



Briefs . . .

Fourth of July events

“Salute to the Union”

For Sam Houston will celebrate Fourth of July with a variety of activities July 4 at 11:30 a.m. at the main post flagpole on Stanley Road. The event is free and open to the public.

Patriotic ceremony

The Fort Sam Houston National Cemetery will observe Fourth of July with a wreath-laying ceremony at 9 a.m. July 4 which will include colonial uniforms, fife and drum music and firing of muskets. Lt. Gen. Robert Clark, Fifth U.S. Army commanding general, will be the keynote speaker.

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 Tuesday 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.

A/T travel requirements

Military personnel and Department of Defense civilians traveling outside the United States, its territories and possessions are required to have a destination country update within two months of travel and Antiterrorism Awareness Training (Level I) within 12 months of travel. This applies whether people are on leave, pass or temporary duty. The requirement can be found in Army Regulation 525-13. For more information, contact a unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0535 or 295-0509.

AKO training

Fort Sam Houston employees are invited to an Army Knowledge Online training Monday. 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.

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Army awards Soldiers for bravery

Story and photo by Spc. Jeremy D. Crisp
Multi-National Corps-Iraq Public Affairs

CAMP LIBERTY, Iraq – Spc. Jason Mike, a combat medic who trained at the Army Medical Department Center and School at Fort Sam Houston, received the Silver Star, the Army’s third highest award for valor, June 16 during a ceremony at Camp Liberty, Iraq.

Seven other members of his National Guard military police company also received citations of valor, including Sgt. Leigh Ann Hester, the first female Soldier since World War II to receive the Silver Star.

Staff Sgt. Timothy Nein also received a Silver Star at the ceremony. Three other members of the same squad received a Bronze Star with valor device: Spc. Casey Cooper, Spc. William Haynes II and Spc. Ashley Pullen. Sgt. Dustin Morris and Spc. Jesse Ordunez received an Army Commendation Medal with valor device. All are members of the Kentucky National Guard’s 617th Military Police Company.

The Soldiers thwarted an insurgent attack against a coalition convoy March 20. The convoy of 26 supply vehicles was ambushed by about 40 insurgents southeast of Baghdad.

The 45-minute firefight left 27 insurgents dead, six wounded and one captured. Three of the 617th Soldiers were wounded.

The MPs also confiscated a sizable weapons cache, including 22 AK-47 machine guns, 13 RPK rifles, six rocket-propelled grenade launchers, 16 RPG rockets and about 40 hand grenades.

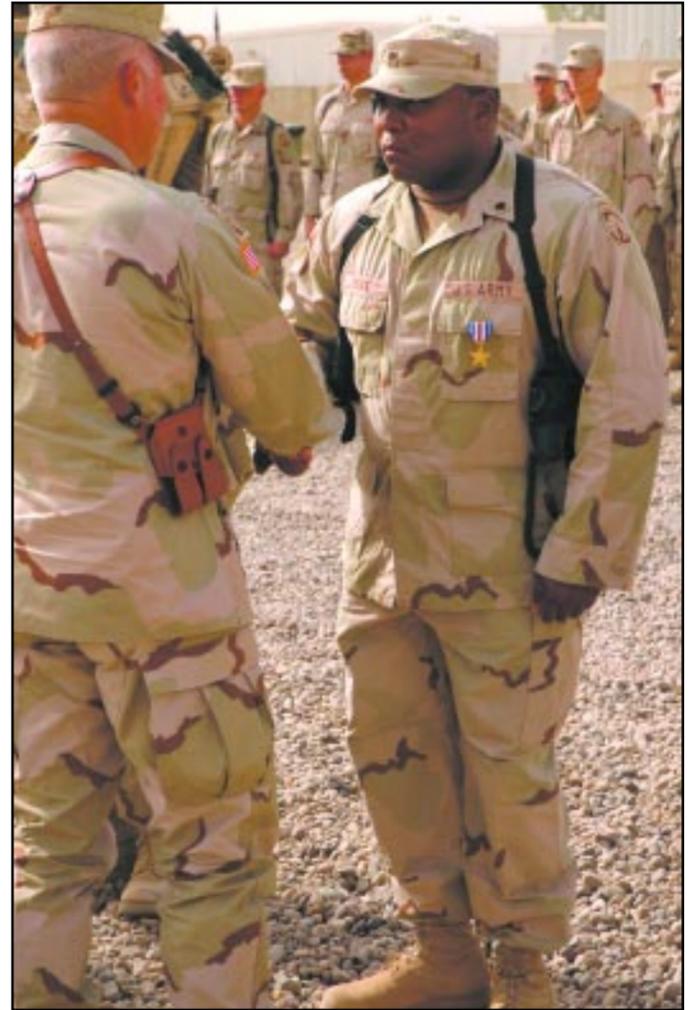
MPs shadow 18-wheelers

The firefight took place the morning of March 20, as the squad of Kentucky MPs were shadowing a convoy on a supply route southeast of Baghdad.

Twenty-six supply vehicles, many of which were 18-wheelers, were heading south on the heavily traveled route. They were driving one behind the other like ducks in a row, with a security convoy of three gun trucks interlaced between -- one up front, one in the middle, one in the rear.

Trailing the convoy and not far out of sight were the 617th MPs in three armored humvees.

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Lt. Gen. John R. Vines, Multi-National Corps-Iraq commander, presents his commander’s coin to Spc. Jason Mike, from the 617th Military Police Company, during an awards ceremony at Camp Liberty, Iraq, on June 16. Mike, an Army Medical Department Center and School-trained medic, earned the Silver Star for his actions in defeating an insurgency attack against a convoy March 20.

Kueter assumes command of combat medic 232nd Med. Bn.

By **Esther Garcia**
Fort Sam Houston Public Affairs Office

Family, friends, students and comrades gathered at the MacArthur Parade Field to watch Lt. Col. Bruce McVeigh relinquish command of 232nd Medical Battalion to Lt. Col. Brian Kueter at the change of command ceremony Friday.

The 232nd Med. Bn. is responsible for conducting initial entry and advanced individual technical training for 91W health care specialists and for NCOs attending the

Basic Noncommissioned Officers Course at Fort Sam Houston.

As is tradition in every change of command, the families of the outgoing and incoming commanders are honored and recognized at the ceremony.

Carol McVeigh and daughters, Megan and Kaitlyn, were presented with red roses in grateful appreciation for their contributions to the battalion.

Lt. Col. Shaun Kueter was presented with yellow roses welcoming her into the 232nd Medical Battalion family.

The invocation was delivered by Chaplain (Capt.) Luis Lopez, battalion chaplain.

Boarding the ceremonial humvee, Col. Bradley Freeman, commander, 32nd Medical Brigade and host for the ceremony, accompanied McVeigh and Maj. Roberto Cardenas, commander of troops for the ceremony, trooping the line and inspecting the troops. Trooping the line is a military tradition, originated as an opportunity for the commander to visually inspect the troops gathered in formation prior to battle.

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LeMaster becomes new Camp Bullis commander

By **Esther Garcia**
Fort Sam Houston Public Affairs Office

The hills of Camp Bullis provided a beautiful backdrop for the change of command ceremony held Thursday when the outgoing commander, Lt. Col. Jimmie Keenan, relinquished command to the incoming commander, Lt. Col. Dennis LeMaster.

The Army Medical Command Band, led by Staff Sgt. Jesse Bolanos, performed patriotic music before the ceremony started, and the invocation was delivered by installation Chaplain (Col.) Edward Maney.

Col. Garry F. Atkins, commander, United States Army Garrison and host for the ceremony, presented Keenan with the Meritorious

Service Medal for her outstanding support overseeing the training of Soldiers, Airmen and Marines in support of operations Iraqi Freedom and Enduring Freedom.

