



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Aug. 4, 2005

Briefs . . .

Change of command

The U.S. Army Garrison will have a change of command ceremony Monday at 8 a.m. at the Fort Sam Houston flagpole on Stanley Road. Col. Garry Atkins will transfer command to Col. Wendy Martinson.

Women's Equality Day

Fort Sam Houston will sponsor a Women's Equality Day called "Celebrating Women's Right to Vote" Aug. 26 from 11 a.m. to 1 p.m. at the Sam Houston Club. The guest speaker will be retired Sgt. Maj. Kasha Zilka. Tickets are \$12 and include lunch. For more information, contact a unit equal opportunity adviser or call Master Sgt. Michael Boehringer, installation EOA, at 221-9276 or 336-4993.

Back-to-school bash

The Morale, Welfare and Recreation-sponsored back-to-school bash will be Aug. 13 from 10 a.m. to 4 p.m. at the Bowling Center and adjacent field. Activities include play bounces, carnival games, free 10K volkswarm, bike rodeo, pony rides, car smash, cyber bowl, colored pin bowling and raffle prizes. For more information, call 221-2926.

Teen night at the Quad

Fifth U.S. Army and Youth Services will host a "Cougar Teen Night at the Quad" for Cole Jr./Sr. High School students in ninth to 12th grades Aug. 13 from 6 to 10 p.m. at the Quadrangle.

Aquatic Center

The Aquatic Center will operate on an alternate schedule when school resumes Aug. 15. The new schedule will be Monday through Friday from 11:30 a.m. to 1:30 p.m. for lap swimming only and 4 to 8 p.m. for open swim with no slides. Saturdays and Sundays, the center will be open from 8 a.m. to 12 p.m. with full operation including slides. For more information, call the Aquatic Center at 221-4887.

A/T travel requirements

Military personnel and Department of Defense civilians traveling outside the United States, its territories and possessions are required to have a destination country update within two months of travel and antiterrorism awareness training (Level I) within 12 months of travel. Online antiterrorism awareness training (Level I) has moved to a new Web site at <https://atlevel1.dtic.mil/at>. This applies whether people are on leave, pass or temporary duty. The requirement can be found in Army Regulation 525-13. For more information, contact a unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0535 or 295-0509.



Artist rendering by SmithGroup, Inc.

A \$30 million dollar rehabilitation center, funded by the nonprofit Intrepid Heroes Fund, will be built on Fort Sam Houston near Brooke Army Medical Center.

New rehab center to support recovering service members

By Phillip Reidinger
Fort Sam Houston Public Affairs Office

Service members with severe injuries who require extensive treatment and rehabilitation will soon get help at a new facility that will be built on Fort Sam Houston near Brooke Army Medical Center.

The \$30 million rehabilitation center, funded by the nonprofit Intrepid Heroes Fund, will be built on a 4.5-acre site adjacent to two new 21-room Fisher Houses. The site already contains two active Fisher Houses.

"We already provide great care to these warriors. The new center will make it even better," said Brig. Gen. James Gilman,

Brooke Army Medical Center commander. "It will be a great asset for Brooke Army Medical Center. We're honored to have it built here."

The anticipated cost of the National Armed Forces Physical Rehabilitation Center includes equipment, furniture and furnishings. Groundbreaking for the planned four-story, 65,000 gross square foot center is planned for fall of this year.

The facility will include indoor and outdoor rehabilitation facilities and a day care center to support accompanying family members staying at the Fisher Houses.

The first floor will house a running gait analysis, dual force plate treadmill, uneven

terrain modeler, swimming pool and a child center. The second floor will be dedicated to prosthetic manufacturing. The third floor will accommodate physical therapy services, a prosthetic workshop, a gym and a 30-foot climbing and rappelling wall. The fourth floor will house occupational therapy services, a daily life activities lab and a running track.

The center will support treatment and rehabilitation of patients with amputated limbs, severe burns, blindness and head trauma. The goal is to rehabilitate service members to a level of physical condition where the decision to continue to serve on active duty is for "other than the loss of limb," according to the fund's Web site.

