



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

June 22, 2006

Briefs . . .

MEDCOM Band at the Alamo

The Army Medical Command Band will perform a concert in front of the Alamo June 29 at 7 p.m. The public is invited to come by and hear the band perform musical selections such as "American Soldier" by Toby Keith, "Pirates of the Carribean," "Oye Como Va" by Santana and "What a Wonderful World." The band is under the direction of Chief Warrant Officer William Brazier.

Newcomers' Extravaganza

A Newcomers' Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club, Building 1395, Chaffee Road. The extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival. Attendees will have the opportunity to learn about Fort Sam Houston and the San Antonio area. Supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Families are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

Audie Murphy induction ceremony

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

Fourth of July ceremony

A display of the 50 state flags will grace the main post flagpole as Fort Sam Houston salutes the 230th anniversary of the Declaration of Independence July 4 at 11:30 a.m. at the main post flagpole on Stanley Road.

The Army Medical Command Band will perform patriotic music prior to the event. The ceremony will feature a cannon salute to the Union fired in succession for each of the 50 states starting with Delaware.

Special guests include amputee service members who are taking part in various stages of Soldier Ride, a cross-country bike trek intended to raise awareness and support for injured veterans of the wars in Iraq and Afghanistan.

The public is invited to this patriotic event. Vehicles without Department of Defense vehicle decals should enter Fort Sam Houston off of Interstate Highway 35 at the Binz Engleman gate, Walters Street gate or the Harry Wurzbach East gate at the intersection of Harry Wurzbach and Stanley Road.

MCS birthday celebration

The Fort Sam Houston Silver Caduceus Society will sponsor a Medical Service Corps 89th birthday celebration June 30 from 1 to 3 p.m. at the Army Medical Department Museum. The speaker will be Brig. Gen. David Rubenstein, assistant surgeon general for force sustainment.

See BRIEFS on Page 3

Inside . . .

From the Top	2
Health	6
Sports	7
Religion	11
Child and Youth Services . .	13
MWR	16
Community	17
Fort Freebies	18



Photo by Cheryl Harrison

Symbols of courage

Sgt. Maj. Charles Griffin, Fifth U.S. Army, assists Pvt. William West, B Company, 264th Medical Battalion, in attaching six battle streamers representing the War of 1812 on the U.S. Army flag. The post celebrated Flag Day and the Army's 231st birthday June 14 at the Fifth U.S. Army Quadrangle. See related story on Pages 14 and 15.

Budget forces reduction in post services

By Phil Reidinger
Fort Sam Houston Public Affairs Office

According to a letter sent this week by Brig. Gen. John A. Macdonald, director of the Installation Management Agency, to Hugh Exton, director, Southwest Region of IMA, the region will receive an additional \$109 million as a result of the recent supplemental budget appropriation.

In his letter, Macdonald directed garrison commanders to terminate, defer or curtail services to adjust to the budget allocation. The only programs, projects

and activities excluded are those that directly support life, health, safety and the Global War on Terrorism.

"I don't know yet what our allocation will be, but we are executing the funding guidance provided by the Army vice chief of staff and the directors of IMA and the Southwest Region of IMA. My priority will be utilities and contract payments necessary to continue post missions, such as the dining facilities and the secure network and civilian payroll," said Fort Sam Houston Garrison Commander Col. Wendy Martinson.

As a result of budget restrictions and spending guidance, Martinson has directed the garrison staff to reduce or temporarily halt services.

As a result of the loss of contractors within the Information Management Directorate, customers will experience delays in software deployment as well as relocation and repair of hardware and equipment. Customers should also expect extended service time for IT work orders and to replace leased systems to include personal computers, copiers, printers and peripherals.

See BUDGET on Page 4

Summer gazebo concert

The U.S. Army Medical Command Band will perform at a summer gazebo concert that will include popular selections spanning the 1960s through today Sunday at 7 p.m. at the gazebo on Staff Post Road. The concert is sponsored by Maj. Gen. George W. Weightman, commander, Army Medical Department Center and School and Fort Sam Houston.

Don't miss selections from performers like The Beatles, Dusty Springfield, The Temptations, Led Zeppelin, Chicago, Wild Cherry, Village People, Kool & the Gang, Stevie Wonder, Gloria Estefan, Pat Benatar, B-52's, Journey, MC Hammer, Matchbox 20, U2, Destiny's Child, Garth Brooks and many more.

The band will also be joined by special guest performers from the Fort Sam Houston community.

Vehicles without government decals should enter at the Walters gate entrance off of Interstate Highway 35.



Photo by Esther Garcia

Army awards credit, streamers to units supporting war on terror

WASHINGTON — The Army began recognizing the heroic contributions of its units toward the war June 15 with the award of campaign participation credit to units that served or are serving in the theater of operations supporting the Global War on Terrorism.

Three new streamers are being awarded to units that qualify: one for service in Afghanistan, embroidered

“AFGHANISTAN;” one for service in Iraq, embroidered “IRAQ;” and one for service in other geographic regions, to include Kuwait, Qatar or the Horn of Africa, embroidered “GLOBAL WAR ON TERRORISM.”

The total number of campaign streamers displayed on the Department of Army flag is now 178.

“The award of campaign participation

credit and the three new award streamers to those units who qualify, that have supported or are supporting GWOT, is a way to recognize the tremendous contributions those units have made,” said Col. William Johnson, chief of the Army’s Military Awards Branch.

This is the first time since the Kosovo Defense Campaign in 1999 that the Army has awarded campaign participation credit

and streamers to eligible units.

More than 616 unit awards have been processed for GWOT to date and 497 have been approved. To receive campaign credit, eligible units must submit applications.

For eligibility criteria and application instructions, visit the Military Awards Branch Web site or call 703-325-8700.

(Source: Army News Service)

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5th Brigade welcomes new commander

Story and photos by Esther Garcia
Ft. Sam Houston Public Affairs Office

Col. Glenn E. Ballard relinquished command of 5th Brigade (Health Services), 95th Division, and retired from the U.S. Army Reserve after more than 30 years of service during a change of command and retirement ceremony at Blesse Auditorium June 11. The incoming commander is Col. Mary C. Gomez.

The ceremony began with the introduction of guests, arrival of the official party, posting of the colors, the playing of the rendering of honors, the national anthem and the invocation by Larry Brown, honorary chaplain of the 5th Brigade.

"A command is only as good as those beside you," said Ballard to the Soldiers of the 5th Brigade in attendance. He thanked the families of the Soldiers for their support.

"We couldn't have done it without the families," said Ballard.

Maj. Gen. James Archer, host and commander for the 95th Division, headquartered in Oklahoma City, Okla., said the time is right for the Soldiers to see their leaders transfer authority, but must continue the mission.

Archer said, "Gomez is a very strong leader, the right person at the right time to pick up, manage and lead where Ballard left us."

Archer spoke about Ballard's contributions during his three years as the 5th Brigade (Health Services) commander and his sensitivity to the needs of his Soldiers, especially when one of his units deployed to Iraq.

The units of the 5th Brigade (Health Services) are responsible for conducting Army Medical Department accredited courses, which include the combat medical specialist transition and qualification course, the largest program initiative conducted in the nine-state region; low density medical operation courses, such as dental specialists, medical supply specialist, combat life-saver certification and the Army Reserve non-commissioned and medical military occupational specialty track training phase.

Incoming commander Gomez stressed the importance of family. "A family sustains us when we deploy and keeps everyone together at home," she said.

Gomez received her commission in 1983 as a second lieutenant. She attended the AMEDD Officer Basic and Officer Advanced Courses here at Fort Sam Houston. She is a graduate of the U.S. Army Command and General Staff Course and U.S. Army War College



Maj. Gen. James E. Archer, commanding general, 95th Division (Institutional Training), presents the U.S. flag to Col. Glenn Ballard, outgoing commander, 5th Brigade (Health Services), in honor of his retirement from the United States Army Reserve.

