



Briefs . . .

Retirement ceremony

Fort Sam Houston will sponsor a consolidated retirement ceremony June 30 at 7:45 a.m. at the MacArthur Parade Field.

Ammunition point closure

The Fort Sam Houston Ammunition Supply Point at Camp Stanley will be closed for its quarterly 100 percent inventory from June 28 to July 1. No ammunition pickups or turn-ins can be made during that time frame. For more information, call Vanessa C. Alford, installation accountable officer, at 221-1065.

Army Soldier Show

The 2005 Army Soldier Show will present a 90-minute song and dance production, "Operation America Cares," July 7 at 7 p.m. at the Municipal Auditorium, 100 Auditorium Circle. The event is free and open to the public.

Accident avoidance training

A privately owned vehicle accident avoidance training class will be June 23 from 8 a.m. to noon in Building 902. The course meets the requirement of Department of Defense Instruction 6055.4, E3.3.1, which requires military personnel under age 26 to take at least four hours of classroom instruction in traffic safety. Commanders and supervisors are encouraged to send employees who have been convicted of a serious moving traffic violation or have been determined to be at fault in a traffic accident. Future class dates are July 7, July 21, Aug. 11 and Aug. 25. To register, call Marty Dinivahi or Dwin Banner at 221-3824.

CSM farewell luncheon

A farewell luncheon will be held in honor of U.S. Army Garrison Command Sgt. Maj. Johnny Gray Wednesday at 11 a.m. at the Sam Houston Club. Cost is \$10. For reservations, contact a company representative or call Sgt. Hermelinda Rippstine at 842-2464 by Monday.

Resident mayors

Lincoln Military Housing seeks volunteers from each residential community for the Mayor Program. Mayors are the voice of their community and serve as a liaison between village residents and Lincoln Military Housing. They also help with community activities, attend monthly mayor and senior resident meetings, provide a welcome committee for new residents and serve as a contact for residents to voice their concerns or suggestions. For more information, call Emily Garcia, Lincoln Military Housing, at 270-7638 or Patricia Baker, Residential Communities Initiative, at 221-0891.

AKO training

Fort Sam Houston employees are invited to an Army Knowledge Online

See BRIEFS on Page 4

Army tribute



Photo by Elaine Wilson

Spc. Tavita Nuusa, D Company, 187th Medical Battalion, salutes after he presents battle streamers to Special Troops Battalion Sgt. Maj. Garland Haynes during Fort Sam Houston's Army birthday and Flag Day ceremony Tuesday. See related article, pages 18 and 19.

Fort Sam hosts birthday party for Army, 'Old Glory'

By Elaine Wilson
Fort Sam Houston Public Information Office

Fort Sam Houston celebrated the Army's 230th birthday and the 228th anniversary of "Old Glory" Tuesday with a tribute to Army history and a toe-tapping performance by award-winning bluegrass singer Rhonda Vincent.

Every June 14, Soldiers throughout the world commemorate the approval by Congress in 1775 to establish a Continental Army for the defense and security of the American continent.

For the post's birthday ceremony, Soldiers, dressed in period uniforms, presented the 174 battle streamers awarded to the Army flag, which represent 230 years of service and sacrifice.

"The streamers recount the valor and dedication to the ideals of duty and love of country which brought our independence into being and preserves it to this day," said Phillip Reidinger, Fort Sam Houston Public Affairs Officer and ceremony narrator. "Our battle

streamers illuminate the courage and sacrifice made to bring peace and to guarantee freedom."

The streamers symbolize numerous victories in wars dating back to the Revolutionary War. The most recent is the campaign streamer awarded to the Army for the Kosovo Air Campaign in 1999.

A rifle salute in honor of the Soldiers who served during each of the campaigns followed the presentation of each period's streamers.

Along with a celebration of the Army birthday, the post also honored Flag Day.

The idea of a day dedicated to the U.S. flag is believed to have its origins in 1885. That year, BJ Cigrand, a teacher, arranged for his students in Fredonia, Wis., to observe the 108th anniversary of the flag. A New York City teacher mirrored the idea in 1889, and the Flag Day festivities were later adopted by various organizations and schools throughout the years.

See BIRTHDAY on Pages 18 and 19

ICE offers instant, convenient 'voice' for customers

By Shasta Bell
Morale, Welfare and Recreation

Fort Sam Houston is stepping into the ICE age.

The Interactive Customer Evaluation Web site is now online, providing a means for the community to tell management immediately about experiences they had while receiving services on post or at locations throughout the world.

ICE is a Department of Defense Web-based customer survey that allows customers to communicate with service providers anonymously from the comfort of their office or home, eliminating the need to be there in

person. It also eliminates the inconvenience of searching for comment cards or the on-duty supervisor. Instead, customers have the opportunity to go to a computer and voice their opinions at their convenience.

"People don't have to fill out a comment card while the service provider stands there and watches," Read said. "They can go home or back to work and submit comments and be more candid."

Patrons of almost every service provider on post can go to the Web site to fill out a short questionnaire, provide their own individual comments and request that a manager contact them with a response.

Comments are instantly sent to the serv-

ice providers and are saved into the database. Managers are required to contact surveyors who request responses to their ICE input within a 48-hour period from the time of submission.

About 80 service providers are available on ICE. While most are facilities within the Directorate of Morale, Welfare and Recreation, other providers on the Web site include the Army and Air Force Exchange Service, Brooke Army Medical Center and U.S. Army Garrison activities such as Information, Technology and Telecommunications and the Department of Public Works-Engineering Maintenance Organization.

See ICE on Page 4

Army announces new Combat Action Badge eligibility

WASHINGTON, D.C. — The Army recently announced the eligibility requirements for its new Combat Action Badge.

The requirements are laid out in a Department of the Army letter published June 3. The letter also discusses changes to the Combat Infantryman Badge and the Combat Medic Badge.

The CAB, whose design features both a bayonet and grenade, may be awarded to any Soldier performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, who is personally present and actively engaging or being engaged by the enemy and performing satisfactorily in accordance with the prescribed rules of engagement, according to the specific eligibility requirements.

Award of the CAB is not limited by one's branch or military occupational specialty; however, to receive the CAB, a Soldier must not be assigned or attached to a unit that would qualify the Soldier for the CIB or CMB.

The CAB's creation was approved by Army chief of staff Gen. Peter J. Schoomaker on May 2 to provide special recognition to Soldiers who personally engage or are engaged by the enemy.

"Warfare is still a human endeavor," Schoomaker said. "Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos."

"The Global War on Terrorism and its associated operations will be the first era of

conflict considered for this award," said Lt. Col. Bill Johnson, Human Resources Command chief of military awards. "Sept. 18, 2001, is the effective date for the new award. That is when President Bush signed Senate Joint Resolution 23, authorizing the use of military force against those responsible for the recent attacks launched against the United States."

The CAB should be available late this summer or early fall through unit supply and military clothing sales stores.

(Source: Army News Service)



The new Combat Action Badge will be available in clothing sales stores later this summer.

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232nd Med Bn improves training with use of aid bags

By Maj. Roberto Cardenas
232nd Medical Battalion

Army leadership has transformed its forces, combat training centers and branch training battalions to produce a better trained, more "ready and relevant" force.

The Soldier medics of the 232nd

Medical Battalion have taken that concept to a new, more realistic level. All 1,600 Soldiers currently assigned to the battalion have been issued the weapon system they will receive upon their first assignment — a Blackhawk aid bag stocked with a minimum amount of class 8 medical supplies.

The concept of familiarizing Soldiers



Courtesy photo

Medics from B Company, 232nd Medical Battalion, carrying aid bags rush to the aid of fellow Soldier medics during a simulated combat scenario.



Courtesy photo

Medics from B Company, 232nd Medical Battalion, use aid bags to treat simulated casualties in a tactical environment.

with their equipment is similar to what the Marine Corps has used for years, where new recruits in training carry a weapon with them at all times.

Soldier medics from the 232nd Med. Bn. are issued the stocked aid bag during the first week of in-processing and maintain accountability and serviceability of the "system" for the remaining 15 weeks. The medics have been using the aid bag weapon system for three weeks, and student comments are overwhelmingly positive.

Many Soldiers said the aid bags provide realistic training, which better prepares them for upcoming missions. They also said the aid bags are functional with the medical supplies and equipment and are valuable tools for conducting pre-combat checks and inspections early in their Army development.

Now more than ever, Army medics not

only have to be technically prepared to provide life-saving emergency medical skills, they need to be prepared to ensure force protection in what may otherwise be considered an administrative, non-tactical setting. Deployed 91W medics need to be ready to treat patients in a logistical support area just as if they were traveling in a convoy with imminent danger of enemy contact.

The implementation of the aid bag weapon system is the result of yet another initiative within the 232nd Med. Bn. to prepare and execute more ready and relevant training.

Incorporation of the aid bag weapon system, along with the warrior core skills lane training that was instituted six months ago, are integral reasons for the overwhelmingly positive comments from Army warfighters and their observations of medics.

Army tests new types of eye protection

Story and photo by
Melissa House
Fort Benning Public Affairs Office

FORT BENNING, Ga. — About 400 infantry trainees and cadre here are testing several different types of combat eye protection that might eventually be issued to all Soldiers.

Col. Chuck Adams, senior optometry consultant for the Army's Office of the Surgeon General, said the goal is to achieve a "culture change" from vision correction for some Soldiers, to eye protection for all.

"We're talking about putting eyewear on half a million Soldiers," Adams said. "And it's not so much about which product we choose, but the training. Combat eye protection is embraced for deployed Soldiers. We need to embrace it for all Soldiers."

Eye injuries represent almost 16 percent of all injuries in Iraq and Afghanistan since March 2003, according to statistics from the Office of the Surgeon General.

As part of the Military Combat Eye Protection Program, the OTSG and the team from Program Executive Office Soldier at Fort Belvoir, Va., are hoping the Soldiers in B Company, 1st Battalion, 50th

Infantry Regiment; and D Co., 1st Bn., 329th Inf. Regt., will have some good feedback on three sets of spectacles.

"Eye injuries hit the radar post-1972 and the Arab-Israeli Wars," said Lt. Col. Emery Fehl, chief of optometry at Martin Army Community Hospital and the post's MCEPP liaison. In subsequent years, the Army researched and developed spectacles and goggles designed to combat a laser threat by blocking certain wavelengths. That, he said, is where the Army's current offerings, with their multiple lenses, came in. But the eyewear adopted in 1994 and issued in 1998 didn't pass muster with Soldiers.

