

FORT SAM HOUSTON JULY 2, 2009 • VOL. 51, NO. 26

News Leader

"One Team, Supporting Military Missions and Family Readiness!"



PAGES 14-15

Secretary of Labor Solis visits Wounded Warriors, Families

By L.A. Shively
Fort Sam Houston Public Affairs

Secretary of Labor Hilda L. Solis visited the Warrior and Family Support Center and the Center for the Intrepid at Fort Sam Houston, June 29, where she met with groups of Wounded Warriors, their Families and staff members.

Judith Markelz, program manager for the Warrior and Family Support Center acted as guide for Solis at WFSC, explaining many of

the challenges Wounded Warriors face and the benefits WFSC offers, including employment opportunities.

Markelz said the right attitude will win out every time during a job search.

The Labor Department's "REALifelines" program at the Soldier and Family Assistance Center assists Wounded Veterans and their Family members with employment services, in a one-on-one mentoring and counseling environment to

See SOLIS P19

Celebrating the Fourth at the Fort



Photo by Esther Garcia

Fort Sam Houston's 4th of July Salute to the Union features a cannon salute fired in succession for each of the 50 states. Members of the Sons of the American Revolution in period uniform will ring a commemorative bell 13 times to honor the original 13 colonies of the United States of America. Mayor Castro has been invited to participate in the cannon salute and will be made an honorary crewmember of the salute battery. The Army Medical Command Band is providing patriotic music. The ceremony commences at 11:30 a.m., at the Post Flagpole, Stanley Road.

470TH CHANGE OF COMMAND

Col. James D. Lee addresses members of the 470th Military Intelligence Brigade and their special guests after assuming command of the brigade on June 24, 2009, at Fort Sam Houston.



Photo by Spc. Natalie Sampson

Medical Battalion changes leadership

By Minnie Jones
Fort Sam Houston Public Affairs Office

Lt. Col. Michael Hershman turned over command of the 187th Medical Battalion to Lt. Col. Thomas Bundt during a change-of-command ceremony, June 30 on the MacArthur Parade Field.

The ceremony featured the traditional passing of the colors and transfer of the guidon, signifying the change of command authority from the outgoing to the incoming com-

See 187th MEDICAL BATTALION P6



Photo by Ed Dixon

(From Left) Lt. Col. Michael Hershman, outgoing commander, 187th Medical Battalion, Col. Randall Anderson, commander, 32nd Medical Brigade and Lt. Col. Thomas Bundt, incoming commander, salute the colors during a change of command ceremony.

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Independence Day Safety Message

Two hundred and thirty-three years ago, we declared our independence and the United States of America was born. This holiday will give us time to visit with Family and friends, see the local sights, and take advantage of the many entertainment and recreational opportunities available in the San Antonio area. During your holiday activities, please take a moment to remember those who have made the supreme sacrifice for our freedom and those who are currently deployed in either combat or peace enforcement operations.

As you celebrate our Nation's birthday, keep in mind that the critical days of summer demand your utmost attention. Ensure your safety this summer by making Composite Risk Management a key element in all of your plans. Ask yourself what can go wrong, and what can you do to prevent it from going wrong. Honest answers to these simple questions will help you avoid disaster and permit you to enjoy this and

many other holidays with Family and friends.

Leaders are to remind all personnel: DON'T DRINK and DRIVE; always wear your SEAT-BELT and ensure all persons in the vehicle are properly secured; DRIVE DEFENSIVELY, and always EXPECT THE UNEXPECTED.

Remember to use the Travel Risk Planning System (TRiPs) at the Combat Readiness/Safety Center website at <http://crc.army.mil/home>

before departing on leave or pass.

Fireworks are a traditional part of the Independence Day celebration and their proper handling should be included in holiday safety briefings, as well as the risks associated with swimming, boating, and overexposure to the heat and sun. Additionally, leaders should emphasize sexual assault awareness, prevention, and response in their safety briefings.

Guidance and training is available at http://www.sexualassault.army.mil/training_packages.cfm.

Independence Day is a special holiday. I want each of you to enjoy your

Families, celebrate smartly, and return to work safely, as you are all valuable members of our team.

RUSSELL J. CZERW
Major General, DC
Commanding

Thought of the Week

Truth spoken with a smile will penetrate the mind and reach the heart... – Horace
(Source: Bits & Pieces, June 2009)

Weekly Weather Watch

	July 2	July 3	July 4	July 5	July 6	July 7
San Antonio	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy
Kabul Afghanistan	87° Clear	86° Clear	82° Chance of Rain	82° Chance of Rain	80° Scattered Showers	87° Clear
Baghdad Iraq	111° Clear	111° Clear	109° Clear	107° Clear	107° Clear	109° Clear

(Source: Weather Underground at www.wunderground.com)

Have feedback for a post customer service provider?

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

News Briefs

4th of July Salute to the Union

The 50 state flags will grace the main post flagpole as Fort Sam Houston salutes the 233rd anniversary of the Declaration of Independence, July 4, 11:30 a.m. at the main post flagpole on Stanley Road. The ceremony features a cannon salute for each of the 50 states. The "Sons of the American Revolution" will ring a commemorative bell honoring the original colonies. The U.S. Army Medical Command Band performs patriotic music the ceremony. Enter Fort Sam Houston via Walters Gate exit from IH-35 or Harry Wurzbach Road. The public is invited.

25th Annual Independence Day Patriotic Ceremony

Sponsored by the Granaderos & Damas de Gálvez, the ceremony will be held July 4, 10-11 a.m., Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road. Call 364-2391.

Commissary hours

The Fort Sam Houston Commissary will be open July 4, 9 a.m.-5 p.m. No early bird shopping hours on that date. Call 221-4678.

AMEDD Museum closure

The U.S. Army Medical Department Museum will be open on July 3, from 10 a.m.-4 p.m. but closed July 4. Exhibit areas closed July 7-8, 14-15 for renovation, gift shop remains open on those dates. Call 221-6358.

Fort Sam Houston Museum closure

FSH Museum will be closed July 4 in observance of Independence Day. The Museum will re-open on Sunday.

ACS Computer Lab closure

The Army Community Service Computer Lab will be closed July 3-4, and will open again July 5, 12-8 p.m. Call 221-2517.

SAEDA/OPSEC training

SAEDA/OPSEC training held July 9, 10-11:30 a.m., Evans Theater, Building 1396, Garden Ave. Sign-in at 9:30 a.m. Personnel must bring their Common Access Card. Training must be completed prior to Sept. 30. Call 221-1906/1859/9500.

OB/GYN extended clinic hours

Beginning July 13 the Brooke Army Medical Center Obstetrics and Gynecology clinic (fifth floor) hours 7 a.m.-6 p.m. For an appointment, call 916-2168.

Wilford Hall Rheumatology Clinic Closes

Rheumatology moved to Brooke Army Medical Center at Ft. Sam Houston. All inquiries should be referred to the BAMC Rheumatology Clinic front desk at 916-0797.

Independence Day Fire Safety Tips

By Terry Davis
Assistant Fire Chief, Fire Prevention

Summer is nearly upon us and it is time for outdoor activities to begin. When this time of year rolls around you want to get the grill out, dust it off and cook some brisket or burgers. But, remember that even the most experienced grillers should keep a few safety tips in mind.

First of all, let's talk about gas grills. If you smell gas there may be a leak. Do not start the grill until you have run a safety check and know there are no problems. If your grill needs repair have a professional do the job.

Read the operator's manual! Ensure the grill is clean and free of grease buildup. Never start a gas grill with the lid closed. The propane or natural gas may accumulate inside, and when ignited, it could blow the lid off rather dramatically. Never wear loose clothing that might catch fire if the flames suddenly flare up. Always shut off the valve to propane tanks when not in use.

Now for old faithful, the charcoal grills. Make sure you allow enough time for your briquettes to warm up. There are ways to speed up the process but there are no safe ways to speed up the

process. Briquettes are often pre-soaked with quick start chemicals.

Do not add your own "quick start" such as cigarette lighter fluid or gasoline. Many injuries have been caused by a sudden burst of flame from adding one of these. Flames can quickly get out of hand and cause a fire or you could receive serious burns. When using charcoal starter fluid, place the container well away from the grill before attempting to light it. Always make sure you do not spill any on your clothes.

Although decks are popular places to barbeque, be aware that leaves, dry grass and other combustible materials collect underneath. If a smoldering match is dropped between the boards, it may ignite these materials and the deck. If your deck is close to, or attached to your home, this could present a very serious fire hazard. It would probably be wise not to cook on a deck.

Never move outdoor grills into the garage or other closed area. Grill at least 10 feet away from your house or building. Never store liquid or pressurized fuels inside your home. Propane, gasoline, and any other flammable liquids and gases should be stored in regulation containers away

from potential sources of flame such as furnaces, water heaters, and fire places.

It's a good policy to have a multipurpose fire extinguisher available for minor household fires next to your grill. Always shut off the dampers on your grill or smoker when not in use.

Any type of grill attracts children. You can not leave a grill unattended even for a minute or some little one will decide to "help you." Children may knock the grill over or they may touch it and receive serious burns. Wear an insulated fire retardant barbecue mitt and use long handled tools designed for "barbeque'n."

