

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



The U.S. Army Field Band & Soldiers' Chorus:
Mon., July 27, 8 p.m. Lila Cockrell Theatre

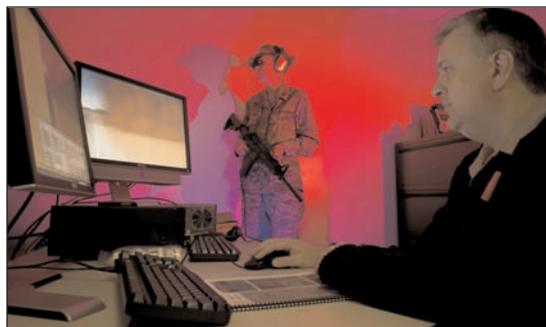


Photo by Lance Cheung, U.S. Air Force

U.S. Air Force Capt. Heather Bautista, standing, as she checks the operation of virtual reality-based software designed to recreate a traumatic situation in a safe environment as a part of their Prolonged Exposure Therapy. A U.S. Navy lieutenant commander controls the mouse of the computer.

Treatment approach to PTSD offers service members greater privacy, reduced stigma

By Lt. Col. Lesa Spivey
59th Medical Wing Public Affairs

Service members seeking help for deployment-related Post-traumatic Stress Disorder now have the option of being treated through primary care channels, thanks to a new pilot program that began in April at Brooke Army Medical Center and in February at Wilford Hall Medical Center.

Since then, at least 13 service members have enrolled in the pilot study and participated in the PTSD treatment. That number is expected to increase as the program comes on-line at the San Antonio VA.

The primary goal of this new research pro-

See PTSD TREATMENT P6

emBRACe campaign highlights connections, opportunities

Story and photos by L.A. Shively
Fort Sam Houston Public Affairs

The City of San Antonio launched its multimedia campaign "Embrace BRAC San Antonio" at Fort Sam Houston's historic Quadrangle, July 17.

The campaign aims to create greater local awareness about

opportunities the multi-billion dollar project brings to the community and includes events, billboards, public service announcements and a Web site, www.embracebrac.org. Welcome kits with information including DVDs are also available for new Families.

Approximately 200 military representatives, community leaders and

elected officials attended the opening ceremony. Haley Scarnato, a finalist on "American Idol," sang a moving version of the "National Anthem" a cappella followed by speakers and unveiling the logo and campaign.

U.S. Army Garrison Commander

See BRAC P11



During her presentation, U.S. Army Garrison Commander Col. Mary Garr highlights connections between the military, San Antonio and the surrounding community that the historic nature of the Quadrangle and Fort Sam Houston symbolize.

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1,100 schools sign new GI Bill 'Yellow Ribbon' pact

More than 1,100 colleges, universities and schools across the country have entered into "Yellow Ribbon" program agreements with the Department of Veterans Affairs to improve financial aid for veterans participating in the Post-9/11 GI Bill.

The new GI Bill will normally fund tuition up to the level of the highest public in-state undergraduate tuition rate. The Yellow Ribbon program funds tuition expenses at private schools that exceed that rate. Institutions can contribute up to 50 percent of those expenses, and VA will

match this additional funding for eligible students.

More than 3,400 agreements were received from the 1,100 schools participating in the Yellow Ribbon program.

"This is a strong response to a new benefit," said Keith Wilson, director of VA's Education Service. "We are pleased so many institutions are supporting our veterans."

"The Post-9/11 GI Bill is an important part of fulfilling our promise to the men and women who have served our country so honorably," Secretary of Veterans Affairs Eric K. Shinseki said.

"Implementing this landmark legislation and providing even more veterans with a quality education is a top priority for VA. We are grateful so many schools are joining us as partners in this unprecedented effort."

The Yellow Ribbon program is reserved for veterans eligible for the Post-9/11 GI Bill at the 100-percent benefit level. This includes those who served at least 36 months on active duty or served at least 30 continuous days and were discharged due to a service-related injury.

The Post-9/11 GI Bill, passed by Congress last year, is the most extensive

educational assistance program authorized since the original GI Bill was signed into law in 1944.

Benefits are payable for training pursued on or after Aug. 1. The tuition and fee benefit is paid directly to the school.

For information on specific schools participating in the Yellow Ribbon program, go to www.gibill.va.gov/GI_Bill_Info/CH33/YRP/YRP_List.htm.

~White House press release

Possibly fraudulent company contacting Soldiers

A company operating under the name of Government Personal Services has been contacting service members at their quarters on post via telephone in an attempt to solicit their business.

The callers state they will come to Soldier's quarters to meet.

Indications are this is a possible fraudulent operation.

As a reminder, solicitation of military members on FSH is prohibited without express written permission of the Installation Commander. If you receive a call of this nature, please contact the FSH MP Desk at 221-2222 and report it without delay.

~Fort Sam Houston
Installation Operations
Center

Weekly Weather Watch							
		July 24	July 25	July 26	July 27	July 28	July 29
San Antonio		95° Thunderstorms		97° Partly Cloudy		99° Partly Cloudy	99° Partly Cloudy
		97° Chance of Rain		97° Partly Cloudy		95° Partly Cloudy	
Kabul Afghanistan		91° Clear		91° Clear		93° Clear	91° Clear
		91° Clear		91° Clear		91° Clear	
Baghdad Iraq		111° Clear		109° Clear		107° Clear	107° Clear
		107° Clear		107° Clear		107° Clear	105° Clear

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

News Briefs

Limited tickets available for 2009 U.S. Army Soldier Show

Tickets will be available July 23 at 10 a.m. at the Sam Houston Club Ticket Office. Tickets will be distributed on a first-come, first-served basis; limit of four tickets per I.D. card holder. The Soldier Show will be held July 28 at 7 p.m. at Trinity University's Laurie Auditorium. Doors open at 6 p.m. For more information, call 221-0012.

U.S. Army Field Band and Soldiers' Chorus

The U.S. Army field Band and Soldiers' Chorus will be performing a featured concert at the Texas Band Masters Assoc. conference July 27 at 8 p.m. The concert will take place in the Lila Cockrell Theater in the Henry Gonzalez Convention Center. Free tickets are available by calling 492-8878.

Ethics training

Ethics training will be held Aug. 10 and Sept. 3 from 9:30-10:30 a.m. in Blesse Auditorium, Building 2841. The training is mandatory for all persons filing an SF 278, Public Financial Disclosure Report or OGE 450, Confidential Financial Report; warranted contracting officers; and those who are directed by their supervisors or commanders to attend ethics training. Training can also be taken online at www.dod.mil/dodgc/defense_ethics/ethics_training/2008AET_New/. Call 221-2373/0485.

412th Contracting Support Brigade activation

The 412th Contracting Support Brigade will hold an activation and assumption of command ceremony July 30 at 9 a.m. at the historic Quadrangle. For more information, call 295-5767 or 221-7500.

Reservist receives Purple Heart at courtyard ceremony

By Jen D. Rodriguez
Brooke Army Medical Center Public Affairs

Army Reserve Sgt. Stanley Scott was hailed as a true action hero, during his Purple Heart ceremony held July 17 at the Warrior and Family Support Center's courtyard.

The Purple Heart is an American decoration and the oldest military decoration in the world awarded to members of the armed forces of the United States, who are wounded by an instrument of war in the hands of the enemy.

The 50-year-old from Atlanta was wounded in

action on April 29, 2008, while assigned to the Multi-National Security Transition Command as a postal non-commissioned officer in charge in Iraq.

While performing his daily duties, Scott was injured by a 107-millimeter rocket detonated at his position resulting in his combat injuries.

The wounded warrior joined the Reserves in October 1982 to "better my career in college, and to protect my country and Family," he said.

Col. Thirsa Martinez, deputy commander for Allied Health at Brooke Army Medical Center, and

host of the ceremony, thanked the sergeant for his immense valor.

"It's a profound honor for me to thank Sgt. Scott and his Family, for his service, his sacrifice, his dedication, his courage and his commitment," she said. "The American people are deeply in your debt. As a patriot, you have taken care of America, this great nation, under God with liberty and justice for all."

A close-knit group of friends, Family and warriors gathered to attend the early morning ceremony.



Photo by Marie Gallegos

Col. Thirsa Martinez, deputy commander for Allied Health at Brooke Army Medical Center, and Purple Heart recipient Sgt. Stanley Scott stand at attention, while the Purple Heart citation is read, during a ceremony July 17 at the Warrior and Family Support Center courtyard.

'Beyond the Horizon' kicks off in Cartagena, Colombia

By Arwen Consaul
U.S. Army South Public Affairs

At the invitation of the Colombian government, distinguished visitors from Colombia, the U.S., and community leaders and members of the U.S. and Colombian military gathered at an opening ceremony in Cartagena to kick off the civic assistance mission "Beyond the Horizon" July 8.

An operation supporting the U.S. Southern Command initiative "Partnership for the Americas Collaboration and Coordination Element," BTH offers opportunities for the U.S. military to work with members of the Colombian military improving interoperability, promoting trust and fostering willingness for continued collaboration and teamwork.