“This is a command completely devoted to ensuring that every Soldier, Marine, Airman, Sailor, National Guardsman or reservist who enters this center can focus on one thing, training,” said Atkins. “That’s because Lt. Col. Keenan and her trusted band of civilians ensured ranges are operational, roads are open, the dining facility is functioning and the hundreds of other things they take care of so your personnel can train. I don’t think we have ever had a

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DoD launches sexual assault prevention Web site

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. – Service members who are victims of sexual assault or who need information on the Department of Defense policy on preventing sexual assaults can find the information at a new Web site.

The site, launched by Joint Task Force Sexual Assault Prevention and Response, is basically a consolidated place to go to

for information, said Air Force Brig. Gen. K.C. McClain, commander of the JTF.

The site has links to all the services' Web sites related to the sexual assault issue. It spells out what people can do if they are victims of sexual assault, the general said.

The designers of the new site, which went live this week, had to name the site with the initials of the organization — sapr.mil — rather than something like "sexualassault.mil" because too many fire-

walls would block out a request under that name, the general explained.

The site is more than just a reporting site. If someone has questions about the policy, the answers are available on the Web site. "Because it is a DoD site, one could access this one site and get the overarching information," McClain said. "Since we link to the service Web sites, an individual could get that information, too."

If a commander or a first sergeant has

questions, this site should provide the answers, but if not, they can send an e-mail via the site and a Joint Task Force member will answer.

McClain said the group already is thinking of improvements. "We will add other things as we get them done," she said. "We're readying a commander's checklist on sexual assault prevention, for example."

For more information, go to www.sapr.mil.

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Bravery

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Each humvee contained a trio of Soldiers, each laden with weapons and gear, except for the trail vehicle, which also carried a medic. Gunners stood ready in the turrets with .50-caliber machine guns and Mark-19 grenade launchers.

The vehicle commanders, drivers and medic kept their eyes peeled and weapons at the ready just in case something out of the ordinary happened. That morning, something did.

Ambush kicks up dust

"We observed the convoy we were trailing starting to make erratic movements," said Staff Sgt. Timothy F. Nein, leader, second squad.

"We saw a lot of dust being kicked up by the convoy vehicles, as if they were being engaged by an (improvised explosive device) or an ambush, so we knew something was wrong.

"My gunner said he could hear shots being fired, so we picked up the pace," Nein said.

"We moved to contact," Nein said. "We got the vehicles on the contact side, in between the convoy and the insurgents. As we got up on that side of the road, we realized through previous reconnaissance of the area that there was a road that paralleled the field going south."

MPs flank insurgents

The squad then proceeded down the



Sgt. Leigh Ann Hester, vehicle commander, 617th Military Police Company, Richmond, Ky., stands at attention before receiving the Silver Star at an award ceremony at Camp Liberty, Iraq, June 16. Hester is the first woman soldier since World War II to receive the Silver Star.

main road and took a right onto the side road to flank the insurgents. "At that time," Nein said, "We noticed seven vehicles the insurgents had staged and ready.

"Doors open, trunks open; ready for a quick escape. Once we turned down that road, the insurgents didn't have a choice but to stay and fight. We had just cut off their escape route."

As soon as the squad rolled into the fray, the insurgents adjusted fire.

"As we came on the scene, the insurgents' fire all shifted," said Nein. "They realized who they needed to fire on.

"They quickly shifted all fire from the transportation convoy to us," Nein said.

Medic joins the fight

"I was riding along as a medic with that platoon," Mike said. "All three men in my truck were hit within a 30-second timeframe. I was the only medical asset at that point."

After securing the wounded in the vehicle, Mike used all the weapons at his disposal to help repel and destroy the enemy.

"The insurgents were pretty close," he said.

Mike shot with his 9 mm, then grabbed a wounded Soldier's automatic weapon and "laid down fire." He then armed an AT4, an antitank weapon, and fired into an insurgent position in a house.

Humvee armor helps MPs

In the meantime, "as soon as we cut back to get in between the convoy and the insurgents, the windshield of my driver (Sgt. Dustin T. Morris) took two direct hits. The bullets failed to defeat the armored glass," Nein said.

Atop the same truck was .50-cal. gunner Spc. Casey M. Cooper. He said when they turned down the side road, massive gunfire was coming their way.

Rounds from small arms came toward them and impacted the rear door and its window, which yet again failed to penetrate the Humvee's armor. What happened next shocked and stunned Cooper.

"I just saw something coming at me, and fast. It just so happened to be a (rocket propelled grenade)," he said.

The round impacted right above the rear passenger door, right below where Cooper was positioned in the turret.

"It knocked me out – completely unconscious," he said.

Injured keep on fighting

Only sustaining minor shrapnel wounds around the right eye and hand, Cooper would be fine, but one Soldier in the group thought he was dead. The Soldier said he



Photos by Spc. Jeremy D. Crisp

Kentucky Army National Guardsman Sgt. Dustin T. Morris, team leader, 617th Military Police Company, stands behind the windshield of the vehicle he was driving when his unit responded to an ambush by insurgents on a route south-east of Baghdad, March 20. The reinforced windshield deflected the small arms rounds, allowing him to escape uninjured.

went up and shook Cooper, at which point he popped awake and started firing again.

In the vehicle following right behind Nein, Cooper and Morris was 23-year-old Sgt. Leigh Ann Hester, team leader and vehicle commander from Bowling Green, Ky. Hester and her crew saw the RPG hit the lead vehicle.

"Nein's vehicle took a direct hit with an RPG as soon as we made that turn," said Hester. "I heard it hit, saw the smoke, but we kept pushing on.

"I saw Staff Sgt. Nein jump out of the truck. As soon as I saw him jump out, I was right there," Hester said. From there, Hester, Nein and company pressed their flanking advantage and engaged the enemy full force.

"On the right hand side was a berm. They were still shooting at us from there and from down in a trench line," said Hester.

Hester presses fire

"So we returned fire. I think I shot off three M203 (grenade launcher) rounds, and I don't know how many M4 (assault rifle) rounds I shot. I know I hit one of the RPK (Russian-made light machine gun) gunners," she said.

Nein and Hester were side by side, and both were being engaged with small arms fire.

"Both Sgt. Hester's and my vehicles were being engaged by an insurgent with an RPK somewhere out in the orchard field," Nein said. "I could also see an insurgent with an RPG trying to get around and fire on us.

We weren't engaging him at the time, but I think he thought we were going to. He was peering out from

behind a tree, so we eliminated him."

Hester, Nein and their comrades continued to press the advantage, completely disrupting any plans the insurgents had at a successful attack. After the approximately 45-minute firefight, only three Soldiers from the 617th were wounded.

MPs take toll on enemy

Conversely, 27 insurgents were dead. Six others were wounded; one was captured. None escaped.

The MPs from second squad also 'cached' in, confiscating 22 AK-47 light machine guns, 13 RPKs, 6 RPGs, 16 RPG rockets, 123 full AK-47 ammunition magazines, 52 empty AK-47 magazines, one full AK-47 (75) round ammunition drum, an estimated 200 loose AK-47 ammunition rounds, 2,500 (7.62mm) belted ammunition rounds and 40 hand grenades.

CO lauds job well done

Capt. Todd M. Lindner, 617th company commander, said he went over the scenario in his head a hundred times to see what he might have done differently or done better. He said there was no better way than what his Soldiers did.

"They did exactly what they were supposed to do when supporting a convoy in that situation," said Lindner. "What their mission was in shadowing that convoy was to provide support in the event of an attack. What they were supposed to do was place themselves in between the attacking force and the convoy.

