



Fort Sam Houston News Leader



Vol. 39, No. 29

Fort Sam Houston – Home of Army Medicine

July 26, 2007

Briefs . . .

ID Card Office open at BAMC

A new Garrison ID Card Office at Brooke Army Medical Center is open Mondays through Fridays from 7:30 to 11 a.m. and 12:30 to 3:30 p.m. The office is located next to the TRICARE office in the basement. The office's priority is wounded warriors and their Families; however, card services are available to all eligible personnel.

Check CAC expiration date

People should call the ID card section for an appointment two to three weeks prior to the expiration date on their Common Access Card. If the card is already expired, then cardholders will need to bring two types of identification, such as a driver's license and Social Security card. One of the two types must be a photo ID. The expired CAC cannot be used as identification. For appointments, call 221-0415 or 221-2278.

Chaplain Corps' Anniversary event

The Fort Sam Houston installation chaplain invites the post community to celebrate the Chaplain Corps' Anniversary Friday from 4 to 8 p.m. at Dodd Field Chapel. The event will include free food, games, music and water slide. For more information, call Chaplain (Maj.) Steve Turner at 221-5535.

Regular Board Meeting

The Fort Sam Houston Independent School District Board of Trustees will meet for a regular meeting Tuesday at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

208th RSG change of command

Col. Jimmie Jay Wells will relinquish command of the 208th Regional Support Group to Col. Pete Bosse Aug. 4 at 10 a.m. at the Stilwell Reserve Center, Building 1520.

Camp Bullis User's Conference

Camp Bullis will host a User's Conference Aug. 23 from 8 a.m. to 4 p.m. starting at the Camp Bullis Theater, Building 5900. Registration begins at 7:30 a.m. Senior staff and NCOs are highly encouraged to attend if they have arrived in the past year and conduct training at Camp Bullis. There will be a slide overview in the

See BRIEFS on Page 3



Back-to-school tips, registration information

See related articles on Pages 12 and 13.

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Photo by Elaine Wilson

Time saver

Hugh Williams, Web developer with the G6/Business Informatics Office, Army Medical Department Center and School, scans Spc. Stanley Anthony's ID card Monday during a test run of a new software tool at the 32nd Medical Brigade Gym. Using the timesaving software tool, 500 students were in-processed in 23 minutes; a task that formerly took five employees 16 hours over two days. See related story on Page 4.

AMEDDD moves forward with Army Medical Action Plan

SAN ANTONIO — Army Medical Department leaders shared details and learned more about the future of the Army Medical Action Plan during the Association of the U.S. Army Medical Symposium and Exhibition last month in downtown San Antonio.

The theme for the conference, held at the Henry B. Gonzalez Convention Center, was "Army Medicine: Revolutionizing Warrior Care."

On the second day of the conference, Brig. Gen. Michael Tucker, deputy commanding general, North Atlantic Regional Command, briefed attendees on the Army Medical Action Plan.

"The AMAP is exciting work and will change the way we do business," said Tucker. According to MEDCOM Now, Tucker has permission from Army

Vice Chief of Staff Gen. Richard Cody to get the AMEDDD the personnel and resources needed to enhance access and services at Army military treatment facilities for Warriors in Transition and their Families.

AMAP, implemented by the Army in cooperation with Veterans Affairs and other agencies, identifies and implements changes to improve processes for Warriors in Transition and their Families. The Army took a step forward in the plan June 15 when all Army Medical Hold and Medical Hold Over units transferred to the command and control of the AMEDDD to become single Warrior Transition Units. The change brought active, Reserve and National Guard Soldiers under one chain of command to standardize their care and provide the

same services for all concerns.

Warriors in Transition are defined as a Medical Holdover, Active Duty Medical Extension, Medical Hold and any other active duty Soldier who requires a Medical Evaluation Board or an active duty Soldier with complex medical needs requiring six months or more of treatment. It excludes Soldiers in Initial Entry Training, Advance Individual Training and One Station Unit Training except in extraordinary circumstances.

"Warriors in Transition and Family Members are a special population," Tucker said. "Their lives have been turned upside down. Our job and the mission of our new Warrior Transition Unit commander is to heal the warrior and do all

See MEDICAL ACTION PLAN on Page 2

Army educates Soldiers on PTSD, MTBI

WASHINGTON — On July 18, the Army launched a "chain-teaching" program to help Soldiers and their Families identify symptoms and seek treatment for those suffering from Post Traumatic Stress Disorder and mild Traumatic Brain Injury.

The chain-teaching program, available at Army Knowledge Online or at www.us.army.mil, includes a standardized script and supporting audiovisual products that leaders will use to teach Soldiers about the signs and symptoms of these behavioral and mental-health issues.

All active-duty and reserve-component Soldiers will receive the training within 90 days of the launch.

"We emphasize that every commander needs to be able to do an individual assessment of each Soldier," said Col. C.

Elsbeth Ritchie, psychiatry consultant to the surgeon general of the Army. "If a Soldier has an issue, that commander needs to be able to reach out and help that Soldier. Soldiers also need to be able to help each other."

A version designed specifically for Family Readiness Groups became available Tuesday.

"Combat is inherently brutal and difficult, and it impacts humans in different ways," said Army Chief of Staff Gen. George Casey Jr. "We have made significant improvements in the identification and treatment for PTSD and mild TBI, but we must aggressively work research, prevention and treatment of

See PTSD on Page 4

AAFES expands recall of 'Soldier Bear' toy sets

WASHINGTON. — The U.S. Consumer Product Safety Commission, in cooperation with Army and Air Force Exchange Service, announced July 18 a voluntary recall of several Soldier Bear Brand Toy Sets, manufactured by Toy Century Industrial Ltd., of Hong Kong. Consumers should stop using recalled products immediately unless otherwise instructed.

The surface paints on the toy action figures, dinosaurs and animals contain high levels of lead. Lead is toxic if ingested by young children and can cause adverse health effects. No injuries or incidents have been reported.

The recall involves toy sets with various action figures, dinosaurs, animals and vehicles. The style number,

Universal Product Code and Soldier Bear logo are printed on the product's packaging.

The toy sets include:

- H.E.R.O.E.S. Dino Mega Cruiser; style code: 00047; UPC: 4 98567 00047 4;
- Dinosaur Adventure Set (two styles); style codes: 91068 and 91074; UPC: 6 98567 91068 1 and 6 98567 91074 2;
- Wild Animal Adventure Set; style code: 91074; UPC: 6 98567 91074 2; and
- H.E.R.O.E.S. Vehicle Play Set (three styles: military, police and fire rescue); style code: 85939; UPC: 6 98567 85939 3.

The sets were sold at AAFES stores worldwide from August 2005 through April 2007 for between \$5 and \$15.

There are about 13,000 units. About 3,000 Invincibles Transport Converter Toy Sets were recalled May 23.

Consumers should immediately take the toys away from children and return the product to the nearest AAFES store for a full refund.

For more information, call AAFES at (800) 866-3605 or visit www.aafes.com.

To see pictures of the recalled products, visit CPSC's Web site at <http://www.cpsc.gov/cpsc/pub/prerel/prhtml/07/07239.html>.

(Source: CPSC news release)

Commanders, customers to exchange ideas at luncheon

U.S. Army Garrison Commander Col. Wendy Martinson will hold the next Quarterly Commanders' and Customers' Luncheon Aug. 16 from 11 a.m. to 1 p.m. at the Sam Houston Club in the Bexar Room. The luncheon is open to Fort Sam Houston tenant and unit commanders, command sergeants major and installation activity chiefs.

The gathering enables an exchange of

vital information between the Garrison and its customers. It is also an opportunity for Fort Sam Houston leaders to receive a first-hand update on key service-related issues, and allows the Garrison to receive critical feedback and answer customers' questions. The dialogue offers an opportunity for the Garrison to improve its service to the installation community and is essential for continued effective base operations

support.

Topics discussed include updates on strategic planning; initiatives or policies that have an affect on customer services; upcoming events, exercises or calendar items of interest; and many other agenda items. It is also a great chance for attendees to visit with other leaders making a difference at Fort Sam Houston and share ideas and concerns.

For organizations that have not been receiving the quarterly invitational memo that is distributed installation-wide, call the Garrison Command Group at 221-0905.

For more information or to suggest future topics for discussion during the luncheons, call Carol Bann, Garrison's Plans, Analysis and Integration Office, at 221-2732 or e-mail carol.bann@us.army.mil.

(Source: PAIO)

Medical Action Plan

Continued from Page 1

that is in our power to turn their world right side up."

Tucker added that the WTU squad leaders and platoon sergeants will be "the absolutely best qualified NCOs, regardless of (Military Occupational Specialty). These leaders will undergo a comprehensive training program."

Tucker also emphasized that "facilities for Warriors in Transition, to include housing and treatment facilities, will be built or modified where needed to be Americans with Disabilities Act accessible in order to meet the requirements of the Warriors in Transition living there."

At Fort Sam Houston, improvements are well under way. The Garrison designated Okubu Barracks for wounded warriors in the WTU, and 36 rooms on the first floor have been renovated to full ADA compliance. An additional 28 rooms will be renovated in upcoming months.

Additionally, AMAP calls for the development of one-stop Soldier and Family Assistance Centers at WTU locations throughout the Army. The SFACs will provide

administrative service and assistance for Warriors in Transition and their Families. Escort services are available at WTUs to greet outpatient Soldiers and visiting Family Members at airports and transport them to the WTU.

