



Briefs . . .

MEDCOM Band at the Alamo

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

MSC birthday celebration

The Fort Sam Houston Silver Caduceus Society will sponsor a Medical Service Corps 89th birthday celebration Friday 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.

AECP ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Friday 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.

Fourth of July ceremony

The Order of Granaderos & Damas de Galvez will sponsor its 22nd Annual Fourth of July Patriotic Ceremony Tuesday at 10 a.m. at the Fort Sam Houston National Cemetery. The ceremony will include a symbolic "shot heard round the world" followed by a procession to present floral tributes to fallen service members, a fife and drum presentation and patriotic music. Organizations are welcome to participate. For more information, call 364-2391 or 679-9214.

DENCOM change of command

Col. Russell Czerw will relinquish command of the Dental Command to Col. Larry Hanson during a ceremony July 10 at 8 a.m. at the MacArthur Parade Field.

DENCOM change of responsibility

Sgt. Maj. Stephen Spadaro will relinquish responsibility of the Dental Command to Sgt. Maj. Richard Orona during a ceremony July 10 at 5 p.m. at the Fort Sam Houston flagpole on Stanley Road.

AMEDDC&S change of command

Maj. Gen. George Weightman will relinquish command of the Army Medical Department Center and School to Maj. Gen. Russell Czerw during a ceremony July 11 at 8 a.m. at the MacArthur Parade Field.

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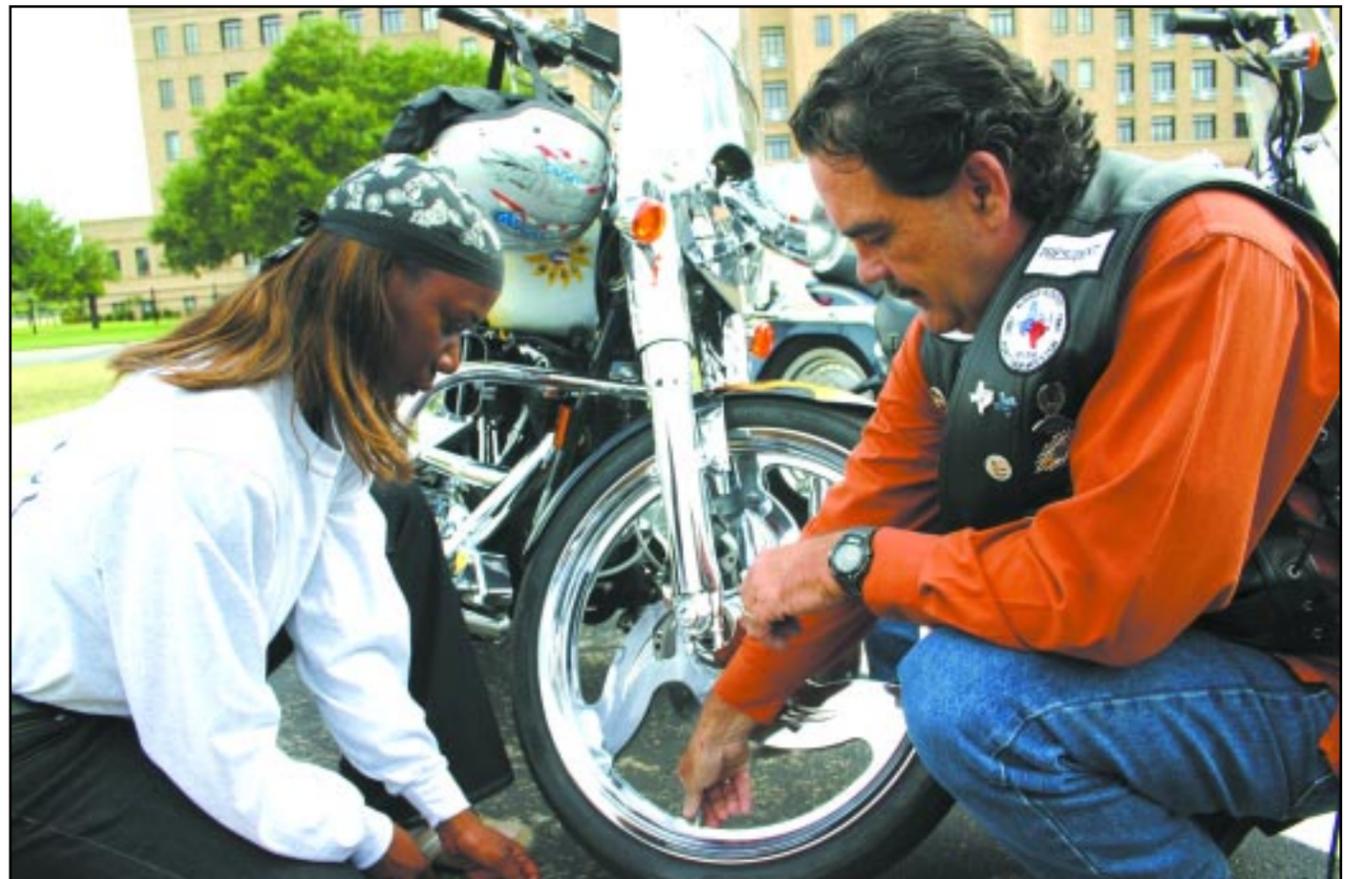


Photo by Elaine Wilson

James Stubblefield takes a tire pressure reading to demonstrate how to perform a pre-ride maintenance check for Frenchie Santini. Stubblefield is president of the Rough Riders Motorcycle Riding Club, a private organization at Fort Sam Houston dedicated to passing safe riding practices on to other riders.

Head out on the highway — safely Fort Sam steps up motorcycle safety efforts

By Elaine Wilson
Fort Sam Houston Public Information Office

Concerned by a growing trend of motorcycle accidents, Army leaders are revving up their motorcycle safety efforts with a renewed emphasis on education and training.

"Army leaders must take immediate action in response to an escalating loss of Soldiers' lives to motorcycle accidents," Brig. Gen. Joe Smith, director of Army Safety, wrote in a widely disbursed message.

As of June 15 of this fiscal year, 33 Soldiers have died in motorcycle accidents. Army analysis shows that most of the riders weren't wearing a helmet and many didn't have training or a motorcycle license.

The severity of the problem is echoed in the civilian world, where motorcycle crashes injured about 76,000 people and claimed more than 4,000 lives in 2004, according to the National Highway Traffic Safety Administration.

"Commanders need not wait for one of these Soldiers to kill themselves or

someone else before taking action," the safety director wrote in the message.

Enforcement

To address the problem on post, the Fort Sam Houston Police and Safety Office will step up their motorcycle safety enforcement efforts in three phases, according to the Provost Marshal Office. Phase 1, which begins today, involves education and awareness. Phase 2, the warning phase, starts July 7. During this

See MOTORCYCLE SAFETY on Page 16

Fourth of July salute

A display of the 50 state flags and the six territorial flags will grace the main post flagpole as Fort Sam Houston salutes the 230th anniversary of the Declaration of Independence Tuesday 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.



Courtesy photo

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Planning, moderation can prevent July Fourth accidents

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

The anniversary of the Declaration of Independence is an important celebration for all Americans. Across our great land and in many nations overseas, Americans will join together to proudly display their love of country and their commitment to its ideals.

Unfortunately, important holidays are often celebrated with the overindulgence of alcohol. Outdoor activities and family vacations will be the order of the day. For many, particularly family members, this means an opportunity to participate in activities that present potential hazards such as swimming, boating and hiking. Advanced planning and moderation will prevent many recreational accidents.

As of June 15, fiscal 2006, 82 Soldiers have been killed in privately owned vehicle accidents. Thirty-three of these were motor-

cycle fatalities. Major causes of these accidents are speed, fatigue, alcohol and attitude. Involved leadership and good risk management are the keys to preventing off-duty accidents. Alcohol and driving are a deadly combination. Stress the need for Soldiers not to consume alcoholic beverages and drive. Discourage Soldiers from driving long distances after a full day of work as the risk of fatigue-related accidents is greatly increased. Safety belt and child restraint use are essential for all as they provide the final means to prevent fatal injuries.

Additionally, leaders must emphasize sexual assault risks, prevention and response in their holiday safety briefings; guidance is available at www.sexualassault.army.mil.

The Fourth of July is for celebrating the birth of our country, life, liberty and the pursuit of happiness, and should not be marred by tragic, senseless accidents. Let's work hard to make this an enjoyable, safe holiday.

Army raises enlistment age

FORT KNOX, Ky. — The Army has raised the enlistment age to 42, made possible under provisions of the Fiscal Year 2006 National Defense Authorization Act.

The Army raised the active-duty age limit to 40 in January as an interim step while it worked out the additional medical screening requirements for recruits ages 40 to 42.

Before January, an applicant could not have reached his or her 35th birthday. The Army Reserve age limit was raised from 35 to 40 in March 2005.

Raising the maximum age for Army enlistment expands the recruiting pool, provides motivated individuals an opportunity to serve and strengthens the readiness of Army units. More than 1,000 men and women over age 35 have already enlisted since the Army and Army Reserve raised their age limits to 40.