Army unveils active Brigade Combat Team stationing plan

By Cheryl Boujnida
Army News Service

WASHINGTON, D.C. – As part of its largest restructuring since World War II, the Army announced its plan July 27 for stationing its active component modular Brigade Combat Teams.

The plan includes new organizations being formed and other units being returned from overseas locations. The return of the overseas units adds up to 50,000 Soldiers and 150,000 family members being brought back to bases in the United States. In the end state, the number of active modular BCTs will increase from 33 to 43, enhancing the active Army's combat power by 30 percent.

The plan was announced at a Pentagon press briefing conducted by Special Assistant to the Secretary of the Army Raymond F. DuBois and Army Vice Chief of Staff Gen. Richard Cody.

"Moving the Army to modularity represents the largest change of our Army since 1939," Cody said. He also explained the benefits the

Army and Soldiers will see from the stationing plan.

"What this does for us is it sets up the footprint of the United States Army," Cody said. "It optimizes the training areas. Posts, camps and stations are structured properly for the new weapons systems we have. It set us up for some great training opportunities. I think, over time, the big winners are going to be our Army families ... because we can put a Soldier and his family at a post, camp or station there, and leave them there for four to five years."

Cody said the Army's modular force initiative and stationing plan will better posture the Army to meet its strategic commitments, to include ongoing global combat operations, while allowing it to continue transforming to meet the future demands of combatant commanders.

He explained the life cycle management of BCTs is stabilized through three-year rotation cycles.

See **STATIONING PLAN** on Page 4

Safety tips can keep pedestrians from becoming a statistic

A pedestrian was struck by a vehicle on post July 24. The driver was cited for failing to stop at a stop sign. Drivers must ensure they obey traffic signs and lights; and pedestrians should make eye contact with drivers before walking into the path of a vehicle.

By practicing safety, people can avoid becoming a statistic. According to the National Safety Council, about 5,900 pedestrians are killed by automobiles each year; 84,000 suffer nonfatal injuries. Almost one-third of these victims are children under age 15, yet this age group represents only about 15 percent of the U.S. population.

By observing the following safety tips, people can protect themselves and their children:

Walk on sidewalks. If a sidewalk is not available, walk on the edge of the road or on the left shoulder of the road, facing the traffic flow.

Cross at marked crosswalks or intersections. Pedestrians are most often hit by cars when they cross the road at places other than intersections.

Look left, right and left again for traffic. Stopping at the curb signals drivers that you intend to cross.

See and be seen. Drivers need to see you to avoid you.

- Stay out of the driver's blind spot.
- Wear bright or reflective clothing at night.
- Carry a flashlight at night.
- In bad weather, ensure umbrellas and raincoats do not prevent drivers from seeing you.

Watch your children. Do not let small children cross streets alone or play or walk near traffic. They cannot accurately judge vehicle distances or speeds and may make unpredictable movements.

Drinking and walking? Alcohol can

impair a pedestrian's judgment and motor skills the same as drivers. Take the bus, cab or have someone drive you home. Be aware of the effects of prescription and nonprescription medications and drugs.

Obey traffic signals. At intersections where traffic is controlled by signals or an officer, obey signals and do not cross against a stop signal unless specifically directed by a traffic officer.

For more information, call the Safety Helpline at 295-SAFE (7233).

(Source: Fort Sam Houston Safety Office)

Fort Sam Houston News Leader

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Welcome home ceremony honors 'warrior-citizens'

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

Fifty Army Reserve Soldiers were honored for their exceptional duty and achievements in support of Operations Iraqi Freedom and Enduring Freedom during a Welcome Home Warrior-Citizen Award ceremony Saturday at the Roadrunner Community Center.

The Soldiers are assigned to the 90th Regional Readiness Group and its subordinate units: 121st Adjutant General Chaplain Detachment, 345th Mobile Public Affairs Detachment, 370th Transportation Company and 812th Chemical Company.

Brig. Gen. Philip L. Hanrahan, commander of the 90th RRG and guest speaker for the ceremony, presented each Soldier with an American flag in a wooden display case inscribed with the following:

"Warrior Citizen. In appreciation for your faithful military service. Your selfless sacrifice and excellent performance of duty is reflective of the Army's Warrior Ethos. Your patriotic service as a true Warrior Citizen 'will never be forgotten.'"