Ombudsmen also are in place at 18 medical treatment facilities to aid Soldiers and Family Members getting assistance. BAMC is going a step further by standing up a special team of professionals to assist in the management of Traumatic Brain Injury, according to Col. (Dr.) Barry Sheridan, director of BAMC Healthcare Operations. BAMC also conducts monthly Town Hall meetings to identify problems and areas of needed improvement of warriors and Families. Additionally, BAMC Commander Brig. Gen. James Gilman visits with Soldiers and Families in the hospital and at the barracks and Powless Guest House to gauge progress and ensure their care is the best possible.

Under a new AMEDD policy, access standards for Warriors in Transition are enhanced from seven to three days for routine care and from 28 to seven days for spe-

cialty care. Warriors also receive an initial medical evaluation screening within 24 hours, or one work day, of arrival to the WTU. Medical treatment facility commanders are in the process of increasing their medical staffing and available capabilities to provide these new standards as soon as possible.

Online, Warriors in Transition can now track the status of their Medical Evaluation Boards on the new MyMEB, located on Army Knowledge Online, which launched July 9.

"I am positive we are going to do right by these Soldiers and you, the military civilian leaders here today, are the key to our success," Tucker said at the conference.

The acting Army surgeon general expressed confidence in Tucker's ability to get the job done. "I want you to recognize that Brig. Gen. Tucker is not wearing an armor patch, he's wearing the AMEDD patch," said Maj. Gen. Gale Pollock. "He's a key member of our team and will assure line commanders that we are moving out smartly with AMAP."

(Source: MEDCOM Now)

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Army Medical Department Center and School and Fort Sam Houston Commander
Maj. Gen. Russell Czerw
Garrison Commander
Col. Wendy Martinson
Public Affairs Officer
Phillip Reidinger
Editor/Writer
Elaine Wilson
Staff Writer
Cheryl Harrison
Layout Artist
Lori Newman

Soldiers honored for sacrifices

Story and photo by Jen D. Rodriguez
Brooke Army Medical Center

Military spouses and fiancés, fellow comrades and Brooke Army Medical Center staff received top praise from eight Purple Heart recipients July 19 at the BAMC auditorium.

During the ceremony, Soldiers thanked those who supported their recovery from wounds suffered in combat.

Staff Sgt. Wiley Craig, of HHC 1/37th Armor, 1st Armor Division, thanked his wife, Kristina, for sticking with him during his recovery from wounds to the femur and nerves in his right leg as the result of an improvised explosive device Oct. 14, 2006, in Ramadi, Iraq.

"She is definitely my rock," Craig said. "In my eyes, she is the hero and all the military Families as well."

Maj. Gen. Thomas Matthews, commander, Operational Command Post 2 of U.S. Army North, was the guest speaker and Purple Heart presenter.

"The Purple Heart is an award every Soldier is honored to wear and no Soldier wants to earn," said Matthews. "Everyone who wears this award gave something ... and some gave everything."

Staff Sgt. John Russel Kirby received two Purple Hearts for injuries sustained April 6 and May 29. Kirby also thanked his wife, Bekki. Kirby's Humvee was struck by an explosively formed projectile array. The A Company, 2-16 Infantry, 1st Infantry Div. Soldier received a concussion and second degree burns to his upper and lower back in the first attack. In May, during a dismounted patrol, Kirby sustained a broken arm and nerve damage.

For Staff Sgt. Roy Parker of the 571st Military Police Co. from Fort Lewis, Ky., his thanks went to the Soldiers who pulled him out of a burning vehicle. Parker was injured June 12 in Baqubah, Iraq, sustaining burns to his face, left hand and arm.

June 8, while in Baghdad, Spc. Joshua Achley of A Co., 2-16 Infantry, 4th Brigade Combat Team, received shrapnel in his arm, face, legs, lost an eye and suffered an arm fracture when an EFP detonated on the driver's side of a M1151 he was riding in.

Achley echoed Parker's remarks, thanking his comrades who are still over there. "Although, they can't hear this (thanks); they are always in my heart and thoughts."

Sgt. Daniel Almonaci of D Co., 1-9 Infantry, received a



(From left) Purple Heart recipients Staff Sgt. Wiley Craig, Staff Sgt. John Kirby, Staff Sgt. Roy Parker, Sgt. Daniel Almonaci, Spc. Joshua Achley, Spc. David Lopez, Sgt. Steven Shauer and Spc. William Strickland are congratulated by (center) Maj. Gen. Thomas Matthews, commander of Operational Command Post 2, U.S. Army North, along with acting Brooke Army Medical Center commander Col. Carlos Angueira, and Great Plains Regional Command and BAMC Command Sgt. Maj. Donna Simmons at the Purple Heart Ceremony July 19 at BAMC auditorium.

gunshot wound to his right shoulder March 24 in Ramadi while out on patrol. Almonaci thanked the BAMC doctors who fixed him up. This was his second Purple Heart.

While Spc. David Omar Lopez was downrange, his fiancé wrote him everyday. Lopez of B Co., 1-12 Cavalry, 1st Cavalry Div., said it was nice to come home after a 16-hour shift to find a letter on his bunk.

Like Almonaci, Lopez was appreciative of the BAMC staff's support in his recovery. He called them his second family. Lopez was injured Feb. 1.

When Spc. William Strickland, of 737th Transportation Co., deployed downrange, he left behind his wife, Hali, to look after their four sons, Taylor, Cody, Austin and Bryce. Strickland thanked his wife for carrying the big load, "I can't imagine being mom, dad and plumber," said the Soldier, who sustained injuries May 13 while on a convoy. His vehicle was struck by a remote-detonated IED and, as a result, Strickland sustained

Traumatic Brain Injury, concussion, herniated disk and contusion on his left leg. Strickland also thanked his dad for his 20 years of service in the Navy.

Sgt. Steven Shauer, of 1345th Transportation Co., summed up the ceremony in three accolades: thanks to fellow comrades, Family and to BAMC, which encompasses everyone. While he was south of Mosul, Shauer sustained TBI and shrapnel to his right hand March 24.

Matthews noted that the Purple Heart began as an Army award and has since been awarded to more than 500,000 individuals.

"Every one of them paid a personal price for the right to wear the purple ribbon and the metal heart," Matthews said. "While there are many great names and titles wearing the award, most carry the greatest title of all, the American Soldier. No one in trouble or need could ever expect more than what you have done."

Briefs

Continued from Page 1

morning and a forum and tour in the afternoon. For reservations, call 295-7686 or e-mail patricia.jennings@us.army.mil, or call 295-7592 or e-mail ronald.lane@us.army.mil, or e-mail mabel.rodriguez@us.army.mil.

Back to school immunizations

It's not too early to start thinking about back to school immunizations. Brooke Army Medical Center will offer immunizations to beneficiaries ages 6 to 23 every Wednesday in August and September from 7:30 a.m. to 4 p.m. in the BAMC Allergy Clinic, third floor Medical Mall. No appointments or consultations are required. Shot records are recommended. Children age 5 and younger should see their primary provider first. For more information, call 916-3011.

Combatives Tournament

The 264th Medical Battalion and Morale, Welfare and Recreation will sponsor a 264th Combatives Tournament Aug. 18 from 9 a.m. to 1 p.m. at the Jimmy Brought Fitness Center. The event is open and free to the public. For more information, call Staff Sgt. Jeff Deickman at 221-7323 or jeff.deickman@amedd.army.mil.

Cowboys Camp

The Dallas Cowboys Training Camp is under way and includes various free activities for football enthusiasts and families to enjoy. All events are free and take place at the Alamodome. For a full schedule, go to Page 4.

321st Civil Affairs Brigade welcomes new commander

By Col. David H. Bennett
Special to the News Leader

Col. Mark McQueen assumed command of the 321st Civil Affairs Brigade, a U.S. Army Reserve unit headquartered in San Antonio, in a ceremony July 14 at Fort Sam Houston.

McQueen replaced Col. James Owens, who has been selected for promotion to brigadier general and will take command of the 352nd Civil Affairs Command in Riverdale, Md.

"I am both honored and humbled to have this opportunity with this command," McQueen said. "It is a privilege to serve with and lead the Soldiers of the 321st, whose reputation is highly regarded across the United States Army as one which is ready and capable to answer the call of our senior leadership."

He noted the unit has been deployed twice in the last four years and said, "We will continue to be prepared to serve with distinction, just as the unit has in its previous two deployments to Afghanistan."

McQueen further paid tribute to seven Soldiers of the 321st Civil Affairs Brigade who made the ultimate sacrifice in support of operations of the Global War on Terrorism.

McQueen comes to the 321st Civil Affairs Brigade from the residence course at the United States Army War College at Carlisle Barracks, Pa. Prior to that, he was with the 350th Civil Affairs Command at Pensacola, Fla. where he was the deputy G-3 (operations).



Courtesy photo
Col. Mark McQueen accepts command of the 321st Civil Affairs Brigade from Brig. Gen. John McNeill as outgoing commander, Col. James Owens, and Command Sgt. Maj. Dennis Goggin look on.

Within the Army, about 95 percent of the Civil Affairs assets are resident in the Reserve Component. Civil Affairs Soldiers are trained to conduct foreign humanitarian assistance, populace and resources control, support to civil administrations, nation assistance and civil information management.