"Experience has shown that older recruits who can meet the physical demands of Army service generally make excellent Soldiers. They are mature, moti-

vated, loyal and patriotic, and bring with them a wealth of skills and experience to our Army," said Col. Donald Bartholomew, U.S. Army Recruiting Command assistant chief of staff, G5.

"We certainly do not expect for this change to result in a large increase of recruits; however, it will allow for those individuals who have the passion for service, but for whatever reason could not serve earlier in their lives, the opportunity to serve the nation now, when the time is right for them," he added.

All applicants must meet eligibility standards, to include passing the physical standards and medical examinations; however, those 40 to 42 will be given additional medical screening.

Recruits of all ages are eligible for the same enlistment bonuses and other incentives based on their individual qualifications.

(Compiled from releases by the U.S. Army Recruiting Command Headquarters and the New Orleans Army Recruiting Battalion)

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SWR IMA names Soldier, NCO of the Year

Story and photo by Ron Joy
Southwest Region Installation
Management Agency

The best U.S. Army Garrison Soldiers from within the Southwest Region Installation Management Agency traveled to White Sands Missile Range, N.M., May 30 through June 1 with hopes becoming the SWR IMA 2006 Soldier and NCO of the Year.

This year, the title of Soldier of the Year goes to Pfc. Marcus Levering and the NCO of the Year to Staff Sgt. Daniel Yentsch.

Levering serves as a chaplain's assistant with Headquarters Company at U.S. Army Garrison Fort Hood, Texas. He has been in the Army for 10 months and joined the military from Columbia, S.C.

Yentsch is a military policeman assigned to the National Training Center

MP Company at Fort Irwin, Calif. He is a 10-year Army veteran from Williamsport, Md.

In the third competition of this type to be held in SWR IMA, the Soldiers came with one thought in mind ... to win. Before competing at this level, each had to prove they were the best Soldier or NCO at their respective garrison.

After the Soldiers arrived at White Sands Missile Range, they immediately began preparing for two days of highly competitive events, to include the Army Physical Fitness Test, a written exam and an oral board.

During the awards ceremony June 21 at Fort Sam Houston, Hugh Exton, regional director, SWR Office IMA, congratulated the winners and said, "These Soldiers represent the best of the best. They deserve their awards, and credit also goes to those who helped them prepare

for this competition."

SWRO IMA Command Sgt. Maj. Kenneth C. Fyffe said, "Our country calls on great Soldiers like these to step forward and lead in times of need. These Soldiers standing here today are going to be the future leaders."

From this competition, the winners will compete against their peers from other IMA regions at Fort A.P. Hill, Va. Winners of the Headquarters IMA challenge will then compete at the National Capitol Region level and possibly at the Department of the Army level.

Each winner received an Army Commendation medal, a trophy, \$2,800



Hugh Exton, regional director, Southwest Region Office Installation Management Agency, presents a trophy June 21 to Staff Sgt. Daniel Yentsch, SWR IMA NCO of the Year. Pfc. Marcus Levering (right) is the SWR IMA Soldier of the Year.

in savings bonds, an engraved Bowie knife and gift certificates from local merchants.

Agee family closes chapter in their lives

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

Col. Richard L. Agee, chief of staff, Army Medical Department Center and School, officially retired from the Army following 30 years of service.

"Thirty years of a life chronicled by a handful of orders, efficiency reports and various awards, but like many remarked who have gone before me, the thing that will last in my memory will not be the paper or the trinket, but always the people," said Agee during his Honor Medic Ceremony in honor of his retirement Friday at the post flagpole.

Agee said he was raised as a patriot. His mother, father, aunts, uncles and grandmothers all shared with him the belief that freedom was worth fighting for.

"I learned from them how important it is to instill in the fabric of our lives service to

a cause greater than ourselves, if we are to make a positive impact in the world."

As a youth, Agee learned from his family the values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

"Not in those words but by those behaviors, and it was an easy transition to military service where those same values are taught every day," said Agee.

"Thirty years ago I could not have imagined the path that my life has taken," Agee said. "God has allowed me to serve in positions and places I didn't even know existed. He has allowed me to be surrounded by the best Soldiers, NCOs, officers and civilians that America has to offer. I have been in palaces and humble mud-walled cottages; I have experienced the joy of friendship with the men and woman around the world; I have had the opportu-

See **AGEE** on Page 4



With the 50 state and six territorial flags as a backdrop, Lt. Col. Patricia Darnauer, 187th Medical Battalion commander, and staff elements from the Army Medical Department Center and School salute as the national anthem is played at the Honor Medic ceremony for Col. Richard Agee in honor of his retirement Friday at the post flagpole.

VA to provide free credit monitoring

WASHINGTON — Secretary of Veterans Affairs R. James Nicholson announced June 21 that the Department of Veterans Affairs will provide one year of free credit monitoring to people whose sensitive personal information may have been stolen in the recent data theft at an employee's Maryland home.

"VA continues to take aggressive steps to protect and assist people who may be potentially affected by this data theft," said Nicholson. "VA has conducted extensive market research on available credit monitoring solutions, and has been working diligently to determine how VA can best serve those whose information was stolen.

"Free credit monitoring will help safeguard those who may be affected, and will

provide them with the peace of mind they deserve," he added.

The Secretary said VA has no reason to believe the perpetrators who committed this burglary were targeting the data, and federal investigators believe that it is unlikely that identity theft has resulted from the data theft.

This week, the VA will solicit bids from qualified companies to provide a comprehensive credit monitoring solution. VA will ask these companies to provide expedited proposals and to be prepared to implement them rapidly once they are under contract.

After VA hires a credit monitoring company, the department will send a detailed letter to people whose sensitive personal information may have been included in the stolen

data. The letter will explain credit monitoring and how eligible people can enroll or "opt-in" for the services. The department expects to have the services in place and the letters mailed by mid-August.

Nicholson also announced VA is soliciting bids to hire a company that provides data-breach analysis, which will look for possible misuse of the stolen VA data. The analysis would help measure the risk of the data loss, identify suspicious misuse of identity information and expedite full assistance to affected people.

For more information, visit www.firstgov.gov or call 1-800-FED INFO (333-4636) Mondays through Saturdays from 8 a.m. to 9 p.m. EDT.

(Source: VA news release)

Briefs cont. . . .

Technology expo

The 2006 Fort Sam Houston Technology Expo will be held July 13 from 10 a.m. to 2 p.m. at the Sam Houston Club. The event will include exhibits demonstrating the latest in network operations services, data warehousing, information assurance, storage solutions, hardware and software and much more. The expo is free and open to the community. For more information, call Marie Miller at 888-603-8899, ext. 222 or e-mail miller@ncsi.com.

Mandatory training

A Subversion and Espionage Directed Against the U.S. Army and Operations Security training session will be held July 18 from 10 to 11:30 a.m. in the Evans Theater. People should arrive early to sign in. The training is a mandatory requirement for Department of Defense personnel, to include contract employees. For more information, call the Garrison Security Office at 221-1906, 221-1859, 221-9500 or 221-9611.

CAC requirement

The Department of Defense has mandated all DoD networks users to use the common access card to log in to the DoD network. The requirement includes DoD civilians, active duty military and long-term contractors who require access to the network for daily use.

The deadline for Department of the Army users is Friday.

To fulfill the requirement, users must register their CAC into the Army certification database.

The following are step-by-step procedures for CAC registration:

- Obtain a common access card. People without a CAC should visit the nearest pass and ID office or talk to their supervisor.
- Obtain and remember the six to eight digit personal identifi-

cation number.

- For people who have forgotten their PIN, visit http://fshintranet.amedd.army.mil/ccl/CPR_Station_Information.doc to find a location for a CAC reset station.

- Check computer for a CAC reader (on the keyboard or an external reader). If there isn't a CAC reader, call the ITT Help Desk at 221-4357.

- To register CAC for login, insert CAC into the CAC reader, go to <https://naswcl.samh.army.mil> and follow the instructions. MEDCOM personnel should go to <https://anpt.amedd.army.mil>. Users will need to know their CAC PIN and Army Knowledge Online user name to register.

If unable to register, call the ITT Help Desk at 221-4357. For MEDCOM personnel, visit <https://www.cs.amedd.army.mil>.

Agee

Continued from Page 3

nity to share my values and lived them in front of impressionable recruits and the most senior leaders of our government."

"We have an unprecedented relationship between the military and civilian community both here at Fort Sam Houston and in San Antonio, and Dick is responsible for that. Whether it is the Red Cross, church, business community, East Area City Council, Dick has left his fingerprints all over what Fort Sam Houston is known for these days," said Maj. Gen. George W. Weightman, commander, Army Medical Department Center and Fort Sam Houston and host for the ceremony.

Weightman said Agee has kept his focus on the war fighter.

"He has never forgotten what we are here for, training



Members of the Noncommissioned Academy Color Guard prepare to fold the flag during retreat ceremony at the post flagpole Friday.

medics to do our nation's will, whatever he has done or touched he has been able to articulate how it helps the Soldier and the family," said Weightman.