BTH provides engineering renovations and medical treatment at various locations

"This mission promotes a positive feeling between the partner nation and the U.S."

— Capt. Francisco Torrent

throughout Latin America and the Caribbean. As part of the Colombia-U.S. partnership, U.S. Army South works closely with the government of Colombia to identify locations for BTH assistance based on need and the ability to partner with the local community to complete the projects.

"There was a feeling of excitement at the ceremony," said Capt. Abraham Rossell, PACCE executive officer with the Texas National Guard's 71st Battlefield Surveillance Brigade. "Everyone was energized and ready to start the mission that we had been planning for several months."

"From the beginning of the planning we have received plenty of support from both the Colombian Armed Forces and the

civilian population in Cartagena," said Capt. Francisco Torrent, U.S. Army South BTH planner for Colombia. "They have created an environment of trust and openness, therefore creating a positive impact in the U.S. and Colombian relationship."

During the month-long operation, units under the direction of U.S. Army South will conduct six renovation projects and medical readiness training exercises. MEDRETES will be conducted at the Omaira Sánchez community center, while the engineering projects will take place at Hogar Infantil La Candelaria elementary school.

In addition to providing humanitarian assistance, BTH also provides valuable opportunities for U.S. medical and engineering personnel to learn from

and train with Colombian experts. This experience contributes to U.S. military rapid response in support of relief efforts anywhere in the world.

"This type of mission not only improves the training readiness of military engineer and medical personnel, but also promotes a positive feeling between the partner nation and the United States," said Torrent.

"I am honored and grateful to be given the opportunity to interact with Colombians, and not only just their military, but the general population," said Rossell.

U.S. Army units providing support to BTH are the 223rd Engineering Battalion, with the Mississippi National Guard, and the 7246th Installation Medical Support Unit out of Omaha, Neb. The command and control element for PACCE is the Texas National Guard from San Antonio.

Delk relinquishes command of CHPPM-South to Halverson

Story and photos by

Lori Newman

Fort Sam Houston Public Affairs
Office

Brig. Gen. Timothy Adams, commander, U.S. Army Center for Health Promotion and Preventive Medicine, hosted a change of command ceremony July 20 at Army Community Service for CHPPM-South.

“At CHPPM we believe that health is crucial to readiness, and prevention is the best way to health. Our role is to assist the entire health system in all aspects of preventative medicine and public health, anywhere, anytime, in support of Soldiers, civilians, retirees and Family members,” said Adams.

CHPPM-South enhances readiness providing health promotion and preventive medicine leadership and services to counter environmental, occupational and disease threats to health, fitness and readiness in



Lt. Col. Thomas Delk, outgoing commander, U.S. Army Center for Health Promotion and Preventive Medicine-South, bids farewell to the Soldiers and civilians of CHPPM-South during a ceremony July 20 at Army Community Service.

support of Army units and installations; covering 10 states in the southeast, he said.

Lt. Col. Thomas Delk, outgoing commander, CHPPM-South, addressed the audience saying, “CHPPM-South team members have a lot to be proud of; we relocated a major MEDCOM



Lt. Col. Kelly Halverson, incoming commander, U.S. Army Center for Health Promotion and Preventive Medicine-South, addressing the audience during a change of command ceremony July 20 at Army Community Service.

organization over 1,000 miles in less than 24 months, providing uninterrupted mission services to our regional customers to ensure our warfighters, their Families and our institutional workforce continued to remain healthy and ready to support our great nation.

Most importantly we took care of one another, because that’s what Family members do for one another.

I leave this command knowing, without a doubt, I was truly blessed to have some of the finest employees in the Army today – military, civilian and contract personnel. We wouldn’t be where we are at right now without your hard work, dedication and willingness to always go that extra mile.”

“I truly enjoyed every day that I spent in command at CHPPM-South. This was the most rewarding assignment in my 23 years of active military service,” said Delk.

CHPPM-South relocated to Fort Sam Houston from Fort McPherson, Ga., as part of the 2005 Defense Base Realignment and Closure.

“I have relied on many people to assist me throughout my life and my career; leading

CHPPM-South will be no different, I will lean on each and every one of you during my tenure. Together we will move CHPPM-South from the transition that all of you worked so hard to successfully accomplish to a known, robust, commodity here at Fort Sam Houston serving the southern United States,” said incoming Commander Lt. Col. Kelly Halverson. “We will build on that strong foundation the Col. Delk and his team formed.”

“Lt. Col. Delks’ leadership has been absolutely instrumental in extending and strengthening the force health protection coverage in this region,” said Adams. “Today, when Kelly Halverson accepted the guidon, it placed CHPPM-South in the hands of a very competent and experienced leader. You are absolutely the right person for this job and to lead CHPPM-South.”

New commander takes reigns during USAMITC ceremony

By Nick Lutton

USAMITC Marketing

Col. Joseph Bentley, commander, U.S. Army Medical Information Technology Center, believes there is no other unit like USAMITC in the Department of Defense.

“USAMITC is a unit with the mission of sole dedication to providing Information Management/Information Technology services and network operations support to the medical community. We’ve become a model for other services and are on the right track with what we are doing,” Bentley said.

Bentley handed over the reigns of USAMITC to Lt. Col. Beverly Beavers July 17 during a ceremony at Army

Community Service.

“Getting to know the people here has had a big impact on me. I have a growing appreciation for them. They are a very dedicated and talented group,” Bentley said.

Bentley also believes in the importance of working alongside the other branches of service in the medical community.

“Everything we do, we have to keep the joint medical mission in mind. It is all related, patients don’t care if the doctor is Navy, Army, Air Force. So we have to keep pushing for Joint Medical Solutions,” said Bentley.

Bentley said during his time, staffing and spending went up by 100 percent over three years.



Photo by Dee Crawford

Lt. Col. Beverly Beavers (right) is ready to take the reins at U.S. Army Medical Information Technology Center during a change of command ceremony July 17, at Army Community Service. The presiding official was Maj. Gen. James Gilman (left), commander, U.S. Army Medical Research and Materiel Command and Fort Detrick; the outgoing commander was Col. Joseph Bentley.

“New projects and customer demands required us to grow. You have to be very mindful of the capacity of an organization to be able to handle the rate of

increase,” said Bentley.

Beavers said she believes it is an honor and a privilege to be a part of the organization and is looking forward to being

at USAMITC.

“USAMITC is a dynamic organization with an incredible mission. This is an organization with a well defined mission and vision that continually provides excellent products to its customers,” said Beavers.

Beavers also said it would take time to clearly define her goals and objectives for USAMITC.

“There are many key initiatives that USAMITC manages already and each of these initiatives carries with it, its own guidance for deployment plans. I will work to learn the importance of each of the initiatives and then blend in additional goals and objectives as I determine the organization is ready to move on to additional missions,” Beavers said.

GAZEBO CONCERT

Photos by Esther Garcia



You can't have a concert in Texas without country music. Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School sings "Amarillo by Morning."



Staff Sgt. Jesse Bolanos, Army Medical Command Band, practices as his wife, Angie, watches. The next gazebo concert will be held in September.



Under the direction of Chief Warrant Officer Douglas Paarmann, the trombone section of the Army Medical Command performs during the gazebo concert July 19. Maj. Gen. David Rubenstein, deputy surgeon general, welcomed the crowd of about 150, thanking the warriors and Families for what they do every day.

Lincoln Military Housing joins FSH National Night Out event

NATIONAL
**NIGHT
OUT**
America's Night Out Against Crime

Lincoln Military Housing will host the annual crime prevention National Night Out Aug. 4.

National Night Out is a nationwide crime prevention activity designed to heighten crime prevention awareness; generate support for, and participation in local anti-crime prevention programs; strengthen neighborhood spirit and police community relations; and send a message to criminals let-

ting them know that our neighborhoods are organized and are fighting back against crime.

Registration forms were distributed in the LMH quarterly newspaper and are also available at the Housing Office located in Building 367. Submit the registration form to the housing office in person or fax it to 270-7699.

Lincoln Military Housing may be able to sponsor a portion of your

block party; however, funds are limited and will be allocated on a first-come first-served basis.

Once registered for a party, LMH will arrange for post community leaders to visit the party to meet residents and neighbors.

FSH family housing residents interested in participating in this event are encouraged to call 270-7638.

~ Residential
Communities Initiative

PTSD TREATMENT from P1

gram is to offer effective therapy for PTSD within the primary care environment, where service members are likely to feel more comfortable seeking mental health assistance.

Service members who wish to participate in this type of treatment program simply schedule an appointment with their primary care manager and go to their primary care facility, just as they would for any other treatment. The primary

care manager then refers the service member to the behavioral health consultant who works in the primary care clinic. This process helps to mainstream the treatment alongside other, more routine care. It is hoped that, as a result, service members will feel less isolated or ostracized and be more willing to ask for help.

PTSD is caused by exposure to a traumatic event that involves actual or threatened death or serious injury. An individual who is experiencing

PTSD symptoms may have been personally threatened or injured, or he or she might have witnessed the death or serious injury of another. In either case, the severity of PTSD is directly related to the level of threat to the person's life or the lives of others while in the combat environment.