"This would allow the convoy to escape the kill zone while they returned suppressive fire and ultimately defeated the enemy. That was exactly what they did."

Water Conservation

Residential landscape watering should be accomplished using a handheld hose, soaker hose or a bucket no larger than 5 gallons. People should not water from 10 a.m. to 8 p.m. Wasting water or allowing water to run is prohibited at all times.

Some ways to conserve water:

- Place a stopper in the sink for washing and rinsing pots, pans and dishes. Scrape dishes clean instead of rinsing them.
- Fill up the dishwasher completely before you run the cycle.
- Keep a bottle of drinking water in the refrigerator and use ice so you will not have to run the tap water to cool it.
- Do not run the water while you clean vegetables; instead, rinse them in a sink of water.
- Use the garbage disposal sparingly.
- It is important to conserve electricity as well as water. People should keep their exterior lights off during the day. (Source: Residential Communities Initiative)

Change of command ceremonies

U.S. Army Dental Command

The U.S. Army Dental Command change of command ceremony will be today 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 today 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 today 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 Friday at 10 a.m.

U.S. Army Veterinary Command

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

79th Ordnance Battalion (EOD)

The 79th Ordnance Battalion (Explosive Ordnance Disposal) will host its change of command ceremony Wednesday at 10 a.m. at the MacArthur Parade Field. Lt. Col. Dick Larry will relinquish command to Lt. Col. Marue Quick.

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.

Briefs cont. . . .

Sexual harassment training

The Civilian Personnel Advisory Center will offer Prevention of Sexual Harassment training Tuesday 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 Army survey reminder

Fort Sam Houston Family Housing residents will soon receive reminder notices to complete the Headquarters, Department of the Army Resident Assessment Survey. Residents' input will be used to determine how to spend limited housing dollars and will help Lincoln Military Housing with customizing services and facilities. Answers are strictly confidential, and frank responses are invited. Personal data will not be tabulated and residents will remain anonymous. For more information, call Clara Greenway at 221-0881.

Captains to be promoted sooner

By Cheryl Boujnida
Army News Service

WASHINGTON, D.C. – The Army has increased its career developmental timeline for active-duty majors by one year, while shortening time spent as a captain.

The initiative, recently approved by Secretary of the Army Francis Harvey, will reduce pin-on time to major from 10 years and seven months to 10 years. In order to implement this, two major promotion boards will be conducted in fiscal 2006.

The change synchronizes the developmental timelines with the Army's modularity, transformation and intermediate-level education requirements, said Col. Mark Patterson, chief, Officer Policy Division, G1, at the Pentagon.

"This will allow us to better manage our officers and meet the needs of an Army at war in the 21st century," Patterson said. He explained that modularity and the new units of action have created a need for more majors in many career fields, but the real reason for the change is to allow majors time for a joint-service assignment.

"It's key because it gives majors a joint assignment opportunity that they might not get prior to being promoted to lieutenant colonel or colonel."

Majors currently serve five years before pinning on lieutenant colonel.

"The emphasis on joint operations is crucial – joint is the future. We need to look at joint assignment opportunities and how Soldiers get that experience," Patterson said.

Beginning in 2007, no more waivers will be granted for joint service and colonels will need a joint assignment to be competitive for promotions, Patterson said.

The additional year requirement, initiated by the Officer Personnel Management System, or OPMS III, identified the need to further develop officers by expanding their career timeline.

"The extra year will benefit the officer and the military," said Lt. Col. Craig Vest, branch chief, officer selection board policy branch.

"This will definitely have a positive impact within the Army and enhance our overall captain retention rate," Patterson said.

The reduction in time spent as a captain aligns the Army with other armed services; the Air Force and Marine Corps' pin-on time to major is 10 years and three months, and the Navy's is nine years and 11 months.

"This is a very positive change within the Army. Not only is the earlier promotion a perk, but it's important that we'll have extra time as a field-grade officer to develop too," said Capt. Hope Rampy, personnel policy integrator.

The early promotion goal will affect the current fiscal 2005 major Army promotion board that will be released in June. Officers will pin on their rank sooner.

"The goal is to begin promoting in August and exhaust the list by March 1, 2006," Patterson said.

There will be two separate major promotion boards in fiscal 2006. The first board will convene Sept. 6, and the second in April.

"Leadership wants to ensure that officers in the field have the opportunity to start preparing their file for the September board," Patterson said.

232nd Med. Bn.

Continued from Page 1

Company commanders and senior drill sergeants representing their units and carrying the company's guidon moved forward with the color guard to present the colors and begin the highlight of the ceremony, the change of command.

Following the change of command, Freeman shared a few of McVeigh's many accomplishments. He increased funding for the battalion; reduced attrition from 17 percent to 14 percent, thus producing more combat medics for the operational Army in a time of greatest need; and obtained funding for badly needed barrack renovations. He was also the first training battalion commander in the Army to incorporate warrior task and battle drills.

"He provided the leadership and mentorship to his subordinate commanders which enabled them to create and execute a week-long field training exercise, which provides valuable training to both the students and cadre," said Freeman. "He was everywhere at every time, day or night, weekdays, weekends ... when the 91 W was training, he was there carrying the largest ruck sack marching along with the troops."

"By far, his most lasting accomplishment was to focus on the concept that we are an 'Army of One,'" said Freeman. "As you pack up and take your family, we thank you for

what you have done for this organization and the Army."

"When I was told three years ago that I would take command of the 232nd, I wasn't sure why. But after being here and seeing the dramatic changes we have made in training combat medics for war, and the fact that the 232nd has led the way in creating warriors, I would not trade it for any command in the world," said McVeigh during his remarks.

McVeigh thanked his staff, commanders, first sergeants, drill sergeants, instructors and the battalion DCMT staff for their passion, commitment and dedication in training Soldiers.

The new commander, the executive officer of the battalion over the past year, said he was honored by the selection.

"It is the highest honor for any Soldier to assume command of our precious gifts, the sons and daughters of this great nation," said Kueter. "I am truly thankful and humbled for this command opportunity so that we can train our Soldier medics who voluntarily serve our country and support the Global War on Terrorism.

"I guarantee this battalion will continue to produce the finest Soldier medics the world has ever known," said Kueter. "McVeigh, it is my intent to cultivate the warrior spirit you have grown so well."

The ceremony concluded with the pass in review and playing of the Army song.



Photo by Esther Garcia

Lt. Col. Bruce McVeigh relinquishes command of 232nd Medical Battalion as he passes the battalion color to Col. Bradley Freeman, commander, 32nd Medical Brigade, during the change of command ceremony Friday at the MacArthur Parade Field. Incoming commander is Lt. Col. Brian Kueter, former executive officer for the battalion.

Camp Bullis

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commander here at Camp Bullis like Lt. Col. Keenan who has such a big heart, who is more dedicated, more willing to sacrifice to ensure that your military personnel have everything they need to complete their training. You found ways to make your training facility better, clean up policies that support that training and hired the right people to provide that training. Commander, job well done."

"Two years at Camp Bullis have gone by quickly," said Keenan during her remarks. "During the last two years, Camp Bullis has been in a state of transition and transformation. But there is one constant that you can depend on, and that is the outstanding Camp Bullis team. The Camp Bullis team could not have overcome the challenges over the last two years — Installation Management Agency transition, MEO (Most Efficient Organization) transition, Base Realignment and Closure requirements, over 20 million dollars in completed and

ongoing construction, military civilian conversions and even the nearly world-famous 'Bullis Buck' if you had not worked all together."