Sarah Morgan-Clyborne, who has been working the eyewear issues with PEO-Soldier for about 12 years, said the second generation items, intended to provide spectacles and goggles that would share lenses, provide ballistic protection and support prescription lenses, was unsuccessful.

"We did not design a frame that was acceptable to Soldiers," Morgan-Clyborne said. "Protection was important, but not a motivating factor."

The missing factor? "It was a great product," Adams said, "but it doesn't look like an Oakley and doesn't look cool."

So the Army entered the formal contracting process with several commercial vendors, Morgan-Clyborne said, and also receives unsolicited proposals.

"We evaluate (the eyewear) for industry safety standards and ballistic fragmentation protection, then rank the products and place them on an authorized protective eyewear list," she said.

Individual commanders can select eyewear for their unit from that list.

Right now, the ballistic protection piece is more important than the laser threat, Fehl said. Of the 345 eye injury patients evacuated from Iraq and Afghanistan after March 2003, three Soldiers are totally blind and 44 have total loss of vision in one eye.

But eye injuries aren't limited to combat operations.

Adams said one of his first patients as a young doctor in Germany was a sergeant with a prosthetic eye because of an accident on a range.

"We want to protect Soldiers' vision," Adams said, and one of the ways to do that is by issuing CEP to every Soldier.

Fort Benning is the only installation conducting the CEP test. On April 8 and 9, the two companies received a mass issue of the first set of CEP, the UVEX XC. Soldiers wore them during



Pfcs. Matthew Brugeman (left) and Michael Brock move off the range wearing the clear lenses in their new Combat Eye Protection. Brock has prescription inserts.

field training for two weeks, then critiqued them.

In May, Soldiers from B Co., 1st Bn., 50th Inf. Regt. put the second set — ESS ICE 2 spectacles — through the paces on the range. The Soldiers have yet to see the Revision Sawfly, the third set they will test. Based on the data, the company will wear the preferred CEP during a seven-day capstone field exercise.

Soldiers would be issued CEP, frame of choice and protective mask inserts for those Soldiers needing corrective lenses, and

CEP for those without a need. The Army currently only issues S-9 glasses to initial entry Soldiers who need vision correction.

While the CEP will cost between an average of \$16 to \$40 per Soldier, Adams said it will be partially offset by no longer issuing the S-9 glasses Soldiers don't like.

"It's tough to talk numbers," Adams said. "But the important point is — if you lose one eye, the Army pays a Soldier upwards of \$1 million for disability."

Sgt. Audie Murphy Club inducts new members

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

Five new members were inducted in the Sgt. Audie Murphy Club during an induction ceremony Friday at Blesse Auditorium. The newest members are Master Sgt. Gloria Riley, B Company, Academy Battalion; Sgt. 1st Class Steven Hull, Headquarters Fifth Army; Sgt. 1st Class Reginald Johnson, Noncommissioned Officer Academy; Sgt. 1st Class Lloyd Mason, D Company, 232nd Medical Battalion; and Staff Sgt. Veronica Newton, Noncommissioned Officer Academy.

The club recognizes the NCOs who set the example for leadership and excellence.

"This is a very important ceremony," said Col. David Maness, dean, Academy of Health Sciences and host for the induction ceremony. "It is an honor for someone to be selected for membership into the club. This ceremony recognizes Audie Murphy, the most highly decorated individual from World War II. It is truly an honor and privilege to be selected a member of this club."

Keynote speaker, 187th Medical Battalion Command Sgt. Major Stephen Paskos, said, "The message of this club and the five NCOs that are being inducted into the club represent the highest caliber of NCOs within our Army. The rigorous process of becoming a member includes a series of boards culminating with an appearance before the installation board headed by Command Sgt. Maj. Timothy Burke. Only those professionals that have superior skills, knowledge and abilities are considered. I encourage those NCOs that want to become a member to take a leap into the arena and ask their superiors what they need to be, or need to do to be selected into SAMC."

Riley, who joined the Army in 1982, said, "I am honored and privileged to be selected. I look forward to working within the community, to do our fair share of community service." Riley was selected for the U.S. Army Forces Command Audie Murphy Club while she was stationed in Iraq.

"I am very proud and happy. I look forward to actively participating in the club and in community activities. I would like to thank my family and husband for supporting me," said Newton.

Also in attendance was Glenn Burns, nephew of Audie Murphy.



New members inducted into the Sgt. Audie Murphy Club (sitting from right), Master Sgt. Gloria Riley, B Company, Academy Battalion; Sgt. 1st Class Steven Hull, Headquarters, Fifth Army; Sgt. 1st Class Reginald Johnson, Noncommissioned Officer Academy; Sgt. 1st Class Lloyd Mason, D Company, 232nd Medical Battalion; and Staff Sgt. Veronica Newton, Noncommissioned Officer Academy; take their first group photo with members of the club, Glen Burns (center), nephew of Audie Murphy and Command Sgt. Maj. Timothy Burke.

"I was very impressed with the ceremony. It is a prime example of what I believe in. It was very dignified and professional," said Burns. Burns said he remembers when Audie Murphy returned from the war. "I was 11 or 12 years old, and he was writing his book, 'To Hell and Back.' Audie used to break down when he spoke about the loss of his friends."

With assistance from SAMC President Corinn Garza, Burke and Paskos presented each inductee with the Sgt. Audie Murphy Medallion, the Audie Murphy Certificate of Achievement, the NCO Book and the Audie Murphy Coin of Excellence.

"You are the backbone of the Army, certainly the backbone of the AMEDD, and thank you for the work you do everyday," said Maness.

Audie Leon Murphy was a war hero, movie actor, writer of country and western songs, and poet. He lived for only 46 years, but he made a lasting imprint upon American history. Murphy was refused enlistment in both the Marines and the paratroopers for being too small and underweight. He stood only 5-feet, 5-inches tall and weighed 110 pounds. He enlisted in the Army just a few days after his 18th birthday. After basic training at Camp Wolters, Texas, and advanced training at

Fort Meade, Md., he was sent overseas, assigned to the famous 15th Infantry Regiment of the Third Infantry Division, and fought in North Africa, Sicily, Italy, France and Germany. His combat actions earned him the Distinguished Service Cross and subsequently two Silver Stars within a three-day period. Murphy spent 400 days on the front lines earning a battlefield commission and more than 33 military awards, citations and decorations, including three French and one Belgian medal. He was also awarded this nation's highest decoration for gallantry and bravery, the Medal of Honor, due to his actions Jan. 26, 1945 near Holtzwihr, France. Murphy was the highest decorated Soldier in American history. He died May 28, 1971, and is buried at Arlington National Cemetery.

The Sergeant Audie Murphy Club was started in 1986 at Fort Hood, Texas. It was intended to recognize outstanding noncommissioned officers who showed exemplary leadership traits. Fort Sam Houston's Sergeant Audie Murphy Club, established in 2000, was designated the SMA Van Autreve Chapter in 2002. The SMA Van Autreve Chapter, which has the



Members of the Sgt. Audie Murphy Club prepare to post the colors at the induction ceremony Friday at Blesse Auditorium.

distinction of being the first chartered club in the Medical Command, is committed to community involvement. The members regularly visit the veterans at the Audie Murphy Veteran's Memorial Hospital, collect school supplies for needy students in the community, contribute time to Habitat for Humanity and provide support to various activities held on the post.

Briefs cont. . . .

training June 27. The first part of training includes a 45-minute AKO overview presentation offered at 8 a.m., 9 a.m. and 10 a.m. at the Brooke Army Medical Center auditorium. For the second part, AKO hands-on training will be offered at 1:30 p.m., 2:30 p.m. and 3:30 p.m. in Building 1350 at the Learning Resource Center No. 1 (232nd S-4 area). Training includes using groups, expanded knowledge center security and opportunities to ask visiting "AKO experts" questions. For more information, call Julie Gueller at 221-2010.

Sexual harassment training

The Civilian Personnel Advisory Center will offer Prevention of Sexual Harassment training June 28 from 1 to 3 p.m. at the Equal Opportunity Office, Building 142, in the basement. People should submit their nominations for attendance no later than Friday via e-mail to TRNG.FSHCPAC@samhouston.army.mil. Phone nominations will not be

accepted. For more information, call Lena M. Boutelle, human resources assistant, at 221-0639.

Housing update

Bulk trash removal

Lincoln Military Housing provides garbage collection for residents every Tuesday and Friday. Trash needs to be placed on the curb by 7 a.m. The waste removal contractor will not remove certain items, to include appliances, sofas and other bulk items. Residents with non-hazardous excess trash and items larger than the city-issued refuse containers may dispose of these items at the dumpster provided by Lincoln Military Housing. The designated dumpster is 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. Bulk items should be disposed in a timely manner. For more information, call Lincoln Military Housing at 270-7638.

ICE

Continued from Page 1

"Our goal is to get all of the service providers on ICE so people can provide feedback for any service," Read said.

ICE offers convenience while giving customers more accessible and accountable service providers as well. Customer ratings and feedback generated from ICE allow managers to effectively measure customer satisfaction with their facilities in order to provide better service and programs for them in the future.

People can log onto ICE by going to <http://ice.disa.mil>, or look for the link on www.fortsamhoustonmwr.com. On the ICE home page, surveyors click on Army CONUS, then the link to Fort Sam Houston or Fort Sam Houston Community. They can then find the service category and provider that is of interest to them and click on that link.

Additionally, patrons can rate products

and services offered by the Department of Defense worldwide by clicking on other branches of service or locations on the ICE home page.

Patrons are encouraged to log onto ICE within a couple of days of receiving a service while the experience is still current. People can comment on their experience with a service provider or simply make a suggestion. Managers encourage input from everyone in order to make informed decisions about future activities and services on Fort Sam Houston.

"Customers now have a way of being heard," said Terry Read, ICE manager. "One of the things that frustrates me most is having a valid complaint and never getting heard. ICE will ensure that doesn't happen."

For more information about ICE, call Terry Read, Plans, Analysis and Integration Office at 221-1194 or e-mail terry.read@samhouston.army.mil.

VTCs bridge distance for deployed service members, families

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

Staff Sgt. Victor Johnson and his wife, Latresa, were grinning from ear to ear as they talked. It wasn't the topic or the ambience; they were just happy to see each other.

Not surprising since it was their first face-to-face conversation in four months.

"Hi pookeydoo," said Johnson, who has been deployed to Afghanistan since

March. "I see you looking all cute."

Latresa blushed at her husband's comments and, for the moment, the thousands of miles between them seemed forgotten.