Now let's discuss the housing units and dormitories on post. Remember that grilling is not allowed on the landings of dormitories or balconies of housing units on Fort Sam Houston. Cooking is not allowed in transient billeting or barracks, but microwaves are approved for use. Read the operating and safety instructions before use.

The use of fireworks on Fort Sam Houston and Bexar Country is strictly prohibited. Bexar County has set up 10 Safe Shooting Sites. The ten safe areas are:

- U.S. 281 South, just inside Loop 1604 (two locations)

- U.S. 90 West at Montgomery Road
- I-10 West at Old Fredericksburg Road (two locations)
- Talley Road at FM 471
- I-35 South at Kinney Road

Watch local news stations for more details.

People should be aware that they can be fined up to \$1000 and spend 180 days in jail for the illegal use of fireworks.

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

- 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 material.
- Do not try to re-light or handle malfunctioning fireworks (duds).
- Be sure other people are a safe distance away before lighting fireworks.
- Never ignite fireworks in a container, especially glass or metal.

The Fort Sam Houston Fire Department responded to an incident last weekend where a notebook computer power charging cord overheated and began smoldering and almost caught fire. Investigation revealed that the power cord had also been draped over a trash receptacle and was luckily discovered before a fire had started. FSH users are asked to please be vigilant and ensure that any nonessential notebook computer power cords are unplugged over the weekend. Some power cords with built-in transformers have a tendency to become very hot and can create a possible fire hazard if they become overcharged.

POC for this message is FSH Lead Fire Inspector. For more information call 221-4798. Fort Sam Houston Installation Operations Center • 2430 Stanley Road, Suite 25 • Fort Sam Houston, TX 78234
210-221-2782/9736/1517 • fshioc2@conus.army.mil

CHANGES OF COMMAND



July 10 – Navy Operational Support Center San Antonio

Cmdr. Mark Hofmann will assume command of Navy Operational Support Center San Antonio from Cmdr. James P. Gompper during a change of command ceremony at 10 a.m., at the NOSC, 3837 Binz-Engleman Road.

July 11 - Medical Readiness Training Command

Brig. Gen. Brian Kelly will assume command of Medical Readiness Training Command during a change of command ceremony at 1 p.m. at the Army Community Service Building.

July 20 – U.S. Army Center for Health Promotion and Preventative Medicine - South

Lt. Col. Kelly M. Halverson will assume command of the U.S. Army Center for Health Promotion and Preventative Medicine – South from Lt. Col. Thomas C. Delk during a change of command ceremony July 20, 10 a.m. at the Army Community Service Building.

July 23 - 314 Military Intelligence, Lackland Air Force Base

The 314 Military Intelligence Battalion change of command ceremony is scheduled at 7:30 a.m., Lackland Air Force Base.

CHANGE OF RESPONSIBILITY

July 2 - United States Army Garrison

Command Sgt. Maj. Raymond Houston will assume responsibilities of the U.S. Army Garrison from Command Sgt. Maj. Pedro Class at a change of responsibility ceremony at 9:00 a.m. at the post flagpole.

Joint Base San Antonio moves closer toward implementation

By Ron Rogers
San Antonio Joint Program Office

Representatives from the Office of the Secretary of Defense and participating branches of the service met to finalize the way ahead for Randolph, Lackland and Fort Sam Houston during a joint basing workshop hosted by Air Education and Training Command June 9-11.

The memorandum of agreement review workshop focused on detailing exactly how the soon-to-be established 502nd Air Base Wing and its three mission support groups will provide installation support in the San Antonio area. The joint basing MOA lists services the 502nd ABW will provide as well as the people and funding allocated for that support.

During the workshop, joint basing representatives and military leaders pored through each detail of the MOA, solving problems and reaching agreements. The San Antonio MOA workshop was one of 12 similar workshops conducted at other joint base locations across the United States.

"I'm very pleased. It's very encouraging to come to a workshop, our 11th, to see how the Army and the Air Force come together very well in a team effort," said Air Force Col. Kenny Weldon, Office of the Secretary of Defense joint basing program manager. "We had some issues to work through but we were able to do that. It was very successful."

Air Force Col. Vincent Feck, Joint Basing Implementation Office director at Randolph, guided efforts to synchronize



U.S. Air Force Photo by Ron Rogers

and integrate all the functional representatives during the workshop.

"We had very strong agreement locally on the MOA," said Feck. "OSD and service representatives added some standardization to our MOA from other joint bases and they brought to the table other issues that maybe we had not thought of. It was a total team effort."

Under the 2005 Base Realignment and Closure Joint Basing plan for San Antonio, approximately 49 installation functions at Fort Sam Houston will combine with those at Randolph and Lackland to support what will be the largest customer-based organization in the Department of Defense when completed in 2011.

Fort Sam Houston's mission remains the same.

"When we think of the history at Fort Sam Houston and all that it has contributed to the history of our nation, it's pretty amazing," said Air Force Gen. Stephen Lorenz, AETC com-

mander. "What happens with the implementation of joint basing at Fort Sam should be totally transparent. We're in this together as a team."

Col. Mary Garr, Fort Sam Houston Garrison commander, was an integral player during the workshop.

"Everybody came in with a focus that we were one military, one team - not representing a specific service," Garr said. "We focused on what is the right thing to do for Joint Base San Antonio. Obviously we needed to work the service-specific component issues and those are being worked appropriately."

Garr added that the joint basing team still has a lot of work ahead, but the progress toward laying the foundation for success is impressive.

"I think the hard work of the AETC staff, the staff of all three of the bases paid off," said Dr. Cem Maxwell, San Antonio Joint Program Office deputy director, who is responsible for integrating the 2005 BRAC program in San Antonio.

"It's been a couple years or more of preparations to get to this point. It's not the end, but it's a major milestone that I think we did extremely well with."

Air Force officials announced in May that Air Force Brig. Gen. Leonard Patrick will command the 502nd ABW after serving as 37th Training Wing commander at Lackland.

"There were times when there were disagreements, but we were able to adjust and think about what's best for the service members who will live and work at Joint Base San Antonio," Patrick said. "We know there are some things we will have to work out during execution, but that's the beauty about this conference. We got the right people in the room, at the right time, with the right level of cooperation to do what's right for the Soldiers, Sailors, Airmen and Marines and the DoD civilians who will work at the Joint Base."

Fort Sam Houston Garrison Commander Col. Mary Garr (left) participates in a joint basing review workshop at Randolph Air Base.

Rules spelled out for Post-9/11 G.I. Bill transferability

By C. Todd Lopez
Army News Service

Beginning June 29, Soldiers can go online and elect to transfer their Post-9/11 G.I. Bill benefits to their spouse or children.

Rules for transferring educational benefits under the "Post-9/11 Veteran's Education Assistance Act Of 2008," sometimes called the "Post-9/11 G.I. Bill," were spelled out June 23, by Bob Clark, the Department of Defense's assistant director for accession policy and military personnel policy.

According to Clark, Soldiers will be able to transfer benefits to dependants only if they

are active or Select Reserve on Aug. 1. The benefit cannot be transferred by those serving in the Individual Ready Reserve, who are retired, or who are separated on that date.

Additionally, under the transferability rules, a Soldier must have served six years and must commit to serve an additional four years.

Soldiers can elect to transfer benefits to Family members beginning June 29, through the Transferability of Educational Benefits Web site at <https://www.dmdc.osd.mil/TEB>.

After Soldiers make those elections, the Army will verify and approve the election and assign

the four-year commitment, if required. Following approval, a Soldier's Family member can then apply for benefits through the Veterans Administration Web site.

According to Clark, it is recommended that Soldiers add all Family members as potential beneficiaries of their Post-9/11 G.I. Bill benefits. Once a Soldier has retired or separated from the Army, they can no longer add new Family members as potential beneficiaries.

Soldiers, Army Veterans, and Family members of qualifying Soldiers can begin applying for benefits under the Post-9/11 G.I. Bill beginning Aug. 1. Benefits from the program can be paid

out for a total of 36 months. Under a typical degree program, where students attend school for nine months at a time and are then off during the summer months, the plan could allow veterans to get a four-year degree while attending school in residence.

With the Post-9/11 G.I. Bill, tuition payments are sent directly to the school. Additional payments for books and supplies go directly to students.

Tuition is not the only benefit extended to potential college-goers. For students attending school more than half the time, the Post-9/11 G.I. Bill also pays housing costs, up to a rate equivalent to the Basic Allowance for

Housing rate for an E-5 with dependents in the ZIP code where the school is located.

Students are also entitled to a yearly stipend of up to \$1,000 to cover the cost of books and supplies, and students from highly rural areas who are transferring to a school may also be entitled to a one-time payment of \$500.

Soldiers on active duty may tap in to the Post-9/11 G.I. Bill and apply benefits toward tuition.

However, active-duty

Soldiers are not entitled to receive the housing allowance from the program, nor the books and supplies stipend.

Benefits under the Post-9/11 G.I. Bill can be used for all levels of degree programs. The program allows Soldiers to earn a second degree, a master's degree or even a doctorate.

Soldiers meeting the eligibility requirements to transfer benefits to their Family members must

See G.I. BILL P8



Photo by Ed Dixon

Incoming commander Lt. Col. Thomas Bundt accepts the colors and command of the 187th Medical Battalion from Col. Randall Anderson, commander, 32nd Medical Brigade, Fort Sam Houston of command ceremony, June 30 on the MacArthur Parade Field.