Keenan also thanked all her support staff and the various activities on Fort Sam Houston for supporting Camp Bullis.

"I feel very blessed that I have had the opportunity to grow, learn and succeed during the last two years," said Keenan.

Atkins said LeMaster's previous duties as chief of current operations for the 30th Medical Brigade in Germany and as the chief of the leader development branch, Army Medical Department Center and School, make him well prepared to become the next commander for Camp Bullis. "I look forward to continuing the work begun by Lt. Col. Keenan and her staff and carrying this fine installation into the 21st century," said LeMaster.

The ceremony concluded with the playing of the Army song and an invitation to a reception hosted by Lt. Col. and Mrs. LeMaster.



Photo by Esther Garcia

Outgoing commander, Lt. Col. Jimmie Keenan, passes the Camp Bullis color to United States Army Garrison Commander, Col. Garry F. Atkins, who passes the guidon to incoming commander, Lt. Col. Dennis LeMaster, at the change of command ceremony held Thursday at Camp Bullis.

Traffic violations cost more money

Effective July 1, a new law signed by the President provides the Judicial Conference of the United States with authority to prescribe and collect a \$25 fee for the processing of violations through the Central Violations Bureau. The law includes all traffic violations, and the fee will be charged to the defendant for each violation notice issued. The violation notice will reflect the authorized forfeiture amount, and \$25 dollars will automatically be added to that amount to determine the total collateral due. For example, if the forfeiture amount, or cost of violation, is \$75, with the added \$25 processing fee, the total collateral due will be \$100. The defendant must pay the total collateral due or appear in court. For more information, call Ray Acuna, deputy provost marshal, at 221-1490.

Nurse anesthesia students begin their academic journey

Student-led Family Readiness Group supports incoming class

By Capt. James Jones
187th Medical Battalion

A new class of nurse anesthetists in-processed June 13 to begin a long academic journey.

In-processing includes a spouse orientation to the installation with an emphasis on the importance of forming support networks while loved ones are in training. The instructors and A Company command team also assist the students in developing a student-led family readiness group.

The nurse anesthesia program is one of the most academically challenging courses in the Army Medical Department, and the students selected for the program are top performers.

The Army recruits both civilian and military nurses to attend this rigorous training program. The nurse anesthesia students complete their first year, or Phase I, of study at Fort Sam Houston. The second year of study, or Phase II, is completed at various military installations throughout the United States.

To succeed in this challenging program, students must have their families' support and understanding. Students are encouraged to build support groups and use available resources within the Army community to reduce stress and improve their

ability to concentrate on academic requirements. The new spouses established a student-led family readiness group to meet these needs.

The family readiness group, formerly known as the family support group, is a concept that has supported Army families during war and tours overseas for many years. Its mission is to provide information, moral support and social outlets to its members. For the nurse anesthesia students, the group's efforts will tremendously improve the stability of the families and reduce stress for both students and spouses.

The U.S. Army Nursing Program has prepared top quality certified registered nurse anesthetists for more than 45 years. It currently produces almost all active duty Army CRNAs and provides specialized training in field anesthesia to ensure graduate nurse anesthetists are qualified to deploy in time of war, civil disorder, natural disaster or for humanitarian missions.

Successful completion of this program results in a master of science in nursing degree in nurse anesthesia from the University of Texas Health Science Center at Houston School of Nursing, and qualification to take the certification examination for nurse anesthetists.

During the commander's reception, Lt. Col. John M. Collins, 187th Medical Battalion commander, recognized the spouses for their participation, dedication and leadership and also recognized the accomplishments of the nurse anesthesia program faculty.

Header



Photo by Donald Herth

Retired Maj. Gen. Alfred A. Valenzuela and Col. Dorothea Wallace, 5th Recruiting Brigade commander, both attended the U.S. Army 5th Recruiting Brigade luncheon celebration for the Army's 230th birthday June 14 at the San Antonio Garden Center. Valenzuela was the guest speaker and Wallace paid tribute to veterans who attended from the San Antonio business and educational community. State and local business leaders and other attendees had the opportunity to learn about the Partnership for Youth Success Program. PaYS provides enlistees an opportunity to sign up with specific companies when coming into the Army. Businesses that participate in the program gain a skilled, trained employee at the end of the Soldier's term of service.

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Bexar County 4-H Club supports deployed troops

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

Fifteen high school students and members of a local 4-H Club donated 35 "hero packs" and more than 100 stuffed animals to the 90th Regional Readiness Group Friday.

The 4-H Club (heads, hearts, hands and health) is a group of young people across the nation, which interacts and learns leadership, life skills and citizenship. The members are involved in various projects such as photography, horticulture and raising farm animals. The skills are to advance the 4-H youth development and to allow them gain the experience and confidence needed to become effective leaders and contributing members of the community.

The idea to donate the hero packs was conceived by one local member and was realized through the efforts of 15 youth coordinators.

"I wanted to do this because I thought it was a nice community project," said Hannah Sheehan, the Club member who spearheaded the "hero packs" project. "Our military is very important to support. Kids have a hard time when their parents are away, so I thought it would be nice to

do something nice to support them."

The hero packs contain items such as basketballs, picture frames, notepads, diary books and cameras for the children of deployed members. Each bag was sewn and stuffed by youth club members. It took the club members more than three months to finish the project.

"We will distribute the bags at our family readiness briefings for our upcoming deployments," said Renee Pflapsen, 90th RRG family program coordinator. "It's going to support the families and let them know they have the support of the community and will make a positive experience for the kids."

The project was a way for the club members to express their gratitude to the military members and their families.

"It's a great opportunity to show appreciation to our service members," said Joel Rice, a club member whose cousin is serving in the U.S. Navy.

"Our military gives so much, so they need to know that America cares," Sheehan said.

For more information on local 4-H Clubs, visit <http://bexar-tx.tamu.edu>, and for Fort Sam Houston chapters, call Youth Services at 221-3502.



Renee Pflapsen, 90th Regional Readiness Group family program coordinator (left), accepts "hero packs" from members of the Bexar County 4-H Club.

'Gifts from the Homefront' maximizes contributions to deployed troops

DALLAS, Texas – Recent media reports indicate that some military support organizations are spending large amounts of money to ship items to troops in Iraq and Afghanistan. One group explained that it takes \$20 to get each traditional "care package" to deployed troops. With 30 boxes getting shipped out each month, shipping costs reportedly reach \$600 alone.

"The sports drinks, batteries, CDs and magazines are already in Iraq and Afghanistan," said the Army and Air Force Exchange Service's Chief of Corporate

Communications Lt. Col. Debra Pressley. "When troops first went into operations Iraqi Freedom and Enduring Freedom, AAFES was right behind them setting up (post exchanges and base exchanges) throughout the contingency theater. These stores are filled with comfort foods, toiletries and new-release entertainment including the latest video games, movies and CDs. Spending money to send these items to the Middle East is inefficient, not to mention expensive."

Americans can maximize their contributions to deployed

troops by purchasing gift certificates that can be used by service members in any of the 54 exchanges supporting military members in OIF and OEF. The certificates, dubbed "Gifts from the Homefront," maximize every dollar as shipping charges are minimal compared to heavy boxes filled with "care package" items.

"We need to remember that while we're gathered around backyard barbecues with friends and family on July Fourth, there will be troops deployed to OIF and OEF who more than likely

are 'turtled up' in heavy gear as they patrol in blazing temperatures that regularly exceed 110 degrees in the shade," said Pressley.

Understandably, reports from military officials indicate that "Gifts from the Homefront" gift certificates are being redeemed to purchase soft drinks, iced coffee and teas and energy drinks – basically any liquid to help beat the sweltering heat.