The inscription was signed by Lt. Gen. James R. Helmy, chief of the Army Reserve.

"Citizen warriors of America's Army, on behalf of a

grateful nation, thank you each and everyone of you for a job well done," said Hanrahan. "Each and every one of you have accomplished the mission and made America a safer and better place to live."

"It was very touching," said Capt. James Bush, from Atlanta, Ga., and now assigned to the 90th RRG. "We don't do it for awards, ribbons or any type of honor. We do it because we want to do it, for family and friends and for our country. When you are recognized it really touches you to know that the rest of the Soldiers in our units have done the same thing and made the same sacrifice you have."

"It is a great award that demonstrates our country's support and recognition for what we did," said Lt. Col. Ruben Balle, commander for casualty operations in Iraq.

The Soldiers completed a variety of missions while overseas including transportation, supply, military intelligence, public affairs, documenting military history, chaplain's duties and administrative management.

Other guest speakers included State Representative Ruth McClendon; retired Maj. Gen. Elvin Schofield, Army Reserve Ambassador for Texas; and Caryl Hill, Employer Outreach, Texas Committee, Employee Support of the Guard and Reserve.

The Welcome Home Warrior-Citizen Award program was created in December 2004 by Lt. Gen. James Helmy, chief of Army Reserve, to formally recognize Army Reserve citizen warriors who were mobilized and deployed in support of Operations Enduring Freedom or Iraqi Freedom and exhibited excellence in performance of duty.



Brig. Gen. Philip Hanrahan, commander, 90th Regional Readiness Group, presents an American flag encased in a wooden box to Capt. Martin Vasquez as his wife, Sonia, and daughter, Angelica, look on at a Welcome Home Warrior-Citizen ceremony Saturday.



Sgt. 1st Class John Gomez, carrying his grandson, is surrounded by his family; wife, Blanca; and daughters, following the Welcome Home Warrior-Citizen Award ceremony. "I am real proud of him and glad to have him back," Blanca said.



(From right) Spc. Daniel Aguayo, Lt. Col. Ruben Balle, Col. James Beesley and Capt. James Bush, are among the 50 Army reservists recognized with a Welcome Home Warrior-Citizen Award Saturday during a ceremony at the Roadrunner Community Center.

Fort Sam civilian earns Department of the Army-level honor

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

A dedication to duty combined with a passion for community service resulted in a Department of the Army-level honor for a Fort Sam Houston civilian employee.

Kevin Majors, a clinical instructor for the 232nd Medical Battalion's Department of Combat Medic Training, is the Army recipient of the Blacks in Government Civilian Meritorious Service Award for his job category – GS 7 to 11.

The award recognizes well rounded government workers who display an exceptional proficiency in their job, serve as leaders and role models at work and in the community, and display a passion for civil rights and public service.

"When we (Majors' supervisors) read the criteria for the award, it became very obvious that Mr. Majors should be nominated," said Capt. Christopher Metcalf, executive officer of the clinical section of DCMT. "The description fit him to a key."

Majors trains future combat medics at Brooke Army Medical Center during their two-day hospital rotation, used to gain familiarization with a clinical environ-

ment and put classroom instruction to use in a real-world situation.

"It's hands-on for the students," he said. "Training Soldiers is what I love most about this job."

Majors, a former active duty operating room technician and licensed vocational nurse, said he uses a "firm, but fair" approach to help prepare Soldiers for any situation.

"I have no problem speaking up when something is not right," Majors said. "I don't do things to garner honors and awards, I act out of necessity."

Majors carries this work philosophy to his personal life. Concerned by the lack of teen facilities in his housing development, Majors asked his community's Homeowner's Association to build a basketball court to keep teens busy and off the streets.

"I rode my motorcycle around and handed out a survey to homeowners to determine interest and potential support," he said. "People tend to stereotype teenagers as troublemakers. But instead of ignoring the problem, I figured it would be better to find a solution."

His proposal also includes a teen council that would give the youth responsibility for each other and their housing areas. As

a result, the HOA elected Majors the chairman of the new basketball court committee.

