company guidon to 1st Sgt. Robert Johnson after accepting command of the company Friday during a ceremony at MacArthur Parade Field. Capt. Marc Raciti (far right) is the outgoing commander. "What was most impressive to me was (Raciti's) passion for leadership and his passion and compassion for Soldiers," said Lt. Col. William LaChance, 264th Medical Battalion commander.



Photo by Elaine Wilson



Photos by Ed Dixon

Honorable service

(From left) Col. David Malave, Col. Ronald J. Lambert, Lt. Col. Vernon R. Bruce, Col. Majory K. Waterman and Col. Catherine D. DiGilio-Grimes retired at a ceremony May 25 at MacArthur Parade Field. The retirees were presented with awards and were recognized for their numerous contributions to the Army.



(From left) Lt. Cols. Michael K. Podojil, Rhonda L. Podojil and Marla R. Loring, and Sgt. 1st Class Timothy S. Schuyler pose for one last official photo May 25 following the retirement ceremony at MacArthur Parade Field.

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)	19 and 26	11 a.m. to 12:30 p.m.
B.E.A.M.S. (series 5 and 6)	21 and 28	4:30 to 6 p.m.
Commanders' Training	29	8 to 9:30 a.m.
Dad Difference	Monday	2 to 3:30 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, 20 and 27	9 to 11 a.m.
Negotiating Conflict	20	1 to 2:30 p.m.
S.T.E.P. Early Childhood	15 and 22	11 a.m. to 12 p.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	Tuesday, 20 and 27	11 a.m. to 12:30 p.m.
Middle Way Parenting	today, 15, 22 and 29	5:30 to 7:30 p.m.
Truth or Consequences?	Tuesday, 20 and 27	4:30 to 6 p.m.
Healthy Pregnancy	19 and 28	9 a.m. to 12 p.m.
You and Your Baby	21 and 28	8 a.m. to 12 p.m.
Breast-feeding Class	21	6 to 9 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 DoD civilian ID cardholders.

Brooke Army Medical Center

Health Promotion Center – June Class Schedule

Class	Date	Time	Place
* Asthma Management	Tuesday, 20 and 27	2 to 3:30 p.m.	BAMC Health Promotion Center lower level, Room L31-9V
* Blood Pressure Management	21	9 a.m. to 12 p.m.	Hospital Education conference room, seventh floor Call Nutrition Care at 916-7261
Body Fat Testing	19	8 to 11 a.m.	
Cholesterol Management	Wednesday and 28 20	1 to 2:30 p.m. 10 to 11:30 a.m.	BAMC Health Promotion Center (Class is by consult only)
Diabetes Management	Monday, Tuesday, 19, 20, 26 and 27	Call for information	BAMC, call Lila Kinser at 916-0794
Diabetes Management (Pre-Diabetes)	21	Call for information	BAMC, call Lila Kinser at 916-0794
Diabetic Foot Care	Monday	1 p.m.	BAMC, fourth floor conference room, 413-11
* Tobacco Use Cessation A	Monday, 19 and 26	3 to 4:30 p.m.	Army Community Service, Building 2797, Stanley Road
* Tobacco Use Cessation B	Tuesday, 20 and 27	5 to 6:30 p.m.	BAMC, fourth floor conference room, 413-11
* Tobacco Use Cessation C	today, 15, 22 and 29	3 to 4:30 p.m.	BAMC, fourth floor conference room, 413-11
Weigh for Health (Weight Management)	16 and 22	1 and 2 p.m.	Call Nutrition Care at 916-7261
Yoga	Wednesdays	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

For more information, call 916-3352.

*Call 916-9900 and choose option 4

Blood is the fluid of life

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

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the donor center to lend a helping hand.

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



Courageous 'Kicks' play with heart at first soccer tournament

By Jane Casarez
Special to the News Leader

"Kicks," a girl's soccer team that is part of the Alamo Heights and Fort Sam Houston soccer league participated in the Memorial Day Cup soccer tournament held at the Pepsi Soccer Complex in Schertz, Texas. Although the girls did not place, just being there was a big accomplishment for this new team.

"I have never played in a tournament and just being able to hang out together was fun," said Lyndsey Emry, one of the girls new to the sport.

In addition to Emry, the Kicks team consists of Minnie Lane, Miranda Ayala, Sage Novosad-Talley, Wimberleigh Johnson, Mackenzie O'Brien, Brooke Butterworth, Sophie Staskavage, Ella Staskavage, Amanda Casarez, Nicole Casarez and Emma Campbell.