Defense Strategy Course. Gomez is a professor of nursing at San Antonio College.

Ballard previously received the Legion of Merit from Archer at a brigade dinner in May. On June 11, Ballard received his retirement certificate, the 95th Division Lifetime Membership Certificate and the American flag. His wife, Paige, was presented with the Margaret Corbin Award and the 95th Division Lifetime Membership Certificate.



Col. Mary C. Gomez accepts the 5th Brigade (Health Services), 95th Division guidon from Maj. Gen. James E. Archer, commanding general, 95th Division (Institutional Training) at the change of command ceremony at Blesse Auditorium June 11. In the background is outgoing commander Col. Glenn E. Ballard.

Army restructures commands, headquarters

WASHINGTON — The Army is reorganizing its commands and specified headquarters to accelerate transformation efforts and increase the Army's responsiveness at home and abroad.

The new structure identifies three types of headquarters: Army commands, Army service component commands and direct reporting units.

"Breaking the major Army commands out into three entities recognizes the roles and scopes of units' authorities and responsibilities," said Col. John Phelan of the Office of Institutional Army Adaptation. "This restructuring defines, aligns and assigns. It also gives functional experts the responsibility and authority to provide seamless support."

The three Army commands are U.S. Army Forces Command (designated by the secretary of the Army as both an Army command under the direction of Headquarters, Department of the Army and the Army service component command to U.S. Joint Forces Command), U.S. Army Training and Doctrine Command and U.S. Army Materiel Command.

The nine Army service component commands are comprised primarily of operational organizations serving as the Army component for a combatant commander. They include:

- U.S. Army Europe
- U.S. Army Central
- U.S. Army North

- U.S. Army South
- U.S. Army Pacific
- U.S. Army Special Operations Command
- Military Surface Deployment and Distribution Command
- U.S. Army Space and Missile Defense Command/Army Strategic Command and Eighth U.S. Army.

Each of the 11 direct reporting units comprise one or more units with institutional or operating functions, providing broad general support to the Army in a normally single, unique discipline not available elsewhere in the Army. They include:

- U.S. Army Network Enterprise Technology Command/9th Signal Command (Army) (NETCOM/9th SC (A))
- U.S. Army Medical Command
- U.S. Army Intelligence and Security Command
- U.S. Army Criminal Investigation Command
- U.S. Army Corps of Engineers
- U.S. Army Military District of Washington
- U.S. Army Test and Evaluation Command
- U.S. Military Academy
- U.S. Army Reserve Command
- U.S. Army Acquisition Support Command
- U.S. Army Installation Management Agency.

Realignment changes were necessitated by the Army's changing missions, said Lt. Col. Darrell Wilson, functional team leader for the realignment.

"In the global-basing strategy that's been put out,

we're going to become, for the most part, a CONUS-based force that projects capability out to where it needs to be projected," Wilson said. "We're becoming modular so we can quickly form up and tailor the right tools for the right job, making us a more agile, adaptable and flexible service."

The restructuring accomplishes four objectives:

- It recognizes the global role and multi-disciplined functions of the Army commands;
- It establishes the Army service component commands as reporting directly to the department while serving as the Army's single point of contact for a combatant command;
- It acknowledges direct reporting units as functional proponents at the Department of the Army level; and
- It enables the Army to set the foundation for gaining better effectiveness and efficiencies by transforming its business processes, while operationally focusing the theater Armies to combatant commands.

Lineage and heraldic honors will be preserved in the command names and their insignia.

"The chief of staff and the secretary of the Army said, 'We want to keep alive and link these folks to a patch that keeps the history of the field Army moving,'" Wilson said. "So, the Third Army will become U.S. Army Central; it will be the same organization; they won't change their patch, but officially they become U.S. Army Central."

(Source: Army News Service)

New inspector-instructor

Lt. Col. Mark A. House (left) accepts command of the inspector-instructor of 4th Reconnaissance Battalion, 4th Marine Division, from Lt.

Col. Scott A. Walker during the change of command ceremony Saturday at the Navy and Marine Corps Training Center at Fort Sam Houston.

Battalion Sgt. Maj. Hector Cerda (center) and Maj. Humberto Rodriguez (center back), commander of troops, assist with the ceremony.



Photo by Sgt. Ruby Quiroga

Briefs cont

Change of command

Capt. Elba Villacorta will relinquish command of D Company, Brooke Army Medical Center, to Capt. Richelle Goodin during a ceremony June 29 at 8:30 a.m. in the front of BAMC Troop Command, Building 3642. For more information, call 1st Sgt. Rosalie Worthy at 916-6456.

AECP ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army June 30 at 9 a.m. in Building 902. AECP provides eligible active duty Soldiers the opportunity to complete a bachelor's

degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Kevin Moore at 221-3083 or Anna Prescott at 221-5582.

AND 1 Streetball players visit post

AND 1 Streetball basketball players will be at the main post exchange Saturday from 11 a.m. to 12 p.m. to sign autographs and at the Jimmy Brought Fitness Center from 1 to 3 p.m. to practice; the public is invited. The AND 1 Streetball Mixtape Tour will play Sunday at the AT&T Center. The tour highlights street basketball players and celebrates street basketball culture and history.

BAMC tea aims to soothe the wounded

By Nelia Schrum

Brooke Army Medical Center Public Affairs

Deborah Bonelli and her band of volunteers came to Brooke Army Medical Center with one goal in mind, putting on an "American Tea" party for the wounded and their caregivers.

Armed with tea, scones, cakes and finger sandwiches, the volunteers put the kettle on Friday for "Operation Texas Tea," treating more than 400 BAMC patients and staff to a seated casual country tea party complete with professional musical accompaniment from the Friar's Club of New York.

With a lot of laughter and a bit of curiosity, BAMC staff and patients made their way to the third floor for the tea — not really sure what to expect from a country tea. Pleasantly surprised, the guests found a relaxing atmosphere, music, tea and finger food.

"Our goal is take them out of the hospital for a few minutes, without actually leaving, and give the patients and staff a wonderful experience," Bonelli said.

It may be difficult to soothe a wounded warrior on the road to recovery, but for one couple attending their first tea, the party provided a needed break.

"I didn't want the tea party to end," said Connie Carpenter. Her husband, 1st Sgt. Tom Carpenter, who suffered an amputation as a result of a blast, added that he appreciated the volunteers who not only came from Texas, but across the nation for the tea.

Volunteer Cecilia Gardon said she had been looking for something to do for the troops ever since her husband, Jim Gardon, deployed. Jim, an Army reservist and BAMC Emergency Room nurse, is on his way for his third deployment in the Global War on Terrorism.

"There is not enough I can do to tell these Soldiers how much I appreciate their sacrifices," Gardon said.

Bonelli, whose motto is "have tea will travel," put on her first military tea party

at Walter Reed Army Medical Center in Washington, D.C., in 2004. Watching television, she saw a news program on the amputees going through rehabilitation at the hospital and wanted to do something special for the patients.

She wrote to the WRAMC hospital commander, then Col. Jim Gilman, asking permission to do a tea there to thank the troops and their families. Gilman gave Bonelli the green light and she spent the next several months preparing for what proved to be a very successful event.

In January, Bonelli sent a card to BAMC Commander Brig. Gen. Jim Gilman. He e-mailed her back signing off with, "If you'd like to do a tea for us, we'd love to have you." Bonelli said her first thought in reading his response was, "Texas? Impossible."