PTSD is one of the top health concerns for service members returning from combat duty in Iraq and Afghanistan. Recent studies of Operation Iraqi Freedom and Operation Enduring Freedom veter-

ans suggest that 5 to 17 percent of U.S. military personnel returning from deployments have PTSD symptoms and as many as 25 percent report some psychological problems.

Almost 2 million U.S. military personnel have deployed in support of OIF/OEF, and estimates in this population indicate that 100,000 to 300,000 OIF/OEF veterans are at significant risk for chronic PTSD.

The most effective treatment for PTSD is cognitive-behavioral

therapy that helps the service member deal more directly with the distressing memories, feelings and thoughts related to combat exposure. Typically, these treatments are only available in the mental health clinic.

Thanks to research conducted by the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience, or STRONG STAR, doctors at WHMC and BAMC have been able to launch this study and treatment.

STRONG STAR is a multidisciplinary and multi-institutional research consortium funded by the U.S. Department of Defense to develop and evaluate the most effective early interventions possible for the detection, prevention and treatment of combat-related PTSD in active-duty military personnel and recently discharged veterans. Under the leadership of the University of Texas Health Science Center at San Antonio, the consortium brings together the expertise of civilian, military and Veterans Administration institutions and investigators, striving together to make major scientific advances in military PTSD research and prevent the onset of chronic PTSD in a new generation of veterans. For more information about the STRONG STAR and its various research programs, visit www.strongstar.org.

"This is a significant

See PTSD TREATMENT P7

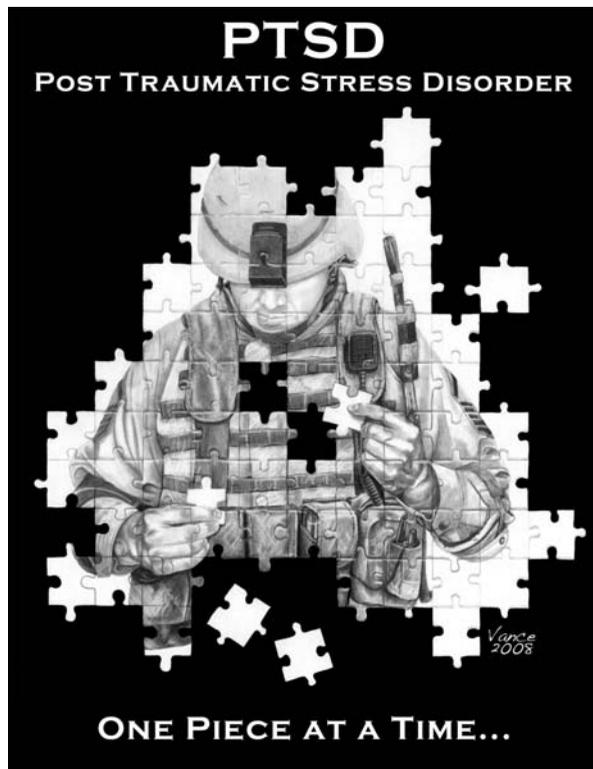
PTSD TREATMENT from P6

number since there is a possibility that none of these patients would have sought treatment for PTSD without this intervening step. Many people just won't go to a mental health facility," said Lt. Col. (Dr.) Jeff Cigrang, chairman of the Department of Psychology at WHMC and principal investigator for the study. "Often, service members who need help do not seek it for months to years after their return from deployment. In many cases, it is a spouse or other family member who is affected by the service member's irritability, social withdrawal or emotional numbing that encourages them to seek help. Once symptoms are identified, an

additional benefit to offering this treatment in the primary care setting is that appointments are more accessible, so patients experience less wait time to see a doctor."

The treatment in primary care is more abbreviated and less time-intensive than the options offered at the mental health clinic, so service members are able to schedule appointments better in conjunction with their work schedules.

Treatment involves face-to-face meetings with a behavioral health consultant and completion of homework assignments between appointments. Service members are generally treated in four to six appointments over two to three



Post-traumatic Stress Disorder pencil illustration by Master Sgt. William Vance

months, and each appointment lasts 30 minutes. At the comple-

tion of the primary care treatment, the service member has the option, if

needed, of referral to other, more intensive treatments for PTSD.

"We are hopeful that this relatively brief treatment in primary care will be the solution for many service members with PTSD," said Dr. Laura Avila, study co-investigator at BAMC. "For others, it may serve as a good first step to getting the additional help they need from mental health specialty services."

Patients participating in the study are responding well and progressing through various stages of treatment. Some have already completed the program successfully. After treatment, doctors follow-up with the patients at intervals of one month, six months and one year.

"Service members

who have sought out this treatment post-deployment come from various career fields, including medical, mortuary affairs, security forces, transportation and others," said Dr. Cigrang. "It's important that we get the word out that seeking help for PTSD is as vital as being treated for any other medical condition and there should be no stigma or shame associated with it."

Dr. Cigrang recommends that service members with an interest in getting help for deployment-related PTSD speak with their primary care manager about a referral to behavioral health consultation services at their primary care clinic.

Army North Soldier's efforts bring July Christmas to school

Story and photos by
Sgt. Joshua R. Ford
Army North Public Affairs
Office

Sgt. 1st Class Rudy Hass, a chemical non-commissioned officer at U.S. Army North, presented 22 refurbished laptops to the kids and employees of St. Peter Prince of the Apostles school during a ceremony at Fort Sam Houston July 13.

“He came to our rescue and we’re really excited because (the laptops are) helping our children move forward in the world of technology,” said Janette Salinas, vice principal at the school. “It was Christmas in July for us.”

Hass was able to provide the school with the laptops through the Department of Defense’s “Computers for Learning” program. According the Defense Reutilization & Marketing Service Web site, the DoD CFL program was created to provide useful technological equipment to schools and educational nonprofit organizations serving grades pre-K through 12.

“To have this many computers given to a school like St. Peters is unheard of. So for us it’s a wonderful program that will definitely make a big difference in our children’s lives,” Salinas said.

The program streamlines transfer of excess



Sgt. 1st Class Rudy Hass presents staff and students of St. Peter Prince of the Apostles school with 22 refurbished laptops during a ceremony at Fort Sam Houston.

and surplus equipment, first to other DoD organizations then to schools registered in the program.

“This will make all the difference in the world to

us because we are really trying to phase out old text books,” said Ann Lauder, St. Peter’s principal. “These computers will be accessible to the kids all day so this will

be great.”

“Last year we didn’t use laptops that much so now I’m looking forward to using them,” said 11-year-old Bethany Bisnett, a St. Peter’s 6th grade

student. “I’m excited.”

Interested DoD organizations, schools and nonprofit educational entities apply online at <https://www.drms.dla.mil/rtd03/cfl/index.shtml>.



Smiles abound as children from St. Peter Prince of the Apostles check out refurbished laptops they will use next semester. The school is trying to move away from textbooks to electronic books.

10K team trains hard, wins races

Soldiers from 264th Medical Battalion have the opportunity to train for and compete in various local San Antonio races.

The 10K program is designed to challenge Soldiers not only physically but mentally.

“Soldiers may start out struggling to keep up but it’s not long before they are at the front of the pack and encouraging their battle buddies to keep going,” said Sgt. 1st Class Erin Trudden, B Company, 264th Med. Bn. team captain.

Soldiers are required to pass a record Army Physical Fitness Test, maintain at least a grade point average of 80 per-

cent or better, have no Uniform Code of Military Justice articles, permission from their platoon sergeant, and stay in good standing with both the school house and the company to gain eligibility for the 10K team.

“When I first heard about the 10K team, I thought the people who participated on the team were psychotic and overzealous,” said Pvt. Joshua Sudbury, B Co., 264th Med. Bn. “Now I have become one of those psychotic and



Courtesy photo

Members of 264th Medical Battalion 10K team pose for a photo June 20 at the Carabba's Half Marathon at McAllister Park.

overzealous people.”

Training is conducted 5:30 to 6:30 a.m. A normal PT week consists of long runs, 5-6 miles, either on the loop down in the 232 area or on Stanley Road to what has been become known among the members as the “Tree of Woe” at least

twice a week depending on the races they will be participating in that weekend.

Trudden said the tree got its nickname because it is located at the halfway point in the long course. “When you get to the ‘tree of woe’ you think to yourself, ‘Woe, I

have to go back!’”

Speed work is done at least once a week either on NCO hill, timed laps on the track or *fartlek* runs. *Fartlek*, a Swedish word for “speed play,” is a form of training runners use as an alternative to just pounding pavement. Strength

training circuits are done twice a week to increase core and upper body strength and aid in running form and agility.

“After an hour your body hurts but you look in the mirror and can almost immediately see

See 10K TEAM P10

AMEDD Inaugural Doctor of Science Program in Occupational Therapy has commenced

A new chapter opened in the proud history of the U.S. Army Medical Department Center and School with an official welcome ceremony inaugurating the Doctor of Science in Occupational Therapy June 30, at Brooke Army Medical Center.

Also welcomed during the ceremony were the Doctor of Science Programs in Physical Therapy and Physician Assistant.