Latresa was just one of 50 family members who traveled to Fort Sam Houston Saturday to see their deployed loved ones via the latest video-teleconferencing technology offered by Army Community Service.

"We've been doing this for four or five years, but this was the first time we've been able to go into Afghanistan," said Kerry Dauphinee', Exceptional Family Member Program manager and volunteer VTC coordinator. "The technology improves continuously."

With VTC technology bridging the distance to Iraq, Kuwait, Germany, Kosovo and, most recently, Afghanistan, families can now supplement the e-mails and phone calls that were the only means of communication in the past.

"The hurdle now isn't the technology; it's getting the word out to families both here and overseas," Dauphinee said.

ACS hopes recent upgrades will encourage people to use the service. For instance, with new technology, VTC operators can now record conversations on DVD or videocassette.

"People can take the DVD or VHS home with them and bring it back the next time, and we can just continue recording where it



Connie Schaefer catches up with her brother, Capt. Eric Matthews, who is deployed to Afghanistan, Saturday via video-teleconferencing technology. Schaefer's children, Megan (right), Nicole and 1-year-old Nathan also enjoy the visit.

left off," Dauphinee said. "It's a special memento."

People can also load their favorite photos onto a DVD and bring it to the VTC for "real-time" viewing of special events such as birthday parties, baptisms and even births.

ACS can set up VTCs any day of the week for groups, such as Family Readiness Groups, or for individuals. Families and friends of deployed service members of any branch of the military are welcome to use the service.

"People should give us plenty of advance notice because we first have to establish communication and work out a time and location for the VTC," Dauphinee said.

The delay is well worth the wait,

according to VTC users.

"Seeing my husband brought me a lot of joy," Latresa said. "I said 'I miss you' so many times that he started counting. It meant a lot to me."

The technology has brought joy to countless other families and friends, as well, Dauphinee said.

"This morning a Soldier saw his baby for the first time in 'real time,'" he said. "And on Valentine's Day, we had 20 families here. Soldiers and families were getting out of their seats and touching the TV screen. It was covered in fingerprints. You can't put a price tag on this type of service."

For more information, call ACS at 221-2418 or 221-2705, or e-mail Dauphinee at kerry.dauphinee@samhouston.army.mil.



Michelle Black and her son, 2-year-old Jalon, make a birthday card Saturday for Staff Sgt. Christopher Black while waiting for a video-teleconference. Black will celebrate his birthday Tuesday in Afghanistan.

Change of command ceremonies

Camp Bullis

The Camp Bullis installation change of command will be today at 9 a.m. at the Camp Bullis Parade Field. Lt. Col. Jimmie O. Keenan will relinquish command to Lt. Col. Dennis LeMaster.

232nd Medical Brigade

The 232nd Medical Brigade will have a change of command ceremony Friday at 8 a.m. at the MacArthur Parade Field. Lt. Col. Bruce W. McVeigh will relinquish command to Lt. Col. Brian J. Kueter.

Great Plains Region

The Great Plains Regional Medical Command change of command will be Wednesday at 8 a.m. at the MacArthur Parade Field. Brig. Gen. C. William Fox Jr. will relinquish command to Col. James K. Gilman.

U.S. Army Dental Command

The U.S. Army Dental Command change of command ceremony will be June 23 at 8 a.m. at the MacArthur Parade Field. Col. Russell Czerw will assume command from Col. Sidney Brooks.

MEDLOG, 591st and 418th

The 591st and 418th Medical Logistics Companies will conduct their changes of

command ceremonies June 23 at 8 a.m. and 11 a.m. respectively at the post flag pole.

Regimental farewell, welcome

The Army Medical Department Regiment commander and sergeant major farewell and welcome ceremony will be June 23 at 2:30 p.m. at the Dustoff Memorial Plaza.

5th Medical Recruiting Battalion

The 5th Medical Recruiting Battalion change of command ceremony will be held at the Fifth U.S. Army Quadrangle June 24 at 10 a.m.

U.S. Army Veterinary Command

The U.S. Army Veterinary Command change of command ceremony will be June 24 at 8 a.m. at the MacArthur Parade Field. Col. Charles Kelsey Jr. will relinquish command to Col. Clifford Walker.

79th Ordnance Battalion

The 79th Ordnance Battalion will host its change of command ceremony June 29 at 10 a.m. at the MacArthur Parade Field.

187th Medical Battalion

Lt. Col. John Collins will relinquish command of 187th Medical Battalion to Lt. Col. Patricia Darnaur at a change of command ceremony July 7 at 8 a.m. at the MacArthur Parade Field. Inclement weather site is Blesse Auditorium at 11:45 a.m.

Holcomb assumes command of Special Troops Battalion

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

The Special Troops Battalion change of command ceremony honoring Lt. Col. Stephen Bolint and incoming commander Lt. Col. Barbara Holcomb was held at the MacArthur Parade Field Friday.

Col. Garry Atkins, commander, U.S. Army Garrison, was the host and reviewing officer for the event.

The ceremony featured the awards presentation, inspection of troops, pass in review and the presentation of colors by the STB Honors Platoon.

Atkins thanked Sgt. Maj. Garland Haynes and the Soldiers of STB for attending the ceremony. Soldiers from Headquarters Company, A Company, known as the "The Enforcers;" the 418th Medical Logistics



Lt. Col. Stephen Bolint with Lt. Col. Barbara Holcomb and U.S. Army Garrison Commander Col. Garry F. Atkins prepare to troop the line and inspect the troops assembled on the parade field.

Company, known as the "MEDLOG Warriors;" and the 591st Medical Logistics Company, known as the "LogDawgs" represented STB on the field.

"These great Soldiers represent one small, but very important part of the support to our installation flagship," said Atkins.

As commander of STB, Bolint was responsible for the training of more than 6,000 Soldiers who deployed from Fort Sam Houston to support the Global War on Terrorism. He also developed and implemented a strategy to convert many military positions to civilian jobs while holding on to the Military Honors Platoon at Fort Sam Houston.

"Steve, you have truly set the standard for others to follow," said Atkins. "It's time to close out this leg of your flight plan. From all of us at the Garrison, we wish you and Sue the best of luck as you open the next leg as the executive officer for the 32nd Medical Brigade. They could not be getting a better executive officer."

Holcomb is a 1987 distinguished military graduate of Seattle University Army ROTC, where she earned a bachelor's degree in nursing. She also has a master's degree in nursing administration from the University of Kansas. Her military education includes the Army Medical Department Officer Basic Course, Combat Casualty Care Course, Medical Management of Chemical Casualties Course, AMEDD Officer Advanced Course, Clinical Head Nurse Course, Faculty Development Course, the Combined Arms Services and Staff School and resident Command and General Staff College.

Holcomb was the deputy commander and chief nurse for the 14th Combat Support Hospital at Fort Benning, Ga.



(Above) Lt. Col. Barbara Holcomb, incoming commander for Special Troops Battalion, accepts the STB color from U.S. Army Garrison Commander Col. Garry F. Atkins at the change of command ceremony Friday at the MacArthur Parade Field. Outgoing commander is Lt. Col. Stephen Bolint.

Rudy's Bar-B-Q supports SFAC



Photo by Esther Garcia

"Doc" Holiday and Shannon Walsh, representing Rudy's Country Store and Bar-B-Q present a check for \$6,012 and a bottle of their well-known barbecue sauce to Maj. Gen. George W. Weightman, Commander, Army Medical Department Center and School and Fort Sam Houston, for the Soldier and Family Assistance Center. During the month of May, for every bottle of sauce sold, 20 percent of the sale went toward the SFAC donation. As the Global War on Terrorism continues, injured Soldiers, Marines, Sailors and Airmen are transported to major medical facilities on military installations. The local SFAC offers a comfortable environment for Soldiers and their families to relax and socialize during a Soldier's medical rehabilitation while receiving treatment at Brooke Army Medical Center. The donation will continue to provide valuable support services and activities for the Soldiers and their families during treatment.

Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



Army releases updated Field Manual-1

By Rey Guzman
Army News Service

WASHINGTON, D.C. – The Army released a new Field Manual-1 Tuesday, providing an updated overview of the Army, its organization and employment.

The previous FM-1 had been released June 2001, just three months before the terrorist attacks on the World Trade Center and the Pentagon.

"Sept. 11, 2001 changed forever the world in which we live," said Gen. Peter J. Schoomaker, Army chief of staff. "The change in the strategic environment has forced us to review how we do business – to better counter those evolving threats."

The new FM-1 reflects the "depth and urgency" of the Army's involvement in the war on terrorism, according to Schoomaker.

"FM-1 emphasizes transformation, the warrior ethos, a culture of innovation, and joint interdependence, rather than just joint interoperability," Schoomaker said. "In short, it contains a true operational concept about how the Army will operate across a spectrum of conflict both at home and abroad."

FM-1 establishes the fundamental principles of employing land power and the Army's operational concept, including Army forces in unified action. The field manual begins with a history of the Army, explains how it is changing and where it is headed.

Schoomaker added that the new FM-1 will become a foundation for all future Army doctrine, and that Soldiers should understand and internalize its concepts.

"It provides a discussion about of how the Army's vision and strategies are nested in the national security, national defense and national military strategies," he said.

"It gives me great pride to be able to send this FM to the field during the week of our Army's 230th birthday," Schoomaker said. "We are reminded that warfare remains a human endeavor and it is Soldiers, not equipment or weapons systems, who allow us to fulfill our solemn obligation to this great and free nation."

To view the new field manual online, along with an FM-1 video and slide briefing, go to the FM 1 Web site at <http://www.army.mil/fm1/>.

NCO academy pays tribute to late sgt. maj. of the Army

Story and photos by Shadi May
Fort Sam Houston Public Information Office

Members of the Fort Sam Houston Noncommissioned Officer Academy honored the late Sgt. Maj. of the Army Leon L. Van Autreve during a wreath-laying ceremony Tuesday at the Fort Sam Houston National Cemetery.

Born in Eeklo, Belgium, Van Autreve was the fourth sergeant major of the Army and a highly decorated Soldier who participated in the invasion of Port Lyautey, Africa, and served in Vietnam. He served the Army for 31 years.

"We are here today to honor a great man," said the keynote speaker, Army Medical Department Center and

School Command Sgt. Maj. Timothy Burke, "His spirit lives on in each of us who are fortunate enough to have known him. Sgt. Maj. Van Autreve had a vision and legacy and did things worth writing about."

The NCO academy was renamed the Van Autreve Hall in September 2002, six months after Van Autreve's death, in honor of his contributions to the Army Medical Department Center and School and support to the academy's mission. The NCO academy has been sponsoring the wreath-laying ceremony every year on Flag Day since 2002.