But never one to shirk a challenge, Bonelli said she mulled over the idea of hosting a tea party in Texas for the Soldiers and their families and decided she was up to the challenge.

Teaming up with Tea Magazine, Bonelli partnered with the magazine's editor, Pearl Dexter. Dexter recruited magazine advertisers, who generously donated tea, shortbread and preserves. The maga-

zine's readers sent in teacups and saucers. Groups like the Glastonbury Veterans of Foreign War shipped cookies and tea for the event.

Bonelli recruited local members of the International Cake Exploration Society to help with the tea and also got the Botanical Gardens to donate flowers for the event.

"What began as a little tea party bloomed into the biggest tea party I have ever hosted," Bonelli said, adding that there were many donors who wanted to show their appreciation to the military. "Today it is our honor and privilege to wait on the patients and staff who have served us and the flag."

Many tea drinkers swear by the health benefits of consuming the ancient beverage. For the wounded warriors attending the afternoon event, it provided good medicine — an opportunity to slow down, sip a little tea, and enjoy a break from the vigor and demands of the recovery process.



Tea volunteer Cecilia Gardon prepares a cake for the American Tea.



First Sgt. Tom Carpenter and his wife, Connie, along with Navy Petty Officer 2nd Class Alex Morales enjoy the tea party.



Tea organizer Deborah Bonelli shows Brooke Army Medical Center Commander Brig. Gen. James Gilman an American eagle centerpiece made out of gingerbread.

Budget

Continued from Page 1

The Directorate of Human Services reports that several Army Education Center services will be discontinued or delayed.

The Brooke Army Medical Center ID card satellite office will be closed effective Friday. In-patients and their families will receive priority service at the main office in Building 367. All other personnel must call for an appointment to receive service for ID, common access card or Defense Enrollment Eligibility Reporting System documents.

The student personnel ID card section in Building 1290 will be open Monday, Wednesday and Friday in the morning only, to include replacement of lost, damaged or stolen ID cards. Student personnel and reclassification actions, promotions, permanent change of station orders and dependent travel will be relocated to Building 2263.

There will be a delay processing non-student active duty personnel actions; however, PCS and levy briefings will continue as scheduled.

There will be a significant

reduction in mail and delivery services. The mail and distribution center will continue mail runs to Medical Command, Army Medical Department Center and School and Building 272 because they are designated installation mail rooms and staffed to perform the functions. All other garrison mail and distribution routes, which were performed by contractors, will be discontinued. Units and activities will pick up and drop off mail and distribution at Building 4190, Door X, to include certified, insured, registered and express mail. Unit representatives acting as mail couriers must present a Standing Delivery Order, PS Form 3801.

Logistics Services Directorate will close all allied trades operations that support paint, body, metal-working and machinist services. The canvas and furniture and tactical and electronics shops also will close. Equipment reconstitution services will be dedicated to Fort Sam Houston units.

Hand receipt transactions, furnishing issue and turn-in, training aids support and the U-Do-It store will operate on an appoint-

"My staff will work with post commands and activities to get through budget limitations."

Col. Wendy Martinson
Commander, Fort Sam Houston Garrison

ment basis. Recycle operations in the Hazmart will be suspended. Laundry and sewing services will be restricted to reimbursable customers only.

Transportation services also will be impacted. The installation shuttle bus service will stop June 30.

Outbound freight shipments will be accepted on Fridays only, the passenger travel and personal property sections in Building 367 will operate from 7:15 a.m. until 3 p.m. Monday through Friday. Personal property shipments identified for warehouse drop-off will only be accepted on Fridays. Personal property transportation group briefings will be limited to 12 customers per briefing.

Until further notice, Soldiers and their families currently residing in the San Antonio area who have accepted their household goods will be required to pay for their move if offered housing on post.

The Public Works Department will reduce grass mowing and eliminate landscape management except for emergency removal of debris.

Custodial services in administrative buildings will be reduced to twice weekly. Response time for heating, ventilating and air conditioning, electrical and fire alarms will not change. Emergency responses will continue with no change. Urgent and routine service orders will be deferred until funds are available. The engineering operations department will not process new service contracts, modifications or government estimates and will terminate reproduction of construction and engineering plans. Preparation of construction design documents for repair and maintenance projects may be delayed for 90 days.

The Installation Chaplain's Office will experience delays in processing all paperwork associated with Catholic sacraments.

The Staff Judge Advocate will require units to fund travel of government and defense witnesses and fund overtime for con-

tracted court recorder support. Also, claims inspections of damaged household goods outside the San Antonio area may be delayed in order to consolidate the inspections to avoid costs.

Army Community Service programs have been modified or reduced. Exceptional Family Member Program assistance will be by appointment only and other activities such as the Army Volunteer Program, Family Member Employment Program and Army Family Team Building will operate Mondays and Wednesdays in the morning.

"I understand that reductions in post services will have an impact on Soldiers and their families. This is a peak season for inbound and outbound Soldiers. My staff will work with post commands and activities to get through budget limitations while supporting life, health, safety and GWOT installation missions," Martinson said. "We ask for your patience and understanding."

For more information about all currently planned reductions in post services go to <http://fsh-intranet.amedd.army.mil/ciu/>.

Renovation of Gorgas Circle

Lincoln Military Housing Development group has been steadily renovating homes in the Gorgas Circle village. The Gorgas Circle village was constructed in 1934. The one-story, four-bedroom homes were designed in the Spanish revival style, featuring stucco over masonry with clay tile roofs.

Gorgas Circle homes are eligible for the National Register of Historic Places.

The homes in Gorgas Circle are in good condition and require only minor renovations. The development plan for Gorgas Circle includes kitchen upgrades to include cabinetry, flooring, light fixtures and appliances. The bathrooms will receive new cabinetry, plumbing fixtures, flooring and light fixtures. Hardwood floors will be resurfaced and upgraded as needed. Fireplaces will remain but only for appearance. Homes will also receive landscaping and plumbing system and basement repair as needed. Additional repairs could include fuse box upgrades, roof and chimney repair, and garage repair. Cable and telephone outlet locations will be



Courtesy photo

Lincoln Military Housing Development Group is renovating Gorgas Circle homes, like this one, to update the kitchen and bathroom and perform minor repairs.

increased in all homes. Gorgas Circle village is also scheduled for village park and tot lot improvements.

In addition to Gorgas Circle, homes are being renovated in Staff Post, Artillery Post, Infantry Post, Wheaton Graham, Patch Chaffee and Watkins Terrace.

For more information, call the Fort Sam Houston Family Housing Development Group at 226-5597 or the Residential Communities Initiative office at 221-0891.

(Source: RCI)

Housing activities update

To celebrate Flag Day, which was June 14, Lincoln Military Housing staff members delivered American flags to all housing areas June 7.

LMH also celebrated Father's Day with free family bowling for residents at the Bowling Center from 1 to 4 p.m.

For photos and upcoming activities, residents can visit LMH's interactive Web site at www.sam-houstonlpc.com. For more information, call LMH at 270-7638.



Photo by Cheryl Harrison

A bittersweet presentation

Maj. Gen. George W. Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, presented the POW medal, posthumously, to Calvin C. Robins' grandsons at Leadership Call June 15 in Blesse Auditorium. During World War II, Robins was flying on his second mission in enemy territory when his plane was hit by artillery fire over Nurnberg, Germany. After parachuting from his plane and landing in a potato field, Robins was taken captive by Germans. After being a prisoner of war for 11 months, he was liberated with other prisoners by the Russians when the war ended May 7, 1945. Robins' grandsons are (from left) Christopher Osteen, Shane Robins and Jordan Osteen.



June Survey of the Month

Steven Estes

June Yards of the Month

6797-A Meeks Circle
2816 Marvin R. Wood

409 Dickman
443 Graham

Post Pulse: Why do we have air quality alert days?