The AHFSH league consists of many military children as well as children from the local area. Games and practices are held here at Fort Sam Houston during fall and spring seasons. The Kicks were the only recreational-level team in the AHFSH league that entered the tournament.

Of the 12 players, some have played intermittently and the remaining girls are completely new to soccer. Yet the girls never gave up and were rewarded in the final min-

utes of their third game when Campbell came up with a hard-earned goal. When asked about it she replied "I really, really wanted to score, so I knew I had to kick it hard."

Goalie Nicole Casarez said she found the tournament exciting. "I thought it was really exciting when I made tough saves, but it was still hard to lose the game."

In spite of her bumps and bruises, defender Amanda Casarez said, "It was just lots of fun."

"I found it challenging and that made me want to get better and better," said Wimberleigh Johnson, who was equally happy with the tournament experience.

"It was a real eye opener because we had the chance to see several teams and found that 10-year-old girls can know the game of soccer and play it," said Wimberleigh's father, Danny Johnson, of the tournament.

The girls hope to play again together as a team in the fall as they continue to work hard and improve with every game.

"The first season together is always the toughest and I am very proud of the girls. Although they lacked league and tournament experience, they played with lots of heart and courage. They kept their



Courtesy photo

Members of the girl's soccer team "Kicks," part of the Alamo Heights and Fort Sam Houston soccer league, pose for group photo after participating in their first soccer tournament Memorial Day at the Pepsi Soccer Complex in Schertz, Texas.

heads held high and never gave up. I look forward to coaching them next season," said Coach David Casarez.

Intramural Golf Standings

Monday	Place	Team	Points
1st		GPRMC	181
2nd		USAG #2	178
3rd		*USARSO #1	158
4th		*MEDCOM #1	153.5
5th		BAMC	153
6th		Bunker Busters	151.5
7th		5th Recruiting Bde.	150
8th		*ISR #1	144
9th		DMS Demons	135.5
10th		MWR	135
11th		USARSO #2	131.5
12th		MEDCOM #2	127.5
13th		264th Med. Bn.	124.5
14th		DMRTI	123
15th		USARNORTH	117.5
16th		ISR #2	116.5

*Commander's Cup Rep

Intramural Spring Softball Standings

May 31 (corrected copy)	TEAM	W	L
264th Med. Bn.		9	2
USARSO		8	2
Fifth Army		5	2
Bad News Bears (STB)		6	5

BAMC	4	6
Fire Department	5	7
NMCRC	3	8
Band	1	10

Sports Briefs . . .

'For the Soldier' golf tournament

The Alamo Chapter Association of the U.S. Army will sponsor the "For the Soldier" golf tournament July 17 at 1 p.m. at the Fort Sam Houston Golf Club. 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.

Red, White and Blue tournament

A Red, White and Blue tournament will be held at the Fort Sam Houston Golf Club July 2 with a shotgun start time at 12 p.m. Door prizes will be awarded in addition to prizes for team, hole-in-one, closest to the pin and longest drive.

The event is a two-person scramble, but players may sign up individually or as a pair. The cost for members is \$35; guests pay \$55. Registration fee includes golf cart, green fee, awards and dinner. The event is open to the public. For more information or to register, call the Golf Club Pro Shop at 222-9386.

All-Army men's softball camp

The application deadline to participate in the 2006 All-Army men's softball trial camp is June 28. 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.

All-Army women's softball camp

The 2006 All-Army women's softball trial camp will be held July 31 through Aug. 19 at Fort Indiantown Gap, Pa. The application deadline is June 15. The Armed Forces

Championship will be held Aug. 20 to 25 at Hill Air Force Base, Utah. Select teams will advance to national competitions. For more information, people can apply online at <https://armysports.cfsc.army.mil>. For more information, call Earl Young at 221-1180.

Summer soccer

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@challenger-sports.com and reference the Alamo Heights Fort Sam Houston Summer Soccer Camp, or visit <http://www.ahfsh.org>.

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.rodiguez1@samhouston.army.mil.

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

8:30 p.m. - Oneg Shabbat

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

Catholic service:

12:30 p.m. - Mass - Sundays

Protestant services:

10:30 a.m. - Collective gospel

Protestant - Sundays

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

Study (PWOC) - Wednesdays,

childcare is provided.