187th MEDICAL from P1

mander. Col. Randall Anderson, commander, 32nd Medical Brigade, Fort Sam Houston presided over the ceremony.

Anderson told the Soldiers that the ceremony was about them, "This ceremony serves the purpose of symbolizing the transfer of command between the outgoing and incoming commanders.

He then spoke about the outgoing commander. The commander of this battalion, for the last two years, Lt. Col. Michael Hershman is a proven leader and one of the most, strategic planners I have ever met. Mike, you can be extremely proud of this command and the way you leave it today."

Hershman thanked his Family and acknowledged his company leadership,

"Commanders with Families succeed only through the unyielding support of understanding Army Families. Those who have made the real sacrifice the past few years, is my Family, thanks is not enough.

I am most proud of the record of great teamwork, balance and coordination that my company leadership has built. To me this is more than a change of command; this is a celebration of the 187th team," Hershman said.

Hershman is headed to Beaumont Army Medical Center, Fort Bliss, Texas where he will serve as chief of staff/deputy commander of administration.

Anderson welcomed the Bundts, introducing them to the 187th as another strong Family. "The Bundt Family brings with them their own

strengths and focuses that will continue to improve the 187th Medical Battalion. Bundt is a great leader, combat veteran and is dedicated to developing the finest military medical personnel in the world," Anderson said.

Bundt thanked his wife Elizabeth, other Family members, then Col. Hershman and his Family for providing such a great organization to command. He also recognized Command Sgt. Major, Mark Cornejo, "I'm blessed to have a noncommissioned officer of his caliber and character to work with, I'm deeply grateful for his ongoing commitment to Soldier needs."

"To the Soldiers and staff of the 187th 'never let it be said, if only we had trained...', I leave you with this personal challenge.

May your time, whether it is as a student, academic, instructor, combat medic, mental health tech or otherwise be spent in the pursuit of excellence. Nothing else can replace individual persistence in this endeavor," Bundt said.

Bundt comes to Fort Sam Houston after last serving as the Deputy Commander for Administration, General Leonard Wood Army Community Hospital, Fort Leonard Wood, Mo. and a recent graduate of U.S. Army War College.

Comprised of four companies and one detachment of military and civilian personnel, the battalion is responsible for conducting training, and ensuring sustainment and readiness for the medical battalion's Soldiers, civilians and Families."

Mom! I'm bored: CYSS offers new program for kids and teens

By Cheryl Harrison

Army Community Service,
Marketing Specialist

As the summer season gets into full swing, kids may begin to utter the dreaded words, "Mom, I'm bored." Child and Youth Services understands and has developed two new programs that will help fill the time and encourage children and teens to learn as well as have a good time while living on the "EDGE."

EDGE or Experience, Develop, Grow and Excel, offers children and youth ages 6 to 18 out-of-school opportunities by participating in cutting-edge art, fitness, life skills and adventure activities, known as Art EDGE, Fit EDGE, Life EDGE and

Adventure EDGE. The duration of this program is four weeks and each day will consist of three hours of instruction.

Art EDGE promotes learning-by-doing and focuses on the development of lifetime skills through exposure to the arts. Art edge activities increase creative development while building self-esteem. A few of the skills to be offered are photography, computer graphic design, fashion design, scrapbooking, theater arts and Hip-Hop dance.

Fit EDGE educates and encourages children and youth to incorporate a healthier lifestyle through physical activity and a nutritional awareness program. These activities

include, but are not limited to, aerobics, nutrition programs, weight management and weight training.

Life EDGE imparts children and youth with the skills needed for lifelong growth, as well as the interest to explore future career fields. Culinary arts, auto maintenance and repair, book clubs, marketing, advertising and money management are just a few of the paths life edge might lead youth toward.

Adventure EDGE is for the children and youth ready to embrace the great outdoors and nature while being exposed to activities that stimulate relaxation. Whether it be golf, hiking, kayaking, rock and wall

climbing, swimming archery or horseback riding, the love of the outdoors will be enhanced and a love of nature will be developed.

Nita Ford-Hightower, Child, Youth and School Services, Morale, Welfare, and Recreation Partnership Specialist said, "The EDGE program begins July 13 and session sizes are limited. Folks are encouraged to get their children signed up as soon as possible."

Registration for EDGE can be accomplished at the Child, Youth and School Services, Building 2797. For children age 6 to 10, the cost is a mere \$2.50 an hour and for kids 11 to 18 the program is free. The reason for the fee for the younger chil-

dren is due to childcare regulations and that at that age they require more supervised care.

As children enter their teen years, money becomes more important and the Hire Apprenticeship program is an ideal way to learn how to earn. Hire provides 15 to 18 year old youth with meaningful, professionally-managed career-exploration opportunities in MWR operations offering paid work experience and training. Hire also equips each participant with the skills needed for a highly competitive job market.

The Hire Program will take teens beyond the "do you want fries with that?" job skill. Teens will experience work in a selected

career path aligned with specific collegiate or vocational courses of study.

There are workforce preparation trainings and college exploration workshops as well as educational incentive awards available for 17 and 18 years olds.

"The teens in the HIRE program begin working July 6 and so far it is going well with 22 kids involved. They will be working all over the place, MWR Marketing, the CDC, youth center and even at the Sam Houston Club," said Hightower.

Call the CYSS at 221-2336 or stop by at 2010 Stanley Road, Building 2797.

Annual ethics training schedule released

DoD 5500.7-R and AR 350-1 require all Soldiers and civilian employees to comply with ethics rules and regulations. Violation of ethics standards may result in administrative and/or criminal penalties. To ensure that all employees (military and civilian) in the AMEDDC&S and the Fort Sam Houston Garrison maintain the highest standards of integrity and take no action which undermines public confidence in the Army, the Office of the Staff Judge Advocate, AMEDDC&S and Fort Sam Houston, will provide the ethics training scheduled above.

This ethics training is mandatory for all per-

ETHICS RULES AND REGULATION TRAINING SCHEDULE				
Date	Start Time	End Time	Day	Location
8 July	1330 hrs	1430 hrs	Wednesday	Blesse Auditorium (Bldg. 2841)
10 August	0930 hrs	1030 hrs	Monday	Blesse Auditorium
3 September	0930 hrs	1030 hrs	Thursday	Blesse Auditorium
8 October	1330 hrs	1430 hrs	Thursday	Blesse Auditorium
1 December	0930 hrs	1030 hrs	Tuesday	Blesse Auditorium

sons filing an SF 278, Public Financial Disclosure Report or OGE 450, Confidential Financial Disclosure Report; warranted contracting officers; and those persons who are directed by their supervisors/commanders to attend ethics training.

For those persons who are unable to attend a live presentation, you can satisfy your requirement for annual ethics training

by accessing the ethics on-line training module at http://www.dod.mil/dodgc/defense_ethics/ethics_training/2008AET_Netw/. At the conclusion of the interactive training, you can print out a certificate of completion to show that you have accomplished the training.

Commanders and supervisors may verify attendance of their employees by accessing

the sign-in rosters which are posted on the G: drive on the FSH LAN in the SJA Ethics Roster folder. If you have any questions, you may contact the Ethics Counselor, AMEDDC&S and Fort Sam Houston, at 221-2373/0485.

Thank you for your time and attention to this matter. POC can be reached at 221-2373 or 221-0485.

G.I. BILL from P5

already exceed the requirements to earn 100-percent of the Post-9/11 G.I. Bill benefits.

Soldiers who have served less than the time required to earn 100-percent of the benefit under the Post-9/11 G.I. Bill may receive benefits at a prorated amount. The amount of active service members have after 9/11 determines what percentage of benefits they can receive under the Post-9/11 G.I. Bill.

According to the Veteran's Affairs website, in order to be eligible for benefits, a Family member must be enrolled in the Defense Eligibility Enrollment Reporting System or DEERS, at the time of transfer to receive

educational benefits. A child's subsequent marriage will not affect his or her eligibility to receive the educational benefit; however, after an individual has designated a child as a transferee under this section, the individual retains the right to revoke or modify the transfer at any time.

Also, subsequent divorce will not affect the transferee's eligibility to receive educational benefits; however, after an individual has designated a spouse as a transferee under this section, the eligible individual retains the right to revoke or modify the transfer at any time.

Go to www.gibill.va.gov/GI_Bill_Info/CH33/transfer.htm.

Army takes steps in H1N1 prevention

By Grafton Pritchatt
Army News Service

The Army has reported a total of 191 cases of the H1N1 virus, or swine flu, as of June 12, and is currently taking steps to help prevent and stop the spread of the H1N1 virus for Soldiers at home and abroad.

The U.S. tops the World Health Organization's list of the number of laboratory-confirmed cases at 21,449 with 87 deaths. Mexico follows with 8279 cases and 116 deaths.

The military is actively pursuing vaccine production for both the regular and swine flu, according to Col. Jonathan Jaffin, director of Health Policy and Services in the

Army's Office of the Surgeon General. Soldiers will be vaccinated as soon as the medicines become available, he said during a Blogger's Roundtable Thursday.