"To alert elderly people to the possibilities of illness and to alert people to use less fossil fuels."

**Retired Capt.
Louis Magnon**



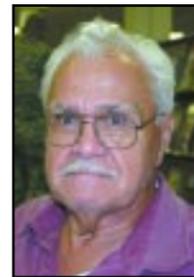
"For the people who have asthma and allergies."

**Spc.
Micheal
Moore**



"I have a daughter who has asthma and when we have these days it affects her. I also work in air conditioning and we have to, by law, put out these alerts regularly and inform people how to help."

Gilbert Cisneros



"Because of the use of automobiles and the weather, it affects the retention of the heat layer and that affects our health."

Sidney Mitchell

Make clean air choices

Air Quality Health Alert Days are days when high ozone levels are forecasted. Elevated concentrations of ozone can act as a lung irritant. People with chronic lung disease, such as asthma and emphysema, as well as the elderly and young children, are particularly sensitive and should attempt to avoid exposure by staying inside as much as possible. The following tips can help people make clean air choices and protect the air they breathe:

- Fill your gas tank after 6 p.m.
- Avoid traffic congestion. Drive during off-peak

times or choose a less congested route.

- Report smoking vehicles. Call 1-800-453-SMOG.
- Don't idle your car engine.
- Don't mow your lawn, or at least mow during evening hours. Avoid using gas-powered mowers, leaf blowers or string trimmers.
- Close blinds during the day.
- Postpone painting projects to another day.
- Avoid or delay applying pesticides and herbicides.

(Source: http://www.sanantonio.gov/ENVIRO/EMD/Pollution_Prevention_Tips.asp)

Army Community Service

Family Advocacy Program – June Class Schedule

Class	Dates	Time
B.E.A.M.S. (six-part series) (Building Effective Anger Management Skills)	Monday	11 a.m. to 12:30 p.m.
B.E.A.M.S. (series 5 and 6)	Wednesday	4:30 to 6 p.m.
Commanders' Training	29	8 to 9:30 a.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
S.T.E.P Early Childhood	today	11 a.m. to 12 p.m.
S.T.E.P. Program for Parents of School Age Children	today and 29	1 to 2:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday	11 a.m. to 12:30 p.m.
Middle Way Parenting	today and 29	5:30 to 7:30 p.m.
Truth or Consequences?	Tuesday	4:30 to 6 p.m.
Healthy Pregnancy	Wednesday	9 a.m. to 12 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.

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

Sports Briefs . . .

'For the Soldier' tournament

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

Golf tournament

A Red, White and Blue tournament will be held at the Fort Sam Houston Golf Club July 2 with a shotgun start time at 12 p.m. Door prizes will be awarded in addition to prizes for team, hole-in-one, closest to the pin and longest drive. The event is a two-person scramble, but players may sign up individually or as a pair. The cost for members is \$35; guests pay \$55. Registration fee includes golf cart, green fee, awards and dinner. The event is open to the public. For more information or to register, call the Golf Club Pro Shop at 222-9386.

All-Army men's softball camp

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

Summer soccer camp

An Alamo Heights Fort Sam Houston Summer Soccer Camp will be offered July 31 to Aug. 4 and includes a free ball and T-shirt. For more information, call 288-7071, e-mail sfirth@challengersports.com and reference the Alamo Heights Fort Sam Houston Summer Soccer Camp, or visit <http://www.ahfsh.org>.

Boxers, coaches needed

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

Intramural Spring Softball Standings

June 15

Team	Win	Loss
264th Bn	11	3
USARSO	8	3
5th Army	9	4
Bad News Bears (STB)	4	8
Fire Department	5	9
BAMC	4	8
NMCRC	3	9
Band	1	9 (Dropped)

June 14

5th Army	11	Bad News Bears (STB)	3
5th Army	17	Bad News Bears (STB)	3
264th Med Bn	16	Fire Depart	2

June 12

264th Med Bn	12	5th Army	9
USARSO	11	264th Med Bn	7
5th Army	11	NMCRC	5
Bad News Bears (STB)	21	BAMC	15
BAMC	7	Band	0 (Forfeit)
Fire Depart	7	Band	0 (Forfeit)

Soldiers take aim at BOSS billiards tournament

By Ben Paniagua
Hacienda Recreation Center

The game room of the Hacienda Recreation Center was abuzz June 8 as several dozen people gathered to watch a billiards tournament sponsored by the Fort Sam Houston Better Opportunities for Single Soldiers Program.

In the end, only one Soldier was left standing and that was Pfc. LeRoy Garman, of B Company, 264th Medical Battalion.

"I had a great time playing tonight. I have been playing since I was 10, so this tournament was right up my alley," Garman said.

Garman won a \$50 Army and Air Force Exchange Service gift card for being the first pre-registered contestant, and then earned another \$50 AAFES gift card for winning the tournament.

Coming in second place was Pvt. Kevin Ryland, of F Company, 232nd Medical Battalion, who put up a fight until the end. "This was really good," Ryland said. "You should have these tournaments more often. You get to meet new, good competition that way."

The tournament was a Soldier-driven program. BOSS Soldiers ran the tournament, signed up Soldiers, advertised the program throughout



Photo by Kelly Jones

Victor Martinez, of Balfour Military Awards, recognizes Pfc. LeRoy Garman, of B Company, 264th Medical Battalion, June 8 as the winner of the Better Opportunities for Single Soldiers billiards tournament.

the recreation center and served cake and punch to members of the audience.

The tournament was sponsored by the Military Installment Loan and Educational Services Program, Balfour Military Rings, DeVry University and AAFES.

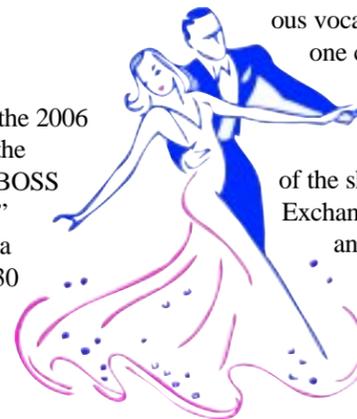
Soldiers to compete in BOSS dance off

By Ben Paniagua
Hacienda Recreation Center

Fort Sam Houston's entry in the 2006 United States Army Festival of the Performing Arts Competition, "BOSS Presents Dancing with Soldiers," will be presented at the Hacienda Recreation Center June 29 at 7:30 p.m.

A takeoff on "Dancing with the Stars," Dancing with Soldiers will have five couples performing various dance styles. Each couple comprises a civilian dance instructor and a Soldier who has been taught the dance routine. Couples will compete for first, second and third place. A panel of civilian judges will judge the dance couples and select the winners, who will receive cash prizes and trophies.

In between dance competition segments, vari-

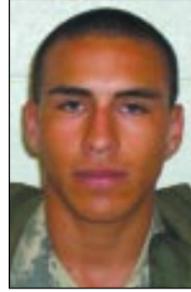


ous vocalists, including three Soldiers and one civilian, will perform. The show will feature dazzling costumes and choreography and is open to the public at no charge. Sponsors of the show are Army and Air Force Exchange Service, Balfour Military Rings and DeVry University.

Several U.S. Army installations are competing in the Festival of the Performing Arts Competition, and each installation has their own BOSS Variety Show. The Festival of the Performing Arts panel of judges will rate performers at each installation performance and present awards to the best in the various categories in the festival. All monetary awards won in the festival will go toward the installation BOSS program to further improve the quality of life of single Soldiers living on the installation.

Troop Salute

232nd Medical Battalion



Soldier of the Week

Name: Pvt. Gabriel Osorial

Unit: D Company

Hometown: San Antonio

Time in service: Six months

Future goals: To obtain a degree as a registered nurse and to retire with 20 years of service.