The 321st Civil Affairs Brigade has been actively involved in Civil Affairs operations around the world including Afghanistan, Bosnia, Cuba, Haiti, Iraq, Kosovo and Somalia. It currently has Soldiers in both Iraq and Afghanistan.

Summer gazebo concert



A gazebo concert will be held Sept. 23 at 6 p.m., hosted by Brig. Gen. James Gilman, commanding general, Brooke Army Medical Center and Great Plains Regional Medical

Command at the gazebo located on Staff Post Road.

Bring lawn chairs and blankets and enjoy an evening of music provided by the U.S. Army Medical Command Band. The public is invited to enter at the Walters gate off of Interstate Highway 35. A valid photo ID is required for everyone age 16 and older.

New software tool proves timesaver for Garrison, AMEDD

By Elaine Wilson
Fort Sam Houston Public Information Office

The Army Medical Department Center and School piloted Monday a new software tool that will have a dramatic effect on student in-processing at Fort Sam Houston.

The software tool enables Student Personnel staff to scan students' Common Access Cards vs. manually entering personal information such as name, Social Security number and date of rank.

As a test run, the school gathered Monday about 500 incoming Soldiers from the 187th, 232nd and 264th Medical Battalions in the 32nd Medical Brigade Gym. In just 23 minutes, five employees from the AMEDDC&S tested the software by collecting basic Soldier data on 500 new students; a task that used to take five employees about 16 hours over two days to input from students' records into a database.

"Depending on the size of the class, this tool eliminates the need for several employees to sit and input information for hours at a time," said Sal Toscano, chief, Personnel Management Branch, Directorate of Human Resources.

The tool will facilitate better integration of business processes and information sharing between

Garrison Human Resources, the 32nd Medical Brigade units and the schoolhouse.

"Besides saving time, the software is an information-sharing tool that prevents numerous people from entering the same data for different purposes," said software developer Hugh Williams, Web developer with G6/Business Informatics Office, AMEDDC&S.

In the past, Williams explained, personnel employees would gather records at in-processing, then enter each person's data one by one, a task that was a time drainer and pulled needed employees away from other duties. At the same time, operations sergeants from the brigade units would input the same data for spreadsheets, used for a variety of tracking purposes. But now, the same data can be uploaded to a shared database in minutes, and can be accessed by everyone with a need to know.

"Everyone uses the same data for different purposes," Williams said. "Now, they automatically have the baseline data. It has the potential to save hours of work."

The software also eliminates errors caused by "fat fingering," as Williams calls it.

Overall, the new software tool will be a useful addition at Fort Sam Houston.

"We appreciate any additional tools that will enable us to be more efficient and better serve our customers," Toscano said.



Photo by Norma Guerra

Congrats is in order

Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center, congratulates Staff Sgt. Travis J. Siemion, NCO in-charge, Staff Judge Advocate office, Brooke Army Medical Center. Siemion was awarded the U.S. Army Reserve Officers Training Corps three-year Green to Gold Scholarship. Under the Green to Gold Program, enlisted Soldiers may leave or consider leaving active duty status to attend college to earn a bachelor's degree, and be commissioned as second lieutenants. Siemion will attend the University of Texas at Austin.

PTSD

Continued from Page 1

these injuries and encourage Soldiers and their Families to seek treatment."

All Soldiers in combat suffer stress, but most recover quickly. Those whose symptoms persist may have PTSD.

PTSD and mild TBI are genuine medical and psychological conditions that can negatively impact a Soldier's personal life, professional abilities and health. Soldiers may be affected by only one or both conditions at the same time.

By seeking help, Soldiers can receive professional assessments that direct them toward the right care for their specific conditions.

"It's impossible not to be changed by going to war," said Dr. Deborah Warden, national director for the Defense and Veterans Brain Injury Center, headquartered at Walter Reed Army Medical Center. "Parsing out what parts are a stress reaction and what parts have to do with a previous concussion is difficult."

Previously referred to as "shell shock"

or "battle fatigue," PTSD follows a terrifying physical or emotional event, and causes the individual to have persistent, frightening thoughts and memories or flashbacks. Soldiers with PTSD may have any of three kinds of symptoms for weeks or months after the event: re-experiencing the event over and over; avoiding people, places or feelings that remind them of the event; and feeling keyed up or on-edge.

Mild TBI, also known as a concussion, is caused by trauma to the head but may have no physical signs. It is accompanied by loss of consciousness, loss of memory of events immediately before or after the trauma, confusion and disorientation.

TBI and PTSD share such common symptoms such as difficulty concentrating, memory problems and irritability, but TBI symptoms can also include headaches, dizziness and balance problems. A person with PTSD may have nightmares and anxiety that worsen.

Soldiers may still suffer from PTSD even if they were not hospitalized or personally injured, just as they may suffer

from mild TBI without having been knocked out. In fact, mild TBI is frequently the result of repeated exposure to mild explosions or moderate explosions resulting in significant pressure changes in Humvees, according to health experts.

The chain-teaching program does not replace behavioral-health assessment tools and measures already in effect. Rather, it provides command emphasis and education at unit and Family levels to reinforce the Army's commitment to provide the best health care possible.

The program equips Soldiers to recognize PTSD and mild TBI symptoms in others.

"It is important to remember, although you may not be struggling, your battle buddy may be. We know that combat and operational experiences will impact every Soldier differently," says the chain-teaching script.

The training encourages Soldiers to realize their careers are not endangered when they seek help for their problems, but when they allow a mental-health con-

dition to worsen without proper care.

"This is an attempt to shift the culture," Ritchie said. "We know it will take time, but we need to act now."

"Our Army is doing everything possible to come to grips with a very challenging and complex issue," said Casey. "This is not just a medical problem; it is an Army problem, and we are going to do all we can to help our Soldiers."

The new program is part of the overall Army Medical Action Plan, the Army's initiative to develop a holistic approach to a sustainable system where Soldiers are supported, treated and vocationally rehabilitated to prepare them for successful return to duty or transition to active citizenship.

For more information on the chain-teaching program and other behavioral-health programs, visit www.behavioral-health.army.mil. Check the August issue of "Soldiers" magazine for the story titled: "Battling PTSD."

(Source: U.S. Army Medical Command Public Affairs)

Dallas Cowboys Training Camp schedule

Today

2:30 p.m. - Trivia challenge on stage
3:30 to 5 p.m. - Cowboy practice

Friday

1 p.m. - Quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

Saturday

7:30 a.m. - Face painting, quarterback challenge, various football activities
8:30 a.m. - Trivia challenge on stage- VIP pass giveaway
9 to 11 a.m. - Cowboy practice
2:30 p.m. - Trivia challenge on stage
3:30 p.m. - 5 p.m. - Cowboy practice

Sunday

1 p.m. - Face painting, photo booth, quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

Monday

7:30 a.m. - Quarterback challenge, various football activities
8:30 a.m. - Trivia challenge on stage- VIP pass giveaway
9 to 11 a.m. - Cowboy practice

3 p.m. - Trivia challenge on stage
3:30 to 5 p.m. - Cowboy practice

Tuesday

1 p.m. - Quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

Wednesday

7:30 a.m. - Quarterback challenge, various football activities
8:30 a.m. - Trivia challenge on stage- VIP pass giveaway
9 to 11 a.m. - Cowboy practice
2:30 p.m. - Trivia challenge on stage
3:30 to 5 p.m. - Cowboy practice

Aug. 2

1 p.m. - Quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

Aug. 3

1 p.m. - Quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

Aug. 4

7:30 a.m. - Face painting, photo booth, quarterback challenge, various football activities

8:30 a.m. - Trivia challenge on stage- VIP pass giveaway
9 to 11 a.m. - Cowboy practice

2:30 p.m. - Trivia challenge on stage
3:30 to 5 p.m. - Cowboy practice

Aug. 5

1 p.m. - Face painting, photo booth, quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

Aug. 6

7:30 a.m. - Quarterback challenge, various football activities
8:30 a.m. - Trivia challenge on stage- VIP pass giveaway
9 to 11 a.m. - Cowboy practice
2 p.m. - Trivia challenge on stage
2:30 to 4:30 p.m. - Cowboy practice

Aug. 7

1 p.m. - Quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

Aug. 8

1 p.m. - Quarterback challenge, various football activities
2 p.m. - Trivia challenge on stage- VIP pass giveaway
2:30 to 4:30 p.m. - Cowboy practice

History in the making

Spouses clubs at Fort Sam merge

By Cheryl Harrison
Fort Sam Houston Public Information Office

Military wives clubs have a long and proud history. The first generation of American military wives followed the Continental Army in spite of efforts by leaders to prevent them from doing so. They provided aid, comfort and social activities whenever it was possible. Their actions set a pattern that continues today.

The best known of these women was Martha Washington, who joined the general in winter quarters throughout the war. Once there, she dispensed food and medicines and gathered daily with the other officers' wives. She gave small dinners and held open house twice a week for her husband's officers. Other officers' wives followed Mrs. Washington's example and from these humble beginnings the spouses clubs grew.

Spouses clubs continue to be in transition even in present day. Over the past few years, officers' wives clubs within the Army have undergone a number of changes. But, in a history-making merge, the once traditional officers' wives club at Fort Sam Houston, with its membership of only spouses of officers, will make the biggest change of all.

Marcella Garcia, newly elected 2007-2008 president of the spouses club, said, "This is a history-making year since our membership is open to spouses and Fort Sam Houston civilians of all ranks and grades. This is part of a new trend, and Fort Sam Houston is one of the few to step forward to open our membership."