"Once the courts are in place, I want to start some teams and organized events – mother and son, father and son; events to create a sense of community and ownership," he said. "As a society, we have to stop writing kids off and find ways to get through to them."

Majors, a former Army boxer, also has set his sights on creating an organized Army boxing team on Fort Sam Houston for civilians and Soldiers.

"I've been training a few Soldiers for about eight months," he said. "I'm researching the construction of a boxing gym and a team affiliated with USA Boxing."

USA Boxing is responsible for the administration, development and promotion of Olympic-style boxing in the United States, according to its Web site.

In his limited spare time, Majors is an aspiring actor and stand-up comic with several independent films under his belt.

While his lifestyle and interests are diverse, Majors' true passion lies in helping others, whether Soldiers or local teens.



Kevin Majors, a clinical instructor for the 232nd Medical Battalion's Department of Combat Medic Training, teaches instructional techniques for an electrocardiogram, or EKG, machine to Spcs. Evelyne Alden and Davis Ayala. Majors is the Army recipient of the Blacks in Government Civilian Meritorious Service Award for his job category – GS 7 to 11.

"We can all make a difference, whether at home or work; we just have to put fear and apathy aside," Majors said.

Despite his long list of personal and professional accomplishments, Majors said he was shocked to find out he won the prestigious award.

"I don't give recognition or awards a second thought," Majors said. "When I was being nominated, I had to submit a biography and official photo but I had no idea what it was for. I

thought I was being fired. When I found out I was nominated, I figured I didn't have a chance, and then I won. It was a shock."

And well deserved, Metcalf said.

"It would have been wrong to give it to anyone else," he said.

Majors and the other award recipients, two from each military service, were officially presented the award Wednesday during the Blacks in Government 27th Annual National Training Conference in Orlando, Fla.

What a night - out



Photos by Phil Reidinger

Installation commander Maj. Gen. George W. Weightman presents an official Fort Sam Houston National Night Out T-shirt to the members of the Westfort Alliance Neighborhood Association board during his visit to the local community Tuesday night. The Westfort neighborhood is adjacent to the post near the Wilson Road gate. National Night Out is a get-to-know-your-neighbors crime and drug prevention event.



(Above) The Fort Sam Houston Fire Department mascot Sparky gets a warm welcome at the Parker family residence on Gorgas Circle during the neighborhood National Night Out celebration.

(Right) Maj. Gen. George Weightman presents a Certificate of Appreciation to Lt. Col. Tim Gardner and his wife, Julie, who served as a host family for the National Night Out gathering in the Graham neighborhood.



(Right) McGruff accompanied members of the post fire and police departments during visits to installation neighborhoods along with fire engines, police cars and motorcycles, which were a hit with neighborhood children.



JOIN THE FUN BE A MAYOR

Lincoln Military Housing is asking for residents in each community to volunteer for the Mayor Program. The mayors help plan fun events for their community.

More Mayors currently needed in the following villages:
Patch Chaffee - Marvin R Wood - Watkins Terrace -
Artillery Post and Wheaton Graham

A few of the mayoral duties are as follows:

- Help with community activities;
- Attend the monthly Mayor/Senior Resident meetings (lunch provided);
- Participate in the welcome committee for new move-ins; and
- Be a contact person for village residents to voice their concerns or suggestions.

Help Plan Fun Events

For more information, call Emily Garcia, Lincoln Military Housing office, at 270-7638.



Blood is the fluid of life

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

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

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



Stationing plan

Continued from Page 1

“The Army will not be moving its people around as much – this will reduce turbulence in brigades and battalions,” Cody said. “This will stabilize forces and provide for more cohesion within brigade combat teams.”

DuBois said the current plan ties perfectly into the Army’s modular initiative, the return of troops from overseas and base realignment and closure recommendations.

“The selection of the BCT stations was a deliberate and analytical process,” DuBois said. “In this complex set of chess moves, it shows that Soldiers and family members remain the centerpiece of the Army and life will be more predictable for them.”

DuBois said that the plan is a force stabilizer for Soldiers and family members and directly impacts their quality of life.