Reason for joining the Army: For college, experience and to travel.

Latest accomplishment: Passing the National Registry of Emergency Medical Technicians



Junior Leader of the Week

Name: Pfc. Marshall Lear

Unit: D Company

Hometown: Cincinnati

Time in service: Six months

Future goals: To have a wife and kids

Reason for joining the Army: Friends and family



Photo by Cheryl Harrison

Book tells medics' stories

Master Sgt. Dennis Dezso shakes Chuck Wright's hand while receiving a copy of the book "Doc." Wright spoke to the audience at Leadership Call June 15 about the book, which is a collection of stories and testimonials concerning the medics and their jobs during wartime. "Doc" is said to be educational, inspirational, possibly emotional and motivational as well as a tribute to the corpsmen who are there for Soldiers in times of trouble and need. Wright gathered the information for the writing of the book to honor the Soldiers in the medical field.



Photo by Michael Dulevitz

Ride for a cause

(From left) Robyn Stewart, budget assistant, U.S. Army Fisher Houses; Russ Fritz, Brooke Army Medical Center Fisher Houses manager assistant; Inge Godfrey, BAMC Fisher Houses manager; Sgt. Maj. Sherry Lex, Army Medical Department Center and School; and Staff Sgt. Mark Barclay, AMEDDC&S, display a \$1,000 check made out to the BAMC Fisher Houses. Lex and Barclay presented the check on behalf of a group of 90 service members, family members and veterans who organized a motorcycle ride from the San Antonio area to Johnson City and Fredericksburg, Texas, to raise money for the Fisher Houses.



Courtesy Photo

Learning environment in progress

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

School board notice

The Fort Sam Houston Independent School District Board of Trustees will review the 2006-2007 proposed budget June 29 at 1:30 p.m. in the Professional Development Center. The public is invited to attend. Following the budget meeting, the Fort Sam Houston ISD Board of Trustees will meet for a regular board meeting at 2:30 p.m.

Blood is fluid of life

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

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

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



Have feedback for a post customer service provider?

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

Army teen gets a taste of culinary arts

By **Lionel Lowery III**
Special to the News Leader

Note: Lionel Lowery III is writing a series of articles on various careers and volunteer opportunities military youth can pursue. This week, Lowery explored what it takes to be a chef...

I have never been a good cook; I always try to make a dish but it turns out miserably. One time I was making pancakes and I put too much oil in the skillet – they turned green. Every time I hear clanking pots and the refrigerator door open, I hurry into the kitchen to assist the “master chef” of our house, my mother.

To find out about the culinary career field, I signed up for a cooking class, called Cherry Delights, at the H.E.B. Central Market. I took my dad along with me as a surprise Father’s Day present.

During the class, the chef talked about the dish, made it and then served us the course, which included summer cherry salad, Cornish game hens with sweet cherry sauce, couscous with dried cherries and cherry cobbler with vanilla ice cream. Many people just looked down eating, others were whispering recipes but, if you looked closely, you could see the precision in the chef’s eyes. He would add all of the ingredients on the list and then he would taste it to see what else had to be added.

After he finished cooking the meal, he served and asked the audience with eagerness about the dish. He cooked with such passion. From every stir of the bowl to the sauce

he pureed, you could tell he was following his dream.

After the class, I interviewed John Tamez, the local chef who conducted the class. He gave me some insight about his journey as a chef.

You have to become “dedicated to the life of cooking” despite the long hours, stress and meticulous nature of the work. He also told me that he had his “highest highs and lowest points” in his career, but he works hard daily to continue to uphold his standards. He holds chefs like Emeril Lagasse in high regard because “he didn’t lose touch with where he came from; he stayed true to himself.” His best piece of advice was “not to give up” and be ready to work under pressure.

My favorite part of the experience was cooking with my dad when we came home, making the recipes we learned. When my dad and I cooked we connected in a way that would not have been possible playing a video game. We both accomplished the goal together, helping each other to reach the objective.

Can you see yourself on a talk show as the next Emeril? Take the questionnaire to see if you measure up:

1-Yes

2-Not Really

3-No way

- Do you try a variety of foods?
- Would you be willing to eat a cricket?
- Would you be willing to eat escargot (snails)?
- Are you creative?
- Do you take criticism well?
- Do you work well under pressure?
- Do you try different things, such as marshmallows in your cookies, instead of chocolate chips?



Photo by Lionel Lowery

Lionel Lowery III chops onions in his kitchen to learn about the world of culinary arts and pass on information to fellow military youth.

- Would your dream job be busy and “on-the-go?”
- Are you adventurous?
- Do you usually take the “leader” role?

Scores

10 to 15 – We found the next chef in town.

16 to 20 – You are halfway there. You might want to order a microwave cookbook so you can polish your skills and move up to the big league — the stove.

20 to 30 – Keep trying on your Easy-Bake Oven; you’ll get there.

Future opportunities

Chefs have a lot of opportunities, both in and out of the military. A background as a food service operations specialist (in the military) will prepare you for future jobs working in restaurants, hospitals, schools and other businesses that have their own dining services. Depending on which area you pursue, you could have a career as a cook, chef, butcher or baker.

Religious Happenings . . .

Bible study break

The Sunday afternoon Officers' Christian Fellowship Bible study will not be held during the summer. A Bible study will begin in September with full details to be publicized at a later date. A Tuesday study will be held from 11:30 a.m. to 12 p.m. in Room 1408 of Willis Hall, Building 2841. For more information, call Lt. Col. Bob Griffith at 385-8451 or e-mail robert.griffith1@amedd.army.mil.

Chapel youth group

The Fort Sam Houston chapel youth group will meet Sunday at the Main Post Chapel from 5 to 7 p.m. to study the Chronicles of Narnia. The group will break for the month of July and start back Aug. 27 with a new school year kick-off program. For more information, call Joanne Benson at 599-0157 or joeyn-tx@satx.rr.com.

Women's summer Bible study

Protestant Women of the Chapel will hold a summer Bible study today and June 29 from 6:30 to 8 p.m. at Dodd Field Chapel. The study, "Extraordinary Women: Refresh Your Spirit," will feature nationally recognized speakers on DVD, including Lois Evans, Ruth Graham, Michelle McKinney Hammond, Lisa Whelchel and Julie Clinton. Free childcare will be provided for children 5 and under. For more information, call Lois Griffith at 226-1295.

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and

8:30 p.m. - Oneg Shabbat

Protestant services:

10 a.m. - Worship service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel,

Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant gospel service:

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

Soldiers - Sundays

Troop Protestant service:

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

Soldiers - Sundays

FSH Mosque, Building 607A, 221-

5005 or 221-5007

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

education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult religious

education - Thursdays

Evans Auditorium, 221-5005 or 221-

5007

Mormon service:

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

Installation Chaplain's Office, Building

2530, 295-2096

Contemporary service:

11:01 a.m. - Sundays

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

Web site:

www.samhouston.army.mil/chaplain

Child and Youth Services

Youth Services registration

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

Summer camp registration

Summer Camp registration for middle and high school teens, grades six through 12, is ongoing at the Roadrunner Community Center, Central Registration, Building 2797. Registration is required for camps even if currently using the program. A one-week non-refundable deposit will be required. A current Child and Youth Services membership is required to participate. For membership registration, parents must bring a current leave and earnings statement or pay stub and two local emergency designees. An \$18 registration fee is required for membership. For more information, call Central Registration at 221-4871 or 221-1723.