The new Fort Sam Houston Spouses Club will be open to spouses of all personnel on post, whether active duty, retirees, civilians or contractors. Their constitution has been amended to reflect the changes.

"A good reason to consider being a part of the club is the fellowship of other spouses — it is just fun to get to know other people. We are so spread out in San Antonio, we come to the events for social fellowship," said Garcia.

Military spouses clubs are a way of bonding with other

military spouses. Members will meet new friends, and in some instances meet up with old ones.

An annual Welcome Coffee will be held Aug. 28 from 11 a.m. to 1 p.m. at the Army Medical Department Museum. At that time, prospective members can talk to other club members, board members and look over what the club has to offer. Annual membership dues are \$25 and all money goes to the welfare fund and scholarships.

Spouses not only include wives, but husbands as well. Men are encouraged to attend the welcome coffee and see what the club has to offer or perhaps what they could bring to the table.

The club's membership meets once a month for specially planned events. Within the club are smaller clubs that get together at other times. These groups include a bowling, bingo, bunco, gourmet, cooking, reading and quilting clubs, just to name a few. There is something for everyone.

The Spouses Club offers fun and fellowship but it also has a serious mission. About seven to 10 \$1,000 scholarships are awarded each year to graduating high school children of service members. Scholarships are a major part of the club. Money for scholarships and welfare funds is earned through fundraisers and dues. The club's biggest fundraiser is bingo held weekly at the Sam Houston Club as well as an annual fall and spring fundraising event.

Upcoming events include:

Sept. 19 - International jeweler, James Jewelers. (10 percent of the sales goes back to the club for scholarship and welfare funds.)

Oct. 16 - Joan Gaither with stories about ghosts on Fort Sam Houston.



Photo by Phil Reidinger

The newly elected Fort Sam Houston Spouses Club board members are excited about the future of the club. (Front row from left) Dee Martell, hospitality; Alberta Prasek, second vice president; Marcella Garcia, president; Carryn Sheehan, treasurer; and (back row from left) Rhonda Lem, membership; Barbara Bryant, secretary; Joyce Roberts, stitchery chairman; Alicia Utz, tours/outing chairman; Michelle Fildes, Ways and Means; Cathy Collyer, bowling; and Margaret Thompson, historian.

Nov. 13. - Make-It, Bake-It, Buy-It Silent Auction.

Dec. 18 - Holiday luncheon at the Stillwell House.

Jan. 15 - Mad Hatter Tea, wear a fun hat and simply enjoy a tea party.

March 26 - Joint Services luncheon. Spouses clubs from Lackland and Randolph Air Force Bases as well as the Fort Sam Houston Spouses Club will meet at the Sam Houston Club. The keynote speaker will be Tanya Biank, author of "Army Wives." The book inspired the show on Lifetime television. Also speaking will be Karla Ayala, chapter president, Operation Homefront of Texas.

Childcare is available for all club events at a nominal fee, but reservations are required.

For more information, call Rhonda Lem, membership chairman, at 830-767-4477.

'Viva Fiesta' Intrepid style

Story and photo by Jen Rodriguez
Brooke Army Medical Center Public Affairs

Celebrating Fiesta in the middle of July may be unheard of for most San Antonio natives, but not for a group of Warriors in Transition at Fort Sam Houston.

Soldiers and their Families enjoyed a full Mexican buffet July 11 catered by Mi Tierra sponsored by Norm Miller, owner of Interstate Batteries, in the main lobby of the Center for the Intrepid.

The fiesta luncheon was Miller's way of saying thank you to the Soldiers and Families for their sacrifice and service to country.

Fiesta guests were treated to chicken

and beef fajitas, pork stew, beans, rice, chips, salsa and all the trimmings. A favorite among the attendees was the watermelon punch and the table full of authentic Mexican pralines, candied orange slices and leche candies.

To top off the day, entertainment provided by a Mariachi band prompted Marine Cpl. Eric Morante to sing along with the band for several songs.

As an additional thank you, Miller also handed out baseball caps and shirts with the Interstate Batteries logo as well as the "Racing to Win, Establishing your Game Plan for Success" book by Joe Gibbs, three-time Super Bowl champion and NASCAR Winston Cup series champion.



Warriors in Transition and their Family Members enjoy a live Mariachi band performance July 11 at the Center for the Intrepid as part of a fiesta luncheon sponsored by Norm Miller, owner of Interstate Batteries from Dallas.



Photo by Esther Garcia

Outstanding achievement

(From left) Yvonne Fletcher, commissary store manager; Inge Godfrey, Fisher House manager; and Col. Wendy Martinson (far right), commander, U.S. Army Garrison, recognize Kurt Walker, Brian Finn, Corene Sullivan, and Teresa Johnson, who accepted for her daughter, Tracy. The students are the recipients of this year's Scholarships for the Military Children program. The program, initiated by the Defense Commissary Agency, funded by the vendors and manufacturers who sell groceries at commissaries, offers military children the opportunity to earn a \$1,500 scholarship. The program is administered by the Fisher Foundation and is open to military children to include active duty, retirees and Guard and Reserve members. Recipients of the scholarships were required to be enrolled in a four-year program at a college of their choice, have a minimum 3.0 grade point average, demonstrate community involvement and a short essay.

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9V, Brooke Army Medical Center, or call 916-3352 or 916-5538.



AMEDD ceremony introduces five new officers

Story and photo by
Olivia Mendoza
Fort Sam Houston Public
Information Office

Five enlisted Soldiers were commissioned to the rank of second lieutenant through the Army Medical Department Enlisted Commissioning Program Friday at the AMEDD Museum.

The AECPP provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps.

For the five enlisted Soldiers, they are bound to the mission of the Army Nurse Corps: "The Army Nurse is the symbol to their Soldiers of help and relief in their hour of direst need. Through mud and mire, through the mark of campaign and battle, wherever the fight leads, the Army Nurse patiently-gallantly-seeks the wounded and distressed. The Army Nurse's comfort knows no parallel. In the heart of all fighting men, they are enshrined forever."

The afternoon ceremony began with an invocation by Chaplain (Maj.) Jonathan Etterbeek. Col. John Cook, commander, 32nd Medical Brigade, brought words of encouragement and congratulations to the Soldiers before their commissioning.

"I would like to congratulate each of you in reaching a significant milestone in your career," said Cook. "Today you showed the strength to represent the back



(From left) New 2nd Lts. Kevin Sons, Sharon Douglas, Gwendolyn Godlock, Troy Smith and Kevin Sons take oaths of office during the Army Medical Department Enlisted Commissioning Program ceremony Friday at the AMEDD Museum.

bone of our great Army and proudly take on constitutionally bound responsibilities of officership."

Cook continued, "You will enter a world of possibility of future assignments and positions of responsibility that could directly impact hundreds or thousands of lives. As a brigade commander, I offer my four pillars of command philosophy for leadership and officership for your consideration. They are safety, accountability, discipline and strategy."

The ceremony culminated with Cook presenting the oath of office and commissioning the newly appointed officers.

Receiving the oath were commissionees 2nd Lts. Jason Aitken, Sharon Douglas, Gwendolyn Godlock, Troy Smith and Kevin Sons.

Following the pinning of ranks by Family Members, the newly commissioned officers were presented with certificates. Family and friends were present to congratulate the new Army officers.

TAP workshops ease transition from military to civilian careers

By retired Sgt. 1st Class Gary Powell
Special to the News Leader

Spc. Carlos Rodriguez, a four-year combat medic, and Master Sgt. John Powers, a 22-year career Soldier, have two things in common. They both are on active duty and both are in the process of leaving the military and looking for a new career.

Both are also taking advantage of the Transition Assistance Program workshop to learn about job searches, resume writing, interviewing techniques, salary negotiations, career decision-making, current occupational and labor market conditions and cover letter preparation – all unfamiliar territory for the Soldiers.

The TAP workshop was created to meet the needs of separating military members and their eligible spouse through job-search-related assistance and related services.

"Information gathered in TAP is used for finding a job after leaving active duty," said Don Fox, TAP workshop facilitator and retired Air Force NCO. "The average stay with one employer in America is 3.6 years and most people have three to five different careers during a working lifetime and three to five different jobs in each career. The information provided through TAP can be useful in finding a new job every time one is needed."

The Departments of Labor, Defense, Homeland Security and Veterans Affairs provides employment and training information to military members and their eligible spouses within one year of separation or two years of retirement from the military.

"Being proactive and conducting a job search is a full-time job in itself," said Gary Powell, who conducts TAP seminars

at Fort Sam Houston, Randolph Air Force Base, Lackland AFB and Brooks City-Base. "You should not wait until the last minute to start your job search."

There are too many job seekers with separation dates fast approaching who have not even created a resume. The following tips can help job seekers on their quest:

- Your resume is a journey, not a destination. You should always have a resume available so that you can update and tweak it. When it comes time to present your resume to an employer it won't be a first draft; rather it will be a polished document.
- In your resume, list careers or types of positions for which you are suited. This knowledge narrows the number of companies and industries in which you may want to work, and provides you the opportunity to research the specifics of the civilian position and a general salary range.
- Make contacts early. If you are one or even two years from separation, start investigating companies in which you are interested and recruiters who can assist you with your career transition. Starting early builds knowledge of the job market, puts your profile in front of people who can help and gives you an understanding of the standards necessary to successfully land a job. Visit your Army Career and Alumni Program Center for information and assistance.