As a key element of the BCT stationing plan, the Army will implement the Office of the Secretary of Defense’s Integrated Global Presence and Basing Strategy analysis recommendations by returning up to 50,000 Soldiers from overseas locations by the end of the decade.

DuBois said the Army will not lose its presence overseas but the reduction of more than half of the forces will be a significant savings to U.S. taxpayers.

Two key recommendations of the analysis include the return of the 1st Infantry Division to Fort Riley, Kan., and the relocation of the 1st Armored Division to Fort Bliss, Texas. The 1st Infantry Division will return in 2006 and the timing for the return of the 1st Armored Division is under review.

The Army selected locations for the modular BCTs based on existing and potential capacities, available training space, and current locations of similar and supporting units.

While the modular brigade combat teams follow historic division and brigade unit naming conventions, these units are of a completely different design than their predecessors. The essence of this transformational design is a new force that can be deployed singularly or in groups – ready for employment in a variety of designs as self-contained modules over a dispersed area. Essential to the success of this force

will be the use of Army’s installations as platforms from which to rapidly mobilize and deploy military power.

The Army modular force initiative involves the total redesign of the operational Army into a larger, more powerful, more flexible and more rapidly deployable force. It moves away from a division-centric structure to one built around the Army’s new modular combat team.

Additionally, modularity — in combination with rebalancing the type of units — will significantly reduce the stress on the force because of a more predictable rotational cycle, coupled with much longer dwell times at home station.

This commitment to minimizing the turbulence for Soldiers and families remains a top priority for the Army senior leadership. To reinforce this commitment, during the stationing of BCTs and relocation of units, Soldiers will move with their families and family moves will not be scheduled until the Soldier redeploys.

Active Brigade Combat Teams Posture:

- Fort Benning, Ga. – one BCT
- Fort Bliss, Texas – four BCTs
- Fort Bragg, N.C. – four BCTs
- Fort Campbell, Ky. – four BCTs
- Fort Carson, Colo. – four BCTs
- Fort Drum, N.Y. – three BCTs
- Fort Hood, Texas – five BCTs
- Fort Knox, Ky. – one BCT
- Fort Lewis, Wash. – three Stryker BCTs
- Fort Polk, La. – one BCT
- Fort Richardson, Ak. – one BCT
- Fort Riley, Kan. – three BCTs
- Fort Stewart, Ga. – three BCTs
- Fort Wainwright, Ak. – one Stryker BCT
- Schofield Barracks, Hawaii – one BCT one Stryker BCT
- Fort Irwin (National Training Center), Calif. – one BCT (minus)
- Korea – one BCT
- Germany – one Stryker BCT
- Italy – one BCT

The number of Soldiers in a BCT varies between 3,500 and 3,900 depending upon whether it is a Light, Heavy or Stryker BCT.

More information on the BCT stationing plan and a printer friendly map is at www.army.mil/modularforces/.

American Legion bestows top honor on reserve combat medic

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

A reservist's commitment to volunteer service has garnered her a top Army and national honor.

Spc. Megan McCartney, Army National Guardsman and combat medic-in-training from the 232nd Medical Battalion, is the Army's recipient of the American Legion Spirit of Service Award.

The prestigious award is given annually to five enlisted service members – one E-5 and below from each military branch – for their off-duty volunteer service in the community.

McCartney, part-time member of the Louisiana Army National Guard and full-time emergency medical technician for a civilian hospital, is not just the second reservist to ever receive this honor, she is also the third Soldier medic in four years to earn the award, according to Joe March, a legion spokesman.

"The fact that Soldier medics have been recurring recipients of this award is a testament to the quality of Soldiers volunteering to serve as combat medics today," said Lt. Col. Brian Kueter, 232nd Med. Bn. commander. "Service before self is part of the combat medic culture, and McCartney is a prime example of that commitment."

McCartney is not only continuing a trend for combat medics, she is starting a legacy at her Guard unit – the 769th Engineer Battalion in Baton Rouge, La. The Army recipient of the 2003 award, Sgt. Jacob Witte, was also from the 769th.

"The battalion is very family- and Soldier-oriented," said Capt. Nicole Townley, 769th Engineer Battalion personnel officer. "We concentrate a lot on community service. McCartney is a great example of that; she's always helping out the community and the unit."