Samoan Protestant service:

12:30 p.m. - Sundays

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

Catholic services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant services:

10 a.m. - Worship service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel,

Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant gospel service:

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

Soldiers - Sundays

Troop Protestant service:

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

Soldiers - Sundays

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

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

education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult religious

education - Thursdays

Evans Auditorium, 221-5005 or 221-
5007

Mormon service:

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

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

Contemporary service:

11:01 a.m. - Sundays

Web site:

www.samhouston.army.mil/chaplain

Religious Happenings . . .

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: Saturday and Sunday, 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 today, June 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 5 and under. For more information, call Lois Griffith at 226-1295.

Career Clips

Program specialist IV, San Antonio - Perform advanced consultative work that requires specialized knowledge in planning, developing, implementing and maintaining oversight of a Texas State Veterans Home for the Veterans Land Board. Acts as primary state official contact for the Veterans Administration and serves as an ombudsman to ensure the rights of the residents are not abridged.

Maintenance director, San Antonio - Supervise maintenance and housekeeping teams and hands-on problems. Prefer heating, ventilation and air conditioning certified and must have working knowledge of carpentry, plumbing, electrical, apartment turns and grounds maintenance. Experienced in maintenance or environmental services and have commercial kitchen equipment and appliance repair knowledge.

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.

Cole Middle School construction begins

The long-awaited construction of Robert G. Cole Middle School is under way.

With its main entrance planned to face Forbush Road in the Watkins Terrace subdivision, Cole Middle School will house the district's sixth, seventh and eighth grades starting in the 2007-2008 school year.

"This is an exciting time for the Fort Sam Houston School District," said Dr. Gail Siller, Fort Sam Houston Independent School District superintendent. "We are looking forward to providing a first-class facility that will enhance educational programs appropriate for this age group."

The new middle school building will feature a large mall area and multipurpose room, content area classrooms, computer lab, conference room and reception area with counselor and administrator offices.

"Our intent is to provide a learning environ-

ment that is both innovative and student-centered," Siller said. "We understand the unique needs of our military community and want to create a place where our middle school students feel welcome, safe and challenged academically."

Along with the middle school classroom building, construction has begun on a competition-size multipurpose gymnasium and a library/media center for Cole High School as well as a new technology building to be located on the 25 acres across the street from the main campus.

"These projects are part of the district's long range facility plan that was originally approved by our board of trustees in 1997 and has been reviewed regularly since then," Siller said.

"Other projects that have already been completed include major renovations at Fort Sam Houston Elementary School, a new science

See **NEW MIDDLE SCHOOL** on Page 13



Courtesy photo

The new Robert G. Cole Middle School will be located behind the high school, with its front entrance facing Forbush Road in the Watkins Terrace subdivision. The land has been cleared and the initial stage, which includes the building piers, is under way.

Fort Sam school district posts summer work hours

By Dr. Gloria Davila

Fort Sam Houston Independent School District

The Fort Sam Houston Independent School District Administrative Office will observe summer work hours through July 21. The district's administrative office is open Monday through Thursday from 7:30 a.m. to 5 p.m., and closed Fridays. Regular hours will resume July 24.

Fort Sam Houston Elementary School will observe summer work hours through June 22. The elementary school is open Monday through Thursday from 8 a.m. to 4 p.m., and closed Fridays. The school office will be closed June 23 through July 18, reopening July 19.

Robert G. Cole Jr./Sr. High School will observe summer work hours through June 27. The school is open Monday through Thursday from 8 a.m. to 4 p.m., and closed Fridays. The school office will be closed June 28 through July 21, reopening July 24.

The Military Co-op, which provides special

education services for Lackland, Randolph and Fort Sam Houston school districts, is open Monday through Friday from 7:30 a.m. to 4 p.m. until June 30. The co-op office will be closed July 3 to 21, reopening July 24.

The first day of school for Fort Sam Houston students will be Aug. 14. Registration for students in grades pre-kindergarten through sixth grade will be at Fort Sam Houston Elementary School July 27 and 28 from 8:30 to 11 a.m. and 1 to 3:30 p.m. Elementary students may meet their teachers during an open house Aug. 11 from 3 to 4 p.m.

Registration for students new to Robert G. Cole Jr./Sr. High School will be held Aug. 1 for seventh and 10th graders, Aug. 2 for eighth and 11th graders and Aug. 3 for ninth and 12th graders. Counselors will be available for appointments Aug. 4 and 7, should all available sessions be filled Aug. 1 to 3. Orientation for seventh and eighth graders and new high school students will be held Aug. 10 at 6:30 p.m.