"He was always bigger than life to his family ... and invincible," said Taylor Bearden, Van Autreve's granddaughter.



(Above) Cpl. Robert Woolverton, Fort Sam Houston Caisson Section, stands next to the horse named Van Autreve. It is tradition for the local caisson to name the horses after the sergeants major of the Army.

(Left) Command Sgt. Maj. Timothy Burke, Army Medical Department Center and School, pays respect to the Van Autreve family after laying a wreath on Leon Van Autreve's gravesite.

Health-behavior survey tracks military trends

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. — Midway through the survey period, Defense Department officials are reporting steady returns on the latest health-related behaviors survey, and officials are urging others selected to participate to weigh in with their responses.

The 2005 Health-Related Behavior Survey assesses active-duty service members' health and well-being, said Dr. David Tornberg, acting deputy director of TRICARE management and deputy assistant secretary of defense for health affairs.

About 40,000 troops at 60 military installations worldwide were randomly selected to participate in the survey, the ninth of its kind designed to track changes in health-related behaviors among members of the armed forces, Tornberg said. Among issues addressed are troops' use of alcohol and tobacco, their efforts regarding weight control and cholesterol management, and major stressors that affect them, he said.

The last survey, conducted in 2001, identified trends toward heavier use of alcohol and tobacco, particularly among younger service members, so the 2005 survey includes more questions regarding these behaviors, Tornberg said. Questions about mental health issues are also "a significant focus" of the new survey, he said.

Participation is voluntary and survey responses are confidential, with an independent company conducting the survey and analyzing the data. Tornberg said the survey takes about 45 minutes to complete.

The results, expected to be released next year, will help Defense Department officials identify emerging trends and shape programs to better meet service members' needs, Tornberg said.

Based on the 2001 survey, for example, the Defense Department and military services have beefed up their programs to reduce tobacco use and excessive alcohol consumption and to promote healthful body weight, he said.

It is too soon to tell what has changed since 2001 or to assess the effect the war on terrorism and multiple deployments will have on this year's survey results, Tornberg said. However, he said it is likely that many respondents will report high stress levels, as during the past survey.

Tornberg encouraged those asked to participate in the survey to do so, emphasizing the important role they will play in helping shape future programs for themselves, their comrades and their families. Almost half of the surveys distributed have been returned, he said, and the survey period will continue through July.

"It's very important to understand the needs and stresses put on our military fighting men and women," he said. "This survey will help give us the information we need to enhance the services we provide to them."

Men must have regular checkups to maintain health

By Ella Gordon
Brooke Army Medical Center

"Our body, Ourselves" is just one of thousands of books written for and about women's health and ways to improve and maintain health in midlife and old age. But, men need to be aware of their bodies and well being, too.

Typically, men don't worry about their bodies. They see a doctor only when necessary, and pride themselves in the fact that they haven't seen a doctor in "x" number of years. But, there are areas of their bodies, like women's, that need regular checkups.

Experts say that men also need regular screening and doctor's visits. Many times, they avoid the doctor because they don't want to hear bad news. However, the good news is that the majority of diseases, if found early, can be treated and even cured.

Health care professionals recommend the following screenings for healthy men:

- **Body measurement:** The American Heart Association recommends having body measurements, which includes height, weight and body fat, at least every two years after age 20. This recommendation may vary with age and pre-existing medical conditions. Being overweight or obese increases the risk of other diseases, such as diabetes and high blood pressure.
- **Blood pressure:** Blood pressure is a measure of the pressure the heart exerts when it is pumping blood through the arteries (systolic pressure), and measures the amount of pressure exerted in the arteries when the heart is resting between beats (diastolic pressure). High blood pressure increases the risk of heart attack, stroke, heart failure and kidney damage.
- **Cholesterol testing:** High low-density lipoprotein, called "bad" cholesterol, and high triglycerides increase the risk of heart disease and stroke. Men over age 20 should have cholesterol tests every five years and more often if they have high cholesterol.
- **Colorectal cancer screening:** Tests such as fecal occult blood test, colonoscopy, flexible sig-



moidoscopy and colon X-ray are available to detect cancer of the colon and rectum. Three major factors increase the level of risk: age 50 and older; family or personal history of colorectal cancer or adenomatous polyps; and personal history of inflammatory bowel disease.

- **Prostate cancer screening:** This exam should be done annually during a wellness visit. The American Cancer Society recommends that a yearly digital rectal exam and a prostate-specific antigen test be done for men over 50 years of age or older. Screening should be done earlier for black men or men who have a family history of prostate cancer.

- **Testicular exam:** This test is designed to detect testicular cancer, the most common cancer in men between the age of 15 and 35. Also, all men are encouraged to do monthly self-testicular exams.

In addition to these tests, experts also recommend annual dental exams. Unhealthy teeth and gum will contribute to other diseases. Eye exams should also be done yearly or more frequently depending on the conditions. Finally, a hearing exam is recommended at least every decade through age 50 and every three years after that.

For more information, call the Brooke Army Medical Center Health Promotions Office at 916-3352.

Health Promotions June classes

Class	Date	Time
Breast and GYN Cancer Support Group	today	1:30 to 3 p.m.
Body Fat Testing	Friday	8 to 11 a.m.
Weigh for Health	Friday	12 to 1:30 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Adult Asthma	Friday	2 to 3:30 p.m.
Cholesterol	Monday	9 to 11:30 a.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Arthritis	Tuesday	9:30 to 11 a.m.
Colonoscopy	Tuesday	10:30 to 11:30 a.m.
Office Yoga	Wednesday	12 to 1 p.m.
Weigh to Stay	Wednesday	3 to 4 p.m.
Breastfeeding Support Group	24	1 to 2:30 p.m.
Pediatric Asthma	24	2 to 3:30 p.m.
Diabetes Education	27	12:45 to 4:30 p.m.
Colonoscopy	28	10:30 to 11:30 a.m.
Office Yoga	29	12 to 1 p.m.

To sign up for classes or for more information, call Health Promotions at 916-3352.

Army Community Service

Family Advocacy Program June Class Schedule

Class Title	Dates	Class Time
Boys Only! Ages 9-10	Wednesday	9 to 10 a.m.
Management Skills Series (5-6) New Series	23 and 30	11 a.m. to 12:30 p.m.
Coping with Difficult People	Monday	1 to 2:30 p.m.
Getting Ready for Childbirth 1 and 2	23 and 30	9 a.m. to 12 p.m.
Girl Talk! Ages 6-8	29	9 to 10 a.m.
Healthy Pregnancy	Monday	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday and 28	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Friday and 24	1 to 3:30 p.m.
Truth or Consequences?	Tuesday	4:30 to 5:30 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.

Class space is limited. To register for classes or for more information, call Army Community Service Family Advocacy Program at 221-0349 or 221-2418.

TRICARE benefits enhanced for overseas survivors

Citing the debt of gratitude owed to those who have served the country and made the ultimate sacrifice, Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder Jr. revised the TRICARE policy for transitional survivors May 3.

The change allows active duty family members who are residing outside the continental United States, and who are on accompanied orders at the time of their sponsor's death, to remain eligible for TRICARE Prime benefits overseas during the three-year transitional survivor period.

"It is fitting that policy be changed to provide the same transitional survivor health care benefits as those available in the United States to the family members residing overseas who supported their active duty members and experienced a significant loss," Winkenwerder said in the policy revision memo. The new policy extends TRICARE Overseas Program Prime enrollment, including TRICARE Global Remote Overseas and TRICARE Puerto Rico Prime, to command-sponsored beneficiaries already enrolled in those programs.

During the three years following a sponsor's death, surviving spouses and children under 21 years of age (23 years of age if enrolled full-time in an institution of higher learning) remain eligi-

ble for many active duty family member benefits as transitional survivors. At the end of the transitional survivor period, TRICARE eligibility continues for survivors at the retiree family member status and rates.

Transitional survivors who are not enrolled in TOP Prime will continue to have access to overseas military treatment facility appointments on a space-available basis. Transitional survivors enrolled in TOP Prime at an MTF who choose to disenroll and relocate to an overseas site served by an MTF may enroll in TOP Prime at the new location. Those transitional survivors without nearby MTF access will be eligible for benefits under TRICARE Standard at active duty family member rates.

Transitional survivors who choose to return to the United States may re-enroll in TRICARE Prime in areas where it is offered. In areas where TRICARE Prime is not offered, they may use TRICARE Extra or Standard at active duty family member rates during the three-year period. They are not eligible to enroll in TRICARE Prime Remote for active duty family members upon return to the United States.

For more information, go to <http://www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=324>.

(Source: TRICARE news release)

Akeroyd Blood Center urges donors to give '5 in '05'

The Akeroyd Blood Center challenges eligible blood donors to give five donations during 2005 during its "5 in '05" campaign.

Participating donors will receive a "5 in '05" card and be recognized at a special ceremony at the end of the year.

For more information on the "5 in '05" program, call the Akeroyd Blood Center at 295-4655 or 295-4989 or stop by the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays.

(Source: Akeroyd Blood Center)



EVERETT COLLECTION

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 the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.
- 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, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)



National Graduate School confers 14 master's degrees

The National Graduate School celebrated the graduation of 14 master's degree candidates May 27.

The 14 graduates included Department of Defense employees, local service members and retirees.

The graduates were awarded a master's of science in quality systems management after more than a year of night school and practical field work in quality improvement programs in the local community. The National Graduate School has several satellite campuses throughout the country that offer this educational opportunity.

This group of candidates was split into three sub-groups. One provided consultant services to Baptist Health System, and the other two to the Marriott River Walk Hotel. The combined efforts resulted in quality improvement initiatives saving the companies thousands of dollars per year.

The National Graduate School is a popular vehicle for master's degrees with active duty

service members and military retirees, although it is open to civilians as well.

Fort Sam Houston's satellite campus is at Building 1026, behind the Old Brooke Army Medical Center. For more information, call Tom Marino at tmarino@ngs.edu. (Source: National Graduate School)

Graduates

Gillian Calloway
Thomas Charba
Yolette Davis
Bobby Harris
Walter Jones
Roberta Martinez
Christopher Metevier
Christopher Milam
Michael Newport
Deborah Seabron
Debra Spencer
Belinda Whitby
Roland Wilson
Janet Young

Army expands military intelligence warrant officer opportunities

By Sgt. Tricia Ortiz
U.S. Army Intelligence and Security Command

FORT BELVOIR, Va. — There has never been a better time to submit your packet for the U. S. Army military intelligence warrant officer program, said Chief Warrant Officer Eddie Mallard, command chief warrant officer, U.S. Army Intelligence and Security Command.