McCartney said her dedication to her community originates from her military commitment. As a heavily involved member of the Color Guard, she is a familiar face at hometown events such as Veteran's Day ceremonies and Fourth of July events. She also is a volunteer recruiter and visits local high schools and community events in uniform to help enlist new Soldiers.

"I volunteered to do a deployment in Afghanistan," McCartney said. "The experience made me feel more like a Soldier. I like to let people know the military is a great place to be."

McCartney also has pitched in to help her unit get ready for inspections.

"She came in during her personal time to assist the full time personnel," Townley said. "She was not paid for doing this; she did it from the kindness of her heart and for the betterment of the organization."

A former supply specialist, McCartney put her skills to good use after Hurricane Ivan last year. She assisted in distributing supplies and hundreds of gallons of water to victims of the natural disaster.

McCartney's mother, Terri Deville, said her daughter has always been driven to excel.

"She's always been a giver, never a receiver," Deville said. "Even as a small child, she was never any other way. I'm just bursting with pride. I feel like she's deserved something like this all of her life."

On her part, McCartney attributes all of her accomplishments to her love for the military and her community.

"I love being a Soldier," she said. "And I love helping people. That's why I want to be a medic in my military career as well as my civilian one."

McCartney will take a break from her medic training to take her mother on an all-expenses-paid trip to Honolulu, Hawaii, for the American Legion's 87th annual National Convention where she will participate in the legion's parade and attend the legion's National Commander's banquet as a distinguished guest.

"Spc. McCartney's continuous volunteerism and commitment to the betterment of this unit and community are unmatched," Townley said. "I cannot think of a Soldier more deserving of recognition for her accomplishments both as a Soldier and a citizen."

The American Legion is a community-service organization with about 3 million members in about 15,000 American Legion posts worldwide, according to the legion's Web site.



Spc. Megan McCartney, Army National Guardsman and combat medic-in-training from the 232nd Medical Battalion, administers an IV to her classmate, Spc. Evelyn Reyes. McCartney is the recipient of the American Legion Spirit of Service Award.

Army Reserve launches new Web site

By Margaret McKenzie
Army News Service

ALEXANDRIA, Va. – The Army Reserve launched a new Web site recently to connect deployed Soldiers with their loved ones and deliver family support services.

The Army Reserve Family Programs portal at www.arfp.org is accessible from any computer with Internet access. The site is linked by drop-down menus at www.MyArmyLifeToo.com, an official Web site for family members.

“The combined information and links are the most comprehensive resources ever assembled by the Army for families,” said Vicki Brown, Army Family Enrichment Division Family Programs chief at Army Community and Family Support Center in Alexandria, Va.

The Web site introduces Soldiers, fami-

lies, friends, employers and volunteers who support the Army Reserve to news about military life. Related links provide information about Army Reserve Family Programs, MilitaryOneSource, myPay, TRICARE, Army Knowledge Online, Army Family Team Building programs and other resources.

“There are several services available to Army Reserve family members when loved ones are deployed,” Brown said. “Getting accurate information is important to families and helps Soldiers concentrate on the mission.”

“Soldiers and their families have many questions when faced with deployment,” said C.R. Lee Ratliff, Army Reserve Family Programs Office director. “Families continue to have questions and needs after a Soldier is deployed.”

According to Ratliff, empowering families to access information and services

through easy to use Web sites is an important element that allows Soldiers to focus on their mission.

Brown said the Army Reserve recognizes that families, friends and employers are a critical component of Soldier readiness.

“Using this portal to provide answers to questions, to connect to Soldiers and families and to ease some of the burdens of deployment and separations has become a key element in the Army’s strategy for improving troop readiness and retention,” she said.

“In today’s environment of multiple Web sites and information overload, we want families to know they can always trust those sites to keep them connected and informed,” Brown added.

MyArmyLifeToo.com, became accessible in February, and provides a single source of accurate, up-to-date articles and

information on a variety of family related topics.

“My Army Life Too was designed to meet the needs of family members, particularly those new to the services, and links all family program services in Army Community Services, the Army National Guard and Army Reserve Family Programs,” Brown said.