"There has been significant news coverage about the H1N1 virus, and the Army is taking it seriously," Jaffin said. "We want to illustrate why we feel like there is no cause for panic or alarm."

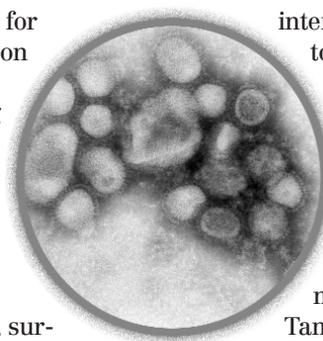
Jaffin went on to state that all segments of the government, as well as international partners, are working together to stop the spread of the flu among members of the military.

"The best treatment for the flu is prevention," Jaffin said.

Steps for prevention include washing hands and limiting contact with infected persons, surfaces and objects like door knobs.

Soldiers who feel symptoms of flu including dizziness, fatigue and fever should report sick call and stay at home, Jaffin said.

"Their very nature is to come in and work when they aren't feeling well. We are reminding them if they have flu symptoms to stay home. They have a strong sense of duty that sometimes



interferes with ability to stay home," Jaffin said.

Soldiers afflicted with the flu can effectively treat symptoms with over-the-counter medication like Tamiflu. In order to decrease the chances of infection, all Soldiers are being screened for the flu before they travel overseas. No missions have been impacted by the virus as of yet, officials said.

DoD is working with the WHO's Emerging Illness Network and the Global Emerging Infection Surveillance, for prevention and surveillance of the virus.

Disabled Veterans receive property tax relief

By Allen Spelce
Texas Comptroller of Public
Accounts Public Affairs

Veterans who are totally disabled or cannot work because of service-related injuries will pay no property taxes under a new tax exemption approved by the Legislature.

"Texas has done the right thing by providing property tax relief for our military men and women who have served their country and paid a heavy price," Texas Comptroller Susan Combs said.

House Bill 3613 provides an exemption of the total appraised value of the homesteads of Texas veterans who have

received a 100 percent disability rating or are considered unemployable by the U.S. Department of Veterans Affairs. The new law is effective for the 2009 tax year, and swift action is necessary to update local property tax rolls and ensure eligible veterans receive the new tax break.

Eligible veterans must apply for the tax exemption through their county appraisal district. An application form can be found at www.window.state.tx.us/taxinfo/taxforms/vetexempt.pdf.

Veterans may also need to contact their mortgage lenders to adjust their escrow payments.

The Wet Bulb Globe Temperature Index: A tool for prevention of heat injuries

By L.A. Shively
Fort Sam Houston Public
Affairs

The Installation Operations Center recently announced the current outdoor Wet Bulb Globe Temperature Index heat category 5 at both Fort Sam Houston and Camp Bullis, potentially lethal environmental conditions for work or

training outdoors. The WBGT Index is a heat stress indicator used to gauge the relative severity of environmental temperatures. Athletes and Soldiers should understand its use in order to prevent heat injuries during the summer months.

According to the Zunis Foundation, an organization doing sports-related

health research, the WBGT Index takes into account temperature, humidity, and radiant energy. Computed using the equation $WBGT = 0.7 WB + 0.2 GT + 0.1 DB$. WB is measured using a thermometer whose bulb is wrapped in a cotton sleeve, immersed in distilled water, and ventilated by a fan or a whirling device, simulating the

evaporation of sweat. GT uses a standard dry-bulb thermometer whose bulb is inserted into a large black ball to allow measurement of the effects of sunshine and other radiant heat; and DBT is the dry bulb temperature recorded on a normal thermometer not exposed to direct sunlight.

The WBGT is derived from a combination of temperatures from the three thermometers - wet globe for humidity, black globe for solar factor, and dry bulb for the ambient levels. Temperatures are measured in degrees Fahrenheit.

Post safety officials recommend units purchase a WBGT kit to help

determine work-rest cycles and water consumption as required by regulations. The kit contains the three thermometers used and a calculator for determining the WBGT. Heat category determines recommended water consumption and work-rest cycle.

"All commanders are required to assess the risk associated with any type of military training event, whether in physical training or combat gear," said David Kingsley, watch officer in Fort Sam Houston Installation Operations Center. "If a soldier is going to wear their pro-



tective gear, it will raise his body core temperature and must be factored in."

With summer heat already soaring, the kit is particularly important, both on post and at Camp Bullis, since it can help prevent heat injuries said Kingsley.

He stressed that readings vary depending on location, environment and individual.

A variance anywhere from three to five degrees exists between this installation and Camp Bullis. Differences also exist throughout the day depending on terrain

See HEAT INDEX P11

News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

Work/Rest/Water Consumption Table

Applies to average sized, heat acclimated soldier wearing BDU, hot weather

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, >30 lb Load • Maintenance Training • Drill and Ceremony 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement, Techniques, i.e. Low Crawl, High Crawl, etc. 	<ul style="list-style-type: none"> • Walking Loose Sand at 3.5 mph, < 40 lb Load • Walking Hard Surface at 2.5 mph, with Load • Field Assaults

- The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (± 1/4qt/h) and exposure to full sun or full shade (±1/4qt/h).
- NL =no limit to work time per hour.
- Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.

Heat Category	WBGT Index, F°	Easy Work		Easy Work		Easy Work	
		Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)	Work/Rest	Water Intake (Qt/H)
1	78° - 81.9°	NL	1/2	NL	3/4	40/20 min	3/4
2	82° - 84.9°	NL	1/2	50/10 min	3/4	30/30 min	1
3	85° - 87.9°	NL	3/4	40/20 min	3/4	30/30 min	1
4	88° - 89.9°	NL	3/4	30/30 min	3/4	2-/40 min	1
5	>90°	50/10 min	1	20/40 min	1	10/50 min	1

- CAUTION: Hourly fluid intake should not exceed 1 1/2 quarts.
- Daily fluid intake should not exceed 12 quarts.
- If wearing body armor add 5°F to WBGT in humid climates.
- If wearing NBC clothing (MOPP4) add 10°F to WBGT.



For additional copies contact: U.S. Army Center for Health Promotion and Preventive Medicine (800) 222-9698. Also see <http://chppm-www.apca.army.mil/heat> for electronic versions of this document and other heat injury prevention resources.

Time	Fort Sam Houston		Camp Bullis	
	Temp.	Heat Category	Temp.	Heat Category
0500				
0600				
0700				
0800				
0900				
1000			86°	3
1100			89°	4
1200	93°	5	91°	5
1300	94°	5	93°	5
1400	95°	5	94°	5
1500	92°	5	95°	5
1600				
1700				

HEAT INDEX from P10

and cloud cover, urban sprawl, amounts of shade, wind, direct sunlight and presence of water.

“Soldiers may have come from another region and may not be

acclimatized. Every commander has to factor in that information as well during their risk assessment,” Kingsley said.

Although IOC tracks all training at FSH, including the web bulb index, unit leaders are still responsible for any

injuries associated with that training said Kingsley. He recommends visiting the Army Safety Center online at <https://safety.army.mil> and Army Knowledge Online, www.us.army.mil for more information and guidelines.

OSHA's guide to Heat Disorders and Health Effects

The Occupational Safety and Health Administration lists six categories of heat disorder and their effects on the human body:

HEAT STROKE occurs when the body's system of temperature regulation fails and body temperature rises to critical levels. This condition is caused by a combination of highly variable factors, and its occurrence is difficult to predict. Heat stroke is a medical emergency. The primary signs and symptoms of heat stroke are confusion; irrational behavior; loss of consciousness; convulsions; a lack of sweating (usually); hot, dry skin; and an abnormally high

body temperature, e.g., a rectal temperature of 41°C (105.8°F). If body temperature is too high, it causes death. The elevated metabolic temperatures caused by a combination of work load and environmental heat load, both of which contribute to heat stroke, are also highly variable and difficult to predict.

If a worker shows signs of possible heat stroke, professional medical treatment should be obtained immediately. The worker should be placed in a shady area and the outer clothing should be removed. The worker's skin should be wetted and air movement around the worker

should be increased to improve evaporative cooling until professional methods of cooling are initiated and the seriousness of the condition can be assessed. Fluids should be replaced as soon as possible. The medical outcome of an episode of heat stroke depends on the victim's physical fitness and the timing and effectiveness of first aid treatment.

Regardless of the worker's protests, no employee suspected of being ill from heat stroke should be sent home or left unattended unless a physician has specifically approved such an order.

HEAT EXHAUSTION signs and symptoms are

headache, nausea, vertigo, weakness, thirst, and giddiness. Fortunately, this condition responds readily to prompt treatment. Heat exhaustion should not be dismissed lightly, however, for several reasons. One is that the fainting associated with heat exhaustion can be dangerous because the victim may be operating machinery or controlling an operation that should not be left unattended; moreover, the victim may be injured when he or she faints. Also, the signs and symptoms seen in heat exhaustion are similar to those of heat stroke, a medical emergency.

Workers suffering

from heat exhaustion should be removed from the hot environment and given fluid replacement. They should also be encouraged to get adequate rest.