The honor medic ceremony included elements from the AMEDDC&S with Lt. Col. Patricia Darnauer, commander, 187th Medical Battalion, as the commander of troops, and a retreat ceremony.

Weightman presented Agee with the Legion of Merit, the Presidential Certificate of Appreciation for service in the Armed Forces and the American flag in honor of his retirement.

His wife, Carole, received the Commanders' Award for Public Service for her contributions to the Soldiers, retirees and families of the Army for more than 30 years, and the Department of the Army Certificate of Appreciation.

"I have had the opportunity to serve, which is really the greatest joy of all — it's expanding your life for a cause greater than self, and for us, it is the cause bent on establishing freedom for all people around the world," said Agee. "Men and women, gathered from all parts of our nation, working together to preserve and promote freedom here and around the world, sharing the hardships, mentoring and encouraging the next generation of leaders, celebrating promotions, graduations, commands and awards, grieving at the departure of friends and at the gravesites of comrades.

"It is at varied events which people touch our lives in profound and simple ways long after the retreat is sounded today," said Agee.

Agee concluded the ceremony with, "May God bless each and everyone of you today, our uniformed men and women serving in harm's way, and may He always bless this great United States of America."



Photos by Esther Garcia

Maj. Gen. George W. Weightman, commander, Army Medical Department Center and School, presents Carole Agee the Commander's Award for Public Service, for her selfless contributions to the Soldiers, retirees and family members during her husband's 30-year tenure in the Army. Col. Richard L. Agee received the Legion of Merit and the American flag flown over Fort Sam Houston in honor of his service and retirement from the U.S. Army.

USARSO gains new command sergeant major

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

Command Sgt. Maj. Armando Ramirez assumed responsibility as command sergeant major of U.S. Army South in a ceremony held Friday at Evans Theater.



Brig. Gen. P.K. Keen (left), commanding general of U.S. Army South, presents Lt. Col. Brad Ramey, USARSO assistant deputy chief of staff, a retirement award during Ramey's retirement ceremony Friday.

Command Sgt. Maj. Dennis Rydell relinquished his responsibility after having served for about four months while awaiting the arrival of Ramirez. Ramirez arrived from an assignment as the U.S. Army Field Artillery School command sergeant major.

On hand for the morning's ceremonies was Brig. Gen. P.K. Keen, USARSO commander. Keen passed the USARSO colors to Ramirez signifying the relinquishing of responsibility by Rydell. In passing the colors to Ramirez, Keen charged him with the responsibility of caring for the USARSO colors and the care of the Soldiers and NCOs of the command.

Ramirez, and his wife, Cindy, are natives of Marion, Texas. They have two children, Julie and Brandon, and two grandchildren, Jacob and Clara.

When asked how it felt to be at Fort Sam Houston, Ramirez said, "It feels real good to be home, real good."

In conjunction with the change of responsibility, a retirement ceremony was held honoring Lt. Col. Brad Ramey, assistant deputy chief of staff. Ramey served 20 years in the Army, receiving many honors and awards.



Command Sgt. Maj. Armando Ramirez (center) receives the U.S. Army South colors, accepting the charge of responsibility for the care of the USARSO colors and the care of the Soldiers and NCOs of the command. Ramirez then returns the colors to Staff Sgt. Jesus Santiago (right), representing the Soldiers of the unit.

Present for the ceremony were Ramey's wife, Sandra, who was presented with a spouse's certificate of appreciation. Their children, Breana, 17; Brandon, 14; and Marissa, 7, were also at his side during the retirement ceremony.

Top NCO joins elite Sgt. Audie Murphy Club

By Yolanda Hagberg
Fort Sam Houston Public Information Office

Sgt. 1st Class Tiffany Reid, of D Company, 187th Medical Battalion, was inducted into the SMA Van Autreve Chapter of the Sgt. Audie Murphy Club Friday.

Reid, a 91Y eye specialist, received her medallion and credentials in front of her peers at the Roadrunner Community Center.

"I'm very excited and extremely proud of this achievement," said Reid. "The Sgt. Audie Murphy Club is about leading

Soldiers, living the Army Values, The Soldiers Creed and the War Ethos. I want to lead and be an example for other Soldiers to emulate. I'm very proud to be a part of this great organization."

Speaking at the induction ceremony, Maj. Gen. George Weightman, commander of the Army Medical Department Center and School and Fort Sam Houston, said the new inductee represents one of the best NCOs the Army has to offer.

"Today we are about honoring NCOs. This morning I honored another NCO," he said referring to the funeral of Sgt. Roger

P. Pena Jr., a combat medic killed in Afghanistan.

"He was a great medic and he trained at the school. You all train great medics. That is what you do as NCOs. And today we are recognizing a great NCO," Weightman said about Reid.

"Thanks for what you do and thanks for producing and molding young NCOs." Next to speak was Command Sgt. Maj. Pedro Class, U.S. Army Garrison command sergeant major and keynote speaker for the ceremony.

He began by stating that induction into

the Sgt. Audie Murphy Club is an honor he compares to becoming a command sergeant major. He asked all the members of the SAMC to stand and be recognized with a round of applause.

"Sgt. Audie Murphy was a legend in his own respect and you too should be a legend," he told the members.

"What is the purpose of the Sgt. Audie Murphy Club?" he asked.

"The Sgt. Audie Murphy Club is a means to recognize those NCOs who have

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Audie Murphy

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contributed significantly to the development of the professional NCO Corps in a combat ready Army.”

“Today I would like to talk to you about something that is most important to me, and that is taking care of Soldiers,” Class said.

“If the reason you come to work is not to take care of Soldiers, you are in the wrong Army,” he said to the NCOs.

“We all have heard that the NCO is the backbone of the Army. But, without the Soldiers we would not have the Army. You must be ready to assist the Soldiers. You are the ones who lead and train the Soldiers.

“I tell the leaders at every level that when a Soldier brings you an issue, it is your issue. When a Soldier brings you a problem, it is your problem. You have to be passionate about taking care of Soldiers, said Class.

“Our Soldiers are our most valued investment.”

Before being selected for induction into SAMC, Reid appeared in front of several boards, the final one in front of the most senior command sergeant major on Fort Sam Houston.

Each board lasts about an hour and covers more than 15 topics, according to 1st Sgt. Clay Istre, president of the SAMC, SMA Leon Van Autreve Chapter. The questions are scenario-based and difficult to answer because there are no definitive answers.

“Induction into the Sergeant Audie Murphy Club has long been seen as the ascension into the ranks of the elite NCOs of the Army,” said Istre.

The SAMC fosters respect and confidence between superiors and subordinates by teaching outstanding loyalty, discipline, professionalism



Photo by Yolanda Hagberg

Command Sgt. Maj. Howard Riles, NCO Academy command sergeant major, congratulates Sgt. 1st Class Tiffany Reid after presenting her the medallion Friday at the Roadrunner Community Center. Reid now joins 61 members of the SMA Leon Van Autreve Chapter of the Sgt. Audie Murphy Club.

and caring. It promotes greater recognition of the NCO Corps and perpetuates those Army and unit traditions that contribute to esprit de corps and superior performance of duty.

Murphy was the most decorated American combat Soldier of World War II. He received every decoration for valor the country had to offer, including the Medal of Honor, plus decorations presented to him by France and Belgium. He also earned a battlefield commission to lieutenant for his courage and leadership.

266 graduate in SAUSHEC ceremony

By Sue Campbell
59th Medical Wing Public Affairs

Col. Theodore Parsons, dean of the San Antonio Uniformed Services Health Education Consortium, honored 266 physicians and allied health providers June 9 during the 2006 SAUSHEC award and graduation ceremony at the University of Texas Health Science Center auditorium.

The ceremony marked the culmination of years of post-graduate training for Army, Air Force and civilian practitioners and was attended by more than 840 people.

Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, gave the graduation address. “If you want to retain military physicians, deploy them,” he said.

During the award portion of the ceremony, 15 Commander’s Awards for Research were presented in five categories.

Additionally, the Maj. John H. Gillespie Award for the outstanding transitional year intern was presented to Maj. Michael Clemenshaw, Brooke Army Medical Center, and Capt. Nathan Clement, Wilford Hall Medical Center.

The Maj. David S. Berry Award for the outstanding resident was presented to Maj. Hays Arnold, BAMC, and Capt. Heather Yun, WHMC.

The Outstanding Faculty Award was presented to Lt. Col. Bruce Adams, BAMC, and Maj. Michael Rajnik, WHMC.

Col. Randall Malchow, BAMC, received the Col. John D. Roscelli Award for outstanding program director, and Terry Cordero, WHMC, received the Outstanding Program Coordinator Award.

During the graduation portion of the ceremony, 266 graduates from 36 graduate medical education and 11 allied health programs received their diplomas from Brig. Gen. David Young, 59th Medical Wing commander; Brig. Gen. James Gilman, BAMC commander; and Dr. William Henrich, dean of the University of Texas Health Science Center at San Antonio Medical School.

A reception to honor the award winners, graduates and their families was hosted by the program directors immediately following the program.