The DScOT has been four years in the making through the diligent efforts of the Program Director Col. (Dr.) Robinette Amaker and the Associate Director Lt. Col. (Dr.) Ricky Joseph. The DScOT produces technically and tactically proficient advanced Occupational Therapy clinicians, who will appraise, assimilate and inte-

grate scientific evidence into warrior care throughout the Department of Defense.

The program will be conducted over an 18-month period with greater than 3,000 hours of clinical training and approximately 900 hours of didactics. The program will produce graduate level clinical scientists who will be charged with being future leaders and mentors that establish scholarly excellence for the OT profession in strengthening evidence-based practice.

The four pillars of the DScOT curriculum are:

- 1) Behavioral Health
- 2) Warrior Rehabilitation
- 3) Research and
- 4) Advanced Practice

These pillars will ensure future Army OT's are at the

forefront of their profession in promoting Soldier readiness, healthy living and optimal performance among all DoD beneficiaries. The DScOT is the natural clinical progression for all Army OTs in an effort to enhance future best-practice principles and ensure the continued effort toward the highest quality of warrior care is maintained from garrison to battlefield for years to come.

Each student in the inaugural class is a practicing health care professional and licensed OT with a diverse and varied practice background that includes pediatrics, behavioral health, ergonomics, and upper extremity neuromusculoskeletal rehabilitation.

~AMEDDC&S

10 K TEAM from P9

the results," said Sudbury. "A strong body can do anything."

The team is also given guidance on proper ways to refuel and hydrate.

The 10K team has participated in several local races such as the Flag Day race at McAllister Park, Carrabba's Classic Half Marathon, Relay & Nature Walk at McAllister Park, and the Freedom 4-Miler at Woodlawn Lake Park.

B Company's Team America, Pvts. 1st Class Jason Quon and Shama Serrat, and Pvts. John Timbs and Sudbury, won the Carrabba's Half Marathon Relay in an impressive 1:37:46.

In total seven 264th Med. Bn. Team's competed; five teams representing B Company and two teams rep-

resenting C Company.

"Personally I feared I would crack under the pressure because I was the last runner and my team was counting on me. When it was my turn to run I stood ready at the relay line waiting for Serrat to come bolting down the lane to pass the baton off," said Sudbury.

"Every time my legs felt like they were going to give out or that I could breathe no more, I looked to God and could only think of my teammates and how they had worked so hard to get us this far. I could not let them down," he said.

"The team roster is always changing as Soldiers graduate from their training at Fort Sam Houston, but they always carry the team's mantra 'winners never quit and quitters never win,'" said Trudden.

~B Co., 264th Med. Bn.

BRAC from P1

Col. Mary Garr highlighted connections between the military and San Antonio that the Quadrangle and FSH symbolize, describing the 164-year history between the Army and the San Antonio community. She explained that prior to the Quadrangle's completion in 1879 the Army used a variety of buildings and places in and around the city to manage and house its officers, troops, ammunition and supplies.

"The citizens of San Antonio and the civic and business communities played an important role in convincing Gen. Phil Sheridan to keep the Army in San Antonio after the Civil War," she said.

The Army stayed in San Antonio and continued to look for a permanent location. City fathers donated an area east of the city in 1870 and the Quadrangle was the first building completed at the "Post of San Antonio," renamed Fort Sam Houston in 1890.

"By 1887, San Antonio began expanding trolley lines to this area, local citizens called 'Rattlesnake Hill,' Garr said. "Neighborhoods were established near the post since it was easier to commute. With the proximity of the Army, this area became known as Government Hill" and still exists today with a strong neighborhood association."

Garr said expansion will provide lasting benefits to the community.

"BRAC stands for Base Realignment and Closure. But because this realignment will have such a positive impact on San Antonio, we think the BRAC acronym could also stand for Building Relationships Around Community," said District 2 City Councilwoman Ivy Taylor.

Taylor stressed the economic growth due to the influx of business into San Antonio.

"Large and small companies alike will have a chance to grow their businesses. That is why we need the people in the community to keep up



Photo by Donald Manuszewski

Master Sgt. Noe Garcia, U.S. Army North, shakes "American Idol" finalist Haley Scarnato's hand during the city of San Antonio's launch of the "Embrace BRAC San Antonio" campaign at Fort Sam Houston's Quadrangle. Scarnato opened the ceremony with a rendition of the "National Anthem."

with the progress. The public relations campaign is designed to keep people up-to-date with that information."

She said there had been quite a lot of pre-planning and that planning continues.

"We also have the Fort Sam Houston Community Development Office where we have provided funding for staff who will be out in the community."

"We were ranked number one in the nation in terms of the strength

of our economy during this very difficult time and the reason we were is because of a very strong public-private effort here," said Bexar County Judge Nelson

Wolff, adding BRAC is the biggest economic development project in the history of San Antonio.

"Soldiers and their Families will be coming into a military communi-

ty which is thrilled to have them," Garr said, "and a civilian community surrounding Fort Sam that is absolutely thrilled to have them."



District 2 City Councilwoman Ivy Taylor stands next to the "Embrace BRAC San Antonio" logo unveiled at Fort Sam Houston's historic Quadrangle. She was a featured speaker at the presentation.

Regimental Riders promotes motorcycle safety, awareness

By Khrysten S. Darm
U.S. Army South Public Affairs
Office

James Stubblefield knows the importance of motorcycle safety. As the president and motorcycle mentorship coordinator of the Regimental Riders, and a U.S. Army South Office of the Command Surgeon employee, he's on a mission to educate as many riders as possible.

The Regimental Riders is a local, non-profit organization fostering a safe riding program while promoting community awareness. Members include active and retired military, Department of Defense civilians, contractors and Family

members in the Fort Sam Houston and San Antonio communities.

On par with the Army's Motorcycle Mentorship Program, Regimental Riders pairs inexperienced riders with experienced riders, and through camaraderie and partnership, help individuals gain confidence on a motorcycle. Members also teach proper methods for conducting safety inspections on the bikes.

The organization implements a four-step program. First, members help newcomers get into the Basic Riders Course, then assist with obtaining a motorcycle license, followed by selecting a bike and finally mentoring during weekly rides.



Photo by Robert R. Ramon

Miguel Mattei, safety officer for the Regimental Riders, gives a safety briefing to members of the club before the mentorship ride April 15.

"A lot of people don't know what kind of bike they want, so why not have your mentor there with you to help you decide," said Stubblefield.

Since the Regimental Riders are affiliated with the military, members

follow the motorcycle safety rules prescribed by the U.S. Army Combat Readiness and Safety Center, such as wearing required personal protective equipment.

"We wear the proper PPE every time. It is a pre-requisite within my organization," said Stubblefield. "If you don't wear it, I will tell you to go home, or take you out of the club."

"There is no excuse for not being able to find

someone to ride with you," said Stubblefield. He suggested contacting members through the group's Web site, www.regimentalriders.com.

According to the FSH Safety Office, zero motorcycle fatalities have been reported for Soldiers assigned to the post since the Army's motorcycle mentorship program began. The Army's Web site is <https://safety.army.mil/mmp>.

All personnel will comply with FSH Reg 385-2 requirements before operating or riding a motorcycle on Fort Sam Houston, Camp Bullis, or the U.S. Army recreation area at Canyon Lake

Standards for Operators and Riders

- Must have a valid state motorcycle operators permit
- Must have proof of financial responsibility as required by Texas state law
- Must wear a properly fastened and approved helmet, eye protection, and high-visibility garments (light color for day and reflective for night) whenever and wherever they operate or ride a motorcycle. This paragraph applies to military personnel while riding or operating a motorcycle on or off the installation
- Use of headphones or earphones while operating a motorcycle is prohibited
- Headlights must be on at all times
- Military personnel, Family members, or civilian employees of the Department of the Army must successfully complete a certified Motorcycle Operator Skill Test including the road test, and attend a safety briefing. Commanders may, in writing, authorize military personnel, Family members, or civilian employees to operate a motorcycle without such testing from the time of their arrival until the next available MOST exam.

Standards for Motorcycles

- All motorcycles must be currently registered and display a valid state license plate according to Texas state law or state law of the owner's residence
- All motorcycles must display a valid state inspection sticker from the owner's state of residence or from the state of Texas
- All motorcycles operated or ridden must be registered with the Provost Marshal and display a valid FSH motorcycle registration

Army Wounded Warrior Program hosts national symposium

Soldiers, veterans, and Family members identify top five issues in care

More than 60 severely wounded Soldiers, Veterans, and their Family members gathered in San Antonio July 8-14 at the fifth Army Wounded Warrior Program Symposium, and identified the top five issues that should be addressed to advance wounded Soldier care.

Chosen from more than 70 topics discussed with subject matter experts in focus groups, subjects ranged from medical, to careers,

Family, and Department of Veteran Affairs issues. Groups discussed issues separately by category and then voted on the most important.

"AW2 will work inside the Army, inside the Defense Department and in coordination with other agencies to resolve these issues to the best of our ability," said AW2 Director Col. Jim Rice. "The Symposium delegates have been the voice of all AW2 Soldiers, veterans, and Families. AW2 takes their recommendations very seriously. This feedback is priceless."