HEAT CRAMPS are usually caused by performing hard physical labor in a hot environment. These cramps have been attributed to an electrolyte imbalance caused by sweating. It is important to understand that cramps can be caused by both too much and too little salt. Cramps appear to be caused by the lack of water replenishment. Because sweat is a hypotonic solution ($\pm 0.3\%$ NaCl), excess salt can

build up in the body if the water lost through sweating is not replaced. Thirst cannot be relied on as a guide to the need for water; instead, water must be taken every 15 to 20 minutes in hot environments.

Under extreme conditions, such as working for 6 to 8 hours in heavy protective gear, a loss of sodium may occur. Recent studies have shown that drinking commercially available carbohydrate-electrolyte replacement liquids is effective in minimizing physiological disturbances during recovery.

HEAT COLLAPSE

See OSHA'S GUIDE P13

OSHA'S GUIDE from P12

("Fainting") is a condition where the brain does not receive enough oxygen because blood pools in the extremities. As a result, the exposed individual may lose consciousness. This reaction is similar to that of heat exhaustion and does not affect the body's heat balance. However, the onset of heat collapse is rapid and unpredictable. To prevent heat collapse, the worker should gradually become acclimated to the hot environment.

HEAT RASHES are the most common problem in hot work environments. Prickly heat is manifested as red papules and usually appears in areas where the clothing is restrictive. As sweating increases, these papules give rise to a prickling sensation. Prickly heat occurs in skin that is per-

sistently wetted by unevaporated sweat, and heat rash papules may become infected if they are not treated. In most cases, heat rashes will disappear when the affected individual returns to a cool environment.

HEAT FATIGUE is lack of acclimatization. The use of a program of acclimatization and training for work in hot environments is advisable. The signs and symptoms of heat fatigue include impaired performance of skilled sensorimotor, mental, or vigilance jobs. There is no treatment for heat fatigue except to remove the heat stress before a more serious heat-related condition develops.

More information can be found at OSHA's heat stress website:
http://www.osha.gov/dts/osta/otm/otm_iii/otm_iii_4.html#iii:4_3

Students treated to MEDCOM band performance while looking at future options

Band students at Austin High School were given a rare treat May 19 – a private concert by the United States Army Medical Command Band's Quintuple Bypass Brass Quintet and the Intrepid Winds Woodwind Quintet, followed by valuable insight into the life of a professional musician.

First Sgt. Steven Mohacey presented students with an in-depth picture of a typical day of an Army bandsman, and then began a question and answer session. When asked how many were planning to attend college, the majority raised their hands. But, when asked how they would pay for college, many of

those same hands remained down.

So, Mohacey explained some of the major education benefits of the Army – the Montgomery GI Bill, the student loan repayment program and tuition assistance while serving on active duty. Hearing that Army benefits could help pay for college, students expressed amazement the Army would not only pay for their instruments and provide six months of additional training after basic, but would also pay them to practice and perform on a daily basis for the rest of their career.

Mohacey also explained that most Soldier-musicians make more money and have better benefits

than a majority of the world's professional symphony orchestras.

All of this information can be a little overwhelming for the average 16-18 year old that has yet to graduate high school, and possibly leave home for the first time in their lives. This is one of many reasons the MEDCOM Band is very proactive in showcasing their talents for younger musicians.

"The prospect can be a little daunting at first, but has proven to be an extremely rewarding adventure," said Staff Sgt. Allison Richardson, flute player with the MEDCOM Band.

~Courtesy MEDCOM Band

Soldiers dream of stardom ambling

By Ben Paniagua
Director, Hacienda Recreation Center

A man stands in front of a brownstone reading a newspaper. Suddenly, the street becomes alive with people. Kids are playing basketball, others carry shopping bags as if on a shopping spree, and still others chat on cell phones or text. Some just hang out on the street.

An emcee, Sgt. Kevin Rose, enters from the audience explaining the concept of the show.

Then, Johnny "Saxxman" Burke's soulful rendition of "I Believe I Can Fly" grabs and shakes those listening. As he finishes, Spc. Demetria Stewart saunters onto the "Boulevard of Music Dreams" singing "Summertime" as passionately as the weather is intense in July.

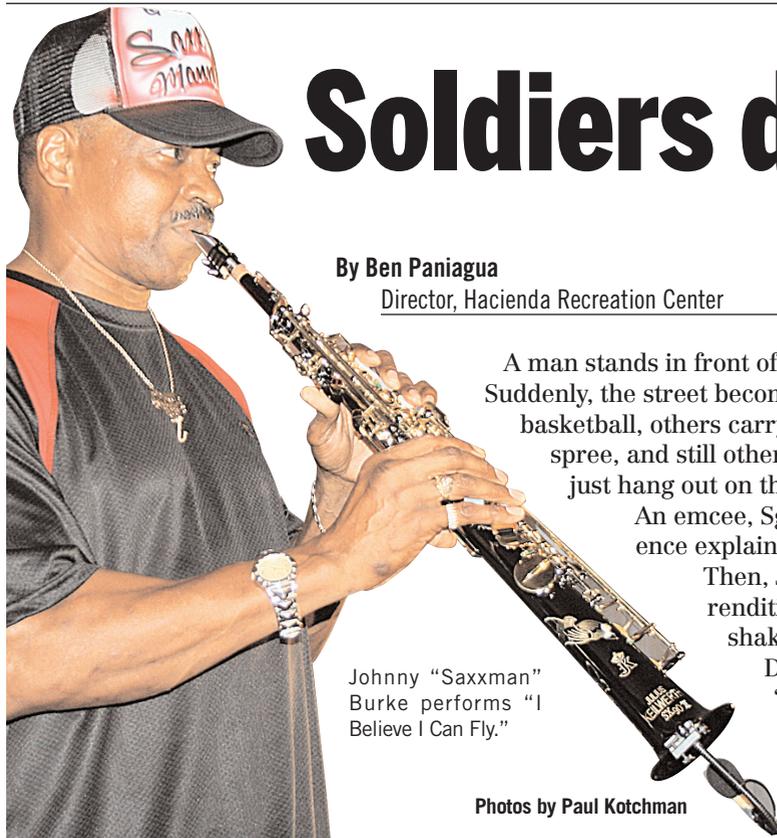
"Boulevard of Music Dreams" is a fast paced, fully-staged show featuring Soldier and civilian vocalists, actors and musicians whose title is taken from "Boulevard of Broken Dreams," the nick-name for Sunset

Boulevard in Los Angeles where has-been entertainers hang out.

For the musical, this boulevard is set in New York City where entertainers hang out and dream of stardom. The variety show is Fort Sam Houston's entry in the 2009 U.S. Army Festival of the Performing Arts Competition. Approximately 59 entries were submitted for consideration. Of those, 11 are Better Opportunity Single Soldiers, or "BOSS" Variety Shows. Results will be announced in September.

Other performers included Spc. Anthony Profit, who belted out "This Woman's Work" and the Three Sergeants, Sgts. 1st Class Timothy Harris, Thomas Harris and Andre Brown harmonized The Temptations' "Just My Imagination" like three buddies just having fun.

Ty Robinson and Ivella Dennis sang a tribute to our Soldiers in Iraq and Afghanistan with the hauntingly beautiful song "The Prayer." The Powerhouse Divas, Cassandra Small, Delores Walker, Sonya Yamin and Alisa Claridy, closed out the show with a rousing medley of "I Will Survive" and "I've Got a New Attitude" that left the audience wanting more.



Johnny "Saxxman" Burke performs "I Believe I Can Fly."

Photos by Paul Kotchman



The Luckey McClain Group performs "Black Magic Woman."



Sgts. 1st Class Timothy Harris and Andre Brown sing "Imagination."



Ty Robinson sings "Call My Name."



The Harlequin Dinner Theatre's Powerhouse Divas, Cassandra Small, Delores Walker, Sonya Yamin and Alisa Claridy perform "I Will Survive."



Spc. Demetria



Spc. Rhayross close performs Divas Delores

g down the "Boulevard of Music Dreams"



a Stewart sings "Summertime."



Emcee Staff Sgt. Kevin Rose performs a comedy routine with his guitar.



BOSS Vice President Sgt. 1st Class Rhonda Nimblette provides information at the Army's I.A.M. Strong Campaign table.



; Cadiz, 187th Bravo Company, receives an up-
 stance of "If I Were Your Woman" by Powerhouse
 Walker and Cassandra Small.



Ty Robinson and Ivella Dennis team for
 a duet of "The Prayer."



Powerhouse Diva Sonya Yamin performs
 "No More Tears" a duet with Alisa Claridy.



Ivella Dennis belts out her rendition of
 "Inseparable."



Spc. Anthony Profit sings "A Woman's
 Work."

FSH veterinary clinic joins ICE

Congratulations to the Fort Sam Houston Veterinary Treatment Facility at 2332 Harney Road, Bldg 2635 as our newest addition to the Fort Sam Houston Interactive Customer Evaluation (ICE) Garrison site.

We currently have 108 ICE service provider areas that are open for you the customer to provide us feedback on our Garrison. Our managers make every effort to respond immediately to comments.

The ICE system ensures a customer response within 72 business hours if requested. Our program has been very successful recently as we have actually exceeded our total comments from last year (2008) in just the first 5 months of (2009). Our managers

respond to every customer that requests this service, and every comment this year has been edited in ICE by our managers.