Fourth of July safety

Firework-related fires, injuries can put damper on festivities

By Terry Davis

Fort Sam Houston Fire Department

Independence Day is a time of celebration for the nation. Fireworks are traditionally a part of that celebration; however, festivities can be ruined if someone's careless and inappropriate use of fireworks results in injury or starts a fire.

The use of fireworks on Fort Sam Houston and within San Antonio city limits is strictly prohibited. Additionally, Comal County has prohibited the sale and use of aerial fireworks. Bexar County has set up safe zones for fireworks; they are located near Interstate Highway 10 and Ralph Fair and near Highway 87 and China Grove. Check with the local media for exact times.

People should be aware that they can be fined up to \$2,000 for the illegal use of

fireworks within San Antonio city limits.

The following statistics show how dangerous fireworks can be:

- In 2003, fireworks caused an estimated 1,600 structure fires and 700 vehicle fires, resulting in five deaths, 60 injuries and \$58 million in property damage.
- In 2004, U.S. hospital emergency rooms treated an estimated 9,600 people for firework-related injuries — 42 percent of the injuries were to the head and 53 percent were to extremities.
- More than half of the people injured by fireworks were under age 20.
- The risk of injury from fireworks was twice as high for children than for the general population.
- Sparklers, fountains and novelties accounted for 40 percent of the emergency



room firework-related injuries in 2004.

- Firework-related injuries are most commonly from firecrackers (51 percent), bottle rockets (12 percent) and sparklers (7 percent).

Here are a few safety tips for people who decide to purchase fireworks and set them off at one of the safety zones:

- Only buy from reliable sellers; read and follow all the warnings and instructions.
- Do not let children under age 14 use fireworks and supervise older children.
- Use fireworks outdoors only; keep away from houses and flammable materials.
- Do not try to re-light or handle malfunctioning fireworks.
- Be sure other people are a safe distance away before lighting fireworks.

- Never ignite fireworks in a container, especially glass or metal.
- Store fireworks in a cool, dry place according to their specific storage instructions.
- Never experiment or attempt to make fireworks.
- Sparklers need to be handled carefully; they burn at more than 1,000 degrees F. Light them one at a time at arm's length. Always wear gloves while holding a sparkler and never give one to a child under age 5.
- Educate children (of all ages) about the dangers of fireworks and teach them to practice safety at all times.

To report the illegal use of fireworks on Fort Sam Houston, call 221-2222, and off post in San Antonio, call 207-7963. For more information about fireworks safety, call the Fire Prevention Office at 221-5452 or 221-2727.



Keep pets calm, happy during fireworks

Most people enjoy fireworks, particularly on Fourth of July; however, pets often prefer a quieter holiday.

The loud noises made by fireworks can be very upsetting to dogs, causing extreme anxiety in some cases. Inappropriate behavior caused by this anxiety can result in a range of behaviors, from hiding to destruction of property.

When fireworks begin, pet owners may want to consider keeping their pet in a calm, quiet place, such as an inside room of the house. Leaving a television or a radio on may also calm a distressed pet. Additionally, pet owners can

spend time with pets to reassure them and provide additional distraction from the loud activity going on outside.

There are some pets with such bad anxiety problems they hurt themselves and cause damage to property around them in spite of an owner's best efforts. These animals may benefit from anti-anxiety medication, which should only be used after consulting with a veterinarian.

Using medications to limit unwanted behavior can be a good thing, and has saved many pet/owner relationships, but that doesn't mean that medication is suited for every pet. Medications can make conditions like liver or kidney disease worse. For this reason, a complete physical exam and blood work should be done before any medication is given.

Problems can also be managed from a behavioral standpoint with advice from a board-certified behaviorist.

Regardless of the severity of the problem, it is best to address the problem as soon as it happens. Don't assume that an animal will grow out of a certain behavior. Waiting may give the behavior time to become a habit, which may be more difficult to change in the future. Seek help before the problem gets out of control.

For more information, call a local veterinarian or the Fort Sam Houston Veterinary Clinic at 295-4260. If the veterinarian feels the problem is severe enough, contact a board-certified veterinary behaviorist.

(Source: Fort Sam Houston Veterinary Clinic)

Post Pulse: What are your plans for the Fourth of July holiday?



"I am going to have my son and his family and my daughter and her family over for a barbecue and to swim in the pool. Just spend time with my family and save my money for gas."

George Berglund



"I plan to go on vacation to Augusta for a week and a half."

Virginia Sul



"I am going to my aunt's and cousins' home in Austin to celebrate their daughter's birthday."

Dennis Hayes



"I am having a big celebration for my birthday, June 29, and my brother-in-law just returned from Iraq. So it will be a big celebration."

Master Sgt. Michael Forbes

101 Critical Days of Summer – Safety Tips

The beginning of summer means it is time to play ball, go fishing, hike, camp or just have a backyard barbecue. Whatever the situation, apply risk management when planning those activities. Most of the things that can hurt a person or go wrong are easy to anticipate and avoid. Take active steps to keep success in Operation Iraqi Freedom from being marred by mishaps on leave or liberty.

The following are the leading causes of recreation deaths and injuries:

- Drowning
- Water sports
- Falls
- Outdoor recreation

- Team and contact sports

Boating safety

Water fun depends on the individual, the equipment and the others around enjoying leisure time on, in or near the water. The responsibilities of water safety include:

- Make sure everyone on the boat uses approved personal floatation devices.
- Learn to swim.
- Don't drink while boating.
- Tell someone where you are headed and approximate return time, before launching.
- Check weather conditions. If a storm is seen or heard, head back to land.

(Source: <http://www.safetycenter.navy.mil>)

Army Community Service

Financial Readiness – July and August

Class Schedule

Class	Date	Time
Personal Financial Management	July 6 and 11, Aug. 3 and 8	2 to 4 p.m.
Financial Planning	July 13 and 18, Aug. 10 and 15	2 to 4 p.m.
Checkbook Maintenance	July 20 and 25, Aug. 22 and 24	2 to 4 p.m.

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

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

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

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

VA accepts disability claims from active duty

The Department of Veterans Affairs now accepts disability claims from active duty service members who are nearing retirement or separation.

The primary function of the Benefits Delivery at Discharge program is to take disability claims from service members who are 90 to 180 days from being released from active duty. Participation in this program can shorten disability claim processing time by up to one year.

The program includes briefings, a review of service medical records, assistance in completing claim forms and scheduling of VA examinations. Service members will also be provided with a disability rating 30 to 60 days after their official retirement or separation date.

For service members who meet BDD program parameters, VA can also complete the military retirement or separation physical.

To be eligible for this program, service members must

turn in their claims at least 90 days prior to their official release from active duty or at least 60 days prior to their terminal or transition leave date, whichever is sooner.

VA officials recommended that service members file their claims 180 days from their official separation date to take advantage of this new program.

For more information or to register for a monthly briefing, call 221-2176.

(Source: Brooke Army Medical Center)

DoD, TRICARE continue to add, enhance benefits

FALLS CHURCH, Va. — The Department of Defense continues to enhance the TRICARE benefit while providing cost-effective health care for 9.2 million eligible beneficiaries worldwide.

Enhancements for this year include:

- Colorectal cancer screening for beneficiaries age 50 and older who are at normal risk.
- Extension of the TRICARE Reserve Family Demonstration Benefit through Oct. 31, 2007, with a proposal to make it permanent.
- Medically necessary obstetrical ultrasounds, which TRICARE will cost share separate from the delivery fee.
- Dental implants and related prosthetics

covered at a 50 percent cost share under the new TRICARE Dental Program Contract that began Feb. 1.

“Since its inception more than a decade ago, TRICARE continues to provide an increasingly comprehensive health care plan to uniformed service members, retirees and their families,” said Dr. William J.

Winkenwerder Jr., assistant secretary of defense for Health Affairs. “We must work to ensure this quality benefit remains a comprehensive benefit for all eligible beneficiaries.”

In addition to the DoD initiatives to improve the TRICARE benefit this year, Congress legislated other program changes through its annual authorization known as

the National Defense Authorization Act.

The president signed the NDAA Jan. 6 for this year, which authorized a number of additions to the TRICARE program, effective Oct. 1, to include the following:

- Expansion of the TRICARE Reserve Select health plan offered for purchase by qualified National Guard and Reserve service members.
- Enhanced mental health services such as:
 - Additional coverage for post-traumatic stress disorder and mental health conditions; and
 - Development of plans addressing regional PTSD and mental health challenges.

- Extended coverage under TRICARE Prime for surviving children whose sponsor dies while serving on active duty for a period of more than 30 days. Eligible beneficiaries

should save their receipts for care received from Oct. 7, 2001, and submit for reimbursement upon full implementation of this benefit.

- Expansion of the TRICARE Dental Program Survivor Benefit to include the surviving active duty spouse if:
 - Both spouses are on active duty when one of the spouses dies; and
 - The surviving spouse enrolls in the TDP after retirement or separation within three years of the death.

Eligible beneficiaries should save their receipts for care received as of Jan. 6, and submit for reimbursement upon full implementation of this benefit.