Starting the transition process early and attending the three-day TAP workshop can pay tremendous dividends for separating or retiring military members who are preparing to actively seek another career.

The Fort Sam Houston ACAP Center hosts workshops twice a month. For more information or to reserve a seat, call the center at 221-1213.

Safety alert

Be prepared for emergencies, develop fire escape plan

Fire is a leading cause of preventable deaths in the home. Preparation is key to ensuring families safely exit their home in the event of a fire. The State of Home Safety in America report found that only 54 percent of families with children have discussed what to do in case of a home fire. The following guidelines can help families develop a home escape plan:

- Have smoke alarms on every level of the home. Make sure a smoke alarm is inside or near each bedroom.

- Test smoke alarms monthly. Push the test button until it goes off.

- Make a fire escape plan. Sketch out a floor plan, including all rooms, windows, interior and exterior doors, stairways, fire escapes and smoke alarms. Make sure every family member is familiar with the lay out.

- Make sure windows and doorways open easily and stair and doorways are never blocked.

- Find two ways out of every room – the

door and maybe the window. Escape ladders are needed to get out of upstairs bedroom windows. The ladders should be part of a fire drill, deployed safely from a ground-floor window for practice.

- Select two escape routes from each room and mark them clearly on the plan.

- Children and older people may need help escaping from a fire. Plan for this. Know who needs help and designate someone to help them. If anyone has a hearing impairment, purchase special smoke alarms that use strobes or vibrations to signal a fire.

- Have a place to meet in front of your home. Use a cell or neighbor's phone to call 911. Once out, stay out.

- Make copies of the escape plan sketches and post them in each room until everyone becomes familiar with them.

- Practice makes perfect. Every second counts during a real fire. Hold family fire drills frequently and at various times until the escape plans become second nature.

- Try a drill at night to test everyone's ability to waken and respond to the smoke



alarm.

- Young children might sleep through the sound of a smoke alarm. Be prepared for a family member to wake children for fire drills and in a real emergency.

(Source: Home Safety Council)

Statistics:

The 1999-2002 annual averages of the U.S. Fire Administration National Fire Incident Reporting System data show:

- Cooking is the leading cause of home structure fires and home fire injuries.
- Smoking is the leading cause of civilian home fire deaths.

Fact: In 2005, every two hours and 53 minutes a home fire caused a civilian fire death.

Fact: Seventy-four percent of reported home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.

Fact: In 25 percent of the reported fires in homes equipped with smoke alarms, the devices didn't work.

(Source: National Fire Protection Association, Fire Analysis and Research Division)

Blood is fluid of life

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

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

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



Emergency numbers

Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

First pitch

Former U.S. Marine Corps Sgt. Mike Owens, a member of the Wounded Warrior Project, throws out the first pitch Sunday at the Missions Military Appreciation Night. The Wounded Warrior Project, a nonprofit organization that provides resources to wounded veterans, teamed with military financial services company USAA to honor members of the military with a special day at Nelson W. Wolff Stadium. Sponsoring Missions Military Appreciation Night, USAA offered 15,000 free tickets to military members for the game.



Courtesy photo

Silver Stars Military Appreciation Night

Military personnel in the San Antonio area will be saluted Friday at the Silver Stars vs. Houston Comets Women's National Basketball Association game at the AT&T Center. Enterprise Rental Car will sponsor appreciation night ticket vouchers for military personnel and Family Members. Ticket vouchers are available at the MWR Ticket Office today. Each voucher is good for free admission for two people. The green ticket vouchers may be redeemed at the AT&T Center Box Offices Monday through Friday from 8 a.m. to 6 p.m. and game night. The free vouchers are limited to two vouchers per person and are available for a limited time only; however, any military personnel or Families who miss out can still purchase a reduced ticket to the game for \$12 at the MWR Ticket Office. For more information, call 226-1663.



Silver Stars 5K Run/Walk

The 3rd Annual Silver Stars 5K Run/Walk will be held Aug. 11 at 8:30 a.m. at the AT&T Center in San Antonio. Parking is free in Lot 4. The entry fee is \$20 per person on or before Aug. 10 and \$30 on the day of the race. To register, visit www.sasilverstars.com. For more information, call 444-5652 or e-mail efalat@attcenter.com.

Sports Briefs . . .

Bench Press Contest

A Bench Press Contest for women and men will be held Saturday at 10:45 a.m. at the Jimmy Brought Fitness Center; weigh in is from 8:30 to 10:30 a.m. The cost is \$35, which includes a T-shirt. For more information, call the fitness center at 221-2020.

Intramural teams

Letters of intent for intramural flag football and intramural fall softball are due Wednesday. A coaches' meeting will be held Aug. 6 at 1 p.m. at the Jimmy Brought Fitness Center. Leagues begin Aug. 20. For more information, call Earl Young at 221-1180 or e-mail earl.t.young@us.army.mil.

Varsity flag football

Coaches and players are needed for the varsity flag football team. Tryouts for players are Monday through Aug. 3 at 6 p.m. Those interested in coaching should send resumes by Friday to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234. For more information, call 221-1180 or e-mail earl.t.young@us.army.mil.

Child and Youth Services

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Aug. 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871.

FCC providers

Family Child Care is looking for Family Members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through Child and Youth Services Central Registration, Building 2797, from 8 a.m. to 4:30 p.m.

Sport physicals

Patrons interested in summer and fall sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Sport physicals must be

valid for the entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

Fall football, cheerleading

Registration is now open for fall football and cheerleading for ages 5 to 14. Patrons must be registered with Child and Youth Services. At registration, patrons must provide a current sport physical that is valid through the entire season, Leave and Earnings Statement, spouse's W-2 form, current shot record for kindergarten through fifth grade, child's Social Security number, two local emergency contacts, \$18 registration fee and \$60 football fee or \$50 cheerleading fee. For registration information, call Central Registration at 221-4871. For sports information, call the sports office at 221-5519.

SKIES Unlimited classes

The Child and Youth Services SKIES Unlimited program

offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month's fee is due at time of registration at Building 2797. For fee information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630. For class information, call 221-1723 or 221-4871.

Coaches needed

The youth sports program is in need of football and cheerleading coaches. Interested volunteers must consent to a background check and complete a coach's packet. For a packet or more information, call Central Registration at 221-4871 or 221-1723.

PCI, Head Start applications available

Parent Child Incorporated and Head Start is currently accepting applications. This is a free childcare program for Families that meet federal guidelines. For more information, call 221-3788.

Post Pulse: Do you have any back-to-school tips for parents?



"I buy basic stuff and save the fancier outfits for weekends and parties. I also buy in small quantities since they grow so fast."
Patricia Baradziej with granddaughter, Kati, 7



"I shop early and find the sales. I also don't worry about buying name brands."
Nancy Dickey with grandchildren, Matt, 13; Erik, 6; and Kirsten, 2



"Start buying early and be ready with supplies for the first day of class. Also, parents should encourage their children to do their best."
Rudy Galindo, science teacher at Edgewood Independent School District



"My daughter is going to be a senior so we're starting to look for college scholarships. I'm also working with my youngest son on his writing so he's ready for the TAKS tests."
Jacqueline Williams with daughter, Tiffany Williams

Be ready for the bell

Early start can ease back-to-school stress for parents, students

By Elaine Wilson
 Fort Sam Houston Public Information Office

As July wanes, the familiar signs of summertime are receding, particularly in our favorite mega-stores. It seems like almost overnight snorkels and inflatable toys have all but disappeared, to be replaced with aisle upon aisle of backpacks, lunch boxes and seemingly endless boxes of school supplies.

The invasion of school supplies may be somewhat of a shock, but can also serve as a not-so-gentle reminder that school days are just a few weeks away. It's time to hang up the bathing suit to dry for a few hours and hit the stores for supplies, a first-day-of-school outfit and a very reliable alarm clock.

Aside from that, the following tips can help ensure the transition to school is a smooth one — for parents and children.

- Adjust bedtime routines. Groggy, cranky kids can start a school year off on the wrong foot. A week before school starts, parents should move bedtime earlier every night until the desired time for school nights is reached.
- If your child is starting a new school, check to see if there is a campus orientation planned. If not, ask the school to provide a tour or find someone who can show your child around school the first day.
- Prepare for class registration. Gather important information such as Social Security numbers, phone numbers, emergency contact numbers, immunization records, medical information and a list of people permitted to pick up your child from school.
- Make sure your child has the required immunizations. Brooke Army Medical Center will offer immunizations to

beneficiaries ages 6 to 23 every Wednesday in August and September in the BAMC Allergy Clinic, third floor Medical Mall. No appointments or consultations are required. For more information, call 916-3011.

- Although it's a good idea to start shopping early, don't forget to take advantage of the tax-free holiday, which is Aug. 17 to 19 this year.
- Call the district or check your school's Web site or the local newspaper for school information, such as a calendar and school supplies' list.
- Practice the route your children will take to and from school or the bus stop. "Some neighborhoods have homes that look the same," said Jayne Hatton, associate superintendent, Fort Sam Houston Independent School District. "This can be confusing for young children so be sure they are aware of the location of their home."
- If there's a change in pick up, notify teachers in writing. Young children may forget to convey the message or get confused about where they are supposed to be dropped off. Also, "parents should stress to young children that they must follow their parents' directions about the after-school arrangements," Hatton said. "Many times, young children are reported lost when they went to a friend's house instead of the pre-arranged after-school site."
- Teach children their phone number and address.
- Make a list of important school phone numbers and put



Photo by Olivia Mendoza
 Nikki Genberg, manager of National Vision store, fits A.J. Holton with a new pair of glasses. Along with a physical, a vision check is recommended for students prior to a new school year. An annual eye exam is particularly important for students who wear contacts.