This immediate feedback system allows us to improve on our business practices and allows for your voice to be heard. Together, this process improves our "Quality of Life" for everyone!

Don't get "HOT", put your comments on "ICE" @ <http://ice.disa.mil> (select Army CONUS link, then click Fort Sam Houston)

For further ques-

tions regarding customer service, please contact our Customer Management Services Officer at (210) 221-2543 or email samh.cms@conus.army.mil.



Yard care for the "staycationer:" ten tips toward cultivating lawn care success

Keeping a yard looking tremendous becomes a number-one priority for families planning a "staycation" or for anyone who cares about their home. A recent survey of lawn care experts revealed the top ten mistakes when it comes to lawn care::

No. 10. Removing the lawn clippings after mowing. Rather than bagging grass clippings when you mow, recycle the clippings back into the soil adding nutrients.

No. 9. Wrong plant, wrong place. Unsuitable grass or plants for the agronomic region is easily avoidable. Ask a lawn care expert for a list of the plants and grass types that will thrive with your temperature and soil type.

No. 8. Fertilizing Faux Pas. Fertilizing at the incorrect rate or time of year for your type of grass can seriously damage your lawn. Research the best time and rate.

No. 7. Off Target Application. Fertilizer is a great source of nutrients for your lawn but it doesn't do much for your sidewalk, driveway or street.

No. 6. Misdiagnosis. Well-meaning "do-it-yourselfers" often inadvertently cause more harm than good by misdiagnosing a lawn problem. Consult a lawn care specialist who can provide you with the correct solution.

No. 5. Seasonal Seeding. Eager to get their lawn looking great, homeowners often grow anxious to seed new grass. Seeding is best in the fall when grass is going into dormancy.

No. 4. Trimming Trouble. Trimming too close to the base of a tree may actually kill the tree over time. Be mindful of trees and shrubs when caring for your lawn.

No. 3. Watering Woes. Watering is tricky. Avoid

over or under watering your lawn. Be mindful of the weather and time of day and water restrictions. Water early in the morning to maximize the moisture on your lawn.

No. 2 Mowing Mishaps. Some homeowners try to reduce the number of times they mow by "scalping" the grass. This can put the lawn into shock and allow weeds and insects to take over. Mowing with a dull blade increases water loss from plants and requires more gasoline to power the mower.

No. 1. Failure to Follow. All lawn care products come with instructions for proper use. Be sure to read and follow the instructions.

Lawn care tips courtesy TruGreen. Visit www.funbytheyard.com.



Secretary of Labor Hilda L. Solis (left) tours the Warrior and Family Support Center with Judith Markelz, program manager as her guide. Solice discussed the challenges Wounded Warriors and their Families experience with Markelz, and the benefits WFSC offers.

SOLIS from P1

help transition them to their next phase in life.

“Secretary Solis needs to be familiar with what these Warriors and their Families are going through and that they have some assistance with job opportunities once they return to the civilian community,” said Jorge Senquiz, assistant program manager for WFSC. “It was very good for her to be here.”

Solis also discussed “green jobs” training grants being

awarded under the U.S. Department of Labor’s Veterans’ Workforce Investment Program during her visit.

“Many skills veterans have are transferable to “green jobs” such as retrofitting solar panels and weatherizing homes,” Solis said.

Just prior to her visit to FSH, Solis met with local veteran service organizations and members of the American G.I. Forum where she announced grants totaling \$600,000 in federal support for AGIF’s Veterans Outreach Program. The latter helps homeless veterans succeed in civilian careers. The grants were awarded under the Labor Department’s Homeless Veterans’ Reintegration Program.

“I would not dream of coming to Texas without visiting our veterans, service members and their families,” Solis said.

“These men and women have sacrificed enormously for our nation, and they deserve our support.”

Fort Sam Houston Triathlon #3

Fort Sam Houston Sports and Fitness Branch will host a Triathlon, July 5 at the Jimmy Brought Fitness Center beginning 6:45 a.m. Participants register at the Center. Event is open to military and the local community. Call 221-1234.

‘For the Soldier’ Golf Tournament

The Alamo Chapter-Association of the U.S. Army will sponsor a “For the Soldier” golf tournament July 20, 1 p.m., Fort Sam Houston Golf Course, on the recently remodeled Salado Del Rio course. Tournament supports Soldiers and community programs. Players sign up early as a team or individually at www.alamochapterausa.org or pick up a registration form at the Fort Sam Houston Golf Course Pro Shop. Call 383-2728.

Fort Sam Houston Post Flag Football

Tryouts held July 27-31, 6 p.m. at Leadership Field. Coaches needed! Anyone interested in coaching send resumes to Earl Young, 1212 Stanley Rd. Ste 20, Fort Sam Houston, TX 78234 or drop off at the Brigade Gym. Resumes NLT July 20. Call 221-3003.

Swim Lessons

The Fort Sam Houston Aquatic Center and the American Red Cross will hold swim lessons for children 16 years and under. All sessions have two classes, 9-9:45 a.m. and 11 to 11:45 a.m. All sessions have a parent and child class at 11:15-11:45 a.m. for children 4 years old and under. Each session includes eight days of lessons, class photo, T-shirt and a certificate of completion. Registration fees are \$40 for ages 16 and under and \$35 for Parent Child classes. Patrons can register at the Aquatic Center between 11 a.m. to 7 p.m. Call 221-1234 or 221-4887.

Fort Sam Houston Judo Club

The Fort Sam Houston Judo Club meets Sat., 10 a.m.-noon and Wed., 7:30-9 p.m. Participates must have a USA Judo membership. Interested military members call 279-1742.

ActionAirgun Competition

The Jimmy Brought Fitness Center hosts an ActionAirgun competition every Wed. from 4:30-6:30 p.m. ActionAirgun is a competitive, target-shooting sport where participants knock down the correct targets in the fastest time. Call 221-1234.

Army Ten-Miler

The Army Ten-Miler celebrates its 25th

anniversary, Oct. 4 in Washington, DC. This unique road race has its start and finish lines at the Pentagon. Race weekend activities include a two-day expo, fitness clinics, youth runs, post race party and HOOAH tents from Army installations around the world. Visit www.armymtenmiler.com.

Run/Walk for Your Life Program

Get in and stay in shape with this self-paced, progressive distance running program. Call 221-1234.

Intramural Spring Softball

**Standings
25 Jun 09**

TEAM	W	L
1st ARSOUTH	9	1
2nd BAMC Pharmacy	7	3 3rd
264th Med Bn	7	3 4th Navy
Reserve Ctr	6	3 5th SA
Recruiting Bn	6	4 6th
ARNORTH	5	3
7th WTB	5	5
8th Silver Sluggers	3	7
9th BAMC	2	7

24 Jun

ARNORTH	14
BAMC Pharmacy	6
Navy Reserve Ctr	19
WTB	1



Announcements

Gift Card Program

The Fort Sam Houston Golf Club Gift Card Program is now available. The FSH Golf Club offers a new rechargeable gift card available for purchase at the Pro Shop, good for purchases at Mulligan's, the Pro Shop and green fees, with no minimum or maximum purchase limit, and no expiration date. Call the Pro Shop at 222-9386.

Lunch and Bowl

Fort Sam Houston Bowling Center hosts Lunch and Bowl every Thurs., 11 a.m.-1 p.m. Participants will receive one free game of bowling and free shoes with the purchase a meal item. The Bowling Center will provide a limited menu on these days. For more information, contact 221-4740.

Apprenticeship program

The HIRED! Apprenticeship Program provides 15-18 year-olds with meaningful, professionally-managed career exploration opportunities in Family and Morale, Welfare and Recreation operations, offering paid work experience and training. Call Child, Youth and School Services, at 221-4871.

FSH Golf Club membership drive

The Fort Sam Houston Golf Club's annual membership drive is during July. New members will receive 12 months of green fees for the price of 11. Current members will receive a 1-month credit for new member referrals. All patrons signing up will be required to pay the first 6 months of dues (non-refundable) in advance. Call 222-9386.

Driver's Education class

Child, Youth and School Services School of Knowledge Inspiration Exploration and Skills program offers Driver's Education July 6-27, for

youth, 14-18 years old. Registration ongoing through July 9. Classes held Mon.-Fri., 8-10 a.m., Cole High School. Program open to all valid DoD I.D. card holders. To register, call 221-4871 or 471-9548.

Youth horsemanship camp

The Fort Sam Houston Equestrian Center hosts a camp for children ages 7-17, 9 a.m.-3 p.m. Camp dates are July 6-10, 13-17, 20-24, 27-31; Aug. 3-7. Cost of each session is \$195. A \$25 non-refundable deposit due at registration, which is ongoing. Call 224-7207.

Aquatic Center open

The Fort Sam Houston Aquatic Center is open daily, noon-8 p.m. Pools are free and open to all valid I.D. card holders with one guest. Call 221-4887 or 221-1234.

Summer reading program

Children can sign up for the summer reading program, June and July at the Keith A. Campbell Memorial Library, Building 1222. Books can be from any library or personal collection, and must be at or above the child's reading level. A cloth tote donated by SeaWorld is given to each reader, while supplies last. Participants keep track of the hours they read. Prizes given for every 10 hours of reading. Readers are eligible to enter the Grand Prize drawing once for every 10 hours of reading completed. Call 221-4702.