Pre-K registration begins; children of active military can attend

A change in state law passed during the recent special session of the Texas legislature will allow all pre-kindergarten-aged children of active military personnel to receive schooling beginning this August.

Parents may pre-register their children who meet the guidelines Monday through June 15 from 7 a.m. to 4 p.m. at Fort Sam Houston Elementary School, Principal Jayne Hatton said.

"Students must be 4 years

old on or before Sept. 1 and all children of active duty military are now eligible," she said. "There no longer are language and/or income eligibility requirements."

Hatton also stresses that Fort Sam Houston ISD's policy dictates that it will accept only students who reside on the installation or will move into housing within the 2006-2007 school year. No bus service is provided for pre-kindergarten students.

When registering their child, parents must bring with them proof of residency on post or a school letter from Lincoln Military Housing, their driver's license and child's immunization record, Social Security card and birth certificate.

Pre-kindergarten classes are offered from 8 a.m. to 2:45 p.m. Monday, Tuesday, Thursday and Friday and 8 a.m. to 1:45 p.m. Wednesday.

(Source: Fort Sam Houston ISD)

New middle school

Continued from Page 12

building at Cole and remodeling the former science building into a fine arts building and the industrial arts building into consumer and family living classrooms," Siller said.

"Once this current project is completed, work will begin on the renovation of Cole High School," added Siller.

The district has been saving funds for nearly 10 years to complete the facility projects currently under way. Renovations to the high school will be funded by Impact Aid grants provided by the U.S. Department of Education, which owns the building.

(Source: Fort Sam Houston Independent School District)

Army teen gets the 'scoop' on journalism

By Lionel Lowery III
Special to the News Leader

Note: Lionel Lowery III is writing a series of articles on various careers and volunteer opportunities military youth can pursue. This week, Lowery explored the field of journalism.

People may think that being a journalist is an easy job, going to various places and doing interviews, but it involves many details. A newspaper journalist has to understand what it takes to make a great story, while making sure it can be well interpreted by any audience through captivating pictures and clever catchphrases. The hours you put in the paper are countless, but it will be worthwhile when you produce a fresh angle on the story.

This week I shadowed Fort Sam Houston journalist, Elaine Wilson, who showed me the ropes at Camp Bullis. We covered a story on the

explosive ordnance detachment, which safely disposes of explosives.

Here are my top five tips to begin the transformation into a journalist:

- If you are open minded you will get the most out of the experience.
- Be friendly and outgoing. Who wants to be interviewed by a fly on the wall?
- Write fast or get a tape recorder. As a beginner, you could write and record, using a tape recorder as a backup.
- Have some questions in mind before you get there.
- Be able to work under pressure.

My favorite part of the experience was definitely meeting different people and taking pictures. As a journalist, it enabled me to see jobs and events that I would not have seen otherwise. For example, I watched as the EOD detonated nearly 1,000 pounds of explosives.

Future opportunities

Journalists have a lot of opportunities, both in and out of the military. A background as a journalist will prepare you for future jobs with newspapers, magazines and, for people with broadcast training, radio and TV stations. With the skills obtained along the way you can seek a career as a newscaster, writer, director, producer, editor or correspondent.

Want to intern ...

Contact some local newspapers such as San Antonio Express-News and ask to see if there is an internship available. If there is none available then go to the next one; don't get discouraged and give up.

Have a passion for journalism ...

Apply to earn a San Antonio Express-News Charitable Foundation Journalism Scholarship. For more information, visit <http://www2.mysanantonio.com/content/en/journalism>. The deadline is June 19.

Want to volunteer ...

The Fort Sam Houston News Leader welcomes submissions. Just call 221-0615 or 221-1031 or e-mail news.leader@samhouston.army.mil.



Photo by Elaine Wilson
Lionel Lowery III types a story at the Fort Sam Houston Public Information Office. Lowery researched and wrote about the field of journalism to pass on career information to fellow military youth.



Capt. Shawn Gallagher, from Landstuhl listens to his "patient's" heart during a hands-on training session.



Rose Bolenbaucher and Sherri Demmer, course instructors, demonstrate the use of a traction device to immobilize a lower extremity injury.



Joe Parker familiarizes course students with various nursing tools of the trade, like a non-rebreather mask, which provides the appropriate oxygenation to patients.

Second Lts. Kelly Dewein and Lynae DeTienne measure a c-collar to ensure they have the right size before applying it to a patient.