- them in an easy-to-find location.
- Get a copy of class schedules. This information can help you schedule appointments that are less disruptive to the school day.
- And last but not least, put a note in your children's lunch or book bag reminding them how much you love them. Your love, encouragement and involvement are their keys to success. (Source: Texas Association of School Boards)

Fort Sam Houston ISD releases registration dates

By Jayne Hatton
 Associate superintendent, Fort Sam Houston Independent School District

The Fort Sam Houston Independent School District has begun preparation for registration of new students to Fort Sam Houston.

The Fort Sam Houston Independent School District includes Fort Sam Houston and Camp Bullis. Children of military personnel residing on the installation are eligible to attend pre-kindergarten through grade 12. The Fort Sam Houston Elementary School includes grades pre-kindergarten through fifth; Cole Middle School includes grades sixth, seventh and eighth; and Cole High School includes grades nine through 12

Fort Sam Houston Elementary School

Registration for new students attending Fort Sam Houston Elementary will be held Aug. 9 and 10 from 8:30 to 11 a.m. and from 1 to 3:30 p.m. in the school cafeteria.

- Parents are requested to bring:
- Immunization records
 - Copy of birth certificate
 - Social Security Card for the student
 - Report card from previous school, if applicable
 - Other school records from the previous school, if applicable
 - Proof of residency

Parents with students already residing on the installation should bring a copy of their Lincoln Military Housing Lease Agreement to registration. Parents with students not currently living on the installation but with an anticipated move-in date during the 2007-2008 school year should contact the Lincoln Military Housing Office prior to registration

to request a permission form be faxed to the FSHISD District Office at 368-8741.

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 2007-2008 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.

Students may meet their teachers for the new school year Aug. 24 from 3 to 4 p.m. at the elementary school.

An Open House will be held at Fort Sam Houston Elementary School Sept. 11 and 12 at 6 p.m. More information will be sent home with the students after school begins.

Robert G. Cole Middle School and High School

In order to better serve parents and students, registration will be conducted with a counselor on an appointment basis. Beginning Friday, appointments can be made by calling Robin Meilinger at 368-8775. Appointments are 30-minutes long.

Immunization records, Social Security Card, last report card and school records from the last school attended are needed at registration. Students who attended Fort Sam Houston Elementary School or Robert G. Cole in May 2007 have already been registered and need not re-register unless the pupil was withdrawn at the end of May by his parents or

Middle School registration dates	High School registration dates
Aug. 14-sixth grade	Aug. 14-ninth grade
Aug. 15-seventh grade	Aug. 15-10th grade
Aug. 16-eighth grade	Aug. 16-11th grade

whose parents had not been assigned quarters as of Aug. 27.

Middle School orientation/Open House

A New Kids Camp will be held Aug. 22 from 9:30 a.m. to 12:30 p.m. in the middle school building. The day camp is open to all middle school students new to Fort Sam Houston.

Cougar Camp will be held Aug. 24 from 9:30 a.m. to 12:30 p.m. in the middle school building. All middle school students will receive their schedules and tour the new building.

An Open House will be held Sept. 19 at 6:30 p.m. in the Moseley Gym.

High School orientation/Open House

A New Kids Camp for high school students will be held Aug. 22 from 9:30 a.m. to 12:30 p.m. in the Moseley Gym. This day camp is open to all high school students new to Fort Sam Houston.

Cougar Roundup will be held Aug. 24 in the Moseley Gym. All high school students will receive books, lockers, schedules and ID cards. When a schedule is available, it will be posted on the district Web site at www.fshisd.net and printed in an upcoming issue of the Fort Sam Houston News Leader.

The high school Open House will be held Sept. 6 at 6:30 p.m. in the Moseley Gym.

Students 'dress for success'

By Jayne Hatton

Associate superintendent, Fort Sam Houston Independent School District

The Fort Sam Houston Independent School District prides itself on high academic and behavioral expectations. Research has indicated that student behavior is influenced by dress and grooming. The district's dress code is established to teach grooming and hygiene, prevent disruption and minimize safety hazards.

"Students and parents are encouraged to keep the dress code in mind as they prepare and plan for the 2007-2008 school year," said Dr. Roland Rios, principal, Cole Middle and High School. "We encourage parents to assist their children in adhering to the requirements and guidelines of the district's Student Dress Code."

Students and parents may determine a student's personal dress and grooming standards, provided they comply with the following:

- Wear clean neat clothing that is not a health or safety hazard.
- Skirts, shorts, skorts and dresses must extend beyond the student's fingertips when the student is standing. Leggings are not allowed.
- Shirts and blouses must extend below the waistband, but cannot extend beyond the student's fingertips when the student is standing.
- Shoulder straps on clothing must be worn on the shoulder.
- Shorts and pants must be worn at waist height.
- Safe, appropriate shoes must be worn.
- Hair must be neat and clean.

The following items are prohibited:

- Pictures, emblems or writings on any clothing items that are gang-related, lewd, offensive, vulgar, violent, obscene or disrespectful.
- Pictures, emblems or writings on any clothing items that advertise tobacco products, alcohol beverages, drugs or any other substance prohibited under policy FNCF.
- Body stockings without a top and shorts, etc., covering the body stocking.
- Baggy, sagging or oversized pants, shorts or shirts.
- Extremely tight, short, unclean, tattered or revealing clothing, to include leggings and spandex.
- Cutoffs or un-hemmed, frayed pants or shorts.
- Pants or shorts with rips, tears or holes that expose skin or underwear.
- Pants or shorts held up by drawstrings or elastic (applies to students in grades six through 12 only).
- Apparel exposing the bare midriff, front, back or side, whether hip or underarm.
- Halter-tops, fishnet tops, crop tops, see-through blouses, tank tops, spaghetti straps or camisoles.
- Gym shorts, biker shorts or basketball shorts (applies to students in grades six through 12 only).
- Warm-up suits, sweat suits or wind pants except during physical education classes (applies to students in grades six through 12).



Photo by Olivia Mendoza

Patricia Baradziej shops for school clothes at the Post Exchange with granddaughter, 7-year-old Kati. Baradziej said she was excited to be shopping with her granddaughter. "I had two sons so I love to dress my granddaughter," she said.

- Any clothing or grooming that may cause disruption of or interference with normal school operations.
- Unconventionally colored, spiked hair or extreme hairstyles.
- Hats, caps, hoods, "do-rags" or bandanas with the exception of Junior ROTC, PE or those that meet the medical needs of students.
- Hair curlers.
- Body piercing jewelry except for rings, studs or other traditional jewelry worn in the ear.
- Spikes or chains of any type.
- Sunglasses.
- Unsafe or inappropriate shoes, including house shoes, shower shoes, steel-toed boots or shoes, or "heelies."
- Pajamas, lounging undershirts or any pajama-style clothing.
- Bare feet.
- Visible tattoos.
- Temporary or permanent cosmetics, ornamental dental appliances such as "grills."

Campus administrators reserve the right to rule on dress and grooming matters which involve decency, cleanliness, safety, bizarre, disruptive or extreme modes of dress for school. Any exceptions will require approval and will be for a specific purpose or reason. This applies to school activities during or after instructional time, and either on or off campus.

Students who choose to violate the dress and grooming code will be sent to an administrator for clarification or disciplinary action. Parents will be contacted and requested to bring a change of clothes so that the student will be in compliance with the dress code. Repeated violations of the dress code will be construed as insubordination and further disciplinary consequences will be incurred by the student.

The principal, in cooperation with club sponsors, coaches or other persons in charge of a school organization, may regulate the dress and grooming of students who participate in extracurricular activities.

Adherence to the dress code and student and parental cooperation is greatly appreciated by the Fort Sam Houston Elementary School and Robert G. Cole Middle and High School staff.

Robert G. Cole Middle School prepares for 2007-2008 school year

By Elizardo Hernandez

Assistant principal, Robert G. Cole Jr./Sr. High School

Fort Sam Houston Middle School students will begin the school year in a brand new building. Robert G. Cole Middle School is set to open Aug. 27 and will serve sixth through eighth grade students.

When deciding on a name for the new middle school, a committee of school leaders, students, parents and community members unanimously agreed to keep the name of Lt. Col. Robert George Cole. Born at Fort Sam Houston, Cole joined the Army in 1934 and went on to earn the distinguished Medal of Honor for his actions in the days following the D-Day Normandy invasion and World War II.

Following the standards for quality middle schools set forth by the National Middle School

Association, the Robert G. Cole Middle School staff will provide a rich educational experience appropriate to the developmental needs of the young adolescent learner. The new middle school will do this by providing rich instructional practices, understanding the unique needs of the military child, providing "rigorous caring," and building relationships through collaborative efforts among the school, the home and the military community.

Cole Middle School Principal Dr. Roland Rios said, "We are excited about our new middle school, not only the new building, but the new and exciting ways we are planning to meet the needs of our unique young learners."