Helping Us Grow Securely

The H.U.G.S. playgroup for parents and children ages, 5 and under, each Tues., 9-11 a.m., Dodd Field Chapel, Building 1721, for interactive fun play. Registration not required. Call 221-0349 or 221-2418.

"Broadway Bound"

The Harlequin Dinner Theatre presents "Broadway Bound," a comedy by Neil Simon, Thurs.-Sat. evenings, through July 11. Doors open for cocktails and dinner at 6:15 p.m. Show begins at 8 p.m. For reservations, call 222-9694.

Lunchtime matinee

The Harlequin Dinner Theatre will host a "Legends of Las Vegas," lunchtime matinee, every Sat., 11 a.m.-1:30 p.m. Matinee is open to the public. Tickets \$25 for civilians and \$23 for military with valid I.D., student and group rates are avail-

able. Doors open at 11 a.m. for general admission seating. Call 222-9694.

"Powerhouse Divas"

The Harlequin Dinner Theatre presents "Powerhouse Divas," a dynamic cabaret-style lounge act. Performances are Sat. 10:15 p.m.-2 a.m. through Aug. 29. A cover charge of \$3 for military with a valid I.D. card or \$5 for all others applies. A full service cash bar is available. Patrons must be 21 years old to purchase and consume alcohol. Late night karaoke follows the show. Call 222-9694.

EFMP Support Group

Army Community Service Exception Family Member Program offers a support group Wed. evenings, 6-7:30 p.m. at the School Age Service, Building 1705, Dodd Blvd. Each week the group is facilitated by Mutual Enrichment through Learning and Discovery and open to Soldiers and military Families with special needs members. Also MELD Special provides childcare and dinner. Registration is required. Contact April Nias, EFMP Program Assistant, 221-2604.

Calendar of Events

JULY 2

Financial Readiness Classes

Army Community Service offers a Mandatory Initial 1st Termer Financial Readiness class, 10 a.m., ACS Building 2797. Space is limited, to register call 221-1612.

Managing Debt class

Financial Readiness offers Managing Debt, 1 p.m. This class will help you decide if using credit is right for you. Space is limited, to register call 221-1612.

JULY 3

Red, White and Blue Scramble

The Fort Sam Houston Golf Club hosts a four-person scramble July 3 with a 1 p.m. shotgun start. Cost is \$25 for members and \$40 for all non-members. Open to all DoD I.D. card holders and government contractors. To register, call 222-9386.



Community

Announcements

Beat the Heat Mondays at the Witte Museum

General admission is only \$5 per person every Monday beginning July 6 through Labor Day, Sept. 7, for a full day of entertainment. For \$3 more, visitors can speed up, slow down and manipulate time in the summer blockbuster exhibit "Playing with Time" on view through Sept. 27. Call 357-1900 or visit www.wittemuseum.org.

Fort Sam Houston Night at the Missions

The San Antonio Missions Baseball will host a Fort Sam Houston Night every Saturday home game during the season. Tickets are \$6 and include a reserved seat in the Fort Sam Houston section. Tickets may be purchased through the Morale Welfare and Recreation Ticket Office located in the Sam Houston Club, Building 1395, Chaffee Road. Call 226-1663.

Daily Bread Ministries

Looking for volunteers to distribute food and other goods to those in need. Also need volunteer mechan-

ics, electricians and drivers. Call 223-4707 or visit www.dailybreadministries.org.

Sergeant Audie Murphy Club

Hosts a study group for the boards Tues. and Thurs., noon to 1 p.m., Building 1394, Room 215. Call 221-4028.

Risk Reduction Program

Per AR 600-85 Chapter 12, The Risk Reduction Program is a commander's tool designed to identify and reduce Soldiers' high-risk behaviors. Two features of the Risk Reduction Program, include, Unit Risk Inventory (URI) and Reintegration Unit Risk Inventory (RURI). Both are used as command climate surveys to help commanders determine the actual occurrences of high-risk behaviors. Commanders must coordinate with the Risk Reduction Program Coordinators to administer the URI and RURIs to all deploying Soldiers at least 30 days before an operational deployment and the RURI to redeploying Soldiers between 90 and 180 days after their return. Incoming commanders should consider this a necessary action during their change of com-

mand. The inventories can be administered to the trainee population. Call 221-2093 or 221-1696.

Education Center offers tutoring

The Education Center will now offer tutoring in the subjects of Freshman English Composition and College Algebra to individuals or groups based on space availability. Call the Education Center at 221-1738.

Calendar of Events

JULY 4

Star Spangled Festival

Lackland Air Force Base will host a Star Spangled Festival, July 4 from 2-10 p.m. on their Amphitheater grounds. Festivities include a children's carnival, free concerts, food and beverage booths, paint ball, arts and crafts, a live broadcast from Radio Disney and a Fireworks Extravaganza. The event is free and open to the public. Call 671-3920.

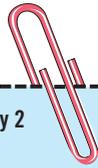
JULY 11

Biggest Loser open casting call

NBC show, the Biggest Loser will hold an open casting call for Family member teams of two, July 11, 10 a.m.-6 p.m. at the Nix Downtown, 414 Navarro St.

Build-A-Book

Workshop #4 - PR for The Writer & Use of The Media Saturday, 8:30a.m.-12:30p.m. Boerne Convention and Community Center, 820 Adler Rd (IH 10W, 20 miles north Loop 1604) Boerne. Learn about writing and the business of books with San Antonio Romance Authors' hands-on workshops. Open to the public, speakers include Judith Rochelle presenting "Building a Presence in the E-world" and Jo-Ann Power presenting "7 PR Tools for Authors: Higher Profile & Higher Sales & How To Prosper in a Fluid Business." Bring pen and notebook. Laptops allowed, but outlets not readily available. SARA members \$12, non-members \$20. Visit www.sararwa.net.



REMINDER CALENDAR

July 2	U.S. Army Garrison change of responsibility ceremony, 9 a.m., post flagpole
July 3	Holiday - 4th of July
July 3	Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club, entry fee \$25
July 4	Independence Day Celebration - Salute to the Union
July 4-6	Freedom Fest, Market Square, Downtown San Antonio
July 5	Triathlon #3, 6:30 a.m., FSH Aquatic Center
July 6	Training Holiday
July 9	SAEDA/OPSEC Training, Evans Theater
July 10	Navy Operational Support Center San Antonio change of command ceremony, 10 a.m. 3837 Binz-Engleman Road
July 11	Weight Room Triathlon, 6 a.m.-3 p.m., Jimmy Brought Fitness Center
July 15	Giant Voice Test
July 15	Technology Expo, 7 a.m.-2 p.m., Sam Houston Club
July 19	Triathlon #4, 6:30 p.m., Fort Sam Houston Aquatic Center



MWR from P20**JULY 4****Library closure**

The Keith A. Campbell Memorial Library will be closed July 4. Call 221-4702.

Bowling Center closure

The Fort Sam Houston Bowling Center will be closed July 4. Call 221-4740.

JULY 7**Bank Account Management**

Financial Readiness offers Bank Account Management , 2 p.m. Understand different types of finan-

cial institutions and services and which one is best for your situation. Space is limited, to register call 221-1612.

Virtual FRG training

Mobilization and Deployment's virtual Family Readiness Group training, 10-11 a.m., Army Community Service, Building 2797. From 11:30 a.m.-1 p.m. an FRG Leader's forum discussion on issues and lessons learned. Call 221-2705 or e-mail samh. acs.mob.deploy@conus.army.mil.

H.U.G.S. playgroup

For parents and children to 5-

years, Tues., 9-11 a.m., Dodd Field Chapel, Building 1721 for interactive fun play. Registration is not required. Call 221-0349 or 221-2418.

“Women Encouraging Women” look at body image

Army Community Service Family Advocacy Program's lunchtime seminar, noon-1 p.m., Army Community Service Building 2797. To sign up, call 221-0349 or 221-0600.

NPSP Baby Talk

The New Parent Support Program will hold Baby Talk, 2-3:30 p.m., every Tues., for parents with children

to 12 months, at Dodd Field Chapel, Building 1721. Call 221-0349 or 221-2418.

JULY 8**AFTB Level I**

Army Community Service will offer Army Family Team Building training Level I, July 8-9, 9 a.m.-2 p.m. at ACS, Building 2797. AFTB Level 1 consists of military acronyms and terms, chain of command, supporting your child's education and more. To register, call 221-2611 or 221-2705.

Youth Hunter Education

Camp Bullis Recreation Area in

with Texas Parks and Wildlife hosts a Youth Hunter Education Course, 5-7 p.m. Youth must be at least 12 years old to be certified by the Hunter Education program. Call 295-7577.

Financial Readiness Classes

Army Community Service Financial Readiness offers a Mandatory Initial 1st Termer Financial Readiness class, 12 p.m. at the Learning Center. To register, call 221-1612.

Budgeting for baby

Army Community Service Financial Readiness holds a budgeting for baby class, 8 a.m. To register, call 221-1612.

EFMP Support Group

Army Community Service Exceptional Family Member Program offers a support group each Wed. 6-7:30 p.m. at the School Age Service Building 1705, Dodd Blvd. on Fort Sam Houston. To RSVP call 221-2604.