Splash Pad availability

The Splash Pad, a sprinkler park located in the Dodd Field area, is reserved for School Age Services Monday through Friday from 1 to 4 p.m. The Splash Pad is available for birthday parties for a \$25 dollar fee. For party reservations or more information, call Youth Services at 221-4882 or 221-3502. Reservations have priority at the Splash Pad.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. Youth Services will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services. The annual fee is \$18, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet July 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.



Courtesy photo

Cub Scouts help retire flags

Brothers Andrew and Christian Rodriguez, Cub Scouts from Pack 23 at Fort Sam Houston, participate in a flag retirement ceremony carried out by members of the Veterans of Foreign Wars Post 76. "No disrespect should be shown to the flag of the United States of America," said Tony Bustamente, of VFW Post 76. "The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way." To retire the flag, the blue field was separated from the red and white stripes, and the stripes were burned separately. The blue field of 50 stars was not separated as it represents the unity of the nation. For assistance with proper disposal of a flag, call the VFW at 223-4581 or Cub Scout Pack 23 at 683-3469.

Water-saving tips

- Do one thing each day that will save water. Even if savings are small, every drop counts.
- When the kids want to cool off, use the sprinkler in an area where the lawn needs it the most.
- Make sure swimming pools, fountains and ponds are equipped with recirculating pumps.
- Bathe young children together.
- Landscape with xeriscape trees, plants and groundcovers. Call a local conservation office for more information about these water-thrifty plants.
- Insulate hot water pipes so it is not necessary to run as much water to get hot water to the faucet.



(Source: Fort Sam Houston Environmental Office)

Career Clips

Warehouse operations manager, San Antonio

Confers with project staff to outline work plan and to assign duties, responsibilities and scope of authority. Directs and coordinates activities of project personnel to ensure project progresses on schedule and with prescribed budget. Coordinates project activities with activities of government regulatory or other governmental agencies.

Instructional designer, San Antonio

Conducts needs/skill gap analysis to identify training and development needs. Determines learning objectives of instructional materials and organizes them into logical learning sequences based on needs analysis results. Develops instructional materials by working with subject matter experts to understand aspects of policies, procedures, systems or skills requiring instruction.

Coordinator II, administrative services, San Antonio

Responsible for leadership, ongoing development and coordination of all offerings of the Lead Empower Assist and Develop. Provides direction in the development of staff capacity and manages fiscal, human and technical resources team.

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

Lt. Gen. Robert Clark, commanding general, Fifth U.S. Army (left), and Pfc. Chatney Smith, B Company, 264th Medical Battalion, cut the birthday cake June 14 in celebration of the Army's 231st birthday.



'Old Glory' waves, post celebrates Army's 231st

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

Flag Day is observed each year in the United States on June 14 to commemorate the adoption of the national flag in 1777.

On June 14, the Army also celebrated its 231st birthday.

Since its birth June 14, 1775 the U.S. Army has played a vital role in the growth and development of the nation.

The two events were celebrated June 14 at Fort Sam Houston. The Army celebrated 231 years of service as the red, white and blue American flag flew overhead against a brilliant blue sky declaring its own celebration, Flag Day.

It was day of pride in the flag and the Army that has defended the nation for more than two centuries. Two birthday celebrations began in the Quadrangle at Fort Sam Houston with a musical prelude, to include the national anthem, by the U.S. Army Medical Command Band and Lt. Gen. Robert Clark, commander, Fifth U.S. Army, hosting the morning's festivities.

Clark described the Army as "the best we've had in my 36 years of service."

"There is not a day that goes by that I do not reflect on the great history this facility represents," Clark said, referring to the historic preservation of Fort Sam Houston and the historical emphasis surrounding the Quadrangle.

As the color guard entered the cer-

emony site, led by Sgt. Maj. Charles Griffin, Fifth U.S. Army, a description was given of the history of the U.S. Army flag alongside the symbol of the nation and the 178 battle streamers representing 231 years of service in freedom's cause. The streamers also illuminate the courage and sacrifice made to bring peace and to guarantee freedom.

A parade of Soldiers, dressed in period uniforms from each war, carried the streamers that were then affixed to the Army flag as a firing squad fired a volley upon orders.

From the inception of the Army and the Revolutionary War through the Afghanistan Campaign, streamers were added, representing all of the Army's birthdays and the courage and dedication of the Soldiers who were there in this country's time of need to uphold honor and maintain freedom.

The ceremony included remarks by Dr. Michael Fischer, vice president for academic affairs and dean of the faculty at Trinity University, and Mary Carolyn Hollers George, the author of "The Architectural Legacy of Alfred Giles." Giles was an architect who designed more than 40 buildings at Fort Sam Houston, which have all been restored.

The morning's historical ceremony ended with the Army song and a large birthday cake.

After a morning of joyous celebration, the day's ceremonies ended at the Fort Sam Houston National Cemetery, where Flag Day was honored

with a more somber memorial.

A retreat and wreath presentation ceremony were held in memory and honor of Leone L. Van Autreve, the fourth sergeant major of the Army. Van Autreve served as sergeant major of the Army from July 1973 to June 1975, when he retired. He was buried on the hallowed grounds of the Fort Sam Houston National Cemetery in March 2002.

Command Sgt. Maj. Timothy Burke, Army Medical Department Center and School, gave the opening remarks, "Van Autreve was like a legend for anyone who knew him. He worked tirelessly to motivate sergeants and restore the prestige of the Noncommissioned Officers' Corps.

"His altruistic virtues would come pouring out in his speeches and he would talk about the things he loved most, like his dear sweet Rita, freedom, the country and the flag," said Burke.

Van Autreve, described as a defining member of the greatest generation, was honored with retreat June 14, ending a day steeped in ceremony and historical tradition.



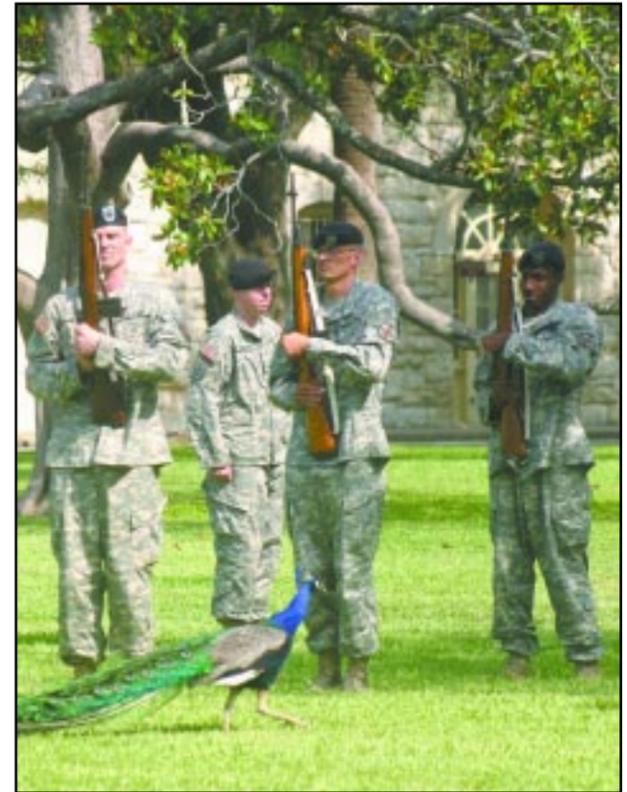
Members of the color guard from the Army Medical Department Center and School carry the U.S. and U.S. Army flags at the Army birthday and Flag Day celebration.



(From left) Pfc. Charles Pifer, 470th Military Intelligence Brigade; Sgt. Timeka Johnson, B Company, Brooke Army Medical Center; and Spc. Amy Addington, C Company, BAMC, were three of the 12 Soldiers dressed in period uniforms who helped present Army battle streamers dating back to the Revolutionary War.