In addition, middle school students will have access to a new state-of-the-art Media Center, computer lab and gymnasium.

Fort Sam Houston Elementary



Pre-kindergarten

- | | |
|---|---|
| 2 | Bottles antibacterial sanitizer |
| 1 | Pkg. Ziploc gallon freezer bags - girls |
| 1 | Box of tissues |
| 1 | School bag (large enough to hold papers and a library book, no book bags with wheels) |
| 4 | Bottles Elmer's school glue (not "gel" or "no run" glue) |
| 1 | Pocket folder (solid color) |
| 1 | Box Ziploc bags (gallon) - boys |
| 1 | Box Ziploc bags (sandwich or quart) - girls |
| 1 | Pkg. Crayola Classic markers |
| 1 | Kindermat |
| 1 | Pkg. construction paper (9" x 12") variety pack |
| 1 | Box Crayola water colors |
| 1 | Box crayons |
| 1 | Refill of baby wipes (hand wipes) |

Kindergarten

- | | |
|---|---|
| 8 | Glue sticks |
| 1 | Scissor - Fiskar round-tip |
| 1 | Pkg. construction paper (9" x 12") variety pack |
| 1 | Backpack (no wheels) with student's name on it (large enough to hold papers and library book) |
| 1 | Set Crayola brand water color paint - eight colors |
| 3 | Boxes Crayola Classic markers (fat ones) |
| 1 | Pkg. paper bags - girls |
| 1 | Box Ziploc quart or gallon bags - boys |
| 8 | Boxes Crayola crayons - eight count |
| 2 | Boxes Kleenex - 200 count |
| 1 | Pkg. manila paper |
- No supply boxes**

Grade one

- | | |
|----|---|
| 2 | Spiral notebooks |
| 24 | Yellow pencils - No. 2 |
| 2 | Bottles Elmer's glue - 4 oz. |
| 1 | Pink Pearl eraser |
| 2 | Boxes Crayola crayons - 24 count |
| 1 | Pkg. Crayola Classic markers (wide tip) |
| 1 | Scissor - Fiskar |
| 1 | Box Kleenex - 200 count |
| 3 | Folders with pockets |
| 1 | Composition book with sewn binding (not spiral) |
| 1 | Pkg. baby wipes |
| 1 | Box Ziploc sandwich bags - boys |
| 1 | Pkg. Crayola water color paint - eight colors |
| 1 | Pkg. paper plates - girls |
| 1 | Pkg. construction paper |
| 1 | Pkg. lunch-size paper bags |

Grade two

- | | |
|----|---|
| 1 | Small pencil sharpener and lid |
| 4 | Spiral notebooks - wide-ruled (80 pages) |
| 48 | Yellow pencils - No. 2 (no Eagle Brand) |
| 2 | Boxes Crayolas - 24 count |
| 1 | Scissor - Fiskar sharp point |
| 2 | Boxes Kleenex - 200 count |
| 2 | Bottles white school glue - 8 oz. |
| 4 | Pocket folders with brads (assorted colors) |
| 1 | Wooden 12-inch ruler (centimeters and inches) |
| 1 | Pkg. construction paper (9" x 12") assorted colors - no tablets |
| 2 | Pkgs. Crayola brand markers |
| 1 | Backpack |
| 1 | Pkg. Ziploc quart freezer bags - boys |
| 1 | Pkg. baby wipes |
| 2 | Pkgs. manila paper (12" x 18") |
| 2 | Pink Pearl erasers |
| 1 | Pkg. wide-ruled notebook paper |

Grade three

- | | |
|----|--|
| 48 | Yellow pencils - No. 2 (no Eagle brand) |
| 1 | Box colored pencils - 12 count |
| 1 | 12-inch wood ruler - inch and metric |
| 2 | Boxes Crayola crayons - 24 count |
| 2 | Bottles Elmer's glue - 8 oz. |
| 2 | Boxes Kleenex - 200 count |
| 1 | Pkg. wide-spaced notebook paper |
| 1 | Scissor - Fiskar - sharp point |
| 10 | Pocket folders - two blue, two green, two yellow, two orange and two red |
| 5 | Spiral notebooks - 70-page - wide-ruled |
| 1 | Pkg. assorted construction paper (9" x 12") no tablet |
| 1 | Pkg. manila paper (9" by 12") |
| 2 | Pink Pearl erasers |
| 1 | Bottle hand sanitizer |
| 3 | Red checking pens |
| 1 | Box Crayola Classic markers - wide tip |
| 1 | Dozen eraser caps for pencils |
- No three ring binders or Trapper Keepers**

Grade four

- | | |
|----|---|
| 1 | Supply box - large |
| 30 | Yellow pencils - No. 2 (no Eagle or mechanical) |
| 1 | 12-inch ruler - inch and metric markings |
| 1 | Box Crayola crayons - 24 count |
| 1 | Bottle Elmer's glue - 8 oz. |
| 2 | Boxes Kleenex - 200 count |
| 3 | Pkgs. wide-spaced notebook paper |
| 1 | Pkg. Crayola fine point markers - eight colors |
| 1 | Scissor - Fiskar sharp point |
| 10 | Pocket folders with brads (bold) |
| 6 | Spiral notebooks - 70-page, wide-ruled |
| 1 | Roll paper towels |
| 1 | Box colored pencils - 12 count |
| 1 | Bottle waterless hand sanitizer (pump) |
| 4 | Highlighters |
| 1 | Box quart freeze-lock baggies - girls |
| 1 | Box gallon freeze-lock baggies - boys |
| 2 | Red pens |
| 2 | Glue sticks |
| 1 | Individual pencil sharpener (no battery operated) |
| 1 | Three-ring 1" binder |
| 1 | Pkg. five-tab dividers |
- No notebooks or Trapper Keepers**

Grade five

- | | |
|----|--|
| 1 | Zipper pencil case |
| 24 | Pencils - No. 2 |
| 5 | Highlighters |
| 2 | Red checking pens |
| 1 | Box colored pencils - 12 count |
| 1 | Three-inch, three-ring binder |
| 1 | Box Crayola crayons - 16 count |
| 2 | Boxes Kleenex - 200 count |
| 1 | Pkg. of re-enforcements |
| 1 | Box Crayola brand markers (fine point) |
| 5 | Folders with three brads and pockets |
| 2 | Pkgs. tab dividers with pockets |
| 5 | Spiral notebooks - 70-page |
| 5 | Pkgs. wide-lined paper |
| 2 | Pink Pearl erasers |
| 1 | Glue stick |
| 1 | Roll paper towels |
| 1 | One-inch binder |
- No backpacks**

Community Recreation

3-D Archery Shoot

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

Equestrian Center youth camp

Registration for the Summer Youth Horsemanship Camp will continue until classes

are full. Camp is for youth ages 7 to 17 and consists of a one-week session held from 9 a.m. to 3 p.m. each day. The last session ends Aug. 10. The registration fee is \$195 with a \$25 deposit. For more information, call 224-7207.

Outdoor pool is open

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

Summer swim lessons

Registrations for Red Cross swimming lessons will continue until classes are full at the Aquatic Center. Individuals must register in person Monday through Friday from 11 a.m. to 6 p.m. The cost is \$40 per student and includes lessons, certificate of completion, class photo and T-shirt. Payment is due at time of registration. Lessons are conducted in two-week sessions held Monday through Friday from 8:15 to 9:15 a.m. and 10:45 to 11:45 a.m. For more information, call 221-4887 or 221-1234.

Golf Course, 222-9386

Women's golf clinic

The Fort Sam Houston Golf Course will host a women's golf clinic Aug. 3 to 24, Fridays, from 6 to 7 p.m. The cost is \$120. For more information, call James Benites at 355-5429.

Warrior's Monthly Scramble tournament

Register up to four players to participate in the Warrior's Monthly Scramble held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be Aug. 3 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental,

Great Getaways Sweepstakes

Register for a chance to win an all-inclusive grand prize vacation package for two at one of four Armed Forces Recreation Centers. The sweepstakes is open to service members, retirees, Department of Defense civilians and their Families, age 18 and older, through Aug. 31. For more information or to enter, visit <http://www.afrcresorts.com/sweepstakes>.

prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information, call the Golf Club's Pro Shop at 222-9386.

Dining and Entertainment

Harlequin Dinner Theatre, 222-9694

The Arthur Long comedic production "Never Too Late" will be presented at the Harlequin Dinner Theatre through Aug. 18. Performance tickets are \$24.95 for Wednesdays and Thursdays and \$27.95 for Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for Splashtown. The tickets are \$8 for daily entrance. Discounted tickets for SeaWorld, as well as many other attractions, are also available. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For

more information, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

2007 Military Long Drive

The MWR Long Drive Championship, presented by Cadbury Schwepps, will be held Aug. 12 at 8:30 a.m. at the Fort Sam Houston Golf Club. This one-day program is open only to active duty service members, Reserve and National Guard (inactive status may participate). The installation with the most participation will win \$1,000 worth of Army and Air Force Exchange Service gift cards to be used by its respective MWR Directorate. In addition, Fort Sam Houston MWR will offer a \$200 AAFES gift card drawing for each military installation. Prizes will be awarded for first through third place finishers. The top long drive competitor at each of the five geographical zones who records the longest drive will win an all-expenses-paid trip to compete in the military division at the RE/MAX Long Drive Championship in Mesquite, Nev. The active duty service member to hit the longest qualified drive during the Military Division of the RE/MAX Long Drive Championship will win \$10,000 and be featured on the ESPN coverage of the event. Competitors in the MWR Long Drive Championship will pay \$10 per try (six balls). For more information, call 222-9386 or visit www.fortsamhoustonmwr.com/bod/golf_club.asp.