Computer class for beginners

Army Community Service's Microsoft instructor will offer an "Intro to Computers" class, 8 a.m.-noon. Classes are at the ACS Building 2797 in the computer lab. To sign up, call 221-2518.

JULY 9**AFTB Level I**

Army Community Service will offer the second half of the Army Family Team Building Training Level

I, 9 a.m.-2 p.m., ACS Building 2797. Soldiers receive promotion points. Spouses add class to resume. Call 221-2611 or 221-2705.

Federal Resume Writing

Family Employment Readiness Program will offer a resume class, 10 a.m.-noon at ACS Building 2797. Registration required. Call 221-0516 or 221-0427.

Relocation offers Hearts Apart

Hearts Apart Support Group, 1-3 p.m., ACS Building 2797. This group is for dependent military spouses whose partner is deployed, geographically separated, on unaccompanied tour or extended TDY. Registration required. Call 221-2418 or 221-2705.

Commanders Training

Commander and Senior Leader Training course for New Commanders, First Sergeants, and Senior Leaders held 8-10 a.m., Army Community Service, Building 2797. Training must be completed within 45 days on assumption of position. Call 221-0349 or 221-2418.

Immigration Naturalization Services

Representatives available from noon-2 p.m., Army Community Service, Building 2797 for questions. Call 221-2418.

For Sale Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. 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 and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

For Sale: 2004 Craftsman Garden Tractor, 26 HP, 48" deck, six-speed transaxle, 213 hrs, excellent condition, \$1,750. Call 830-914-2326

For Sale: Jeep Rubicon rims, set of five from '07 JK, perfect condition, \$600 for set. Call Mike at 887-4630.

For Sale: Ashley "Cottage Retreat" twin-size sleigh bed with mattress and box springs, \$300 obo. Call 666-2455.

For Sale: Chrome on black long running boards, like new, fits Ford F-150 crew cab 2006 pickup, \$135. Call 221-3549.

For Sale: Black and Decker electric lawn mower with cord, works great for small yards, \$75; lawn cart, heavy-duty plastic, \$20; Christmas tree in box, 7 1/2 feet tall, \$30; large storage shelves, heavy-duty plastic, 7 feet by 7 feet, \$35; wood shelves, set of two, 6 feet tall, 5 feet wide, \$35. Call 475-9973.

For Sale: Patio set; all-weather; aluminum frame, tempered glass table 38"x60"; 6 chairs, green/off white; never used; \$200. Call 599-3438 and leave message.

For Sale: Computer tables, \$20; 5 feet by 8 feet floor rugs, \$10; electric leaf blower, \$10; girls 20-inch bike, \$20; landscaping cricks, 50 cents/each; call 595-8789.

Free: Berber carpet piece, 12 feet by 18 feet; three wood shelves, 5 feet high, 7 1/2 feet wide; You must haul away. Call 475-9973.

For Sale: Like new tires for sale. Four all season, BF Goodrich radial long trail T/A P265/70R/16. Less than 2,000 miles, still have rubber whiskers, ideal for pickups or SUVs, \$375, firm. Regularly sell new for \$130 each. Serious inquires call 260-6745 or 916-9167.

For Sale: 80 gallon, air compressor, like new, \$850, Power washer like new, \$235, Washburn bass guitar with amplifier \$800., OBO, 1962 Nova, Good Engine, new tires, \$2000., OBO, call 440-5062.

For Sale: Sturdy solid wood coffee table, \$95, Riding lawn mower, \$495, one men's bike and one girl's bike, \$35 each, Cardio glider exerciser, new \$175, Giant custom made pet house \$195 OBO, call 633- 2247.

For Sale: 3-by-3, Framed Korean flag, \$195, 3-by-3, Framed and numbered ballet art, \$195, Tap and ballet shoes and outfits, \$5 and up, Black, male pug, 2 years old, \$225, call 633-3859.

For Sale: Tahoe cargo security shade, \$75, Volvo dash mat, beige, \$30, 4 foot wide truck bed extender, \$225, Resistol hat, brown, size 71/4, \$50, Pet house, extra large with covered entrance, \$75, call 221-2690..

For Sale: Office desk \$75, pipe roofing various pieces and prices, two chairs, \$35, Solid oak table, \$75, Antique iron wheels, two for \$50, Wanted: good tin for patio cover. Call 550-7371.

For Sale: 2001 Yamaha V Star 1100 Custom motorcycle, 33K miles, garage kept, excellent condition, Cobra pipes, bags, windshield, light bar, mucho chrome, 45 mpg, maintenance records, \$6,000. Call 860-9217.

W O R S H I P SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:
4:45 p.m. - Reconciliation - 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. - Collective Protestant
11 a.m. - Collective 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:
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays
Protestant Services:
10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, 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
Protestant Services:
10 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

8:30 a.m. - Mass - Sundays
11 a.m. - Mass - Sundays
Protestant Services:
10 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:
5:30 p.m. - Coffee and fellowship - Sundays
6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services
Catholic Mass: 8 a.m. - Sundays
Contemporary Protestant Service: 9:30 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Fort Sam Houston Library, Building 1222, 221-4702

Church of Jesus Christ of Latter Day Saints:
8:30 a.m. - Sundays

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

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

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

News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday - July 3 HOLIDAY HOURS

Lunch - noon to 1:30 p.m.
Southern-fried fish, oven-roasted beef, grilled pork chops w/sautéed onions, chili macaroni, macaroni & cheese, baked potatoes, garlic roasted potato wedges, southern styled greens, seasoned pinto beans, steamed carrots
Dinner - 5 to 6:30 p.m.
Chicken w/stir-fry vegetables, spaghetti w/meat sauce, grilled ham steaks w/pineapple sauce, breaded pork fritters, red beans & rice, candied sweet potatoes, mashed potatoes, steamed rice, seasoned black-eyed peas, baked parmesan tomato halves, steamed fresh squash

Saturday - July 4

Lunch - noon to 1:30 p.m.
BBQ Spareribs, BBQ chicken, baked chicken, baked kielbasa sausages, corn on the cob, macaroni & cheese, French-fried onion rings, baked potatoes, seasoned pinto beans, fried cabbage, steamed carrots, hot cornbread
Dinner - 5 to 6:30 p.m.
Roast turkey, cheese tortellini, Swedish meatballs, lemon herb baked fish, mashed potatoes, cornbread dressing, baked potatoes, steamed brussel sprouts, steamed peas & carrots

Sunday - July 5

Lunch - noon to 1:30 p.m.
Meat loaf, spicy baked fish, cheese ravioli, fried catfish, Lyonnaise potatoes, baked potatoes, steamed wild rice, steamed yellow squash, steamed broccoli
Dinner - 5 to 6:30 p.m.
Roast beef, vegetable lasagna, chicken cordon bleu, salmon croquettes, parsley buttered potatoes, steamed rice, hopping john rice, steamed beets, steamed mixed vegetables, seasoned turnip greens

Monday - July 6

Lunch - 11a.m. to 1:00 p.m.
Chicken tetrazzini, breaded veal steaks, onion-lemon baked fish, spaghetti w/marinara sauce, barbecued roast pork, mashed potatoes, steamed brown rice, garlic-lemon roasted potato wedges, French-fried cauliflower, stewed tomato okra, steamed spinach
Dinner - 5 to 7 p.m.
Spaghetti & meatballs, grilled chicken

breast, veal parmesan, cheese manicotti, breaded pork fritters, steamed rice, spaghetti noodles, mashed potatoes, Italian style green beans, seasoned succotash, French-fried okra

Tuesday - July 7

Lunch - 11a.m. to 1:00 p.m.
Chicken fajitas, Swiss steak w/brown gravy, baked ham, cheese ravioli, honey glazed Cornish hens, Spanish rice, baked potatoes, au gratin potatoes, seasoned pinto beans, Mexican corn, steamed broccoli combo
Dinner - 5 to 7 p.m.
Beef enchiladas, cheese enchiladas, beef & bean burritos, roast turkey, fried catfish, refried beans, candied sweet potatoes, mashed potatoes, steamed rice, steamed brussel sprouts, steamed asparagus, steamed peas & carrots

Wednesday - July 8
Lunch - 11a.m. to 1:00 p.m.
Beef stroganoff, country-fried steak, herb-baked chicken, broccoli quiche, barbecued spareribs, baked potatoes, buttered egg noodles, Lyonnaise potatoes, steamed broccoli, carrots almandine, fried cabbage
Dinner - 5 to 7 p.m.
Beef yakisoba, fried chicken, baked pork chops, baked sweet Italian sausage, macaroni & cheese, mashed potatoes, steamed summer squash, cauliflower combo, seasoned collard greens

Thursday - July 9

Lunch - 11a.m. to 1:00 p.m.
Pepper steak, fish almandine, Salisbury steak, chicken & dumplings, vegetable stuffed peppers, scalloped sweet potatoes & apples, steamed rice, seasoned collard greens, steamed collard greens, seasoned lima beans, vegetable stir-fry
Dinner - 5 to 7 p.m.
Sweet & sour pork, oven-roasted beef, breaded chicken patties, vegetable lasagna, baked potatoes, steamed rice, mashed potatoes, steamed green peas, steamed carrots, steamed zucchini squash

Menus are subject to change without notice