"Gifts from the Homefront" certificates, available in denominations of \$5, \$10, \$20, \$25 and \$50 can be purchased by going

to www.aafes.com or calling (877) 770-GIFT (4438). A \$4.95 shipping and processing fee is added to the total at the time of purchase. Any denomination can be sent to an individual service member, or distributed to "any service member" through the American Red Cross, Air Force Aid Society, United Services Organization or the Fisher House Foundation. To date, AAFES' charitable partners have distributed more than 16,000 "Gifts from the Homefront" gift certificates since March 2003.

(Source: AAFES news release)

Motorcyclists must complete safety course before they 'head out on the highway'

By Wayne Blanco-Cerda
Safety and Occupational Health Specialist

Before motorcyclists head out on the highway, they need to ensure they satisfy Department of Defense requirements. To register and ride a motorcycle on Fort Sam Houston, Camp Bullis or any other DoD installation, motorcycle riders must first complete a Motorcycle Safety Foundation-approved motorcycle safety course.

This course is commonly known as the Experienced Riders Course.

ERC is mandatory for all active duty

military personnel who ride a motorcycle on or off post. The one-day course also applies to DoD civilians who ride a motorcycle on or off post while on duty status.

The training is available at no cost to active duty, Guard and Reserve members on active duty and DoD civilians who work on Fort Sam Houston or Camp Bullis.

To ride, motorcyclists must possess a valid driver's license with motorcycle endorsement, motorcycle registration (proof of ownership or written permission

of owner), proof of insurance and a state-inspected street legal motorcycle.

When riding, motorcyclists must wear a Department of Transportation-approved helmet, full finger gloves, brightly colored reflective vest, eye protection (either safety goggles or face shield on helmet), long pants, long sleeved shirt and over-the-ankle boots.

Riders should have at least 90 days of experience. The ERC is intensive, and new riders have had difficulty passing the course.

Since ERC is mandatory, leave should

not be charged for military members or DoD civilians who attend the course.

The course is not available to family members, retired military or contractors. They must obtain the course through civilian commercial sources.

For more information or for future course dates, call 221-3836.

For motorcyclists who can't wait for the next course, call San Antonio Fun Machines at 624-3218 or Southwest Motorcycle Training at 623-8330. These courses are at the driver's personal expense.

SPORTS

Golfer of the Year

James Raymond, son of U.S. Army South Col. Douglas Raymond who has been playing golf for three and a half years and has won six local tournaments, was recently named the San Antonio Golf Association "Golfer of the Year." "It takes dedication and a lot of practice and the will to win," he said. "There's a certain drive that propels me to do better in anything I do." Raymond just returned from West Point where he was selected to attend the U.S. Military Academy Summer Leadership Program, and is on the Texas Legends Junior Tour. Raymond will be a senior at Cole Jr./Sr. High School this year and plans to attend the United States Military Academy and become an Army officer. He will also pursue his interest in golf. "What I like most about golf is the competition and the adrenaline you feel when hitting that great shot while under pressure."



Courtesy photo

Combat Medic Run

Combat Medic 5K



INTERSTATE 35 32d Medical Brigade

The 25th annual Combat Medic Run will be July 23 starting at 7:15 a.m. at the MacArthur Parade Field. Events include 5K and 10K individual runs, a five-Soldier guidon team event, a 2-mile fitness walk and a 5K Soldier formation run. Numerous awards will be present at the conclusion of the race. Anniversary T-shirts will be presented to all registered runners. Information on road or gate closures will be released at a later date. For more information, go to www.fortsamhoustonmwr.com.

Intramural Golf Standings as of Monday

Team	Total Points
GPRMC	393.5
USARSO Dawgpound	372.5
MEDCOM #1	368.5
Garrison #1	367
Garrison #2	355
5th Recruiting Bde.	350.5
DENTAC	349
BAMC #1	346.5
Academy Bn. #1	329.5
Misfits	328
USAISR	324.5
MEDCOM #2	307
SWRO Duffers	305
Bunker Busters	298
BAMC Troop Command	297.5
DENCOM Extractors	153
Academy Bn. #2	148
SWRO Scramblers	115.5
Enforcers	24
SWRO Woodhackers	0

SPORTS BRIEFS . . .

X-tramural basketball league

X-tramural basketball league letters of intent are due by Monday. Coaches and rules meeting is June 30 at 1 p.m. at the Jimmy Brought Fitness Center. League play begins July 9. The entry fee is \$300 per team and includes a 10-game season plus playoffs. Awards will be given for first- and second-place team and individual. For more information, call Earl Young at 221-1180 or e-mail him at earl.young@samhouston.army.mil.

Wear a helmet

Nearly **75 percent** of all cycling deaths are due to head injuries.



Smoke-free and courageous forever

Attend smoking cessation classes at 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



BAMC doctor appointed to medical directors committee

By **Andricka Hammonds**
Brooke Army Medical Center

Bridging the gap between the military medical community and the civilian community, Brooke Army Medical Center physician Lt. Col. John McManus was appointed May 11 to the Texas Medical Directors Committee for a two-year term.

"We are specifically excited about John because he helps bridge the military and civilian health care system," said Dr. Edward Racht, chair for the Governor's Emergency Medical Services and Trauma Advisory Council. "This Medical Directors Committee is the most dynamic committee that we've had in six years."

The committee is made up of medical professionals from different backgrounds to include academic, hospital and private practice from throughout Texas. The committee generally meets four times a year to discuss issues pertaining to clinical policy, rule development and the science involved in the EMS and trauma systems in the state.

Racht said the Medical Directors Committee also discusses what types of skills and procedures should be used for patient care in Texas, and the committee is even working on the definition for a patient.

After careful consideration and dialogue, the committee then makes recommendations to the Governor's EMS and Trauma Advisory Council. This council provides advice to the Department of State Health Services.

"My mission in life has been to excel in academic and trauma military medicine," said McManus. Beginning his career as an Army

medic in 1985, Racht said McManus has an interesting military medical background that will prove useful to the committee.

The military should be directly involved in state, regional and domestic matters, especially concerning EMS issues, McManus said.

Serving on the medical director's committee enables military medicine to join with the civilian world. McManus will now play a part in making recommendations that directly affect decisions concerning medical matters at the state levels.

McManus said that with the increased threat of bioterrorism and domestic safety, the military will play a crucial role with state and regional EMS and public health leaders.

"We live in an exciting time of increased technology and ability to care for our Soldiers. Trauma and combat casualty care have become more "evidence-based" with many new products and training opportunities," said McManus.

McManus has been active in a number of organizations including the Government Services Chapter of American College of Emergency Physicians where he is the current elected president and organized the national conference for the last three years.

McManus is very active nationally and serves on many EMS and disaster committees for ACEP and Society of Academic Emergency Medicine. The ACEP invited McManus to serve as faculty for the Scientific Assembly for 2005.

As for a long-term career goal, McManus said he hopes to continue to improve the quality of trauma and pre-hospital emergency care for not just emergency medical specialists, but all health care providers taking care of Soldiers in a combat environment.

Blood is the fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on O Negative blood.

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

Contact the donor center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Health Promotions June classes

Class	Date	Time
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Pediatric Asthma	Friday	2 to 3:30 p.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Colonoscopy	Tuesday	10:30 to 11:30 a.m.
Office Yoga	Wednesday	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
Management Skills Series (5-6)		
New Series	today and 30	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth 1 and 2	today and 30	9 a.m. to 12 p.m.
Girl Talk!		
Ages 6-8	Wednesday	9 to 10 a.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Friday	1 to 3:30 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.

Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are July 29 and Aug. 31 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.

TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: Capt. Kirk M. Olson
Unit: A Company
AOC: 65D, physician assistant
Hometown: Darlington, Wis.
Time in service: Thirteen years
Future goals: Finish master's degree
Reason for enlisting: Originally to be a medic en route to be a PA
Latest accomplishment: I woke up ... at my age that is a good thing. Survived Operation Iraqi Freedom II.



Soldier of the Week

Name: Spc. Chad E. Farmer
MOS: 91W combat medic transitioning to 91K laboratory technician
Hometown: Logan, W.V.
Time in service: Four years
Future goals: To become a physician's assistant in the Army
Why did you volunteer for service? To get a good foundation for life.
Latest accomplishment: Winning the Soldier of the Month board.

232nd Medical Battalion

Soldier of the Week

Name: Pvt. Nikhil Shelke
Unit: A Company
Hometown: Chicago, Ill.
Plans for the future: Join the Army Special Forces
Reason for joining the Army: To achieve my life's goals and to serve my country
Hobbies: Swimming, reading, music collection

Junior Leader of the Week

Name: Spc. Marsha D. Blakenship
Unit: A Company
Hometown: Vansant, Va.
Plans for the future: I plan to go to school for 91D (operating room specialist) and, hopefully, Officer Candidate School.
Reason for joining the Army: I wanted some adventure and to learn some new things in the medical field.
Hobbies: Music, spending time with family and friends



The 2005 National Night Out has been scheduled for Aug. 2. Fort Sam Houston will once again be participating in NNO. The goal is to have all housing areas hosting at least one NNO party. The Fort Sam Houston Police cordially invites the community to be a part of the '2005 NNO' team.

NNO is designed to heighten crime prevention awareness; generate support and participation in local anti-crime programs; strengthen neighborhood spirit and police-

community relations; and send a message to criminals letting them know that neighborhoods are organized and fighting back.

Along with the traditional display of outdoor lights, Fort Sam Houston neighborhoods can celebrate NNO with a variety of events and activities such as block parties, cookouts, potluck dinners, visits from local police and fire officials, and participate in contests and games. Each neighborhood is encouraged to participate in NNO and does not have to be in a Neighborhood Watch Program to participate. NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in the fight for a safer installation. Plus, the benefits the community will derive from NNO will most certainly extend well beyond the one night.

Party hosts will receive a commemorative T-shirt and other gifts (supplies are limited). There will be a special gift for first five confirmed parties. For more information, call Linda Furlow, crime prevention, at 221-9686 or e-mail linda.furlow@samhouston.army.mil

Name and rank: _____

Fort Sam Houston address: _____

E-mail: _____ Phone number: _____

Location of party: _____

Start time: _____ End time: _____

List any special activities (moon bounce, dunking booth, DJ, ice cream social, BBQ, potluck etc.): _____

Special request (limited availability): Police, McGruff, bike patrol, provost marshal, fire department, Sparky the fire dog; K9, garrison commander and sergeant major, installation commander and chief of staff etc.): _____

Complete and return by July 22 to the Fort Sam Houston Military Police, ATTN: Crime Prevention, 2404 New Braunfels Avenue, Building 2250, Fort Sam Houston, Texas 78234, or fax 221-9173.

Contact the crime prevention section if you must withdraw from any activities.

Juvenile curfew hours

There have been several recent incidents of juveniles being apprehended for curfew violations. As a reminder, curfew hours are as follows: Sunday through Thursday, 10:30 p.m. to 6 a.m. and Friday and Saturday, midnight to 5 a.m. The curfew is for children 17 or younger. The following examples may constitute a valid reason for minors being out during the designated hours: children accompanied by a parent or

guardian, attending a school-, religious-, or government-sponsored activity, or going to or coming from work.

There have also been several instances of juveniles jumping over the perimeter fence, especially in the Watkins Terrace and Infantry Post areas. Police and Fort Sam Houston residents are more aware of these intrusions because of the current force protection condition. All

individuals are reminded to enter the installation through authorized access control points. People apprehended entering the installation at unauthorized locations may be charged with criminal trespassing.

For more information, call crime prevention at 221-9686.

(Source: Provost Marshal Office)

CHILD AND YOUTH SERVICES

Youth Happenings

Early registration

Early onsite registration for the before and after school program at School Age Services will begin July 18 to 22 from 9 a.m. to 6 p.m. at Building 1705. Patrons will need to register for this program even if they are currently enrolled at School Age Services. To register, patrons will need to bring updated shot records, current proof of physical, pay vouchers and an \$18 registration fee per child if CYS membership is not current. For more information, call central registration at 221-4871 or 221-1723.

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 German chocolate cake.

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 through 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.

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.

Post Pulse: Summer started Tuesday. How do you beat the heat?



"By wearing shorts and tank tops and drinking lots of liquids"
Melanie A. Rodriguez, student



"By finding shade, staying out of the sun and drinking plenty of water"
Sgt. Willie Henderson, Brooke Army Medical Center



"I will stay cool inside an air-conditioned building and drink water."
Kimberly Kisner, contractor



"I will have the AC running in the car, wear loose clothing and go to the coast when I get a chance."
Master Sgt. Julio C. Rodriguez, 13th Battalion

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

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.

**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

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.

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

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

Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

Evans Auditorium, 221-5005 or 221-
5007

Mormon Services: 9:30 to 11:30

a.m. - Sundays

Web site:

www.samhouston.army.mil/chaplain

RELIGIOUS HAPPENINGS . . .

Catholic Vacation Bible School

The Catholic community will sponsor a Vacation Bible School program at Dodd Field Chapel July 11 to 15. The theme will be "Serengeti Trek: Where Kids Are Wild About God." The program will include fun, memorable scripture-based activities. Each day, youth will sing songs, play team-work-building games, take on a daily Bible challenge, experience Bible adventures, collect Bible memory buddies and create Bible point crafts. Registration is under way and is open to children from pre-kindergarten through sixth grade. For more information or to register, call Brian Merry at 221-5005 or e-mail brian.merry@samhouston.army.mil.

Praise band musicians needed

The Fort Sam Houston chapels are starting a new contemporary Protestant worship service. Volunteer Christian musicians are needed, to include drummers, electric guitarists (lead), keyboard players, bass guitarists and other instrumentalists and vocalists. If interested in attending a jam session for the praise band, call Michelle Taylor at 829-1670 or e-mail michelle.h.taylor@us.army.mil.

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. 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.

Gospel concert

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



Naval Junior ROTC Leadership Academy participants march in formation during the drill competition June 16 at Camp Bullis. For the competition, a cadet is randomly selected to lead the other students through a series of drills.

JROTC cadets take on leadership challenges at Camp Bullis

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

More than 130 Junior ROTC cadets learned how to be leaders "military style" during the Navy's semi-annual JROTC Leadership Academy at nearby Camp Bullis last week.

The cadets, from schools throughout Texas and Oklahoma, were handpicked to attend the seven-day course, which challenges students to perfect their leadership skills under pressure.

"Only 1 to 3 percent of all cadets in the nation will attend the academy," said Capt. James Boyer, a Naval JROTC instructor from Spring High School in Houston, Texas, and leadership academy officer in charge. "It's a challenging selection process. The students have to pass a medical and physical standard and demonstrate good citizenship skills. They have to be top performers in their JROTC program."

The stringent selection process is necessary. Cadets have to be able to brave San Antonio's unrelenting heat and Camp Bullis' austere conditions during the physically and mentally challenging camp. The academy curriculum is a combination of classroom instruction and outdoor training. Classes teach leadership scenarios and styles; and outdoors, students drill in formation, have physical training sessions, learn first aid and are even shown how to read a map and compass.