For more information, visit TRICARE's Web site at www.tricare.osd.mil. For the latest TRICARE updates, visit www.tricare.osd.mil/tricaresubscriptions to sign up for e-mail subscription service.

(Source: TRICARE news release)

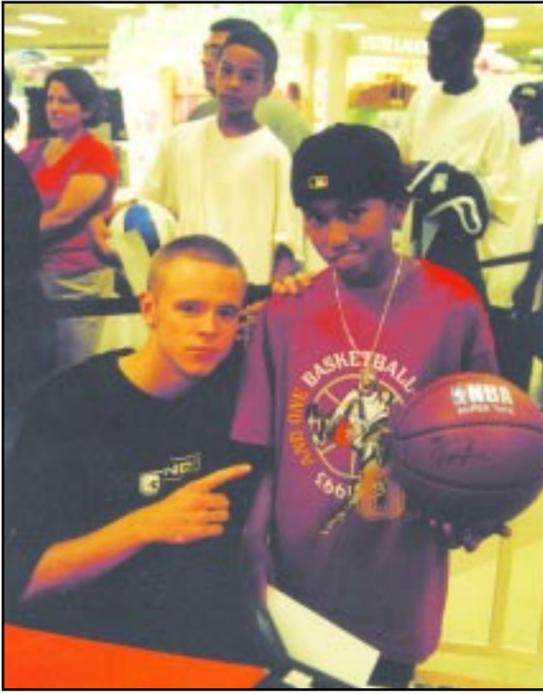


Photo by Esther Garcia

AND1 team members visit post

"The Professor," (left) member of the AND1 basketball team, poses with one of his young fans, Will Henard. Members of the AND1 team were at the post exchange Saturday signing autographs on assorted items from basketballs to tennis shoes. The team also visited with Soldiers at the Soldier and Family Assistance Center and invited the public to come and watch them practice at the Jimmy Brought Fitness Center. The AND1 team is on a national tour highlighting current streetball players and providing an opportunity for fans to tryout for the AND1 team.

Sports Briefs . . .

Red, White and Blue tournament

A Red, White and Blue tournament will be held at the Fort Sam Houston Golf Club Sunday 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. The cost for members is \$35, and guests pay \$55. Registration fee includes golf cart, green fee, awards and dinner. The event is 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.

'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.

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 828-7071, 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.

Summer intramural basketball

Summer intramural basketball league begins July 19. Letters of intent are due today. A coaches meeting will be held today at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural fall softball

Intramural fall softball for men, women and co-ed teams begins Aug. 14. Letters of intent are due Aug. 1. A coaches and rules meeting will be held Aug. 4 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural flag football

The intramural flag football season begins Aug. 21. Letters of intent are due Aug. 1. A coaches and rules meeting will be held Aug. 7 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Personal attention

Kelley Peachey, a personal trainer, keeps Gerard Galindo moving with cardiovascular drills designed to strengthen muscles and burn calories June 22 at the Jimmy Brought Fitness Center. Peachey and her partner, Cathleen Burrell, are certified personal trainers available for one-on-one sessions at the gym. Their rates vary according to the number of one-hour sessions, but all of their clients receive a program customized to personal goals, such as weight loss or muscle strengthening. They also offer body-fat measurements. For more information or to sign up for a session, call Peachey at 267-9457 or 845-309-2776 or Burrell at 257-8675 or 254-319-2271.



Photos by Elaine Wilson

(Left) Kelly Peachey teaches Gerard Galindo the proper method for a lunge at the Jimmy Brought Fitness Center. Peachey and her partner, Cathleen Burrell, are available to help people achieve their fitness goals.

Military teen investigates law enforcement opportunities

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 in the field of law enforcement ...

I was in TV land this week, prepared for the typical cop scene with donut boxes and constant police chases. When I arrived at the Directorate of Emergency Services building (a place where several of the law enforcement departments are located), it was the exact opposite, no éclairs on these counters. The rooms were filled with paperwork, forms and the constant ringing of the telephone.

Throughout the day I interviewed six people, going from building to building to gain insight about their jobs. After the experience I decided to create the First Annual Lowery Law Enforcement Awards:

The "Most Scheduling and Planning Award" goes to the Plans, Training, and Operations Department. People in this department organize, plan and schedule training days for all of the people throughout the Police Services Division, showing that they can maintain even the highest of orders. I cannot even chew gum and talk at the same time, let alone schedule more

than 20 events occurring in the next month.

The "You Should Have Stopped at the Stop Sign Award" is awarded to the Traffic Control Division. People in this division have many tasks, but their main concern is to ensure driving safety, such as faulty stop lights and to regulate traffic. Another aspect of their job is responding to the calls for traffic accidents. Often they are left with little information to figure out what caused the situation, while defusing very upset and sometimes hurt drivers.

The Detectives Division earned the "Most Like Sherlock Holmes Award." People in this division inform youth about crime prevention through the Drug Abuse Resistance Education, or D.A.R.E., program. They are also evidence custodians, taking evidence and storing the property until it is used in court.

Capt. (Detective) Peter Vazquez said his favorite part of the job is "solving a puzzle, trying to figure it out while putting together the pieces." He said the most rewarding aspect of the job is "removing harmful people, that is essential to helping our community."

There are several other departments not mentioned, but all play an important part of the safety of the community.

My favorite part of the experience was visiting the police station and seeing where the officers conduct their meetings concerning upcoming events.



Photo by Master Sgt. Troy Brumley

Lionel Lowery III tries out a police radio outside of the Directorate of Emergency Services. He visited the directorate to learn about police work and pass on ideas for job opportunities to other military youth.

They have a wall-size map with a bird's eye view of Fort Sam Houston. I was also impressed by the front desk where all of the calls are answered and dispatched.

Future opportunities

A background as a military policeman

will help prepare you for a future with state, county or city law enforcement organizations. You could also pursue a profession as a security guard with engineering firms, airports or other businesses.

Want to visit a police station?

Look up various stations and call the non-emergency number to ask if you can get a tour of the station. If you are enthusiastic about learning this career field, odds are they will assist you.

Troop Salute

187th Medical Battalion



Soldier of the Week

Name: Spc. Elis McBride

Unit: B Company

Career field: 91X mental health specialist

Time in service: Five months

Future goals: To become an officer in the Army.

Reason for enlisting: Simply to serve my country and to fight for the cause of freedom for all.

Latest accomplishments: Selected to go before the Soldier of the Month board as a representative of the 91X Class 03-06.



Air Force Brig. Gen. (Dr.) David Young, 59th Medical Wing commander (right), presents a donation from Wilford Hall Medical Center to the Fisher House Foundation to Maj. Gen. (Dr.) James G. Roudebush, Air Force deputy surgeon general, at the first Brooke Army Medical Center and WHMC joint dining-in.

Soldiers, Airmen enjoy first BAMC, Wilford Hall dining-in

Story and photo by 2nd Lt. David Herndon
59th Medical Wing Public Affairs

The Sky Room at the University of Incarnate Word in San Antonio was the setting for more than 700 Soldiers and Airmen from Wilford Hall Medical Center and Brooke Army Medical Center as the service members celebrated their first joint dining-in June 16.

"We have much to celebrate and this is great way to do just that," said Maj. Gen. James G. Roudebush, U.S. Air Force deputy surgeon general.

Roudebush was the keynote speaker for the event, which marks a first in WHMC and BAMC history. He addressed many concerns that are now facing the two medical communities including the topic of a future unified medical command.

"We have a mandate and a need to operate jointly ... we are doing just that," said Roudebush.

Program Budget Decision 753 is the mandate that Roudebush referred to. It directs the undersecretary of defense for personnel and readiness to work with the chairman of the Joint Chiefs of Staff to develop an implementation plan for a joint medical plan by the fiscal year 2008-2013 program and budget review.

Roudebush reminded all about the Goldwater-Nichols Act, which was an attempt to fix many problems apparent via inter-service rivalries, and continued on to highlight the evolution of joint operations, noting interdependency among services.

"What our Soldiers and Airmen are doing now is helping us to move toward 'jointness'," said Roudebush.

Also highlighted was the concept of diversity as a strength when bringing the differences among each branch of service together.

An emphasis was also put toward looking at various platforms for joint endeavors, highlighting what is seen now in San Antonio as just that, with the development of the San Antonio Military Medical Center, said Roudebush.

Post Base Realignment and Closure drafts slate SAMCC South, or WHMC, to be home to outpatient clinics, diagnostic services and ambulatory surgery, while SAMCC North, or BAMC, is to field specialty clinics, inpatient beds, and trauma and surgery. This realignment and reorganization are not only to bring operational savings, but also bring in more joint operations and training between services.

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.

Instructors wanted

The Outdoor Recreation Center seeks contract instructors to lead classes, trips and programs of outdoor recreational activities. Call Jeffrey Heagerty at 221-5225, or e-mail jeffrey.heagerty@samhouston.army.mil.

Outdoor pool open

The Aquatic Center is open daily from 12 to 8 p.m. Admission is free. For more information, call 221-4887 or 221-1234.

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

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 reserva-

tions. 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.