Spc. David Provost, of Special Troops Battalion, stands next to the horse named Van Autreve at a wreath-presentation ceremony June 14 in the Fort Sam Houston National Cemetery. It is tradition for the local caisson to name the horses after sergeants major of the Army.



The Special Troops Battalion Rifle Platoon fires volley salutes in honor of the Soldiers who served during each of the campaigns following a battle streamer presentation at the Army birthday ceremony.



Sgt. Maj. Charles Griffith stands at attention as Spc. Mirtha Valladolid, U.S. Army South, moves out to present 10 green and white battle streamers representing the Mexican War in 1842. Valladolid is wearing a U.S. dragoon uniform.

Rita Van Autreve, widow of Leon Van Autreve, the fourth sergeant major of the Army, listens to the kind words spoken about her husband during the retreat and wreath presentation at the Fort Sam Houston National Cemetery.



At the gravesite of Leon Van Autreve, a wreath is presented in honor of the fourth sergeant major of the Army, a Soldier whose legacy endures forever in the Noncommissioned Officers' Corps.



Veterinary Services

The treatment facility at the Fort Sam Houston Veterinary Clinic provides physical examinations and vaccinations for privately owned animals. Walk-ins are accepted for pet registration and micro-chip services. Emergency treatment for chronic conditions and surgical services are available by appointment. Sick Animal Clinics are held Monday through Wednesday from 8:30 a.m. to 3 p.m., Thursdays from 1 to 3 p.m. and Fridays from 8:30 to 11:30 a.m. For more information or to schedule an appointment, call 295-4260 or 295-4265.

Community Recreation

Equestrian summer youth camp

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

Swim class registration

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

3-D Archery Shoot

The next 3-D Archery Shoot is Saturday and Sunday. Registration is from 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. Cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Outdoor X-posure tubing trip

Outdoor Recreation will sponsor an Outdoor X-posure float trip down the Comal River July 22 from 9 a.m. to 5 p.m. To participate, pre-register by July 14. The cost is \$25 per person and includes transportation, lunch, tube and a photo CD. Available slots are limited. For more information and to register, call 221-5225.

New travel trailers available

New 22-foot Mallard travel trailers are now available for issue at the MWR Travel Camp. The units have three beds that can accommodate two adults and are fully contained with a shower, toilet, three sinks, refrigerator, freezer, stove, oven, microwave, air conditioning and hot water heater. Rates are \$100 per night, \$200 for the weekend or \$400 for a week. A down payment of \$100 is required to make reservations. To view the interior of the trailers or make reservations, call the Travel Camp at 221-5502 or stop by 3514 W.W. White Road.

Dining and Entertainment

Sam Houston Club, 224-2721

'Bring in the summer' super TGIF

"Bring in the summer" super TGIF is Friday from 5 to 9 p.m. at Sam's Sports Bar in the Sam Houston Club. Enjoy karaoke and a free hamburger and hot dog bar. The drink special for the evening is the "Summer Splash" for \$2.50. For more information, call 224-2721.

Bowling Center, 221-3683

Eighties day

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

Family fun bowling

The Family Rent-A-Lane special is every Friday from 5 to 8:45 p.m. through Sept. 1 at the Fort Sam Houston Bowling Center. The cost is \$20 per lane, including unlimited bowling and shoe rentals. The offer is available to groups up to eight people. Smaller groups and individual bowlers can still enjoy unlimited bowling for \$5.95 every Friday from 9 p.m. to 12 a.m. For more information, call 221-3683.

Golf Club, 221-4388

Red, White and Blue Tournament

A Red, White and Blue Tournament will be held at the Fort Sam Houston Golf Club July 2 with a shotgun start at 12 p.m. Door prizes will be awarded in addition to prizes for team, hole-in-one, closest to the pin and longest drive. The event is a two-person scramble, but players may sign up individually or as a pair. Cost for members is \$35, and guests pay \$55. Registration fee includes golf cart, green fee, awards and dinner. Open to the public. For more information and to register, call the Golf Club Pro Shop at 222-9386. Tournament sponsors are Morale, Welfare and Recreation, Brooke Owens of Keller Williams Realty, First Command Financial Planning, Texas Department of Veterans Foreign Affairs, Eisenhower National Bank and Caliber Collision Center.

Ladies golf lessons

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

Junior golf lessons

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

'Beat the Heat' golf cart special

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

Harlequin Dinner Theatre

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

MWR Ticket Office

The MWR Ticket Office has extended its hours of operation through August and is open Tuesday through Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 2 p.m. For more information, call 226-1663 or 224-2721.

2006 Festival of the Performing Arts

The 2006 Festival of the Performing Arts is set for another year of competitive Army-wide entertainment. Fort Sam Houston's award-winning performances in 2005 are generating optimism for this year's showcase of talent. Support Fort Sam Houston as it is represented in two categories of competition this year.

'Dancing with Soldiers'

Members of the Fort Sam Houston Better Opportunities for Single Soldiers program will present "Dancing with Soldiers" in the BOSS Variety Show category June 29 at 7 p.m. at the Hacienda Recreation Center. Six dance couples, comprising one Soldier and one civilian dance instructor, will compete for cash prizes and trophies. Admission is free and open to the public. For more information, call 224-7250.

'I Hate Hamlet'

The live production, "I Hate Hamlet," will be performed at the Harlequin Dinner Theatre in the Theater Production category June 30 at 6 p.m. The cost is \$22.95 per person. For more information and to reserve tickets, call 222-9694.

Events

KAT 1.5 mile walk

The Kidney Awareness Time walk is Saturday at 9 a.m.; registration is at 8 a.m. at the Hemisfair Plaza, 200 S. Alamo St. The cost is \$15 or free for kidney patients. Water and snacks will be provided. There will be vendor stands, face painting and more. For more information, call Frank Borseley at 281-0050; e-mail frank.borseley@davita.com/, or Chuck Curry 512-485-7872; e-mail chuck.curry@davita.com.

Brushy Creek walk

The Colorado River Walkers Volksmarch Club and the Girl Scouts will host a 10K and 5K walk Saturday and Sunday from 8 a.m. to 12 p.m. The walk will begin at Brushy Creek Lake Park, 3300 Brushy Creek Road in Cedar Park, Texas, and finish by 3 p.m. For more information, call Carolyn Doolittle at 512-716-0450 or visit www.coloradoriverwalkers.org/.

Downtown walking tour

The Army Community Service Relocation Program and the United Services Organization's Downtown San Antonio Walking Tour will be held June 29 from 8:45 a.m. to 1 p.m. Walkers will meet at the Roadrunner Community Center, Building 2797, Stanley Road; transportation will be provided. The tour includes the Riverwalk, Alamo, Alamo Plaza, Hemisfair Plaza and La Villita. Walkers will have lunch along the Riverwalk. The cost ranges between \$8 and \$10, or bring a sack lunch. For more information or to register, call 221-2418.

'Ready To Learn' workshops

KLRN in partnership with local libraries will host the "Ready To Learn" workshops now through August throughout San Antonio. The workshops help prepare children for school. Sessions are free and open to parents and children up to 8 years old. Each session includes a free book and activity to take home. For more information and workshop locations, call Melissa Galvan at 270-9000, ext. 2256 or visit <http://www.klrn.org/Learning/ReadyToLearn/workshops.aspxor>.

Labor management conference

The Texas Labor Management Conference will be held July 25 to 27 at the Hyatt Regency Riverwalk Hotel, 123 Losoya St.; the cost is \$225 per person. Keynote speakers will include: Stephen M. Gower, president of The Gower Group, Inc.; Lt. Cmdr. Joseph J. Leonard, U.S. Coast Guard; Stephen R. Sleight, director, Strategic Resources; and Art Rosenfeld, director, Federal Mediation and Conciliation Service. For more information and registration, visit www.txlmc.com or www.sanantonio.feb.gov; fax registrations to 616-8155.