Second Lt. Jennifer Long stabilizes her "patient's" neck as she assesses an injury.



Capt. Nancy Emma (right), course instructor, shows 2nd Lt. Canisha Martin how to use a c-collar, which prevents cervical spine injury.

Training for war

Trauma course prepares Army nurses for battlefield

Story and photos by Elaine Wilson
Fort Sam Houston News Leader

For a civilian emergency room nurse, a typical day on the job can include a variety of ailments and injuries, from the stomach flu to gunshot wounds.

A military nurse, however, deals with that and much more, treating everything from shrapnel wounds to injuries sustained in a car bomb or convoy attack.

The difference is what prompted officials to add the Trauma Nursing Core Course, sponsored by the national Emergency Nurses Association, to required Army training last May. The latest course was Friday through Monday at the University Health System in northwest San Antonio.

"Before, our entry-level nurses either didn't receive trauma training in their core curriculum or received very limited training," said Maj. Tony Bohlin, nurse adviser for the Officer Basic Leader Course. "But most will deploy and this course provides them with the skills most needed in the field, as well as in emergency rooms stateside."

The course includes a variety of lessons in trauma, whether to the abdomen, spinal cord, neck or vertebrae; as well as classes in epidemiology, mechanism of injury and initial assessments.

While a civilian-based curriculum, the "Army put a 'twist' on the training to make it more relevant for the battlefield," Bohlin said, with military instructors experienced in trauma care in the field and additional discussion of massive trauma resulting from explosives.

The 20-hour class is now integrated into the Officer Basic Leader Course for nurses.

"The Trauma Nursing Core Course is not new to the civilian sector, but is a new addition to Army training," said Bohlin.

Upon request from the Army, the

Emergency Nurses Association, which runs TNCC, added four more courses a year to accommodate the additional Army students and loaned out space from the University Health System, said Susan Douglass, course coordinator.

"Normally nurses who attend this course have about six months of trauma experience, but an exception was made by the ENA since many of the nurses will deploy before they have a chance to gain the trauma experience," said Douglass.

"In school, I only learned a little about the (intensive care unit) so a lot of this is fairly new to me," said 2nd Lt. Caitlin Tremblay. "It has made me more confident about doing my job."

TNCC instructors take extra time to break down the material for the military nurses who, like Tremblay, have little or no trauma experience under their belts.

"Many of the Army nurses don't have a point of reference so we try to take a word like shock and draw a picture of the symptoms and treatment," Douglass said. "We don't assume they have the knowledge; we try to systematically explain the ailment so they can have a clear understanding and apply it to patients."

The course is taught by nurse instructors from military and civilian health care facilities throughout the state, many volunteering their time on weekends. Like Douglass, all have extensive trauma experience and some have first-hand experience in the field environment.

"I was in Iraq and I am passing on what I learned, what worked for me," said Capt. Nancy Emma, course instructor



Second Lt. Nicholas Harrell uses a bag-valve mask device on a patient Saturday during the Trauma Nursing Core Course at the University Health System in northwest San Antonio.



Rose Bolenbaucher, course instructor, explains to her students how to fit a patient for a C-collar, which stabilizes the neck and prevents the patient from moving and causing cervical spine injury.

and officer in charge of video teletraining at the Department of Combat Medic Training on Fort Sam Houston.

"This course is invaluable for nurses who are just out of school and may not have touched a patient in a year," she added. "It gives them a ground work. If they learn now, they will never forget it and will be able to use it in every arena."

The feedback from downrange so far has been positive, Bohlin said. "Nurses have said they are more confident and have the core skills needed to successfully treat trauma patients."

Tremblay said she found the initial survey assessment training particularly useful. "We learned about assessments in school, but there is a big difference

between taking care of someone in the emergency room after they have already received some care and going to see someone in the immediate aftermath of an (improvised explosive device)."

The course also offers other benefits, such as a national accreditation from the ENA for trauma nursing and continuing education hours to maintain nursing licenses.

But the most significant benefit, Bohlin said, has been the affect on Army nurses and their patients.

"TNCC gives our nurses a foundation to build on," he said. "Whether in an emergency room or on a deployment, they will need these skills. Seeing a difference in the field, which we have, is the highest compliment we can get."

MWR hotline

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

Community Recreation

Summer reading program

Registration for the summer reading program begins today 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.