"Each school customizes its program from the standard curriculum," Boyer said. "Our orienteering portion is fairly unique to Texas. Some schools in other parts of the country have even added a sailing course."

The course culminates in a camp-wide drill competition, during which students are randomly selected to lead their company in formation.

"The kids take this very seriously and are competitive about winning," Boyer said. "They practice hard and perform well."

The instructors, Boyer added, also take the academy to heart. They are all unpaid volunteers who serve as full-time Naval

JROTC instructors during the school year.

"They're here because they want to do something for the cadets," Boyer said. "They're all giving up their free time to make a difference."

The instructors said their dedication to the program comes, for the most part, from the positive impact they see in their cadets.

"The main function of JROTC is to develop citizenship; it's not, like many people think, a recruiting tool," Boyer said. "There are a lot of good kids out there that just need some guidance and a sense of contribution."

A little guidance can go a long way, instructors said.

"I had a cadet with a very troubled past join my JROTC program," said Lt. Cmdr. Jim Reed, from A. Maceo Smith High School in Dallas and a volunteer academy instructor. "He came a long way in the program and is a new person now. He's here attending the leadership academy."

And just one of many success stories, Boyer said. "I also had a student who was always in trouble," he said. "We worked with him for about four months and he was changed. At the end of the year, he was the most improved cadet."

"Teachers, parents, other students see the

impact JROTC can have," Boyer added.

"We're cultivating future leaders, whether military or civilian, and good citizens."

The future impact, however significant, is a distant thought for these cadets, who said they were just grateful to make the academy cut this year.

"This has been a great opportunity to learn and improve myself," said Phillip Wheeler, an 11th grader from George Bush High School in Houston. "I've gotten a better understanding of myself and the military. It's a very positive experience and I've learned a lot I can take back to my unit."

Another student, Teiah Dunville, a Uvalde High School student, is attending the academy as a graduate assistant. A GA is someone who has been through the course and then asked back to assist other attendees.

"I learned a lot last year when I attended and learned even more this year," she said. "It's about discipline and respect."

After the graduation

ceremony, the students are sent away to resume their summer vacations, but Boyer said he hopes they'll leave with something extra.

"They'll walk away with a sense of pride, camaraderie and accomplishment that they may not have had before," he said. "Many don't have that in their schools. We're hoping the academy will have a lasting impact that won't just positively affect the students here, but the ones they come in contact with in the future as well."

For more information about the Naval JROTC program, go to <https://www.njrotc.navy.mil/>.



Capt. James Boyer, a Naval Junior ROTC instructor from Spring High School in Houston, Texas, and leadership academy officer in charge, inspects bunks while Rosa Serrano, from Smithson Valley, Texas, and Ashley Livasy, from Conroe, Texas, stand at attention.



Naval Junior ROTC cadets stand at attention during drill competition practice June 16 at Camp Bullis.

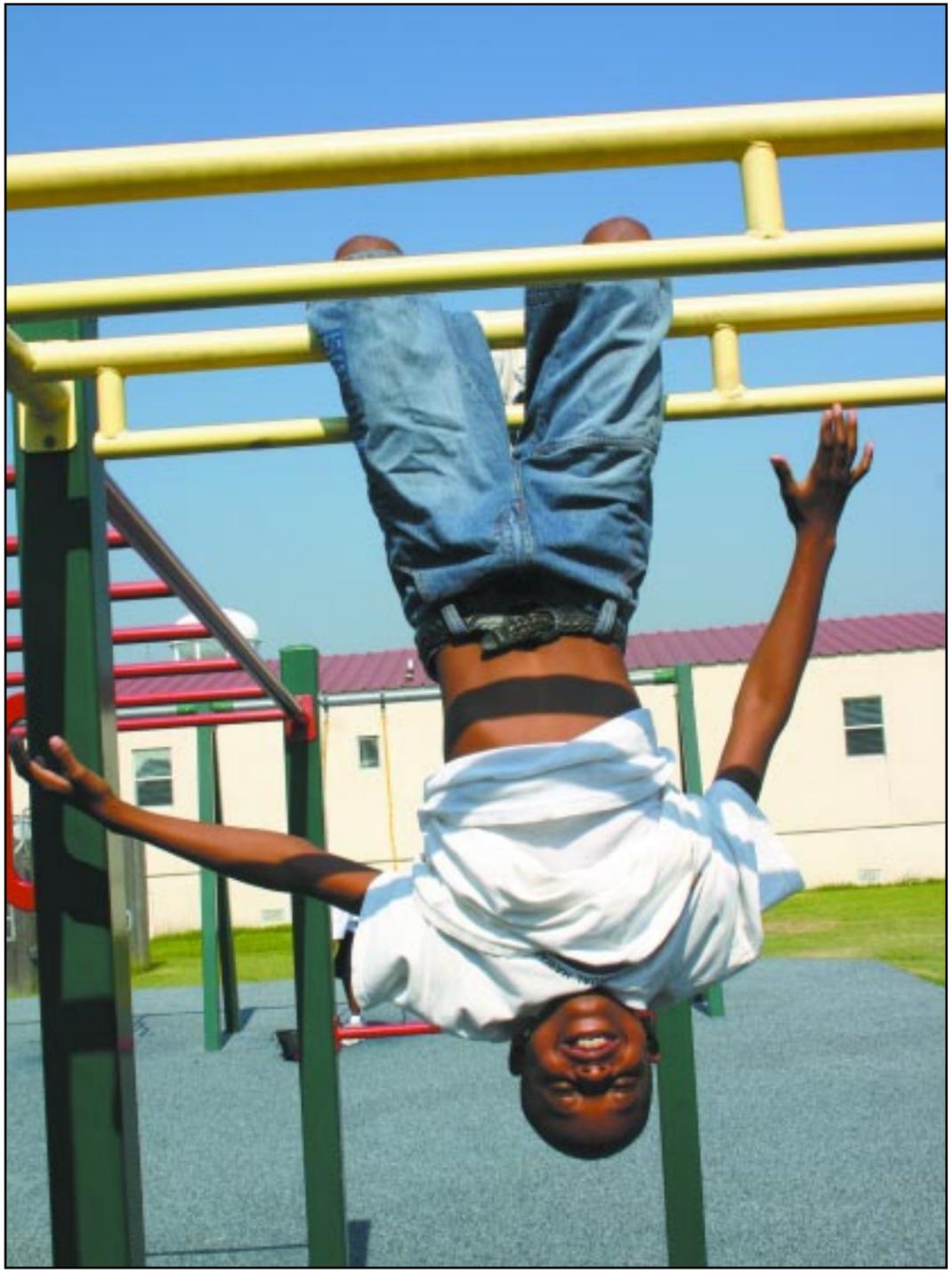
Not so lazy days of summer for Fort Sam campers



Sarah Vonfeldt, a visiting representative from the 4-H Club, pours freshly made fruit smoothies for campers Tuesday during her nutrition presentation at the Youth Center. The youth are taking part in the Youth Services culinary arts camp, which includes trips to the grocery store and cooking classes.



Ryan Gilligan, a Summer Escape 3 camper, takes a jump shot during a post-football basketball game. The athletic campers went on to play volleyball and bowling.



David Jay, 12, hangs from a jungle gym at the Youth Center Tuesday during recreation time for the Summer Escape 2 campers. Camp hours are from 6 a.m. to 5 p.m. followed by open recreation at the Youth Center.

Photos by Elaine Wilson



Dave Faulkner (right), computer and photo camp counselor, shows 12-year-old Jireh Guidry the difference between 35 mm and digital cameras during photography camp.