Some AW2 Soldiers appreciated the opportunity to return to San Antonio and Brooke Army Medical Center.

"Joe was treated at the

BAMC burn unit for two years after he was injured," said spouse Leslie Fowler. "We were excited for the opportunity to visit with the nurses and doctors who took such good care of him."

"The AW2 program is so important in all our lives," said Jared Hatch, a wounded warrior and the VA focus group spokesperson. "The AW2 advocates do such a great job connecting us with the programs and benefits available. My group wants them to have more information about VA programs so they can do an even better job helping Soldiers like us."

The symposium was also therapeutic for many delegates.

"This experience con-

tinues the unified effort our Family has always made to support the military," said Shenise Stamps, whose husband is a wounded warrior. "Our five kids and I have always supported my husband DeKeither when he goes to fight. This week, the kids saw the Army supporting us. Anything that affects one Army Family affects the whole Army Family."

As part of the focus on the Families of the severely wounded, the children of AW2 delegates participated in a week-long urban adventure camp, made possible by the National Military Family Association's Operation Purple camp. The camp focused on the idea that "kids serve too,"

and the children enjoyed outings to Sea World, the Alamo, horseback riding, and the San Antonio Children's Museum.

"I expected my eight-year-old to enjoy Operation Purple camp," said Christina Grimes, wife of a wounded warrior, "but my teenage daughter was even more excited. The first day, she met three other girls whose fathers had traumatic brain injuries, and they spent a lot of time sharing their experiences."

For more information about the Army Wounded Warrior Program, visit www.AW2.army.mil or call 1-800-237-1336.

~U.S. Army Wounded Warrior Program

The top five issues that should be addressed to advance wounded Soldier care:

- Concurrent receipt of retired and Veterans Affairs disability pay
- Comprehensive psychoeducation for post-traumatic stress disorder/traumatic brain injured servicemembers, their Family members, and caregivers
- Veterans Affairs education for Army Wounded Warrior Program Advocates
- Stipend for primary caregivers of ill/injured servicemembers
- Community support coordinators in geographically dispersed areas

According to AW2, issues raised at previous symposiums have subsequently been resolved, resulting in solutions ranging from expanded facilities to treat TBIs to the establishment of Soldier and Family Assistance Centers.

Fort Sam Houston prepares its historic buildings for new tenants as Cultural Resources looks head to joint basing

By Brian Dwyer

Fort Sam Houston Joint Program
Management Office

Some of the oldest structures in the U.S. Army's inventory are gaining new life and use under the Base Realignment and Closure construction and renovation program on Fort Sam Houston.

Construction of the post began in 1876, and Fort Sam Houston has more historic structures than any active military installation in the United States.

"We have more historic buildings than Colonial Williamsburg," said David Brigham, cultural resources manager for Fort Sam Houston. Today, several of these 800 buildings are part of a massive transformation of the post to accommodate the arrival of thousands of military personnel, federal employees, and new missions required by BRAC.

"These are not house museums where everything is completely original," Brigham said. "These buildings have to be brought up to code and have the features that we need so they can be utilized."

The restored historic structures will provide administrative space for about 3,000 military and civilian employees from a variety of

realigned agencies and commands. Installation Management Command will relocate with its command headquarters, west region headquarters, Family and Morale, Welfare and Recreation Command and the U.S. Army Environmental Command. The Mission and Installation Contracting Command and the Network Enterprise Technology Command, including the 106th Signal Brigade, will also be housed in restored historical buildings.

New facilities built through other BRAC projects will provide for an additional 9,000 individuals relocating to Fort Sam Houston.

These renovation projects include about two dozen structures, many of which are more than 75-years-old, and several that are more than a century old. As federal historic renovation efforts, the projects are proceeding within the parameters of the National Historic Preservation Act.

A special Army Alternate Procedures agreement is also in place that outlines more specific management practices to protect the visual character of the buildings. Under this agreement, project teams consult regularly with the Advisory Council on Historic Preservation and the Texas Historical Commission.

Alternate procedures streamline the approval process. Rather than consult with the historical commission for each project, Fort Sam Houston proceeds under a standard operating procedure agreed upon by national and state regulators. But, when Fort Sam Houston aligns under Air Force operational control in October 2010, the Army's alternate procedures will no longer apply.

We believe a programmatic agreement between the joint base, the Advisory Council and the Texas Historical Commission will be developed Brigham said.

Consultation under Section 106 of the National Historic Preservation Act can take up to 30 days for each project. If the state historical program office requests a change, the 30-day period starts again.

"Renovation projects like these require extraordinary effort because intricate architectural features must be preserved to achieve an appearance that is true to the original designs," said David Thomas, director of the Joint Program Management Office, which is overseeing the San Antonio BRAC construction and renovation program.

"Extra care and diligence are also necessary in carrying out the work because of the delicate state

of some of these buildings."

The goal is to make a building with the same look and feel, but usable by modern workers, according to Brigham.

"We try to maintain the common areas such as lobbies and stairwells and keep the ceilings at the height they are to maintain the spatial nature of the building," he said, "but we tend to take some liberties with the other areas."

While taking away some Army-specific programs, BRAC benefited the historic buildings program, Brigham added. "We are able to fund the rehabilitation of some of these buildings that we weren't able to do before. And there are probably very few substantial historic properties on Fort Sam that are not being rehabilitated or planned for reuse."

"All federal agencies have the responsibility to be good stewards of our historic properties and make efforts to maintain our cultural resources. Fort Sam has a long and storied heritage. We need to preserve it. The truth is that even though, in some cases, the rehabilitation of these buildings may be expensive, it's typically not more expensive than building a new building," Brigham said.

~ Neal Snyder contributed to
this article.



A building in the historic district of Fort Sam Houston undergoes renovation in preparation for the influx of workers brought by the 2005 Base Realignment and Closure process.

Photos by Neal Snyder



Registration dates announced for Fort Sam Houston ISD

The military installations of Fort Sam Houston and Camp Bullis comprise the Fort Sam Houston Independent School District. Children of military personnel residing on these installations are eligible to attend pre-kindergarten through grade 12.

The Fort Sam Houston Elementary School includes Pre-K to fifth grades; Cole Middle School includes grades sixth to eighth and Cole High School includes grades ninth to 12th.

Students who attended Fort Sam Houston Elementary School or Robert G. Cole in May 2009 have already been registered and need not re-register unless the student was (1) withdrawn at the end of May by his or her parents or (2) whose parents had not been assigned quarters as of Aug. 24.

Parents with students already residing on the installation should bring a copy of their Lincoln Housing Lease Agreement to registration. Parents with students

not currently living on the installation but with an anticipated move-in date during the 2009-2010 school year should contact the Lincoln Housing Office prior to registration to request a permission form be faxed to the FSHISD District Office at 368-8741.

Parents are requested to bring the following to registration:

- Immunization records
- Copy of birth certificate
- Student's social security card
- Report card from the previous school, if applicable
- Other school records from the previous school
- Proof of residency
- Driver's license of the parent or guardian

All district and campus offices will be closed the morning of Aug. 18 for district convocation. Offices will re-open at 1 p.m.

Fort Sam Houston Elementary School

Registration for new students attending Fort Sam Houston

Elementary will be held July 30, 8:30-11 a.m. and 1-3:30 p.m. in the elementary school cafeteria. Parents unable to register on that day may do so starting Aug. 3 to Aug. 21, 8-11 a.m. and 1-3 p.m.

A change in state law allows all pre-kindergarten aged children of active duty military personnel to receive a public school education. Students must be 4-years-old on or before Sept. 1 and all children of active duty military personnel who reside on the installation or will move into housing within the 2009-2010 school year are eligible to attend. District transportation is not provided for pre-kindergarten students.

Children must be 5-years-old on or before Sept. 1 to enroll in kindergarten and 6-years-old on or before Sept. 1 to enroll in first grade.

Robert G. Cole Middle and High School

In order to better serve parents and students, registration will be

conducted with a counselor on an appointment basis. Appointments can be made by calling 368-8734.

Middle School Registration Dates

Aug. 11	Sixth grade
Aug. 12	Seventh grade
Aug. 13	Eighth grade
Aug. 14	All Levels

High School Registration Dates

Aug. 11	Ninth grade
Aug. 12	10th grade
Aug. 13	11th grade
Aug. 14	12th grade

Parents unable to register children on these dates register Aug. 24 on a first-come, first-served basis.

Back-to-School Immunizations

The Brooke Army Medical Center Allergy/Immunology Clinic is available for Back-to-School immunizations for eligible beneficiaries 6-years and older, on a walk-in basis Mon., Tues., Thurs. 7:30 a.m.-11:15 a.m. and 1:15-3:45 p.m. on the third floor above the medical mall clinic entrance. Children 5-years and younger go to primary care providers for screening. Children must be appropriately immunized before school to meet state requirements. Call the Allergy/Immunology Clinic, 916-3011 or visit www.dshs.state.tx.us/IMMUNIZE.