The Army is expanding the number of warrant officer applications it is accepting in all military intelligence fields.

"This opportunity is a great way to advance your career and earn the prestige of being called a U.S. Army MI warrant officer," said Mallard. "Only 2 percent of the U.S. Army Soldiers are in the warrant officer program. This makes the warrant officer program a small elite corps and the commanders' trusted advisers. The Army teaches specialized technical training to this trusted cadre, and that lets them serve not just as advisers, but as mentors to junior officers and Soldiers as well as the voice of experience to the command."

He also added there are other advantages on becoming a warrant officer, such as increased basic pay, faster promotions, an extended career path and challenging assignments.

"I personally decided to become a warrant officer because of the respect and leadership that professional senior warrants command; and then, there are the promotion advantages," said Mallard.

There are various trainings and job opportunities in the MI field for qualified service members who have an MI background and want to become an Army intelligence warrant officer. The ideal candidate must have five to eight years of service, with four years of operational experience in the MI field. Additional requirements for the program are candidates must have a general technical score of 110 or higher and should be under 46 years of age.

For more information, call Mallard at (703) 428-4655, e-mail eddie.mallard@us.army.mil or go to www.usarec.army.mil/warrant.

(Source: U.S. Army Intelligence and Security Command press release)

New Web site offers up-to-date AMEDD Center and School information

The Army Medical Department Center and School Web site has undergone a major overhaul. The new site is designed to provide students, faculty members and general site visitors with immediate and direct access to current information on areas of interest.

AMEDDC&S organizations are responsible for managing their own content, so site visitors have access to the latest course information, organizational contacts and special activities. People can also use the "Contact this Group" button to make direct contact with the organization that manages their area or activity of interest.

The site also offers helpful information of general interest, such as deployment relevant training information, Base Realignment and Closure updates, new arrival requirements, current events, special announcements and a staff directory.

To access the new site, go to <https://www.cs.amedd.army.mil>.

(Source: AMEDDC&S)

Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings."

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



TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: 1st Lt. Jason Miller
Unit: A Company
AOC: environmental science officer
Time in service: seven years
Future goals: Receive my doctorate in public health
Reason for enlisting: "I joined to serve my country."
Latest accomplishment: Completed officer basic course



Soldier of the Week

Name: Spc. Rebecca Johnson
Unit: E Company
MOS: 91X, mental health specialist
Hometown: Manchester, Conn.
Time in service: Seven months
Future goals: Obtain a doctorate in clinical psychology
Reason for enlistment: "I joined for the challenges of the Army and to gain experience in the field."
Latest accomplishment: Graduating college and Soldier of the Month for May

232nd Medical Battalion



Soldier of the Week

Name: Pfc. Richard Herald
Unit: A Company
Hometown: Butler, Pa.
Plans for the future: Finish college, get a bachelor's degree in emergency medicine, ultimately be a registered nurse-flight nurse.
Reason for joining the Army: "I wanted a better life for myself and my family. I wanted to go to airborne school."



Junior Leader of the Week

Name: Pvt. Michelle Meek
Unit: A Company
Hometown: Brooklyn, N.Y.
Plans for the future: Finish college, take care of my mom, retire young and stay beautiful
Reason for joining the Army: "I wanted an adventure and a better life for myself. I joined spontaneously. I saw the ad in the newspaper, called the number, and was in basic training."



Spotlight your unit

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

To submit a story or idea or for more information, call 221-0615 or 221-1031, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

NO ACCESS TO A COMPUTER?

Soldiers may obtain a FREE credit report.
 For more information, call 221-1612.



SPORTS



Sgt. Moses Sonera, a recuperating Soldier at Brooke Army Medical Center, plays wheelchair tennis during the Paralympics workshop on Fort Sam Houston while being coached by U.S. Paralympics Academy Manager John Register.

U.S. Paralympics sponsors sports workshop for recovering Soldiers

Story and photo by **Andricka Hammonds**
Brooke Army Medical Center

The U.S. Paralympics, a division of the U.S. Olympic Committee, conducted a workshop on Fort Sam Houston June 1 and 2 for Soldiers injured in the Global War on Terrorism recuperating at Brooke Army Medical Center.

The workshop is designed to promote a healthy, physically active lifestyle and sports competition despite a disability. John Register, manager of Paralympic Academy and U.S. Olympic Committee Paralympic Sports Military Program, introduced a variety of paralympic sports like sitting volleyball, wheelchair tennis, fencing and archery.

"The guys need something to distract them from recovery," said 1st Sgt. Daniel Seefeldt, a BAMC outpatient recuperating from a below-the-knee leg amputation. "This exercise is a good eye-opener for everyone. It reassured me that I can still play tennis. They see they can do it, too."

"I plan on getting a swimmer's leg," said Sgt. Justin Hollenbach, a BAMC outpatient learning to adapt to his foot amputation. "I was a swimmer before I lost my foot, and participating in

these events reassures me that I can continue doing what I love -- swimming."

The U.S. Paralympics is the second largest sporting event in the world, with the first being the U.S. Olympics. Today, more than 4,000 athletes from 120 countries participate in summer games and more than 1,100 athletes from 36 countries participate in the winter games.

"It's important that our military service members who have been injured know that they can continue having a healthy active lifestyle, and enjoy sports competition like they used to," said Register, a leg amputee.

"I'm glad they came. Now I know that after surgery, I can throw my mind into sports," said Sgt. Moses Sonera, who recently sustained a below-the-knee amputation.

The Paralympics has numerous partners including Blaze Sports Clubs of America. They played an important part in teaching and motivating Soldiers during the workshop.

"It's all about learning adaptation. Instead of tennis shoes, it's a wheelchair," said Wendy Gumbert, Blaze Sports Clubs of America.

For more information, go to <http://www.usparalympics.org> or call (512) 451-3637.

Army celebrates 230 years of defending liberty

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. – After 230 years, the one thing a Soldier of 1775 and that of today have in common is the desire to fight and protect the United States.

Defense Secretary Donald H. Rumsfeld praised Soldiers serving the United States and said the “Army’s story is America’s story.”

Rumsfeld, Army Secretary Francis Harvey, Chief of Staff Gen. Peter Schoomaker and Sgt. Maj. of the Army Kenneth O. Preston presided at a Pentagon ceremony marking the Army’s birthday. On June 14, 1775, the Second Continental Congress approved legislation calling for the United States to raise 10 companies of infantry -- about 1,000 Soldiers. The U.S. Army now has more than 488,000 Soldiers on active duty, with 193,000 members of the Army Reserve and 330,000 National Guardsmen.

Today, one Soldier surpasses the firepower of that first regiment.

“Today, the Army stands as one of the greatest institutions in the world, the pre-eminent land power on Earth and the ultimate instrument of national resolve,” Harvey said.

Throughout history “our Soldiers have displayed unmatched courage, commitment and willingness to sacrifice to achieve any mission,” Schoomaker said. “They serve with incredible honor and distinction.

They understood ... that our Constitution and the freedom it guarantees are worth fighting for.”

The Army has changed with the times. Rumsfeld praised the service for efforts to make itself more flexible and more innovative as it tackles future challenges.

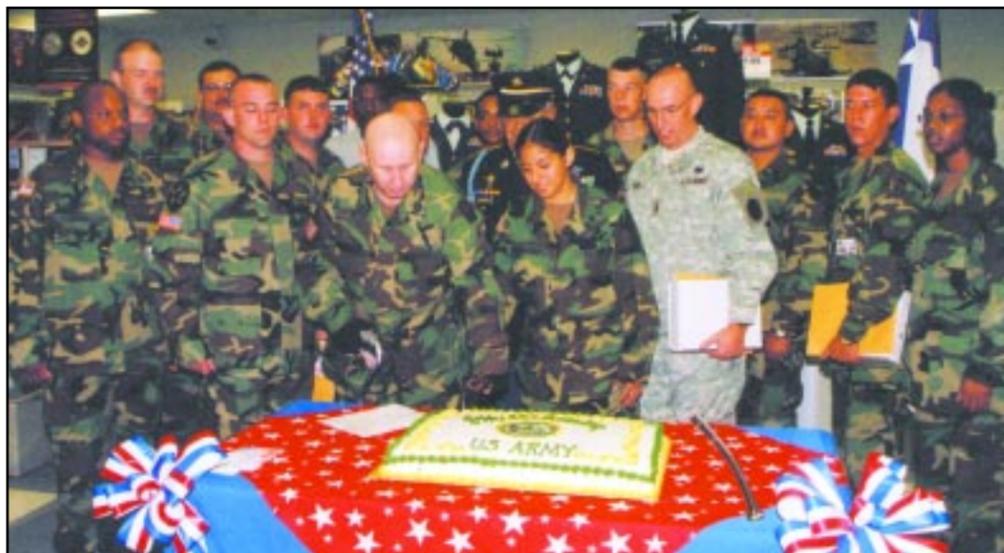
Rumsfeld said the Army has served nobly in the struggle against violent extremists. He noted Army Rangers parachuted into Kandahar early in Operation Enduring Freedom. The Army’s 3rd Infantry Division made the famed Thunder Runs into Baghdad in April 2003, and Soldiers who have “launched offensives against the violent extremists, who killed 3,000 innocent men, women and children on Sept. 11, 2001.”

Soldiers, though, are more than just warriors, the secretary said. Army personnel serve as “diplomats” and “peacekeepers” as well. “And with every new challenge, (Soldiers) have demonstrated their ability to rise to the occasion,” he said.

Following the speeches, Schoomaker enlisted 28 recruits from the Baltimore Recruiting Battalion. The oldest and youngest Soldiers in the U.S. Army Military District of Washington cut a cake in honor of the birthday. And the assembled crowd together sang “Happy Birthday” to the U.S. Army.

Army figures show there are 256,000 Soldiers deployed overseas in a number of capacities. There are 114,000 Soldiers in Iraq, 15,000 in Afghanistan, 26,000 in Korea, 1,400 in Kosovo and 700 Soldiers in the Sinai.

Happy birthday



Photos by Esther Garcia

Army Medical Department Center and School and Fort Sam Houston Command Sgt. Maj. Timothy Burke, keynote speaker for the 230th Army birthday celebration at the Military Clothing Sales store, watches as Sgt. 1st Class Allen Hornaby and Spc. Genevieve Hernandez cut the birthday cake Tuesday. The birthday ceremony included presentation of the colors by the Alamo Silver Wings Airborne Association and a raffle. “I must say at 230 years and 174 battle streamers, we are looking pretty darn good,” said Burke. “Today, our Soldiers have great values and a strong warrior ethos which enable them to defend our country and do it honorably; loyalty, duty, respect, selfless service, honor, integrity and personal courage define those values.”