Coushatta Casino resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club Aug. 7 at 7 a.m. and return Aug. 8 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Patrons must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office by Wednesday. For more information, call 226-1663 or 224-2721.

Events

FamilyStrong

FamilyStrong will host its first annual Family Fun Day for military Families with special needs children Saturday from 10 a.m. to 3 p.m. at the McGimsey Scout Park, 2226 N.W. Military Highway. The event will include Radio Disney, San Antonio Zoo, bubbles, ring toss, face painting, balloons and moon bouncers. Admission is free. Lunch will be provided from 11 a.m. to 1 p.m. For free tickets, call Denisse Cardona at 299-8139, ext. 247, or e-mail Dcardona@familystrong.org. For more information, call Katie Dickman at 222-0989 or e-mail kdickman@familystrong.org.

Newcomers' Extravaganza

A Newcomers' Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. The extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of arrival. Soldiers, civilians and family members will have the opportunity to learn about Fort Sam Houston and the San Antonio area. Participate in giveaways, drawings, registration and social activities. For more information, call the Army Community Service, Relocation Assistance Program at 221-2705 or 221-2418.

Children's reading hour

The Non-Commissioned Officers' Wives Club will host a children's reading hour Aug. 3 at 3 p.m. and Aug. 10 at 4 p.m. at the Keith A. Campbell Memorial Library, 2601 Harney, on the corners of Harney at Chaffee. For more information, call Jennifer Koranyi at 437-2788, or e-mail jennykor@aol.com.

Garage sale

The next post garage sale will be held Aug. 4 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID card is required to participate. Participants may rent tables and chairs on-site from the Outdoor Equipment Center. Table rentals will be on a first-come, first-

served basis as supplies last. The selling of firearms, animals, arts and crafts, or food and beverage items is not permissible. To register or for more information, visit www.fortsamhouston-mwr.com or call 221-5224 or 221-5225.

Seeking Cub Scouts

Boys going into first grade (or 7 years old) through fifth grade are invited to join the Cub Scouts Pack 23 at Fort Sam Houston. Pack 23 offers a fun summertime program that includes water sports, hikes and den meetings. To register a new scout or to transfer a scout into Pack 23, e-mail Jennifer Tucker at jtuckerpack23@yahoo.com. For more information, call Kevin Muravez at 262-6114 or e-mail Peter Moons at peter.moons@us.army.mil.

Honorary Bat Boys

Send in nominations to be an Honorary Bat Boy for the San Antonio Missions home games throughout the summer. Honorary Bat Boys not only get to help on the field at a game, but also receive a Missions cap, special T-shirt and tickets for Family Members to attend the game. They will also participate in the on-field opening ceremonies at Missions home games on Friday, Saturday or Sunday. This contest is open to military youth, male and female, 18 years old and younger, who are authorized commissary and Morale, Welfare and Recreation program access. To register, send in a post card with the nominee's name, age and phone number on a 3-by 5-inch card to San Antonio Missions Baseball Club, Kraft Singles Honorary Batboy, 5757 Highway 90 W, San Antonio, TX 78277.

Vet treatment facility

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vac-

inations for privately owned animals by appointment. The clinic does not provide boarding or grooming services. Walk-ins are seen on a space-available basis. Sick call and vaccinations are scheduled by appointment only. Post registration may be done on a walk-in basis; call ahead of time to ensure the clinic is open. Pet care products may be purchased Monday through Friday from 8 a.m. to 4 p.m. Clinic appointment hours are Monday through Wednesday from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations, and Thursday and Friday from 8:30 to 11:30 a.m. for vaccinations only. For more information or to schedule an appointment, call 295-4260 or 295-4265.

College scholarships

The Freedom Alliance Scholarship Fund provides tuition assistance for the 2007-2008 academic years to dependents of troops killed or permanently disabled in the line of duty. Freedom Alliance will accept applications until Aug 10. Students must be enrolled or accepted at an accredited college university or vocational school. For more information or to download an application, visit www.freedomalliance.org or call Jennifer Ohman at 310-367-1326.

Volunteer

School supplies needed

Operation Homefront is partnering with Mattress Pro stores in San Antonio to collect school supplies for children of deployed service members. School supplies can be dropped off at any of the Mattress Pro Stores through Aug. 6. For more information, call 659-8039 or visit www.operationhomefront.net/texas.

ASMC 'Dare to Love' Drive

The American Society of Military Comptrollers will be holding a Back to School "Dare to Love" drive. All donations will go to the Rainbow Room, which supplies emergency clothing and supplies for children referred to Child Protective Services. The following supplies are needed: backpacks, erasers, construction paper, scissors, folders and spiral notebooks. ASMC will collect supplies through Aug. 10 with delivery to CPS Aug. 15. For more information, call Gracie Ayala at 671-0344 or 834-2742.

Volunteers needed

The Texas State Guard is looking for volunteers, ages 17 to 65; prior military service is not required. The Texas State Guard meets on the third Saturday of the month at 8 a.m. at the Texas State Guard Armory, 4255 Interstate Highway 35 North. For more information, call Capt. Fred Balderrama at 830-985-3067.

Meetings

NCO Wives Club

The Non-Commissioned Officers' Wives Club invites members and non-members to an August business meeting Aug. 7 at 10 a.m. at the Sam Houston Club. Membership is open to E-4 and above. For more information, call Jennifer Koranyi at 437-2788 or e-mail jennykor@aol.com.

SAMC Summer Membership Drive

Sergeant Audie Murphy and Sergeant Morales Club members are invited to join the local Sergeant Major of the Army Leon Van Autreve Chapter. The chapter welcomes inducted and honorary members. For more information, call 332-0722 or 221-9925.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on



Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@samhouston.army.mil or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

For Sale: Gas barbecue grill, computer desk, wooden desk, bike, bike helmet, dinette set and TV. Call 313-0061.

For Sale: Baby papasan swing, swings and reclines in two positions, nature sounds, music, mobile and toy bar, \$85 obo. Call 275-2237.

For Sale: Little Tikes pink and white toy chest, in good condition, \$25; dining room set, four seats, black metal with wood laminate, \$15. Call 821-5479.

For Sale: Jazzy motorized wheelchair with detachable foot rest and instruction booklet, \$1,000. Call 661-3765.

For Sale: 2004 Honda Helix, yellow, large motor scooter with helmet, 250cc, automatic transmission, 7,500 miles, \$2,750. Call 317-1630.

For Sale: Bicycle rack, \$15; 19-inch color TV, \$20; VCR, \$10; corner computer desk, \$35; exercise model EX-808, \$35. Call Sandy at 241-1291.

For Sale: Sony rack stereo system, \$100; Metro small computer desk, \$20, computer desk, \$35; solid pine full-size sleigh bed, \$100; solid oak three-piece entertainment center, \$200. Call 564-0767.

For Sale: Two Lazyboy brushed cloth recliners, burgundy, in good condition, \$30 each or \$50 both; office chair, \$15. Call 654-9617.

For Sale: Kimball upright piano with bench, model P434, tuned, in excellent condition, \$2,000. Call 657-5143.

For Sale: 2004 Harley Sportster 1200R, screaming eagle pipes, windshield, sissy bar, etc., \$6,600. Call 639-1039.

For Sale: Three cocker spaniel puppies, black male, tan and white female and red and white female, 12 weeks old, tails docked, current on shots, \$300 limited AKC registration or \$350 full AKC registration. Call Stephanie at 317-5005.

For Sale: M.I. Hummell collection, over 200 styles; German beer stein collection, some Metlachs. Call 223-0327 after 6 p.m. or leave message.

For Sale: Cherry wood queen-size bed with mattress, \$1,200 obo; cherry wood dresser with mirror, two cherry wood night stands, \$500 or \$1,500 with the purchase of the bed; wooden kitchen table with four chairs, \$400 obo; shop vac, six horsepower, \$50 obo. Call 595-7326.

For Sale: Black fabric futon mattress and frame, \$10; 30-gallon corner fish aquarium includes wooden stand, penguin filter,

hood light and various accessories, \$40; two bookshelves with two adjustable shelves per unit, \$10; small oval dining table with three chairs, dark wood, optional drop leaf, small drawer, decorative edging, \$50; IBM 15-inch computer monitor, \$10; Samsung 15-inch computer monitor, \$5; free quarter pipe skateboard ramp with grinding rail, weathered, you pick up. Call 590-2985 or 638-8876.

For Sale: 2004 Nissan Sentra, SE RS Spec V, six speed, upgraded wheels and tires, stereo system, 31K miles, \$11,799. Call Ron at 221-8455, 662-9263 or 334-1816.

For Sale: Everlast punching bag, 50 pounds or more with stand, \$100 obo. Call 822-9491.

Free To Good Home: Kittens, 9 weeks old, one gray and white female and one gray male, litter trained, playful. Call Becky or Patrick at 254-9803.

Free To Good Home: Two foster kittens, one special need kitten, 8 to 9 weeks old, current on shots, litter trained. Call Kat or Dennis at 616-2239.

Free To Good Home: Miniature pinscher/mix puppy, female, 7 months old, spayed with shots. Call 437-0022.