Equestrian summer youth camp

Register for the Equestrian Center Summer Youth Horsemanship Camp for youth ages 7 to 17. Camp consists of a one-week session held from 9 a.m. to 3 p.m. each day. Registration fee is \$175. A \$25 deposit required. For more information, call 224-7207.

Outdoor pool opens

The Aquatic Center is open daily from 12 to 8 p.m. For more information, call 221-4887.

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. through Aug. 4. For more information, call 221-1234 or 221-4887.

Heart of Texas #2

The Heart of Texas #2 will be held June 18. The event begins at 7:30 a.m. at the Aquatic Center. For more information, call 221-2020 or 221-1234.

Hunter's education class

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

CAT II bow hunters stand selection

The CAT II bow hunters stand selection will be held June 17 at 9 a.m. 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 billiards tournament June 15 at 6:30 p.m. at the Hacienda Recreation Center. The tournament is an eight-ball single elimination contest. Trophies will be awarded to the first and second place winners. Preregister by Monday for the chance to win a \$50 Army and Air Force Exchange Service gift card. Also door prizes will be provided. 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. No federal endorsement of sponsors is intended.

Dining and Entertainment

Sam Houston Club, 224-2721

Father's Day Brunch

Treat your dad to a Father's Day Brunch featuring Texas-style barbecue June 18 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. Cost is \$15.95 for nonmembers, \$13.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

'Bring in the summer' super TGIF

Join us for "Bring in the summer" super TGIF June 23 from 5 to 9 p.m. at Sam's Sports Bar inside the Sam Houston Club. Enjoy karaoke and a free hamburger and hot dog bar. The drink special for the evening is the "Summer Splash" for \$2.50. 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 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. Prizes include a DVD player, an iPod Shuffle, video games and the soundtrack and book from the movie "Hoot." The first place grand prize includes an all-expense paid trip for four to an Aly and AJ concert sponsored by Hollywood Records. The second grand prize includes a private screening of New Line Cinema's "How to Eat Fried Worms." For more information, call 221-3683.

Eighties Day

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.

Family fun bowling

The Family Rent-A-Lane special is every Friday from 5 to 8:45 p.m. through Sept. 1 at the Fort Sam Houston Bowling Center. The cost is \$20 per lane, including unlimited bowling and shoe rentals. The offer is available to groups

up to eight people. Smaller groups and individual bowlers can still enjoy unlimited bowling for \$5.95 every Friday from 9 p.m. to 12 a.m. 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. 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 221-5863.

Ladies golf lessons

A ladies golf clinic for beginners will be held Tuesday and June 20 and 27 from 6 to 7 p.m. Cost is \$120. To register, call 355-5429.

Junior golf lessons

A Junior Golf Camp will be held 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 through July 31. Cards are available at the pro shop. For more information, call 222-9386.

Harlequin Dinner Theatre

The comedic production of "I Hate Hamlet," by Paul Rudnick, is playing 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.

MWR Ticket Office

The Ringling Bros and Barnum & Bailey circus is coming. Tickets are available for the June 15, 16, 17 and 18 shows. The MWR Ticket Office has extended its hours of operation through August and is open Tuesday through Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 2 p.m. For more information, call 226-1663 or 224-2721.

Military Idol search begins

The 2006 Military Idol competition is coming soon to Fort Sam Houston. All levels of talent are welcome to this Army-wide competition. For more information, call Ben Paniagua at 224-7250.



Child and Youth Services

tion fee 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 earnings statement or pay stub. All participants must have a 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 Services membership is required to participate. For membership registration, parents must bring a current leave and earnings statement or pay stub and two local emergency designees. An \$18 registra-

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's Name

 Telephone Number

 Child's Name

 Sponsor's Name

 Telephone Number

Events

'Walk & Roll Corporate Challenge'

The City of San Antonio, Alamo Area Council of Governments and the San Antonio/Bexar County Metropolitan Planning Organization invite corporations to participate in the "Walk & Roll Corporate Challenge" during the month of June. Participants will log their walking, cycling, biking and carpooling commuting miles during the month of June and a Walk & Roll Commuters Challenge Cup will be awarded to the organization or company with the best record. For more information, call Brenda Williams at 362-5246.

Journeys' Backyard Barbeque Tour

Journeys' Backyard Barbeque Tour will be held Friday from 3 to 9 p.m., at the Rolling Oaks Mall, 6909 North Loop 1604, east. The event is free and open to the public. The tour will feature pro skate demos, bands, freestyle motocross, and thousands of dollars in cash and prizes. For more information, call 541-1290 or visit www.journeysbbq.com.