Army retired Sgt. Maj. Benito Guerrero, member of the Alamo Silver Wings Airborne Association, presents U.S. flags flown over the Capitol in Washington D.C., to Soldiers who have served in operations Iraqi Freedom and Enduring Freedom during the Army birthday celebration Tuesday at the Military Clothing Sales store. The flags were provided by the Army and Air Force Exchange Service Military Clothing Sales store.

Army celebration



Photos by Shadi May

(Above) Staff Sgt. Sonja Turner-Jenkins, 354th Medical Logistics Company, offers the first piece of Army birthday cake, cut by Staff Sgt. Shelia Edwards, 94th General Hospital, to Col. Bradley Freeman, 32nd Medical Brigade commander, at the Rocco Dining Facility Tuesday. Turner-Jenkins and Edwards recently returned from supporting operations Iraqi Freedom and Enduring Freedom. Traditionally, the Army birthday cake is cut by the youngest and the oldest members of a unit. This year, the battalion decided to give the honors to these combat veterans. The cake was prepared at the Rocco Dining Facility.

(Left) Staff Sgt. Shelia Edwards, 94th General Hospital, and Staff Sgt. Sonja Turner-Jenkins, 354th Medical Logistics Company, cut the Army birthday cake Tuesday during a celebration at the Rocco Dining Facility for the Army's 230th birthday.

Birthday

Continued from Page 1

Inspired by decades of state and local celebrations, President Woodrow Wilson officially established Flag Day on May 30, 1916. President Harry Truman designated June 14 of each year as a national Flag Day on Aug. 3, 1949.

“Since 1777, wherever Soldiers have served, our flag proudly waves,” said Col. Richard Agee, Army Medical Department Center and School chief of staff and a ceremony speaker. “The flag symbolizes the unity of our government and purpose, the diversity of our citizenry and the character of our nation.”

Vincent and her band, The Rage, provided a rousing second half to the event. Soldier medics from the 187th and 232nd Medical Battalions crowded the field to enjoy the International Bluegrass Music Association’s 2004 female vocalist of the year.

“Today is a day of celebration as we recall the 230-year journey secured by men and women willing to fight and die for us,” Agee said. “It is a time to remember the simple words that we learned as children as we pledged allegiance to this symbol of our great United States – not separate, but one nation under God; a nation that, despite its diversity, will remain undivided with a profound purpose – to provide liberty and justice for all.”

“Happy birthday Army and happy birthday ‘Old Glory.’”



Photo by Elaine Wilson

The Fort Sam Houston Honors Platoon fire a rifle salute in honor of the Soldiers who served during each of the campaigns following a battle streamer presentation.



Photo by Elaine Wilson

Pfc. Stephanie Coulter, D Company, 187th Medical Battalion, presents the 10 battle streamers earned in the Mexican War to Special Troops Battalion Sgt. Maj. Garland Haynes, who then attached the streamers to the Army flag. Coulter is wearing a U.S. dragoon uniform.



Special Troops Battalion Sgt. Maj. Garland Haynes fixes battle streamer to Army flag during birthday ceremony Tuesday. The Army has earned 174 battle streamers since 1945.



Rhonda Vincent and her band, The Rage, entertained a lively crowd with their music during the Army birthday ceremony. Vincent provided the free concert to honor the Army's birthday.



Photo by Esther Garcia
s to the Army flag during the Army
throughout its 230 years of serv-



Photo by Esther Garcia

Soldiers from various units at Fort Sam Houston present the 174 battle streamers awarded to the U.S. Army flag. The Soldiers are wearing uniforms that reflect the time period when the battle streamers were earned dating back to the Revolutionary War.



Photo by Esther Garcia

(Above) Chaplain (Capt.) Dwight Broedel, 187th Medical Battalion chaplain, gives daughter, Amy, a better view of bluegrass singer Rhonda Vincent and a chance to show off her dance moves. "It was fun with the music and a festive feel," Broedel said. "It was a real birthday party."



Photo by Elaine Wilson

Sgt. Lidia Sanchez, 5th U.S. Army, salutes after she delivers the 25 battle streamers the Army earned for the heroism of Union and Confederate Soldiers during the Civil War. Sanchez is wearing a U.S. Army cavalry uniform from that time period.



Photo by Elaine Wilson

on a bluegrass concert shortly after
Soldiers and the Army birthday.



Photo by Elaine Wilson

(Right) Spc. Jermaine Newsuan and Spc. Mark Lingad, from D Company, 187th Medical Battalion, move to the music of Rhonda Vincent, the International Bluegrass Music Association's 2004 female vocalist of the year.

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

Soldiers

Troop Protestant Service:

Sundays: 9 a.m. - 32nd Med. Bde. Soldiers
Samoan Protestant Service:
 Sundays: 12:30 p.m.

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

1:30 p.m. - Jumma - Fridays
 10:30 a.m. - Children's Religious Education - Sundays
 7:30 p.m. - Adult Religious Education - Thursdays

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
 Noon - Worship - Wednesdays

Evans Auditorium, 221-5005 or 221-5007

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

Web site:

www.samhouston.army.mil/chaplain

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

Catholic Services - Sundays:

12:30 p.m. - Mass
Protestant Services:
 10:30 a.m. - Collective Gospel Protestant - Sundays
 9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays: 10 a.m. - 32nd Med. Bde. Soldiers
Troop Protestant Gospel Services: Sundays: 11 a.m. - 32nd Med. Bde.

RELIGIOUS HAPPENINGS . . .

Wives of warriors

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

PWOC Bible study

The Protestant Women of the Chapel offers a summer Bible study every Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel. The summer session will study the book "Becoming a Contagious Christian" by Mark Mittelberg, Lee Strobel and Bill Hybel. Free child care will be provided. For more information, call Jenifer Sones, PWOC publicity, at 271-3174.

OCF Bible study

The Officers' Christian Fellowship will study Colossians. The group will meet for dinner at 6 p.m. followed by Bible study at 7 p.m. Friday; July 1, 8, 15 and 29; and Aug. 19 and 26 at 6 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

Men of the Chapel meeting

Men of the Chapel's quarterly meeting will be Saturday at 8:30 a.m. in the activity room at Dodd Field Chapel. The hot topics will be the calendar for the year and the Repair and Modification Program project. For more information, call Robb Wood at 221-5428 or visit www.samhouston.army.mil/chaplain/moc.aspx.

Gospel concert

Bill Gaither, the Grammy Award-winning gospel artist, will launch his 10th anniversary homecoming tour this fall. He will be at the SBC Center Sept. 17. For more information, call (888) 217-0301 or visit www.gaithernet.com.

INTERFAITH CALENDAR . . .

Today - Martyrdom of Guru Arjan Dev Sahib - Sikh time of remembering those who have suffered for the faith. Observed by reading the Guru Granth Sahib.

Today - Ganga Dussehra ** - Hindu honoring of the sacred river Ganga, which flows from the Himalayas to the Bay of Bengal.

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

Tuesday - Litha * - Wicca celebration of the sacred marriage in which energy of the gods is poured into the service of life.

June 24 - Birth of John the Baptist - Christian celebration of the role of John in baptizing Jesus. It continues a pre-Christian Midsummer's Day celebration.

* Usually begins at sundown the day before this date.

** Local customs may vary on this date.

MWR

Recreation and fitness

Free morning aerobics

Free morning aerobics classes at the Jimmy Brought Fitness Center are Monday through Friday at 5 a.m. There is also a free step aerobics class at 6 a.m. on Mondays and Wednesdays.

Yoga and Pilates class

Yoga and Pilates class is offered at the Jimmy Brought Fitness Center on Tuesdays from 4:45 to 5:30 p.m. The cost is \$2 per class or \$24 for a 16-class pass.

Summer hours for catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

MWR seeks civilians for survey

Fort Sam Houston Directorate of Morale, Welfare and Recreation seeks civilian employees to complete the 2005 Leisure Needs Survey. Civilian employees, non-appropriated funds and contractors who complete the survey by Friday will have a chance to win a free oil change and lube from Caliber Collision Center. For more information, call Alexandra Nordeck at 221-2926 or 221-2307, or e-mail alexandra.nordeck@samhouston.army.mil.

Aerobics classes

The Jimmy Brought Fitness Center offers a variety of aerobics classes Monday through Friday. Visit the fitness center for a schedule including yoga, water aerobics, step and cycling classes.

MWR car wash

Stop by the Fort Sam Houston Morale, Welfare and Recreation Auto Craft Shop in Building 2410, on the corner of

Funston and Schofield Roads, to use one of the two car wash bays. The center also features an automobile vacuum. The hours of operation are Wednesday through Friday from 1 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

AC service at the Auto Craft Shop

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

Archery lessons

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

Aquatic Center

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

Swimming lessons

Swimming lessons are available at the Aquatic Center Monday to July 1, July 11 to 22 and July 25 to Aug. 5. For more information, call the Jimmy Brought Fitness Center at 295-8861 or visit www.fortsamhoustonmwr.com under the recreation link.

Junior golfer clinic



Photo by Alexandra Nordeck

Jon Lucas, 10, practices his chipping during the Summer Junior Clinic at the Fort Sam Houston Morale, Welfare and Recreation Golf Course. Students learn putting, chipping, etiquette, safety, irons, driver and fairway and woods. A new set of clubs and bag is included in the cost of the class. The next camp is Monday to June 24, and the cost is \$110. Students ages 7 to 16 are welcome. For more information, call the Golf Course at 221-4388.

Dining and Entertainment

Sam Houston Club, 224-2721

Seafood Buffet

The club will offer a seafood buffet Friday from 5:30 to 8 p.m. The cost is \$11.95 for members, \$13.95 for nonmembers and \$6.95 for children between ages 7 to 11. Children 6 and under will eat free.

Sunday brunch

The next Sunday brunch will be from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members and \$13.95 for nonmembers and will include a complimentary glass of champagne.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m.

Bowling Center, 221-3683

San Antonio military double tournament

This tournament is scheduled for July 23 and 24. Registration is \$30 per doubles team and open to all Department of Defense ID cardholders. A \$400 first prize will be awarded.

Family bowling day

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

Soldier appreciation

Soldier appreciation day is Saturdays from noon to 6:45 p.m. The center offers free shoe rental and medium soda with purchase of game.