AC service

Air conditioning service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified ac technician on staff with 30 years of experience. Cost is \$30 and includes ac service, freon, oil and environmental fee. A \$5 off coupon is available at various MWR facilities, or online at the Auto Craft Shop Web page, www.fortsamhoustonmwr.com. No appointment is necessary. For more information, call 221-3962.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. at the Sam Houston Club. The next family-style brunch is Sunday, and includes a kids' meal station, chocolate fondue station, complimentary champagne and an international food station. Cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Super TGIF, 'Down-Home Barbecue'

Enjoy live entertainment, free barbecue and a \$2.75 drink special at Super TGIF, "Down-Home Barbecue" July 7 from 5 to 9 p.m. at Sam's Sports Bar inside the Sam Houston Club. 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, and includes 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

Warriors monthly scramble

Register one to four players to participate in the Warriors Monthly Scramble Wednesday at the Fort Sam Houston Golf Club. Shotgun start time is at 1:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and a social following the scramble. Participants must be in an authorized pass or leave status. For more information or to register, visit the Golf Club's Pro Shop or call 222-9386.

Junior golf lessons

Junior golf lessons are scheduled for every Saturday from 9 to 10 a.m. at the Fort Sam Houston Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of experience. Cost is \$7. For more information and to register, call 355-5429.

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.

NAF property and equipment sealed bid auction

Non-appropriated Funds will accept sealed bids for used property and equipment located at the NAF and Morale, Welfare and Recreation warehouse. The property may be viewed and sealed bids submitted beginning July 17 through 19 between 8 a.m. and 3 p.m. The bids will be opened July 20 at 8 a.m. The purchaser is responsible for removing the property within three days after notification of being the highest bidder. In addition, sealed bids will be accepted for a 1990 Ford F-350 passenger van with known transmission and brake problems. For more information, call the Fort Sam Houston warehouse at 221-4449.

FCC provider earns child care credential

By Donna Williams
Family Child Care

Marilyn Rios, a Family Child Care provider at Fort Sam Houston, has been awarded a Child Development Associate credential in recognition of outstanding work with young children.

The credential was awarded by the Council for Early Childhood Professional Recognition in Washington, D.C., which represents the early childhood profession.

The CDA is the only major national effort to improve childcare by evaluating and recognizing the skills of individuals providing care. The majority of the states include the CDA in childcare licensing regulations.

A candidate for the CDA credential is observed working with young children and is evaluated by a team, which includes early childhood experts and parents. The candidate must demonstrate the ability to work with families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.

For more information about becoming an FCC provider, call 221-3828 or stop by the FCC office at 1630-A Sultan Road (behind the Youth Center).



Photo by Ruth Mitchell

Paul Matthew, director, Morale, Welfare and Recreation Directorate, presents Marilyn Rios her Child Development Associate credential in recognition of outstanding work with young children.

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.

Pre-kindergarten Jump Starter program

A Pre-K Jump Starter program will be held in the fall for patrons who would like a part-day enrichment program for preschool children, 4 and 5 years old. To participate, patrons must be registered with Child and Youth Services. For more information, call 221-4871 or 221-1723.

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.

Motorcycle safety

Continued from Page 1

phase, drivers will be stopped and informed of motorcycle violations. And, Phase 3, which starts July 15, will involve enforcement. All infractions will be cited.

Traffic violators on military installations will be issued a DD Form 1408 (Armed Forces Traffic Ticket) or a DD Form 1805 (United States District Court Violation Notice). The DD Form 1408 is forwarded through command channels to the service member's or civilian's supervisor. The DD Form 1805 will be used to refer violations of state traffic laws to the U.S. magistrate. A Texas traffic violation is considered a misdemeanor punishable by a fine not to exceed \$200.

Additional measures include detaining motorcyclists not complying with traffic rules at the gate and random stops of motorcyclists to check for proper license and certification from the Motorcycle Safety Foundation or the state equivalent. Any Fort Sam Houston police officer can stop and detain a motorcycle operator or passenger to inspect personal protective equipment for compliance with safety standards, according to Capt. Lewis Lem, chief, traffic accidents investigations.

Requirements

Training is not only vital to safety, it's required. Everyone, civilian or military, must have a license, insurance and proof of an approved rider or operator safety course to register and ride on a military installation, according to Department of Defense Instruction 6055.4. Soldiers riding off post must have proof in their possession as well. Personal protective equipment – helmet, long-sleeved shirt, eye protection, over-the-ankle hard-soled shoes or boots, pants and a reflective vest or belt – is also required on post for all riders and passengers and off post for service members and DoD civilians on duty status.

Seemingly out of sight once they exit the gate, many riders simply remove their helmets, an act that can have serious consequences for service members. Aside from risk of injury, military members can face administrative action for disobeying DoD Instruction 6055.4, which requires military members to wear a helmet even in states where they are not required by state traffic law. In Texas, for example, state law only requires

riders under age 21 or first-year riders to wear a helmet. The instruction applies to active duty and Reserve and Guard members on duty status, such as for training.

Consequences

The consequences of unsafe riding can extend even further than a ticket or military action. According to the NHTSA, head injury is a leading cause of death in motorcycle crashes. In an accident, motorcyclists not wearing a helmet were more than three times more likely to suffer injuries than with a helmet.

However, wearing a motorcycle helmet can reduce the likelihood of a crash fatality by 37 percent. And, according to a Crash Outcome Data Evaluation System study, motorcycle helmets are 67 percent effective in preventing brain injuries.

Blanco said he is puzzled people still continue to ride without a helmet, particularly in light of the statistics and high-profile news stories like Pittsburgh Steelers quar-

terback Ben Roethlisberger, who sustained facial injuries after a motorcycle crash June 12. He was riding a Suzuki Hayabusa, the fastest production street-legal motorcycle, without a helmet or motorcycle license.

"I've seen a trend of unsafe riding among young Soldiers coming back from deployment. There is a sense of invincibility there," said Wayne Blanco, Fort Sam Houston safety specialist and motorcycle training coordinator. "They have some extra money and go out and buy the biggest and fastest motorcycle they can, but they don't have the experience or the training."

"Motorcycles have changed throughout the years," Blanco said. "They're lighter and have more horsepower. A motorcycle with an 85 horsepower engine doesn't sound like a lot, but the speed is a lot different on a 300-pound bike than a 5,000-pound car. That's a rocket."

"I can't figure out why people wouldn't wear the right gear or have the proper training," said James Stubblefield, president of the Rough Riders Motorcycle Riding Club, a safe riding club at Fort Sam Houston. "Maybe they think it's cool, but I don't think it's cool. It's a no-brainer to me."

Motorcyclists can register their vehicle at the pass and ID office by providing a Motorcycle Safety Foundation card (MSB-8), driver's license with "M" endorsement and proof of insurance. To obtain safety training, call Blanco at 221-3836 or e-mail wayne.cerda2@samhouston.army.mil.

Personal protective equipment



Eye Protection
Face shield or impact-shatter resistant goggles or wrap-around glasses that meet ANSI Z87.1

Helmets
Certified by the manufacturer to meet or exceed DOT standards and must be properly fastened under the chin. A full face helmet with proper shield provides the best protection.

Garment Visibility
A brightly colored outer upper garment during the day and a reflective upper garment during the night.

Clothing
Long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

Sturdy Foot Wear
Leather boots or over-the-ankle shoes.

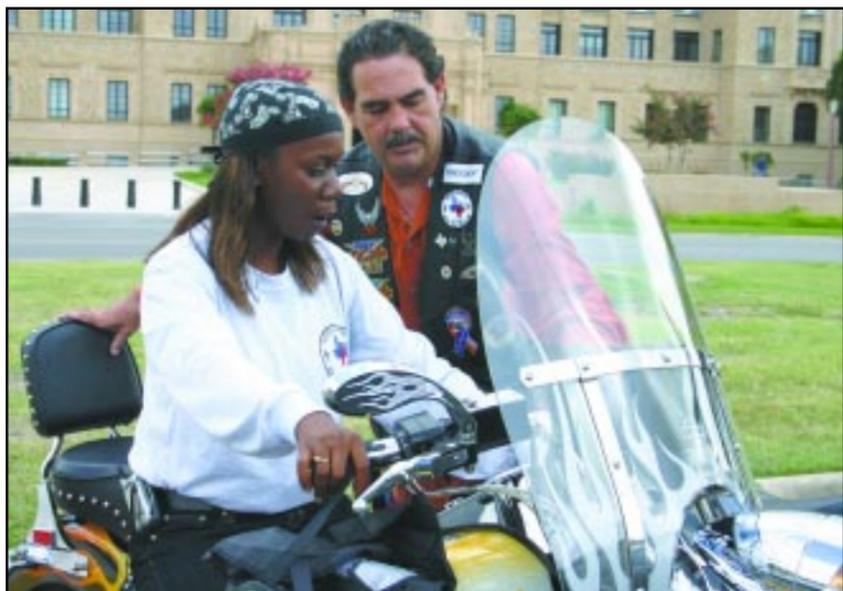


Photo by Elaine Wilson

James Stubblefield, president of the Rough Riders Motorcycle Riding Club, teaches Frenchie Santini how to operate a motorcycle. As a mentor, Stubblefield will work with Santini for six months, teaching her how to operate a motorcycle and ride safely.