Fredericksburg's walk, swim

The Volkssportverein Friedrichsburg Volksmarch Club will host a 5K, 10K and 20K walk in historic Fredericksburg, Texas, Saturday 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.tx.com or visit www.walktx.org/AVA1/.

'Kid Kick-It 3v3' national soccer tour

The Sports Illustrated "Kids Kick-It 3v3 Tour" will be Saturday and Sunday from 9 a.m. to 5 p.m. at "Pepsi Soccer Texas," located at 255 Maske Road in Schertz, Texas. This event will provide an opportunity to compete for the title of World Champions at Disney's Wide World of Sports in Florida. For more information, visit www.3v3soccer.com/.

Tuskegee Airmen awards banquet

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

Military Appreciation Night

The Ringling Brothers and Barnum & Bailey Circus "America Supports You" Military Appreciation Night will be held Wednesday at 7:30 p.m. in the Alamodome, 100 Montana St. Tickets are \$5 for military families. Military personnel must present military ID or use promotional code "ASY" if purchased online. Tickets are available at the Alamodome Box Office, Ticketmaster at www.ticketmaster.com or www.ringling.com. For more information, call 224-9600.

Kids Club's school readiness

The KLRN Kids Club and "Early ON" will host a back to school event June 17 from 10 a.m. to 2 p.m. at Rosedale Park, 340 Dartmouth St. The event is free and open to the public. Families can enjoy a day of fun, interactive games and receive valuable information about school readiness. The "Walkaround" Cookie Monster from Sesame Street will appear at the following times: 10:30 a.m., 11:30 a.m., 12:30 p.m. and 1:30 p.m. "Early ON" emphasizes the importance of early learning. For more information, call 270-9000 or visit klrn.org/klrnkids.

Juneteenth celebration

St. Phillip's College will host a Juneteenth celebration June 19 at 9:30 a.m. in the

Watson Fine Arts Center theater. Former Dallas Mayor Ron Kirk will be the keynote speaker. The event is free and open to the public. For more information, call 531-3260.

Free admission to theme parks

Anheuser-Busch offers a one-day free admission to its theme parks for service members and three direct dependents. Any active duty, active reserve or Ready Reserve service member or National Guardsman is eligible for free admission under the program. Register online at www.herosalute.com or in the entrance plaza of any participating park, and show a Department of Defense photo ID. SeaWorld is one of Anheuser-Busch's theme parks located in San Antonio.

Training

Military intelligence recruiting

The 6th Battalion, U.S. Army Reserve, seeks Soldiers to fill military intelligence positions at Camp Bullis. For more information, call Sgt. 1st Class Barbara Richardson at 295-7629.

Army health care recruiting

The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit www.healthcare.goarmy.com.

Army physician assistant program

The U.S. Army is looking for qualified Soldiers to attend the Interservice Physician Assistant Program at the Army Medical Department Center and School at Fort Sam Houston. Graduates of the course receive a commission as a second lieutenant and a master's degree from the University of Nebraska. For application procedures, reference Army Regulation 601-20, The Interservice Physician Assistant Training Program, or visit www.cs.amedd.army.mil/ipap. Local Army education centers can also assist applicants. For more information, call 502-626-0386, DSN 536-0386, 800-223-3735, ext. 6-0386 or e-mail ipap@usarec.army.mil.

Army online training

Army e-Learning is available for all Army personnel. People can access more than 2,600 distance learning courses to include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages and more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service. For more information, visit <https://usarmy.skillport.com/rkusarmy/login/usarmylogin.cfm>.

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.

Free training available

The Human Relations/Equal Employment Opportunity Office offers the following classes

at no charge: Prevention of Sexual Harassment, Diversity, Basic EEO, Disability Etiquette, Communicating with Hearing Instrument Users, Reasonable Accommodation Procedures and Communicating Effectively. For more information or to schedule a class, call Marie Jangaon at 221-9194 or Glennis Ribblett at 221-9401.

Meetings

Native Plant Society meeting

The Native Plant Society of Texas, San Antonio Chapter, will meet June 27 at 7 p.m. in the Lions Field Adult Center, 2809 Broadway St. at East Mulberry in Brackenridge Park. Speaker Elizabeth Hughes will discuss "Propagating Native Plants from Cuttings." Social and seed and plant exchange starts at 6:30 p.m. Visitors are welcome. For more information, call 733-0034 or visit www.npsot.org/SanAntonio.