Cyber Bowl

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

Golf Club, 221-4388

Summer Junior Camp at Golf Club

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

Golf lessons

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

Pro Shop sale

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

Around the Corner frame shop

Visit the post frame shop located at the lower level of the former Officers' Club, 407 Dickman Road, for engraving, plaques, medals and trophies as well as combat medic statues, military coin racks and flag cases.

Harlequin Dinner Theatre

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

MWR Ticket Office

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

Rock 'n Bowl

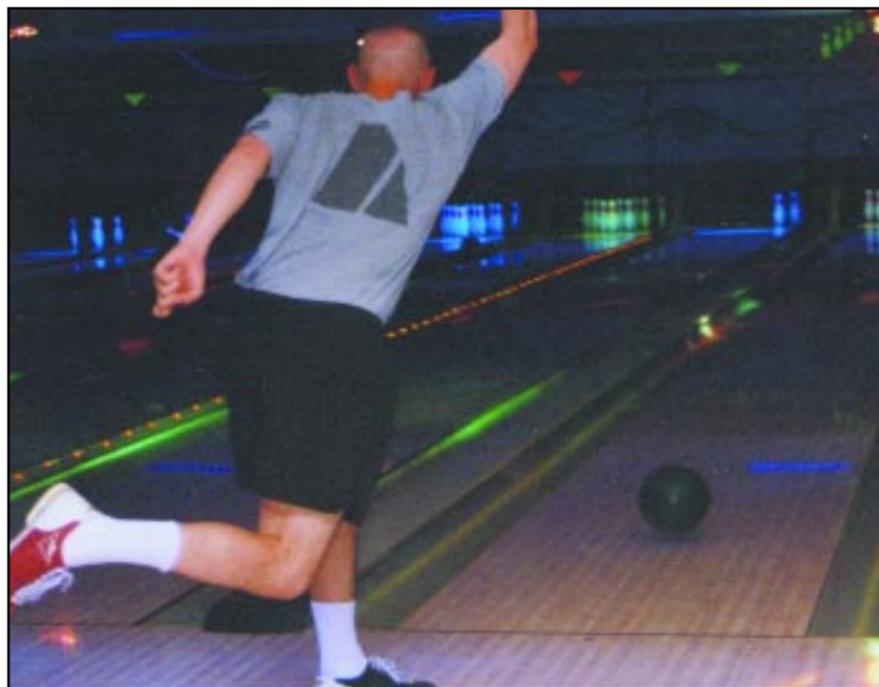


Photo by Alexandra Nordeck

Pvt. Aaron Miller, C Company, 187th Medical Battalion, puts his skills to the test at the Rock 'n Bowl Saturday at the Fort Sam Houston Morale, Welfare and Recreation Bowling Center. The event included live music, black light bowling and a free hotdog and a soda with admission. Visit the Bowling Center all summer long for specials such as cyber bowl every Saturday night from 7 to 9 p.m. or \$5.95 Friday bowling from 5 to 10 p.m.

SCHOOL NEWS

Fort Sam Houston ISD is accepting nominations for board of trustees

The Fort Sam Houston Independent School District has a five-member board of trustees nominated by the U.S. Army Garrison commander and appointed by the State Board of Education.

Enlisted military personnel or their spouses, spouses of military officers and civilians employed on the installation may serve on the board. Military officers cannot serve as board of trustees members based on U.S. Code 973(b) which prohibits a regular officer from accepting a state "civil office." The majority of the trustees must be civilians.

The board of trustees is responsible for setting policy for Fort Sam Houston ISD and making decisions based on the educational welfare of all children served by the district.

Board members must be registered Texas voters and have lived in Texas for the past twelve months. They must also live on or be employed by the installation and be willing to volunteer their time and serve without compensation.

Prospective members must be prepared to serve a two-year term of office, attend monthly meetings, receive board of trustees training (approximately 20 hours the first year and eight hours thereafter), and support the Fort Sam Houston schools by attending special events and functions.

People who are interested in being considered for a position on the board of trustees should submit a resume with name, home and work addresses, phone numbers, marital status, age of children (if applicable), educational and work background, community activities, current association with any school(s) and any other information people wish to share by July 5 to Headquarters, U.S. Army Garrison, ATTN: MCCS-GCA-CYS, Fort Sam Houston, Texas 78234-5020.

For more information, call Brenda Berry at 295-4806 or Keith Toney at 221-9613.

(Source: Fort Sam Houston ISD)

School budget meeting

The Fort Sam Houston Independent School District will hold a public meeting Wednesday at 11 a.m. in the Professional Development Center, 1908 Winans Road, to discuss the school district's budget. Public participation is invited.

Fort Sam Houston ISD Board of Trustees meeting

The Fort Sam Houston ISD board of trustees will meet Wednesday for a regular board meeting at 12:30 p.m. in the Professional Development Center, 1908 Winans Road.

Running safety

People are prohibited from running on Stanley Road, Dickman Road, Artillery Post Road, Wilson Road, Scott Road, North New Braunfels Road, Harry Wurzbach Road, Schofield Road, Roger Brooke and Binz Engleman. However, runners may run on sidewalks or on the grass on these roads.

A few running safety tips include:

- If walking or running during hours of darkness, carry a flashlight to shine on the sidewalk in front of you.

- Wear light or reflective clothing; stay out of the roadway and be alert to traffic.

- Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes.



- Run in familiar areas.
- Avoid unpopulated areas, deserted streets and overgrown trails.
- Don't wear headphones.
- Run against traffic and keep the approaching automobiles in view.
- Wear reflective material if you must run during the hours of darkness. Soldiers running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of the PT uniform. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on FSH.

For more information and the safety-training calendar, go to the ISO Web site at <http://www.cs.amedd.army.mil/iso> and look under regulations. For assistance, please call Guadalupe Gomez at 221-3866 or e-mail Guadalupe.Gomez@CEN.AMEDD.ARMY.MIL.

AMEDD blood drive

The Army Medical Department Center and School will sponsor a blood drive Monday from 10 a.m. to 3 p.m. at the Blesse Auditorium.

Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are Tuesday and July 29 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour.

The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Post Pulse: What are you planning to do for your father on Father's Day?



"I met my dad for the first time when I was 18, seven years ago, so I am sending him a gift. It will probably be a unit patch."

Spc. Howard John
D Company, 187th
Medical Battalion



"I probably will send him some flowers."

Pfc. Graham Mullins
D Company, 187th
Medical Battalion



"I will buy him a card and e-mail him since I won't be there (Hornlake, Miss.)"

Pfc. Yvonne Davis
C Company, 187th
Medical Battalion



"We usually cook for all the men in the family."

Deloris Jackson

DoD offers advice to teens on the move

You're moving. Again.

It's PCS, or permanent change of station, time, so now what?

Telling everyone, moving, changing schools and saying goodbye to your friends, your room, your home – it's a lot, isn't it? So, what are you going to do now? Here are a few suggestions:

Start a list

What do you want to do before you leave? Is there a favorite place you want to visit one last time? Or, is there somewhere or something you want to try before you leave?

Think back to your last move. What did you wish you knew about your life before you got there? Info on the school? Places where the kids hang out? Details about the town?

Jot down a list of all the things you want to know about your new place. This is just like studying for a test. The more you know ahead of time, the easier it will be. You can find answers on the Internet and through your parents.

This is your chance to **make some memories** that will last a lifetime.

- Try a new restaurant
- Go to the movies
- Have a party
- Take pictures of everyone and everything

- Hang out with your friends

On the move

Right now you might feel like your life is out of control. And, in a way, it is — you have no control over the fact that you and your family are moving.

Charles Schultz, who created the comic strip "Peanuts," once said, "Life is like a 10-speed bike; most of us have gears we've never used." This move will introduce you to gears within yourself that you never tried before.

Moving tips

- Don't forget to prep your computer and back up your important files.
- What do you do with those clothes you know you'll never wear again? How about making a donation? Two great charities are the Salvation Army and the Cancer Federation.
- Make a list of all your favorite things to do and places to

"I was complaining like crazy about having to move to Edwards Air Force Base (Calif.). I kept telling my parents over and over how I hated even the idea of moving. Then, like a week before we left, I think my dad got fed up with my complaining and said to me: 'Josh, since when does liking something determine whether or not we should do it? If we only did what we liked, there'd be no dentists and probably no high schools.' How can you argue that? He was right."

Joshua, 17

go at your home. Then make a list of all the things you wish you did while you were there. Now, here's the fun part: Go do them. Do as many of those things on your list with as many of your friends as possible. It is time to make some memories that will last a lifetime.

Living your life

You're in your new place, now what? It would be so easy to just curl up in a ball and hide in your room, wouldn't it? But what will that accomplish? Not much

more than making you miserable and passing that misery on to everyone else in your house.

Someone once said that a mind is like a parachute. It only works when it's open. If you only consider one point of view, you won't stretch. And if you don't stretch, you won't grow. So, yeah, one point of view you can take is that your life is unfair because you had to move again.

What's another way to look at things? You can look at this new place as an adventure, an opportunity and a personal challenge.

Do a quick attitude check; how are you feeling and what are you thinking? That's your attitude; and it can be really positive or really negative, or somewhere in between.

You may not like what is happening to you right now, but if you remember to check your attitude, your attitude will improve, and you will have a really good chance to grow, learn, and, best of all, just be happy.

Tips from teens who have moved (and moved and moved):

- No matter what time of the year you move, take some time to explore your new town. Borrow the car, or have someone drive you around.
- Where are the movie theaters and the nearest mall? Where are the teens, what are they doing and what are they wearing?
- Drive by and see what the school is like, what the teens look like and dress like and where the hangouts are.

For more information, go to the Department of Defense Military Teens on the Move Web site at http://www.defense.mil/mtom/index_t.htm. (Source: Military Teens on the Move Web site)

CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp registration

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

Youth horsemanship camp

Students ages 7 through 18 can learn proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available through August. The cost is \$175. For registration information, call 224-7207.

YS shuttle unavailable

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

Youth Services volunteers

YS is always looking for volunteers to assist with youth programs such as golf,

roller hockey and tennis. They also need sports coaches, computer skilled people, craft experts and clerical experts. For more information, call the Youth Center at 221-3502.

Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make chocolate nut loaf.

Free after school program

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

Youth sports registration

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

Youth cheer clinic

Youth Services will hold a weekly

cheer clinic at the Youth Center. There will be two different age groups: 5- to 8-year-olds who will meet Wednesdays from 6 to 7 p.m. and 8- to 12-year-olds who will meet Mondays from 6 to 7 p.m. The cost will be \$30 per month per child. All participants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

Parent News

PCI closure

Parent Child Incorporated Center will be out of session for children from Monday to July 5. Patrons needing assistance with child care can call Central Registration at 221-4871 or 221-1723. Beginning July 5, PCI will register youth. Eligibility is based on federal guidelines.