Advice to riders

More than two-thirds of car-motorcycle crashes are caused by drivers, not by motorcyclists. The driver either does not see the oncoming motorcyclist or does not see the motorcyclist in time to avoid a crash.

Why didn't that driver see me?

Motorcyclists should not assume they are visible to a driver. Motorcyclists are responsible for making their presence known to the driver. Select and wear an appropriate helmet with retro-reflective materials. Wear bright, contrasting protective clothing.

Proper lane position is important for visibility and

protecting riding space. If you can see the driver in the side-view mirror, the driver can see you. Don't "hide" in the driver's blind spot.

Clearly communicate your intentions by signaling appropriately. Let the driver know what you intend to do. Never share a lane with a car. A driver may not expect you to be there and may not be aware of your presence. Remember, most drivers are looking for other, bigger vehicles.

Situations when crashes are most likely to occur

• **Car making a left turn;** a driver is attempting a left turn in front of you.

- **Riding in a driver's blind spot.** The driver may not see the motorcycle if you are riding in a blind spot. Additionally, the driver may fail to adequately check blind spots before changing lanes or making a turn.
- **Hazardous road conditions.** Potholes, wet leaves, railroad tracks and other road obstructions can cause you to take an action that a driver may not anticipate.
- **Obstructed line of sight.** Large vehicles, such as sport utility vehicles, delivery vans, and large trucks may block a motorcycle from a driver's view and you may seem to suddenly appear.

(Source: National Highway Traffic Safety Administration)

Rough Riders take safety to the streets

By Elaine Wilson

Fort Sam Houston Public Information Office

Although he takes pride in his motorcycle gear and pristine Harley-Davidson, James Stubblefield, a U.S. Army South civilian employee, is happy to show off the scratches and scuff marks on his helmet. Each mark represents an injury that didn't happen.

He recalls one day in particular that he averted an injury, and possibly worse. "I was going to work and just sitting at a red light. A driver slammed into me and my motorcycle stopped his car. I did a flip and my bike was destroyed."

Luckily, Stubblefield was wearing protective gear. He walked away from the accident unharmed and was back at work the next day.

But, dozens of other riders aren't so lucky. Since October, 33 Soldiers have died in motorcycle crashes. According to Army analysis, most of the riders weren't wearing a helmet and many didn't have training or a motorcycle license.

To help keep safety at the forefront, whether driving to the post exchange or heading out on the highway, the chief of staff of the Army has encouraged sea-

soned riders to take less experienced ones under their wings through a motorcycle mentorship program.

"Just as we mentor and develop new Soldiers, I am asking experienced motorcyclists to mentor new riders and help them develop their riding skills and knowledge," Gen. Peter Schoomaker wrote in a December 2005 memorandum.

Stubblefield took the suggestion to heart and turned his recreational riding club, called the USARSO Riders, into the Rough Riders Motorcycle Riding Club, a private organization dedicated to safe riding and mentorship of inexperienced riders.

The club is open to all military members – active, reserve and retired – as well as Department of Defense civilians. Whatever the affiliation, Stubblefield is equally adamant about safety.

"You cannot be a member in the club unless you wear (personal protective equipment); it's mandatory," Stubblefield said, adding that whether people choose his club or another, he would avoid any riding club that didn't stress safety.

Personal protective equipment includes a helmet, long-sleeved shirt, eye protection, over-the-ankle hard-soled shoes or boots, pants and a reflective vest or belt.

The Rough Riders require members to wear personal protective equipment on or off post, whether affiliated with the military or not.

Stubblefield's safety policy isn't just a personal preference, it's a requirement. Anyone riding on post must wear the protective equipment and service members and DoD civilians on duty status are required to wear it off post as well, in accordance with DoD Instruction 6055.4.

Club members take monthly rides in scenic locations throughout Texas, incorporating families and recreational activities. However, it isn't just easy riding for the Rough Riders. Each may be called on to mentor a new member. The Rough Riders offer a six-month mentorship that walks new riders through every stage of the learning process, from bike selection to safe riding through the Hill Country.

"Mentorship is a very important part of motorcycle education. During this phase, good and



Photo by Elaine Wilson

With personal protective equipment in place, James Stubblefield, of U.S. Army South, is ready to ride.

bad riding habits are established and that is what saves lives and develops safe riders within the community," Stubblefield said.

"I've never seen a club like this that includes recreational activities with such a strong emphasis on safety," said Frenchie Santini, USARSO civilian employee and a new club member.

Santini went on her first ride June 25, although she rode on the back of a bike this time around. "After I take the safety course and get my license, my mentor (Stubblefield) is going to help me pick out

a bike," she said. "I can't wait to ride."

A timely emphasis on safety combined with a focus on fun has people talking about the trailblazing Rough Riders, and Stubblefield has been getting calls from riders at other military installations looking to start a similar club.

"We're setting up video-teleconferences with other posts so we can share our ideas," he said. "We're happy to help."

For more information on the Rough Riders, call Stubblefield at 355-8735, e-mail fortsamroughriders@hotmail.com or visit <http://www.fortsamroughriders.com>.



Courtesy photo

Members of the Rough Riders Motorcycle Riding Club travel down FM 306 Sunday on their way back from Canyon Lake. The motorcyclists traveled 71.4 miles during the club's monthly Club Breakfast and Ride.

Sharing the road safely

When sharing the road with a motorcyclist, automobile and truck drivers should be aware of the following:

- There are a lot more cars and trucks than motorcycles on the road, and some drivers don't "recognize" a motorcycle; they ignore it (usually unintentionally). Look for motorcycles, especially when checking traffic at an intersection.
- Because of its small size, a motorcycle may look farther away than it is. It may also be difficult to judge a motorcycle's speed. When checking traffic to turn at an intersection or into (or out of) a driveway, predict a motorcycle is closer than it looks.
- Because of its small size, a motorcycle can be easily hidden in a car's blind spots (door/roof pillars) or masked by objects or backgrounds outside a car (bushes, fences, bridges, etc). Take an

extra moment to thoroughly check traffic, whether you're changing lanes or turning at intersections.

- Because of its small size a motorcycle may seem to be moving faster than it really is. Don't assume all motorcyclists are speed demons.
- Motorcyclists often slow by downshifting or merely rolling off the throttle, thus not activating the brake light. Allow more following distance, about 3 or 4 seconds. At intersections, predict a motorcyclist may slow down without visual warning.
- Turn signals on a motorcycle usually are not self-canceling, thus some riders, (especially beginners) sometimes forget to turn them off after a turn or lane change. Make sure a motorcycle's signal is for real.
- Motorcyclists often adjust position within a lane

to be seen more easily and to minimize the effects of road debris, passing vehicles and wind.

Understand that motorcyclists adjust lane position for a purpose, not to be reckless or show off or to allow you to share the lane with them.

- Maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions, but don't expect a motorcyclist to always be able to dodge out of the way.
 - Stopping distance for motorcycles is nearly the same as for cars, but slippery pavement makes stopping quickly difficult. Allow more following distance behind a motorcycle because it can't always stop "on a dime."
 - When a motorcycle is in motion, don't think of it as motorcycle; think of it as a person.
- (Source: Motorcycle Safety Foundation)

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 today 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, various 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.



Courtesy photo

The Latin Explosion dance group will be one of the opening acts at the "Dancing with Soldiers" variety show today at 7:30 p.m. at the Hacienda Recreation Center.

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.

Blast from the past

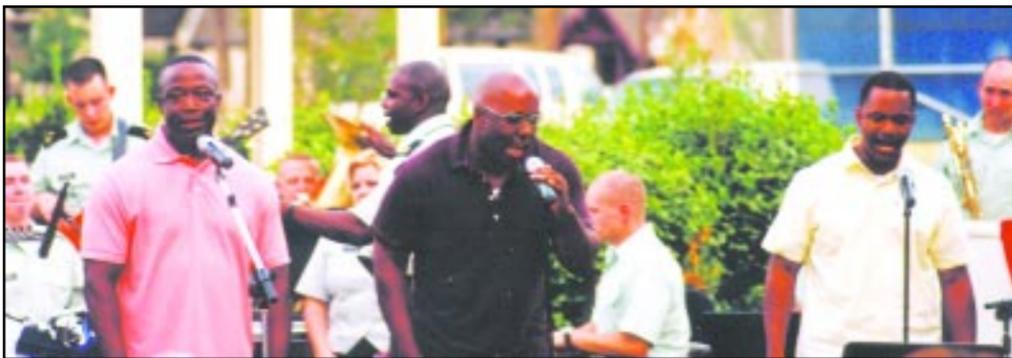


Photo by Manuel Chapa

(Above) Sgt. Maj. Jimmie Jay, Master Sgt. Antwan Nicholson and Sgt. Maj. Edward Norwood, join Army Medical Command Band members Sunday at the Gazebo Concert performing songs such as "My Girl" and "I Heard It Through the Grapevine." Band members wowed the crowd with performances from the 60s, 70s and 80s to present day. The concert, hosted by Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, is one of a series of summer concerts held at the gazebo on Staff Post Road. The next concert is scheduled for July 23 at 7 p.m.