Fort Sam Houston Elementary School 2009-2010 School Supply List

Pre- Kindergarten

- 1 - box of tissues
- 1 - school bag (large enough to hold papers and a library book – no book bags with wheels)
- 4 - Elmer's School glue (not "gel" or "no run" glue)
- 4 - sticks Elmer's School glue
- 1 - pocket folder (solid color)
- 1 - box gallon Ziploc bags – boys only
- 1 - box sandwich or quart bags – girls only
- 1 - box Crayola Classic markers
- 1 - kindergarten
- 1 - package construction paper (variety pack 9 inch by 12 inch)
- 1 - box Crayola water colors
- 1 - box Crayons
- Refill of baby wipes (hand wipes)
- Change of clothes

Kindergarten

- 4 - glue sticks
- 1 - Fiskar scissors – round tip
- 1 - package construction paper (variety pack 9 inch by 12 inch)
- 1 - backpack (no wheels) – with student name on it (large enough to hold papers and library book)
- 1 - package of Crayola-brand water color paint set – 8 colors
- 4 - packages Crayola Classic markers (fat ones)
- 1 - package paper bags – girls only
- 1 - box Ziploc quart or gallon bags
- 8 - boxes Crayola crayons – 16 count
- 2 - boxes of tissues – 200 count
- 1 - package manila paper
- 1 - bottle hand sanitizer
- 2 - bottles of Elmer's glue
- 1 - package of pencils – Boys only
- Change of clothes
- No supply boxes*

First Grade

- 3 - spiral notebooks - no design, wide-ruled, 70 pages
- 1 - package three by five white index cards
- 1 - 1 inch three-ring binder - no design
- 1 - box of tissues – 200 count
- 3 - folders with brads and pockets - no design
- 1 - box baby wipes
- 1 - box Ziploc bags gallon-size - Boys
- 1 - box Ziploc bags quart-size - Girls
- 1 - bottle Elmer's glue
- 1 - three-pack glue sticks
- 1 - pink pearl eraser
- 24 - No. 2 yellow pencils – no design
- 2 - boxes Crayola crayons – 24 count
- 2 - boxes Crayola crayons - wide tip
- 2 - Crayola watercolor paint set
- 1 - pair Fiskar scissors
- Change of clothes

Second Grade

- 1 - ream white copy paper
- 7 - Mead hard-cover composition books - no spirals
- 48 - yellow No. 2 pencils - No Eagle brand
- 2 - boxes Crayola crayons – 24 count
- 1 - plastic shoe box (no taller than 4 1/2 inches)
- 1 - Fiskar scissor – sharp point
- 2 - boxes tissue – 200 count
- 2 - white school glue – 8 ounces
- 4 - glue sticks
- 4 - pocket folders with brads- red, yellow, green and blue
- 1 - package assorted color 9 inch by 12 inch construction paper (no tablets)
- 2 - packages Crayola-brand markers
- 1 - package Crayola-brand colored pencils
- 1 - backpack
- 1 - package Ziploc quart freezer bags – Boys only
- 1 - package Ziploc gallon-size freezer bags-

Girls Only

- 1 - package baby wipes
- 2 - packages manila paper 12 inch by 18 inch
- 4 - pink pearl erasers
- 1 - package of wide-ruled notebook paper
- 2 - bottles anti-bacterial sanitizer

Third Grade

- 48 - yellow No. 2 pencils - (No Eagle brand)
- 1 - pencil box 5 inches by 8 inches (small plastic)
- 1 - 12-inch ruler – inch and metric – wood only
- 2 - boxes Crayola crayons – 24 count
- 2 - Elmer's glue – 8 ounces
- 2 - boxes kleenex – 200 count
- 2 - reams white copy paper (letter size)
- 1 - Fiskar scissor –sharp point
- 10 - pocket folders (2 blue, 2 green, 2 yellow, 2 orange, 2 red) no designs please
- 4 - spiral notebooks – 70 page wide- ruled, no design
- 1 - package assorted 12 inch by 18 inch construction paper (no tablet) – Boys only
- 1 - package 9 inch by 12 inch manila paper- Girls only
- 2 - pink pearl erasers
- 1 - bottle hand sanitizer
- 1 - pencil box 5 inches by 8 inches (small plastic)
- 1 - box Crayola markers – classic wide tip
- 1 - dozen eraser caps for pencils
- 1 - roll paper towels – Girls only
- 1 - gallon Ziplock bags – Boys only
- 1 - wet wipes
- 2 - packages notebook paper (wide rule)
- No three-ring binders or trapper keepers – No names on supplies for third grade*

Fourth Grade

- 1 - supply box – small
- 30 - yellow No. 2 pencils (not Eagle or mechanical)

Robert G. Cole Middle School Supply List

Sixth Grade

- 4 - spiral notebooks (70 pages each)
- 1 - five-subject notebook (wide-rule, 200 sheets, eight-pocket, poly cover, heavy-duty back by Exceed – available at Wal-Mart)
- 1 - set of five individual dividers
- 2 - pocket folders with brads
- 2 - packages wide-ruled three-ring notebook paper
- 5 - 1 1/2-inch binders (one for each subject)
- 1 - pencil pocket with binder holes
- 1 - set of colored pencils
- 2 - red pens
- 1 - package of No. 2 pencils
- 1 - pair of scissors
- 2 - glue sticks
- 1 - ruler
- 1 - pack of Pink Pearl erasers
- 2 - packages of Expo markers (for white board work)
- 2 - large boxes of tissue
- Optional: locker shelf

Seventh Grade

- 5 - 1-inch ring binders
- 1 - 70-page spiral notebook (reading)
- 1 -150-page spiral notebook
- 2 - three-subject spiral notebooks
- 1 - homework pocket folder
- 5 - packages of wide-ruled three-ring notebook paper
- 5 - packages of tab dividers
- 1 - zippered pencil and pen bag
- 1 - package No. 2 pencils
- 2 - packages blue or black ink pens
- 3 - red grading pens
- 1 - package colored pencils
- 1 - package dry-erase markers (black)
- 1 - package of three glue sticks
- 1 - package transparent highlighters
- 1 - ruler (centimeters and inches)
- 2 - large boxes of tissues
- 1 - two-subject spiral notebook
- Optional: locker shelf

Eighth Grade

- 5 - 1-inch three-ring binders
- 1 - 150-page spiral notebook

- 1 - tablet 1/4 inch graph paper
- 4 - packages wide-ruled three-ring notebook paper
- 2 - packages of tab dividers
- 1 - package of No. 2 pencils
- 2 - packages blue or black ink pens
- 1 - package red grading pens
- 1 - package colored pencils (12 count)
- 1 - package dry-erase markers (black)
- 2 - packages of transparent highlighters
- 3 - large boxes of tissues
- Optional items:
Eighth graders taking Algebra I are encouraged to purchase a TI83+ calculator. If students cannot purchase a personal calculator, they will be issued one in class.
Locker shelf

Note: Some supplies will need to be replenished during the year. Elective classes may have additional minimum requirements determined by the nature of the elective. All middle school students will be issued a school locker and allowed to carry a backpack (no wheels).

- 1 - 12 inch ruler – inch and metric markings (wooden)
- 1 - box Crayola crayons – 24 count
- 1 - Elmer's glue – 8 oz.
- 2 - boxes tissues – 200 count
- 2 - packages wide spaced notebook paper
- 1 - package Crayola fine point markers – 8 color
- 1 - Fiskar scissor – sharp point
- 10 - pocket folders with brads (solid colors)
- 6 - wide-ruled spiral notebooks (70 page)
- 1 - roll paper towels
- 1 - box colored pencils – 12 count
- 1 - bottle waterless hand sanitizer (pump)
- 4 - highlighters (wide/yellow)
- 1 - box quart sized freeze lock baggies – Girls

- 1 - box gallon sized freeze lock baggies – Boys
- 2 - red pens
- 2 - glue sticks
- 2 - reams 20 pound white copy paper
- 1 - package 9 inch by 12 inch construction paper – Girls
- 1 - package 9 inch by 12 inch manila paper - Boys
- No notebooks, No trapper keepers*

Fifth Grade

- 1 - zipper pouch
- 24 - No. 2 pencils
- 2 - highlighters
- 10 - red checking pens
- 1 - box colored pencils – 12 count

- 2 - 1 inch three-ring binder
- 2 - boxes tissues – 200 count
- 1 - package of re-enforcements
- 5 - folders with three-brads and pockets
- 2 - packages tab dividers with pockets
- 5 - spiral notebooks – 70 pages
- 2 - packages wide-lined paper
- 1 - glue stick
- 1 - roll paper towels
- 1 - ream (500-count) white copy paper
- 1 - hand held sharpener with lid
- 5 - cloth book covers

*Note:
Supplies must be replenished throughout the year*



Announcements

Swim lessons

The Fort Sam Houston Aquatic Center in conjunction with the American Red Cross is offering swim lessons for children 16 years and under. Morning classes, 9-9:45 a.m., 11-11:45 a.m., evening classes 7-7:45 p.m., at the Jimmy Brought Gym. All sessions have a parent and child class at 11:15-11:45 a.m. for children 4 years and under. Each session includes eight days of lessons, class photo, T-shirt and a certificate of completion. Registration is \$40 for ages 16 and under and \$35 for parent and child classes. Registration held daily from 11 a.m.-7 p.m. at the Aquatic Center. Call 221-1234 or 221-4887.