ArmyFCC.com

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

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up

plan. For more information, call 221-3820 or 221-3828.

Home-based child care

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

CDC preschool program

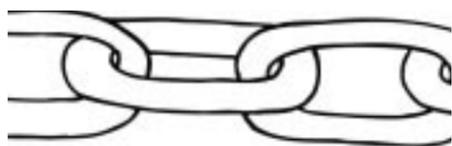
The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call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

PAC meeting

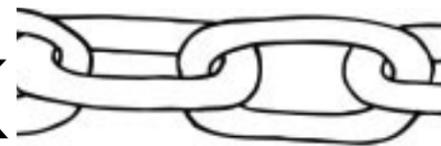
The Child and Youth Services Parent Advisory Council meeting will be Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

Check wait list

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



COMMUNITY LINK



Happenings

Patriotic Pop concert

The Coker United Methodist Church will host this family event July 3 at 6 p.m. at the church grounds at 231 East North Loop Road. For more information, call 494-3455.

MOAA dinner dance

The Military Officers' Association of America Alamo Chapter will hold a dinner dance June 23 at 5:30 p.m. at the Randolph Air Force Base Officers' Club. The Wilburn Brothers Band will provide music. The cost is \$20 per person and \$40 per couple. For more information, call 228-9955 or e-mail moaa-ac@sbcglobal.net.

AUSA golf tournament

The Association of the United States Army Alamo Chapter will host its eighth annual Soldier golf tournament June 27 at Fort Sam Houston Golf Course. For more information, call (830) 228-5482 or visit www.alamochapterausa.org.

Race Unity Day

Celebrate diversity at the next annual Race Unity Day July 17 from 1 to 9 p.m. at Villita Assembly Building, 104 Villita St. There will be free food and entertainment for all. For more information, call 281-9628.

MSC birthday celebration

The Fort Sam Houston Silver Caduceus Society, an independent organization established to provide camaraderie, mentorship and Corps information, will celebrate the Medical Service Corps' 88th birthday June 30 from 3 to 5 p.m. at the Army Medical Department Museum. The cost is \$5, payable at the event. For more information, call Maj. Steve Owens at 221-9942 or e-mail steve.owens2@amedd.army.mil.

Poster contest

The Fiesta 2006 poster contest is under way. The commission will accept entries through Aug. 5 by noon. The winner will receive \$5,000. For more information, visit www.fiesta-sa.org.

Early on Bright Ideas Café

KLRN will sponsor a series of free classes for parents, child care providers and children during summer. Each session will provide families with hands-on learning activities, which prepare preschool children for success. For more information, call 270-9000, extension 2246.

Audition, talent show

Time Warner Cable and San Antonio Parks and Recreation Department will sponsor an audition and talent show June 27 at 7 p.m. at the Bob Hope Theater at Lackland Air Force Base. Contestants must reside on a military institution, base or post, and be 18 years or older. Open auditions will be Saturday from 9:30 a.m. to noon. For more information, call 207-3115.

Build-a-greenhouse class

Master gardener, Dr. Tom Harris, will teach a class on building an affordable 12 feet by 12 feet, double-walled greenhouse using plastic walls and a wood frame Saturday at San Antonio Botanical Garden. Harris will discuss how to set a foundation, erect walls and bring in water and electricity, among other things. The cost is \$30. For more information or to register, call North East Community Education at 657-8866 or

visit the Web site at www.neisd.net.

Annual Juneteenth celebration

A celebration of freedom, enlightenment, education and pride of African Americans, these series of events will take place today and Friday. For more information, call 289-7683 or 227-7311.

Book signing, lecture

Bob Welch, author of "American Nightingale," will be at the Army Medical Department Museum Gift Shop June 23 at noon to sign copies of his book followed by a lecture and reception at 5 p.m. For more information, call 226-0265 or e-mail amf@satx.rr.com.

Kraft youth essay contest

Kraft Foods, under its "Salute to Military Families" program, will sponsor a youth essay awarding three \$1,000 U.S. Savings Bonds. To enter the contest, military children should write an essay, not to exceed 1,000 words, on "The Person I Admire." The essay should be postmarked before Aug. 1 and mailed to San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Bat boy (girl) opportunity

Kraft Foods will honor military children with its bat boy program. The honorary bat boys (or girls) will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games Friday, Saturday or Sunday. To register for bat boy, send a post card to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Free SeaWorld admissions

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

Volunteer

Volunteer ombudsmen needed

The Alamo Area Council of Governments' Alamo and Bexar area agencies on aging are looking for caring individuals to become certified volunteer ombudsmen. Ombudsmen are advocates for elders' rights. The ombudsmen programs are composed primarily of volunteers. AACOG staff administers a specialized training program, certified by the Texas Department of Aging and Disability Services, to teach volunteers how to advocate for the elderly in long-term care. For more information, call 362-5226 for Bexar County or 362-5223 for the Alamo Region or visit www.aacog.com/aging.

UFE procedure available

The department of interventional radi-

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

WHMC periodontics seeks patients

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

BAMC needs volunteers

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

Professional Development

QuickBooks Pro 2005 classes

University of Texas at San Antonio Small Business Development Center will offer a series of classes on this popular software starting Monday. For more information, call 458-2460.

Master's degree in one year

The National Graduate School of Quality Management is accepting applications for a master's program scheduled to start June 20. Classes will be held Mondays from 6 to 10 p.m. at Kelly U.S.A. The master's business project will replace thesis. This institution is regionally accredited, and eligible students can apply for tuition assistance. For more information, call 213-1248, 410-9147, (800) 838-2580 or visit www.ngs.edu to apply on line.

St. Mary's offers teaching degree

St. Mary's University is taking applications for the Master of Arts in Educational Leadership for fall 2005. Qualified candidates may become teacher certified in Texas with 18 hours of graduate work while pursuing the master's program. Classes are held on Fort Sam Houston and campus. Active duty and retired military, Department of Defense employees and spouses of these groups can receive 50 percent off tuition per three-hour course. For more information, call Judy Olivier, 226-3360 or visit their office in Building 2248, Room 206.

Free computer training

Family members of active duty military personnel may receive computer training to prepare for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word,

Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instruction is also available in Spanish. For more information, call Katja Lunsford at 221-0427.

Meetings

Civil Air Patrol seeks members

Civil Air Patrol is the civilian auxiliary of the U.S. Air Force and is organized along military lines. For more than 50 years, the CAP has performed three congressionally-mandated missions: aerospace education, cadet programs and emergency services. The organization is looking for both young people and adults. For more information, call 1st Lt. Mark DeJesus at 221-9655 or e-mail cap_dejesus@yahoo.com.

Comptrollers luncheon

The Alamo Chapter of the American Society of Military Comptrollers will host its June luncheon at the Fort Sam Houston Golf Club June 23 from 11 a.m. to 1 p.m. This month's luncheon will be the annual hail and farewell to ASMC officers. Reservations need to be made by June 19. For more information, call Wayne Wanner, Headquarters U.S. Army Medical Command, at 221-7029.

Annual communication exposition

Lackland Air Force Base's 37th Communications Squadron will host its 11th annual communication and information exposition Wednesday from 9:30 a.m. to 1:30 p.m. at Mitchell Hall. The event is free and open to all Department of Defense government and contractor personnel. For more information, call 925-1157.

SMA seeks new members

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

BOSS seeks single Soldiers

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

USAWOA Lone Star Chapter

The Lone Star Chapter of the United States Army Warrant Officers Association will meet at 7 p.m. on the third Monday of each month at VFW Post #8541, 2222 Austin Highway (between Rittiman and Eisenhower). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Randy Blackburn at 295-2143 or e-mail randy.blackburn@samhouston.army.mil.

FORT FREEBIES



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

For Sale: Large chimenea with stand \$30; "Seven Kitchen and Bath Remodeling Idea" books, \$10 for all. Call 490-5240 or cell 213-2182.

For Sale: 1965 four-door classic Pontiac Tempest, in great condition and runs great, \$4,500 obo. Call 240-9693.

For Sale: Man's bowling ball, \$10; TV corner table with shelves and two compartments, \$125; two wicker chairs and one round table with glass top, \$100; small TV, \$20. Call Martha Delley at 656-7840.

For Sale: Tan cloth sofa with pillows with printed flowers, \$500 obo. Call 930-8498 or 273-4337.

For Sale: 2000 Ford Ranger XLT,

excellent condition, all power, V-6, automatic, camper, towing package, \$6,500 or will trade for a van of equal value. Call 673-9649.

For Sale: Little Tikes sand and water table, \$20. Call 821-5479.

For Sale: Dodge Ram accessories to include Pioneer DEH-P77DH multi-CD control high power CD player with AM and FM tuner, \$120; low profile fiberglass tonneau cover, quick release hinges, black, \$200; Shelf-it overhead storage shelves with two 12 volt power outlets, gray, \$20; Catch-All four-piece custom fit carpet floor mats, gray, \$40. Call 299-3719.

For Sale: Dining room set, seats six,

\$300; full size mattress set, two sets, \$75 each. Call 632-3662.

For Sale: Wooden dining room table with four chairs and a bench, \$125; maple coffee table, \$35. Call 655-2634.

For Sale: Bed extender for 1997 to 2003 Ford F150 Super Crew, \$100; trampoline without safety net, \$50. Call Matt at 661-3201 after 6 p.m.

For Sale: 1994 double-wide Palm Harbor mobile home with three bedrooms and two baths, asking payoff. Call (830) 393-7651.

For Sale: Kenwood home theater system, powerful receiver (100 watts and six channels), five speakers and an 8-inch

subwoofer, mint condition with original manuals and packaging, \$200 and throw in a free RCA five-disc CD player; Homedics anti-gravity recliner massage chair, hardly used and in perfect condition, \$200 obo. Call Gina or Eric at 595-6863.

For Sale: Beige Kenmore heavy duty gas dryer, \$80 obo; beige Maytag wood-top portable dishwasher, \$60 obo; white Kenmore heavy duty washer, \$50; electric Kenmore 220 stove with oven, \$80 obo; Hammond electric J series organ with bench, \$400 obo. Call 824-6406 or 916-4064.

For Sale: Bruno electric scooter lift (ASL400), like new, \$600; Slim Jim exerciser, \$10. Call 827-8046.