(Right) Maj. Gen. George Weightman presents the Mary E. Walker Award to Janice Ricks, left, and Barbara Banker at the Gazebo Concert Sunday, for their contributions to the Fort Sam Houston community. Walker was the first American woman to be a military doctor, a prisoner of war and a Medal of Honor recipient. Weightman also presented the Commander's Award for Public Service to Cal Banker, Sid Trawick and Les Paulick, for their significant contributions to the Soldiers, retirees and their families in the community.



Photo by Esther Garcia

Religious Happenings . . .

Guitarist needed

The Army Medical Department Center and School Regimental Chapel is looking for a guitar player for the Protestant Sunday service from 7 to 9:30 a.m. and Wednesdays from 6:30 to 7:30 p.m. For more information, call 221-4362 or fax 221-3103.

Chapel youth group

The Fort Sam Houston chapel youth 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 joeyntx@satx.rr.com.

Women's summer Bible study

Protestant Women of the Chapel will hold a summer Bible study today 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

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

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

Protestant Services:

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

9:30 to 11:30 a.m. - Women's Bible Study (PWOC)

- Wednesdays, child care is provided.

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

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass:

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

Troop Protestant Gospel Services:

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

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

Bde. Soldiers - Sundays

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

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

Sundays

1:30 p.m. - Jumma - Fridays

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

Evans Auditorium, 221-5005 or 221-5007

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

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

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

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

Events

'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.aspx>.

Discount tickets for Essence Festival

Essence will offer a 25 percent discount to all military personnel who call Ticketmaster or orders tickets for the festival over the Internet. The Essence festival will be held in Houston at Reliant Park Saturday through Monday. The discount is good for any of the three concert nights. The code used when ordering is "USEMF06" and there is no limit to the number of tickets a person can order. For more information, visit essence.com.

IT, telecommunication expo

The Fort Sam Houston Information Technology & Telecommunication Expo will be held July 13 from 10 a.m. to 2 p.m. at the Sam Houston Club, Building 1395. Fort Sam Houston military and civilian personnel are invited. No fee or pre-registration is required. However, to avoid lines and view a list of participating exhibitors, pre-registration is available online at www.federalEvents.com. Refreshments and giveaways available while supplies last. For more information, call Marie Miller at 301-596-8899 or e-mail miller@ncsi.com.

Squiggy to speak about MS

Actor David L. Lander, best known for playing Squiggy on TV's "Laverne & Shirley," will speak about Multiple Sclerosis July 19 from 5:30 to 8 p.m. at the Cowboy Dancehall, 3030 NE Loop 410 and Interstate Highway 35 in San Antonio. Lander will kick off the Valero MS 150 bike ride at the Cowboys Dancehall with a retro 50s style party called "Leather, Grease and Bobby Socks" at 5:30 p.m. to help raise MS awareness. To pre-register, call 1-800-344-4867 and press 1. For more information, call Ashley Altieri at 202-955-6222, ext. 2567 or e-mail aaltieri@spectrumsience.com or Lauren Wilson 202-955-6222, ext. 2548 or e-mail lwilson@spectrumsience.com.

Free Academy Band concert

The U.S. Air Force Academy Band will host a free concert July 23 at 4:15 p.m. at the Municipal Auditorium, 100 Auditorium Circle, San Antonio. Music of Academy Award winner John Williams, composer of "Star Wars," "Jaws," "E.T." and "Indiana Jones," will be presented. Tickets are available at National Furniture stores or by sending a self-addressed, stamped envelope requesting the number of tickets to Air Force Academy Band Concert, P.O. Box 781812, San Antonio, TX 78230.

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.

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 free one-day 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. 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 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.

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 pursu-

ing 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.

Army online training

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

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

Neighbors helping neighbors

The Arena District Neighborhood Association is currently accepting donations for the first annual back to school, back to basics collection drive. Children's hygiene and school products are needed. The last date to donate is July 28. For more information, call 534-2103 or visit www.geocities.com/arenadistrict or arenadistrict@yahoo.com.

Volunteers need for AAU track, field

Volunteers are needed for Amateur Athletic Union Track and Field events for area youth Friday and Saturday, July 8 and July 13 to 15. All volunteers will receive complimentary breakfast and lunch. All events will be held at the Alamo Stadium. For more information, call Joe Barnes at 336-8100, Augustus Bray at 669-6471 or e-mail at staau@satx.rr.com.

USO seeks volunteers

The United Services Organization 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@alamouse.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 neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

Pediatric dental patients needed

The pediatric dental department at Lackland Air Force Base will offer dental screenings for eligible military medical beneficiaries under the age of 13 July 12 and 26 and Aug. 9 and 23 from 8 to 11 a.m. The screenings will be held at the Lackland Sky Lark Community Center, Building 6576 in the Longhorn Room on the first floor. No appointment is necessary. Children will receive a dental screening exam, an evaluation of the child's dental condition and treatment recommendations or alternatives. Parents should bring a copy of their child's treatment plan, or referral letter from their private dentist. For more information, call Col. Jeffrey Mabry at 292-3327 or Staff Sgt. Monica Williams at 292-4072.

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 and 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: 2001 Nissan Frontier truck, five-speed, power everything, CARFAX available, 76,000 miles, \$9,500. Call 324-0145.

For Sale: Sony PCV-RX400DS with monitor, mouse, speakers, preloaded software in original boxes, good condition, all for \$150; Sony TV stand, gray, two bottom shelves, glass doors, holds a 32-inch TV, \$50. Call 651-9168.

For Sale: New Craftsman 36-inch lawn aerator, \$60. Call 830-980-2622 or 218-2975.

For Sale: Loft bed, twin size, silver metal, mattress, full-size computer desk, built in shelves under the bed, safety rails on both sides, \$140. Call 545-5634.

For Sale: Recumbent bike, 21-speed, excellent condition, many extras, pack, lites, etc., \$200 obo. Call Dennis at 860-9217 or 658-8669.

For Sale: Large teacher-style desk, solid wood; modern loveseat futon; two solid wood bookcases, 4 feet high and 5 feet high; trampo-

line with netting; 17-inch rims. For more information, call 437-4468.

For Sale: Electric golf cart, excellent condition, batteries recently replaced, has canopy, \$490. Call 916-1095, 916-7716 or 822-6587.

For Sale: 2002 Nissan X-terra four-by-four, black, excellent condition, running boards, roof rack, tow package, DVD system, CD player, oversized tires, \$13,500 obo. Call 402-0259.

For Sale: White Tri-Glass tonneau cover for F-150 pick-up, years 1997 to 2003 with regular bed, great condition, \$600 obo. Call 410-4217.

For Sale: Twin bunk bed with computer workstation and chair, silver steel frame, \$200; HP Pavilion with monitor, 40 GB, 128 MB RAM, Pentium 3, CDR/RW dual drive, \$100; Logitech Quick Cam Orbit with USB, microphone, digital zoom, intelligent face-tracking, mechanical pan and tilt, headset, software included, \$85; Klipsch ProMedia GMX A-2.1

computer speaker system, \$100; men's RH Wilson ProStaff mid-size golf set 3-PW, 1, 3, 5 woods, putter, pull cart with bag, ball retriever, assorted balls and tees, \$125 firm. Call Eric or Gina at 595-6863.

For Sale: 2003 Triton TR-176 bass boat with 115 horsepower Yamaha, garage kept, low hours, showroom condition, fully loaded, \$16,000 obo. Call 494-4866.

For Sale: 1999 Mercedes-Benz, C230, four-door, moon roof, leather, one owner, one dealer, pampered, maintenance records, 49,000 miles, \$12,500. Call 497-3029 or cell 378-4191.

For Sale: Boston terriers, male and female pups, adults; AKC male bulldog; AKC male golden retriever; miniature schnauzers; boxers; doghouses; playhouse. For more information, call 633-3859.

For Sale: Boys bed and dresser set, \$120

obo; small color TV for \$100. Call 641-6245.

For Sale: 1999 1750 Bayliner Capri boat, \$7,500; white Frigidaire frost-proof side-by-side refrigerator and freezer 22.3 cubic foot, \$250; white baby crib with mattress, \$75; swivel oak bar stools, two for \$55; baby stroller, \$30. Call 373-2775 or 662-8901.

For Sale: Eight-drawer, 4 1/2-foot oak veneer roll top desk, \$500; Sears power spray carpet cleaner, \$40. Call 648-5907.

For Sale: Murray 3.5 horsepower lawn mower, \$35; German fest table with bench, \$10; German tripod barbecue grill, \$10; oval, formica top dining table, \$20; five-piece luggage set, \$15. Call 383-1330.

For Sale: Like new bed liner, fits 2003 Ford F150 XLT extended cab pickup truck, \$95. Call 221-3549.

Wanted: San Antonio Fiesta medals, old or new. Will pay cash. Call 204-6151.