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 221-4871.

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 27-31 and Aug. 3-7. Cost of each session is \$195. A \$25 non-refundable deposit is due at registration, which is ongoing. Call 224-7207.

Couple's Enrichment

Family Advocacy offers a Couple's Enrichment class July 23, 30 and Aug. 3, 5:30-7 p.m. at Army Community Service, Building 2797. The three-part class centers on reconnecting with your partner. Part one discusses gender differences and communicating effectively, part two focuses on commitment, part three strives to enhance intimacy. To register, call 221-0349 or 221-2418.

H.U.G.S. playgroup

H.U.G.S. playgroup for parents and children birth to 5 years old meets each Tues., 9-11 a.m. at Dodd Field Chapel, Building 1721 for interactive fun play. Registration is not required. Call 221-0349 or 221-2418.

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/civilians, \$23/military with valid I.D., student and group rates available. Doors open 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.

New hours for the Library

The Keith A. Campbell Memorial Library will extend its operating hours beginning Sept. 1, Tues.-Fri. 9 a.m.-8 p.m.; Sat.-Sun. 11 a.m.-8 p.m.; closed Mon. and holidays. Call 221-4702.

EFMP Support Group

Army Community Service Exceptional Family Member Program offers a support group each Wed., 6-7:30 p.m. at School Age Service, Building 1705, Dodd Blvd. Open to Soldiers and military Families with special need members. MELD Special provides childcare and dinner. To register, call 221-2604.

Issues needed for AFAP 2009 Conference

People are invited to submit issues for inclusion in the 2009 Fort Sam Houston Army Family Action Plan conference to be held Oct. 21-23. Issues can involve housing, childcare, recreational activities, post security or any other areas of concern important to quality of life. No issue is considered insignificant or unimportant. Issue forms are located throughout the post, at Army Community Service, e-mail

ACS Outdoor Movie Night

July 31 – "Stuart Little 2"
8:20 p.m. at the post flagpole

Aug. 1 – "Zoom"
8:20 p.m. at the field between Youth Services and Dodd Field Chapel

Bring the Family out for these Family friendly films and don't forget the lawn chairs! Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 7 p.m.

samh.afap@conus.army.mil, or call 221-0275.

Calendar of Events

JULY 23

Stress Management class

Stress Management class, 11 a.m.-12:30 p.m., at the Red Cross, Building 2650. To register, call 221-0349 or 221-2418.

Credit Report class

Credit Report class, 1 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

JULY 24

Dive in Movie Night

The Fort Sam Houston Aquatic Center will host a Dive in Movie Night, starting at 8:30 p.m., Building 3300, William Rd. Event is free and open to all DoD card holders. The movie of the night is "Surf's Up." Patrons may use only inner tubes or water noodles, rafts and floaties will not be permitted in the pool. Call 221-4887.

Excel Level 3

Microsoft Office 2007 Excel Level 3, 8 a.m.-12 p.m., at Army Community Service, Building 2797, in the computer lab. Basic computer

skills, Excel Levels 1 and 2, and pre-registration required. Call 221-2518 or 221-2705.

JULY 25-26

3-D Archery Shoot

Camp Bullis will host a 3-D Archery Shoot Out, July 25-26. Registration is 8-10 a.m. Competitive shoot/\$15 per day; non-competitive shoot/\$10 per day. Patrons may participate both Saturday and Sunday. Call 295-7577.

JULY 27

PowerPoint Level I

Microsoft Office 2007 PowerPoint Level 1, 8 a.m.-12 p.m., at Army Community Service, Building 2797, in the computer lab. Basic computer skills and pre-registration required. Call 221-2518 or 221-2705.

Unit Trauma training

Unit Trauma training, 9 a.m.-2 p.m., at Army Community Service, Building 2797. Training assists unit leadership, FRG leaders, Care Teams, Casualty Assistance Officers, Casualty Notification Officers and community agencies with helping Soldiers, Families and the unit when

trauma events occur. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Savings and Investing class

Savings and Investing class, 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

JULY 28

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza is for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of arrival to Fort Sam Houston, July 28, 9:30-11 a.m., at the Sam Houston Club. Learn about Fort Sam Houston, the San Antonio area and meet representatives from organizations, programs and businesses. Call 221-2705 or 221-2418.

FRG Leadership Academy

Family Readiness Group Leadership Academy July 28-29, 9 a.m.-4 p.m., Army Community Service, Building 2797. Training provided for FRG key positions on roles, responsibilities and the communication network through the chain of command. To register, call 221-2705

or e-mail samh.acs.mob.deploy@conus.army.mil.

Baby Talk

New Parent Support Program offers "Baby Talk," 2-3:30 p.m., at Dodd Field Chapel, for parents with children newborn to 12 months. Call 221-0349 or 221-0655.

Mandatory 1st PCS move class

Mandatory 1st PCS move class, 2-4 p.m., Army Community Service, Building 2797. Learn to navigate that first move, from budgeting to house hunting, learn what funds are available from the Army and how to minimize out-of-pocket expenses. To register, call 221-1612.

JULY 29

PowerPoint Level 2

Microsoft Office 2007 PowerPoint Level 2, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. PowerPoint Level 1, basic computer skills and pre-registration required. To register, call 221-2518 or 221-2705.

See MWR P22

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – July 24

Lunch – 11 a.m. to 1 p.m.

Beef pot pie with biscuits, barbecued spareribs, baked kielbasa sausage, grilled chicken breast with sautéed onions, mustard dill baked fish, macaroni and cheese, steamed new potatoes, seasoned pinto beans, fried cabbage, steamed green beans, corn on the cob

Dinner – 5 to 7 p.m.

Meat loaf, fried chicken, lemon baked fish, tuna and noodles casserole, cheese tortellini, mashed potatoes, steamed rice, paprika buttered potatoes, glazed carrots, LA-style smothered squash, steamed green peas

Saturday – July 25

Lunch – noon to 1:30 p.m.

Roast pork, lemon garlic baked fish, spaghetti with meat sauce, cheese manicotti, baked potatoes, mashed potatoes, rice pilaf, season lima beans, steamed asparagus, French fried okra

Dinner – 5 to 6:30 p.m.

Chicken tetrazzini, breaded veal steaks, baked chicken, mushroom quiche, cottage fried potatoes, steamed rice, baked potatoes, steamed peas and carrots, southern-style turnip greens, steamed cauliflower combo

Sunday – July 26

Lunch – noon to 1:30 p.m.

Swiss steaks with brown gravy, spinach lasagna, chicken fajitas, grilled pork chops, Spanish rice, mashed potatoes, steamed rice, okra

and tomato gumbo, seasoned lima beans, seasoned wax beans

Dinner – 5 to 6:30 p.m.

Chili macaroni, salmon croquettes, herbed Cornish hens, cheese ravioli, rissole potatoes, baked potatoes, steamed wild rice, Harvard beets, steamed broccoli, steamed corn

Monday – July 27

Lunch – 11 a.m. to 1 p.m.

Buffalo chicken, shrimp scampi, cheese manicotti, baked ham with pineapple sauce, parmesan baked fish, baked sweet potato wedges, steamed rice, fettuccini alfredo, lyonnaise green beans, cauliflower polonaise, French fried okra

Dinner – 5 to 7 p.m.

Stuffed bell peppers, beef lasagna, vegetarian lasagna, cranberry glazed chicken breast, breaded pork fritters, O'Brien potatoes, baked potatoes, lyonnaise rice, steamed mixed vegetables, seasoned collard greens, steamed asparagus

Tuesday – July 28

Lunch – 11 a.m. to 1 p.m.

Beef fajitas, honey ginger chicken breast, spaghetti and meat sauce, grilled liver and onions, fried catfish, baked macaroni and cheese, supreme oven roasted potatoes, Spanish rice, steamed rice, Spanish-style beans, Mexican corn, fried cabbage

Dinner – 5 to 7 p.m.

Cheese enchiladas, meat loaf, fiesta chicken and rice, onion-lemon baked fish, grilled ham steaks, refried

beans, lyonnaise potatoes, steamed rice, glazed carrots, steamed zucchini squash, seasoned lima beans

Wednesday – July 29

Lunch – 11 a.m. to 1 p.m.

Stuffed cabbage rolls, roast turkey, veal parmesan steaks, spicy baked fish, cheese manicotti, cornbread dressing, mashed potatoes, parsley buttered potatoes, baked potatoes, seasoned turnip greens, steamed asparagus, seasoned black eyed peas

Dinner – 5 to 7 p.m.

Braised beef and noodles, roast pork, barbecued chicken, vegetable lasagna, country fried steaks, scalloped potatoes, steamed rice, baked potatoes, steamed cabbage, steamed green peas, Harvard beets

Thursday – July 30

Lunch – 11 a.m. to 1 p.m.