'Walk & Roll Corporate Challenge'

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

Settlement of estate

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

Force Health Protection Conference

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

Free admission to theme parks

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

Meetings

BAMC chess club

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

Vietnam Veterans of America

Alamo Chapter No. 366, Vietnam Veterans of America, meets every third Saturday of the month at 10 a.m. in the Veterans of Foreign War Post No. 76, 10 Tenth St., one block west of Broadway Street. This month the meeting will be Saturday. Vietnam veterans are invited. If not a member, bring a copy of your DD-214 for verification of service. For more information, call Dan Medrano at 656-8917, Joe Diaz at 336-3414 or Jim Davis at 479-2088.

Seamless Transition Program

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

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. Micaela Reyes at 221-8947.

Training

Green to Gold briefings

Fort Sam Houston's Education Center will sponsor Green to Gold briefings for Soldiers interested in the ROTC program. Briefings are Wednesday, July 19, Aug. 23 and Sept. 20 from 9 to 11 a.m. and 1 to 3 p.m. in the Army Learning Center, Building 2247, Stanley and New Braunfels Roads. The ROTC cadre from a San Antonio local university and the 12th ROTC Brigade will be available to answer questions.

'RecruitMilitary' career fair

The "RecruitMilitary" career fair will be held June 29 from 11 a.m. to 3 p.m. in the

Addison Conference and Theatre Centre, 15650 Addison Rd., Greater Dallas. For more information, call Bill Offutt at 202-693-4717 or e-mail offutt.william@dol.gov.

'Recruit the Recruiter' team briefing

The "Recruit the Recruiter" team will brief all specialists through sergeants first class regarding the benefits, challenges and qualifications of recruiting duty Monday at 9:30 a.m. and 1:30 p.m. in Building 2263, Room B-101, Stanley Road. For more information, call Sgt. 1st Class Perez at 502-626-0465 or Staff Sgt. Jesus Chavez at 295-0645 or visit www.usarec.army.mil/hq/recruiter.

Military intelligence recruiting

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

Webster University

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

St. Mary's University education office

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

Free training available

The Human Relations/Equal Employment Opportunity Office offers the following classes at no charge: Prevention of Sexual Harassment, Diversity, Basic EEO, Disability Etiquette, Communicating with Hearing Instrument Users, Reasonable Accommodation Procedures and Communicating Effectively. For more information or to schedule a class, call Marie Jangaon at 221-9194 or Glennis Ribblett at 221-9401.

Volunteer

USO seeks volunteers

The United Service Organizations Council of San Antonio has volunteer positions available in the following areas: the airport reception center, the downtown community center, events and programs, and the Business Office. For more information, call Julie Nichols at 227-9373, ext.12 or e-mail jnichols@alamouso.org.

Mentors needed

The Army Family Team Building Program and the Fort Sam Houston Mentor Program are recruiting volunteers. AFTB volunteers will be trained as master trainers, volunteer instructor trainers and program administrators. Mentoring positions are also available. The AFTB provides information and everyday life skills that lead to personal and family preparedness for the challenges of the Army mission. For more information, call 221-0921.

SAMM volunteer opportunity

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

Children's Shelter seeks families

The Children's Shelter seeks new foster and adoptive parents to care for children in Texas. Children's ages range from newborn to 17 years old. The Children's Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neg-

Checkbook maintenance class

Army Community Service will offer a checkbook maintenance class today from 2 to 4 p.m. in Training Room 1 at the Roadrunner Community Center, Building 2797 on Stanley Road. The class is geared toward personnel referred by the command for abusing and misusing check-cashing privileges; however, anyone can attend. For more information or to register, call 221-1612.

lected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

Dental program seeks patient

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

Girls, Boys Town seeks mentors

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

Fiesta Commission poster entry

Fiesta San Antonio Commission seeks artists to design the official Fiesta 2007 poster. The contest is open to artists ages 18 years or older who live within 60 miles of San Antonio. The winning artist will receive \$5,000, will be honored at the Fiesta San Antonio Poster unveiling and recognized in the Fiesta Magazine. For more information, call the Fiesta Commission office at 227-5191 or visit www.fiesta-sa.org.

Essay contest

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

Canine assistant program

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

Missions bat boy, girl program

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

Submission guidelines:

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

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



For Sale: Pro-Form 325X treadmill, \$75; Sharp carousel microwave, \$25. Call 545-2557.

For Sale: Men's 52 centimeter Fuji Roubaix Pro road bike, new condition, carbon fork, seat stays and post, \$650. Call 945-7627, leave a message.

For Sale: 1998 Honda VTR Superhawk 1000, yellow with red accents, V Twin, excellent condition, \$4,000 obo. Call 257-8753, leave a message.

For Sale: 2005 Toyota Tundra four-door, two-wheel drive, V-8, 16,200 miles, 4.7 liter engine, power locks, windows and rear window, gray with gray interior, excellent condition, \$25,900. Can be seen at Fort Sam Houston lemon lot. Call John at 508-3624 or e-mail sandiecar@sbcglobal.net.

For Sale: 2000 Honda Accord EX sedan, four-cylinder, 116,000 miles, cham-

pagne color, ac, leather inside, sun roof, automatic, good condition. Call 257-8410 or 916-3580.

For Sale: Kitchen cabinet with countertop, 16 inches wide, \$65; microwave carts, large, \$50, small, \$25; Corelle Corningware dishes, 32-piece, \$50. Call 927-6114 or 887-1856.

For Sale: Hummel figurines: No. 3, Book Worm, circa 1950s, \$500; No. 377, Bashful and No. 95, Brother, both circa 1980s, \$200 each. Call 698-5100.

For Sale: Kirby vacuum attachments, G-4, excellent condition, \$100 obo. Call 563-6195

For Sale: Two female Rottweiler puppies, tails and dew claws docked, born May 12, first vaccinations, ready for delivery between Friday and July 7, \$250 each. Call 232-1314 or 639-9793.

For Sale: 2003 Honda Valkyrie, low miles, lots of chrome and many extras, \$9,600. Call 830-914-4088.

For Sale: New treadmill, never used, \$250, obo. Call 277-7823, 669-0460 or 825-1882.

For Sale: Bicycle trailer, holds about 100 pounds, \$45; boys 16-inch bike, \$7; air compressor, needs work, \$25; baby dresser, light oak, \$50; baby crib with mattress, \$50. Call 226-3528.

For Sale: Two matching solid wood bookcases, 30 inches wide by 74 inches high, \$200 for both obo; daybed with mattress, pillows, linens, spread, trundle that fits under bed, \$395 obo; four sets of lawn furniture from \$12 to \$75 per set obo; antique table with two drop-leaves and two chairs, \$85 obo; antique lamps, \$35 per pair obo. Call 375-5408.

For Sale: New General Electric 24.9 cubic foot side-by-side refrigerator, white, \$800 obo. Call Jack or Cathy 658-1643.

For Sale: Full size loft bed with desk underneath, \$100; Harley-Davidson power wheels, \$45. Call 257-8590.

For Sale: Kenmore refrigerator, side by side, 26 cubic feet, black, with ice and water dispenser, like new, must sell, \$450; Southwest hanging lamp, Hopi Indian dancers, \$35; Czechoslovakian chinaware, 175 pieces, new, \$490 obo; Five speakers for surround sound, two large, two small, \$25. Call 493-8420.

For Sale: 1993 Plymouth Voyager SE, fair condition, runs, \$1,000; Farberware China Sydney Roses with gold trim, 35 pieces, \$45; porcelain dolls, \$15 to \$20 each; baby items, great prices. Call 478-0322.