Force Health Protection Conference

The U.S. Army Center for Health Promotion and Preventive Medicine will hold the ninth annual Force Health Protection Conference Aug. 8 through 11 in Albuquerque, N.M. Workshops will be held Aug. 6 and 7. For more information and registration, visit <http://chppm-www.apgea.army.mil/fhp/>.

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 Brooke Army Medical Center, Room 513-7, 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 221-0921.

VFW Post seeks American flags

The Veterans of Foreign Wars Post 4700 seeks used American flags for a retirement flag ceremony. Flags may be dropped off 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 June 14 at 7 p.m. on the grounds of VFW Post 4700, 2219 Frio City Road.

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, ext. 224.

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.

Girls, Boys Town seeks mentors

Father Flanagan's Girls and Boys Town of San Antonio is looking for volunteer mentors to help children improve their reading skills. For more information, call 271-1010 or e-mail chavezm@girlsandboystown.org.

Cub Scouts seeks volunteers

Cub Scout Pack 23 is accepting applications for den leaders and committee members. Volunteers do not have to be parents of scouts. For more information, call Eric Craig at 683-3469.

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.

Settlement of estate

Any person or persons having claims for or against the estate of Capt. Anna Kelly, assigned to Air Force Institute of Technology with duty at U.S. Army-Baylor University Doctoral Program in Physical Therapy, Fort Sam Houston, should contact Summary Court Officer 1st Lt. Amy C. Miller at DSN 471-8410 or 313-9377.

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: Twin bed mattress with box spring and frame, \$70. Call 832-8128.

For Sale: Male golden retriever, 4 years old, neutered with shots. Call 223-4606 or 260-3975.

For Sale: Sugar gliders, male and females with cages and book, \$100; Westinghouse refrigerator, white, 23.9 cubic feet, \$350 obo; round picnic table, wood with four bench seating, \$150; outdoor swing, three seat with canopy, \$150; futon bunk bed, twin top and full bottom, white, \$200 obo. Call 273-1129.

For Sale: Cherry wood dinette set with six chairs plus two-piece china cabinet, \$1,600; cherry wood coffee table plus two end tables, \$325 or all pieces for,

\$1,800. Call 527-8553.

For Sale: Small office refrigerator, \$45; generator, \$175; two bar chairs, \$35; Christmas tree, 6.5 feet tall with decorations, \$50. Call 829-4741 or 535-5383.

For Sale: 2000 Ford Windstar LX, \$7,200; 2001 Ford Windstar LX, \$14,000. Call Paul at 626-1042.

For Sale: 2002 Ford Ranger, extended cab, silver, 50,000 miles, V6, automatic, ac, bed liner, good condition, \$12,000 obo. Call 437-0042.

For Sale: Henredon dining table with pads, \$175 obo; Heritage three-seat and two-seat tropical pattern sofas, \$325 obo; six dining chairs, \$85 obo; three-piece extra bedroom set, \$75 obo; two matching

Victorian chairs, \$275 obo. Call 375-5408.

For Sale: Washer and dryer, \$150 each or \$275 both; oversized leather easy chair, \$295; gray cloth Ford third seat, \$45; AKC male golden retriever, \$225; AKC male bulldog, \$975; male Boston terrier, \$275. Call 633-3859.

For Sale: Dining table, four chairs and a bench, \$170; kid's bunk bed with mattresses, \$100; kid's desk and chair, \$30. Call 257-8410 or 916-3580.

For Sale: Black camper shell for small pickup with regular bed, sliding screened windows, good condition, \$400 obo. Call 262-5493.

For Sale: 2005 Chevy Tahoe SUV, burgundy with gray interior, equipped

with Bose stereo system and third row seating, low miles, \$25,000. Call Al at 601-4463 or 945-4696.

For Sale: 2005 Haul Mark cargo trailer, 12 feet long by 6 feet high, side door and spare tire, custom rear ramp, \$2,890. Call 830-214-0208.

For Sale: Buffalo nickels (72) with see-through album, \$140. Call 653-5302.

For Sale: Kenmore side-by-side refrigerator, 26 cubic feet, black with ice and water dispenser, \$600; southwest hanging lamp (Hopi Indian dancers), \$35; Czechoslovakian chinaware, 175 pieces, \$500 obo; lawn set, includes table, umbrella with heavy stand and four chairs, \$65; speakers, large, vertical, \$25. Call 493-8420.