Pork chop suey, barbecued spareribs, Swedish meatballs, cranberry glazed chicken breast, broccoli quiche, au gratin potatoes, steamed rice, fried rice, Japanese stir-fry vegetables, seasoned collard greens, corn on the cob, steamed green beans with mushrooms

Dinner – 5 to 7 p.m.

Szechwan chicken, ginger pot roast, baked kielbasa sausage, lemon baked fish, cheese ravioli, fried rice, mashed potatoes, baked potatoes, steamed green peas, steamed yellow squash, steamed mixed vegetables

Menus are subject to change without notice

Community

Announcements

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.

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.

Tutoring available

The Fort Sam Houston Education Center offers tutoring in the subjects

of Freshman English Composition and College Algebra to service members and their spouses, every Mon.-Wed.-Fri., 11:30 a.m.-1 p.m., on an appointment and first-come first-served basis. Call 221-1738.

Volunteer at SAMM Shelter

The Fort Sam Houston Black Employment Special Emphasis Program committee is committed to helping others. The committee adopted the San Antonio Metropolitan Ministry (SAMM) Shelter as one of its community outreach projects. Call 221-7709.

SAT and ACT Test Prep Software

Members of military Families or veterans interested in receiving free SAT/ACT PowerPrep™ software, visit: www.eknowledge.com/military.

NAIMES Student Spotlight Award

The National Association of

Institutions for Military Education Services (NAIMES) and MBS Direct LLC are pleased to announce the 2009 NAIMES Student Spotlight Award program. The award recognizes students, undergraduate or graduate, who demonstrate excellent academic achievement in pursuit of their college education. Eligible participants are active duty personnel from all service branches, using tuition assistance funding through the Voluntary Education program. ROTC students, military academy students and, those who are using special tuition assistance programs are not eligible. Submit an application and project to compete for one of three \$1,200 cash awards. The application period is April 15-Sept. 1. Applications must be completed on the NAIMES Student Spotlight Award form, visit <http://www.naimes.org>.

School supply drive

Alamo City Chapter, American Society of Military Comptrollers, will sponsor a "Back to School" drive from July 15-Aug. 30 for the Dare to

See COMMUNITY P21

COMMUNITY from P20

Love Foundation, Child Protective Services. To make a donation of school supplies, contact 536-2067 at Brooks-City Base; 221-1309 at Fort Sam Houston; 292-7364, at Lackland AFB; or 652-4408, at Randolph AFB.

Calendar of Events**JULY 23****Home Buyers, Sellers Seminar**

Held 1-3:30 p.m. at Army Community Service, Building 2797, Stanley Road. Guest speakers will be members of the San Antonio Board of Realtors and the Texas Veteran Land Board. This event is co-sponsored by the Fort Sam Houston

Housing Services Office and the Randolph Air Force Base Housing Referral Office. Call 221-8539 or 295-8519; or 652-3209/1840.

Concerts Under the Stars

The San Antonio Botanical Garden will hold a concert 7 p.m. featuring Henry Brun and the Latin Playerz. Admission is \$5. Call 829-5100 or visit www.sabot.org.

JULY 30**Babysitting Classes**

The Red Cross is offering a babysitting class for ages 11-15, July 30-31, 9 a.m.- 4 p.m. Fee is \$55, must attend both days. To register, call 582-1931 or visit www.saredcross.org.

AUG. 1**Community cleanup project**

The American Society of Military Comptrollers will sponsor a community cleanup project Aug. 1, 9 a.m.-12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive, San Antonio. Volunteers are needed to wash windows. Families and friends of ASMC members are welcome. Lunch will be served; volunteers to serve meals are also needed. Call 590-7460 or 573-6702 (cell).

AUG. 3**Military Family Appreciation Day**

Join us for free bowling, pizza, giveaways, clowns, face painting and more, Aug. 3, 5-9p.m., Randolph Air Force Base Bowling Center. Event is free and open to all Active, Reserve, and Retired Military personnel and their Families!

SEPT. 2**"Our Part of Town – Military" Talent Show**

The Our Part of Town talent show was initiated to celebrate the arts by showcasing talent in the San Antonio area. The military category was introduced in 2005 to give active duty military members the opportunity to share their talents with community. Military members compete for a separate \$1,000 cash prize in a show featuring for military participants only. The OPOT Military talent show will be held Sept. 21 at 7 p.m. at the Carver Community Cultural Center, 226 N. Hackberry. For a complete set of rules and application, visit www.sanantonio.gov.parksandrec.

REMINDER CALENDAR

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- July 28** Newcomer's Extravaganza,
 - July 28** Soldier's Show, 7 p.m., Laurie Auditorium
 - July 30** Consolidated Retirement Ceremony, post flagpole
 - July 30** U.S. Army Dental Activity change of command, 10 a.m., Army Community Service
 - Aug. 1** Post Flea Market, 7 a.m.-1 p.m., Parade Field parking lot
 - Aug. 2** Triathlon #5, 6:30 a.m., Fort Sam Houston Aquatic Center
 - Aug. 4** SAEDA/OPSEC Training, 10 a.m., Blesse Auditorium
 - Aug. 7** Warriors Monthly Scramble Gold Tournament, 1:30 p.m., FSH Golf Club


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

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

Contemporary Protestant:

11:01 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:

Saints:

8:30 a.m. - Sundays

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

MWR from P19
JULY 30
Future financial planning

Child, Youth and School Services SKIES program is offering a Future Financial Planning class, 6-8 p.m. in the CYS Services conference room, Building 2797. The class is open to children 12-18 years old. \$5 registration fee will apply. Deadline to register is July 29. To register, call 221-4871.

AUG. 1
Post Garage Sale

Fort Sam Houston will host a post-wide garage sale, 7 a.m.-1 p.m. at MacArthur Parade Field Pavilion. All individuals interested in selling items must register through Outdoor Recreation, Building 1111. To register, call 221-5224.

Big Bucks Bingo

Big Bucks Bingo, 12 p.m. at the Sam Houston Club. A free buffet will be served to all players, \$13,000 payout is guaranteed. Call 224-2721

or 226-1663.

AUG. 5
Missions Baseball Military Appreciation Night

San Antonio Missions Baseball Military Family Appreciation Night, Aug. 5 at Wolff Stadium, game begins at 7:05 p.m. There will be several pre-game activities for the military and general public to participate in. Ticket vouchers can be picked up from MWR Marketing, Building 124. A limited number of vouchers are available. The vouchers may be redeemed for free general admission tickets or to upgrade seats with a small additional payment. Call 221-0012.

AUG. 7
Texas Hold'em Tournament

Texas Hold'em Tournament, 6 p.m. until completion at the Sam Houston Club. Prizes will be awarded to the top eight players. A participation fee of \$20, to include a meal and drinks is due at the time of registration. To register, call 226-1663.

Thought of the Week

A man cannot live off his community;
he must live in it. — Amon G. Carter, Sr.

(Source: Bits & Pieces, June 2009)

For Sale Fort Freebies

For Sale: Sofa, like new, floral tapestry with plaid accents, navy, maroon and green, \$250; antique coat closet with side shelves, \$225. Call 269-7440.

For Sale: 2004 Ford Mustang convertible, V-6 coupe, two-door, 48K miles, new tires, new battery with extended warranty, Mach 3 stereo system with six-CD changer, \$8,500; rowing exerciser, \$50; Power Built Pro-Advance golf clubs, men's, right-handed, 2-10 irons, \$175. Call 666-0502 after 6 p.m.

For Sale: All-Season BF Goodrich radial tires, set of four, P265/70R/16, like new, less than 2,000 miles, \$375 firm. Call 260-6745 or 916-9167.

For Sale: Sofa and loveseat, good condition, floral design, sold separately or together, Sofa \$55, Loveseat \$45. Call 490-8786.

For Sale: 1962 Chevy Nova, four-door, new parts, engine runs, \$1,800 obo; 1996 Ford F150 pick-up, runs on gas or propane, new tires, new grill, \$3,500; power washer, 2,350 psi, 6.5 hp, good condition, \$225; New 80-gallon air compressor, \$875; antique Honda project motorcycle,

\$300 obo. Call 440-5062.

For Sale: 1996 Ford Ranger XLT, 4-cylinder, 5-speed, super cab, tinted windows, good condition, \$2,900. Call 687-3980.

For Sale: Office chair, \$60; pipe roofing, \$1 each; double chair, \$30; solid oak antique table, \$75; antique large iron wheels, two, \$50. Call 550-7371.

For Sale: Tahoe cargo security shade, like new, \$65; 90s Volvo dash mat, \$25; 4-foot wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; stroller, \$12. Call 221-2690.

For Sale: Guitar, \$50; full-size dryer, \$95; floor fan, 4 feet tall, \$30; two-drawer metal filing cabinet, \$15; wall unit, wood, light color, 80 inches by 36 inches by 23 inches, \$85. Call 241-1291.

Wanted: Tin for patio cover. Call 550-7371.

Free to good home: Kitten, will spay, vaccinate, and microchip. Call 670-9167.

Free to good home: Female guinea pig, includes cage and drinking bottle. Call 455-4043.