(from left) Donovan Guidry, Chris Graham and Connor Gilligan, all Summer Escape 3 campers, play a game of junk-food bingo at the Youth Center Tuesday. Middle school and teen summer camp registration is ongoing for sixth through 10th graders Monday through Friday from 10 a.m. to 8 p.m. at the Youth Center. For more information, call Youth Services at 221-3502.

MWR

Recreation and fitness

Leisure needs survey online

People can give their opinion about Fort Sam Houston's Morale, Welfare and Recreation programs such as child care, recreational activities and Army Community Service support by completing the 2005 Leisure Needs Survey online at <http://www.ArmyMWRSurvey.com>. The survey is open to all members of the Fort Sam Houston community to include active duty, civilian employees, military spouses and retirees. The information will allow MWR to better serve the Fort Sam Houston community. For more information, call Alexandra Nordeck at 221-2926.

3-D archery at Camp Bullis

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

Archery lessons

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

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.

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.

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 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.

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.

Dining and Entertainment

Sam Houston Club, 224-2721

Sunday brunch

The next Sunday brunch will be July 3 from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members and \$13.95 for non-members and will include a complimentary glass of champagne.

Bingo

Come play bingo every Thursday and Friday; doors open at 5 p.m. and Saturday the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

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.

Youth bowling clinic

The Bowling Center sponsors a youth bowling clinic July 16, 17 and 18 from 8 a.m. to 4 p.m. The clinic is open to youth bowlers ages 12 to 18 of all skills levels. The cost is \$50 (a \$400 value). The registration deadline is July 8; call now to reserve.

Adult bowling clinic

There will be an adult bowling clinic July 22, 23, 24 and 25 from 8 a.m. to 4 p.m. The clinic is open to adult bowlers of all skills levels. The cost is \$100 (a \$400 value). The registration deadline is July 16.

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.

Vera's Barbershop

Vera's Barbershop is open at 407 Dickman Road (former Officers' Club). Vera's specializes in military cuts.

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.

Learn to swim

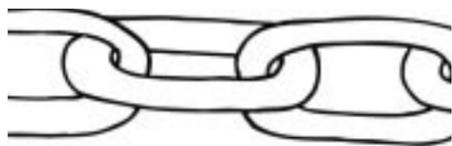


Photos by Dave Waugh

(Right) Angela McIntosh, swim instructor, holds Merrissa Griffin as she practices her kicks.



(Left) Christien Schreckhise, Austin Day, Sierra Duggan and Victoria Makransky learn to swim at the Aquatic Center. The center offers swim lessons, which are taught at the child's level of experience, 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.



COMMUNITY LINK



Happenings

Rainbow Kids at Timberwood Park

The Fort Sam Houston Rainbow Kids will perform free at Timberwood Park's July Fourth celebration. The show will begin at 7 p.m. July 2 at the park's event center. The performance will include routines from the 1920s, '30s, '40s, '50s, '60s, Broadway, some modern and country and western. For more information, call the group's director, Ron Joy, at 348-8014 or 295-2093.

Back to school supply drive

The Alamo City Chapter of the American Society of Military Comptrollers will sponsor a "Back to School Supply Drive" to benefit Dare To Love and The Rainbow Room. Collections will continue through July 12. For more information, call Michele Buckley at 536-3563 or e-mail Michele.Buckley@brooks.af.mil.

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 today 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 Monday at the 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 Monday at 7 p.m. at the Bob Hope Theater at Lackland Air Force Base. Contestants must reside on a military installation, and be 18 years or older. Open auditions will be Saturday from 9:30 a.m. to noon. For more information, call 207-3115.

Book signing, lecture

Bob Welch, author of "American Nightingale," will be at the Army Medical Department Museum Gift Shop today 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

Community service opportunity

The Alamo City chapter of the American Society of Military Comptrollers will sponsor a community service activity at Sunshine Plaza, 455 East Sunshine Drive, July 9. The Sunshine Plaza is an assisted living apartment complex of fixed-income residents. It will be a great chance to give time to members of the community. Activities will begin at 9 a.m. and end by noon. For more information, call Celeste Carrola at 536-4180 or e-mail [Celeste.Carrola@brooks.af.mil](mailto:Carrola@brooks.af.mil).

Exchange student sponsorship

Host parents, with or without children,

are needed to sponsor international exchange students for the 2005-2006 academic year. The students (ages 15 to 18) will arrive in early August, and the parents will need to provide bed, meals, as well as friendship and share the American way of life. The students will speak English, have medical insurance and their own spending money. For more information, call Yvette Coffman at SHARE Southwest Regional Office at (800) 941-3738 or visit the Web site at www.sharesouthwest.org.

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

WHMC periodontics seeks patients

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

BAMC needs volunteers

Brooke Army Medical Center 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 Veilluex at 916-3862.

Professional Development

QuickBooks Pro 2005 classes

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

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 candi-

dates 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

Medical symposium

The Association of the United States Army will present a medical symposium and exposition called "Army Medical Department: At War and Transforming," Monday to June 30, at the Henry B. Gonzalez Convention Center. Speakers include retired U.S. Army Gen. Gordon R. Sullivan, Association of the United States Army president, and Lt. Gen. Kevin C. Kiley, United States Medical Command commanding general, and Army surgeon general. For more information, call John Grady at (703) 907-2613 or e-mail jgrady@ausa.org.

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.

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.

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: Five-piece dinette set, \$100; black entertainment center, \$50; desk, \$35; microwave oven, \$20; computer desk with hutch, \$50. Call Sandy at 241-1291 or 637-7322.

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: Polaris automatic in-ground pool cleaner, five years old and in working condition, paid \$450, asking \$95; like new

forest green chaise cushion, linen-like outdoor fabric, \$15. Call 494-0362.

For Sale: Tan and brown, plaid hide-away couch, \$75; blue corduroy recliner, \$75; GE white side-by-side refrigerator, 24.9 cubic feet, still boxed, \$800. Call 658-1643 after 6 p.m.

For Sale: 1994 tan Nissan Pathfinder, XE-V6, four-door, a/c, power lock doors and windows, premium sound CD and cassette player with eight speakers, great condition \$3,200 obo. Call 373-8591.

For Sale: 1984 Audi 4000 S, mint condition, garage maintained, automatic, sunroof, a/c, radio, 68K miles, all records available, one owner, \$4,000; Rolex GMT-MASTER II, automatic, chronometer, 18

carat yellow gold and stainless steel bracelet, 24-hour, bezel with brown and gold insert, scratch resistant sapphire crystal, certified with box and paper, one owner, \$3,600. Call 313-5219 or (830) 420-2935.

For Sale: Lawnmower, 42-inch, \$500; Ford F150 truck, does not work, \$1,000 obo. Call 393-2864 or 269-1443.

For Sale: Kenwood 600-watt home theater system, \$200; Homedics anti-gravity recliner massage chair, \$150 obo; tile-top round kitchen table with four chairs, \$100; oak entertainment center, \$300. Call Gina or Eric at 595-6863.

For Sale: 1982 14-foot Vagabond sailboat with trailer, \$1,500 obo. E-mail for pictures at rdel@gvtc.com or call (830)

964-2930 to arrange to see in New Braunfels.

For Sale: Universal Gladiator 10-station gym equipment, includes leg press, chest press, low pulley and many more, \$550 if delivered, \$400 if picked up. Call 223-2197.

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

Lost: Canon A80 silver color digital camera in grey and silver case at Fort Sam Houston Cemetery during Memorial Day ceremony; camera has pictures of our daughter's Girl Scout participation as well as school graduation, irreplaceable, reward. Call Shawn or Shel at 670-0350.

Wanted: Portable sewing machine, must be in good condition. Call 340-1931.