Family members also can receive free training in family member readiness, Brown said. Additional classes scheduled online through the e-learning center include volunteer management, financial readiness, Family Readiness Group leader certification mentoring and more.

“We are always interested in feedback from our users,” Brown said. “Log on to both of the Web sites and let us know how we can continue to improve them and make them better.”

Need a FREE credit report?

Soldiers and Department of Defense civilians may obtain a free credit report. For more information, call 221-1612.





Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

BAMC commander gets promoted



Photo by Kelly Schaefer

Maj. Gen. Kenneth Farmer, commander of the North Atlantic Regional Medical Command and Walter Reed Army Medical Center, Washington D.C.; and Jeffri Gilman, wife of Brooke Army Medical Center Commander Col. James K. Gilman, pin the brigadier general rank insignia on Gilman Monday during a promotion ceremony at the BAMC auditorium. Gilman assumed command June 22.



Photo by Ed Dixon

Maxwell assumes command

Incoming commander Capt. Deon Maxwell accepts the D Company, 187th Medical Battalion guidon from Lt. Col. Patricia Darnauer, commander, 187th Medical Battalion, at a company change of command July 27. Outgoing commander is Capt. Donald Carden. The unit provides command, control, administrative services and training support for 20 medical specialties.

Back-to-school shoppers save money

For the seventh year, Texas shoppers will get a break from state and local sales taxes.

The sales tax holiday exempts most clothing and footwear priced under \$100 from state and local taxes. The holiday begins Friday at 12:01 a.m. and runs through midnight Sunday.

Shoppers can expect to save about \$8 per every \$100 they spend.

Sale tax holiday information

The tax holiday occurs every year on the first Friday, Saturday and Sunday of August. Qualifying items are exempt from state and local sales taxes.

Most clothing and footwear priced at less than \$100 will be exempt from sales tax. Customers will receive the break on individual items, regardless of the total amount they buy. For example, sales tax is not due if a customer buys six shirts each priced at \$99.99. But full tax is due on a shirt sold for \$100; the first \$99.99 cannot be exempted.

Clothing and footwear used primarily for athletic activities or for protective wear are not eligible for the exemption. Customers buying golf cleats or football pads, for instance, must pay sales tax. Athletic wear that is also used for participation in other nonathletic activities can qualify for tax exemption. For example, tennis shoes, baseball caps, and jogging suits are worn during everyday activities and thus may be purchased tax-free during the holiday.

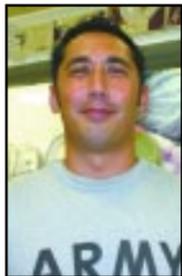
Also excluded from the sales tax holiday are accessories such as jewelry and watches; items that are carried rather than worn, including handbags, briefcases and wallets; clothing rentals, such as formal wear and costumes; and repairs and alterations.

For more information, visit <http://www.window.state.tx.us> under sales tax holiday or call (800) 252-5555.

Post Pulse: Who has been your biggest supporter?



"My wife has been my support. She is the one who's encouraged me all the way and has always been there for me."
Sgt. 1st Class Daniel D. Scott



"My parents have been supportive of me. My dad was in the military, so they have always been understanding when I couldn't be home."
Sgt. Dale Greyslak



"My support has been my wife. There is no way I could do this alone."
Master Sgt. Jeff Walker



"My friends have been very supportive of me when I had to leave my kids behind and have done what family hasn't been able to do."
Sgt. 1st Class Blanca Santiago (left)
"My parents have been supportive of everything I have decided to do, whether it was a tour of duty or attending schools."
Staff Sgt. Gina Taylor (right)

Fort Sam Soldiers thank supporters with Freedom Team Salute

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

As of Wednesday, more than 3,500 Fort Sam Houston Soldiers found a way to thank their strongest supporters that didn't involve breaking the bank.

As part of a national awareness campaign, representatives from Freedom Team Salute visited the post Friday through Wednesday to spread the word about and solicit participation in the Army program. The three-month-old program is designed to recognize the people who support active duty and reserve Soldiers for their service and to thank the veterans who have already served.

"It's an easy, effective way to say thanks to your support team," said Lt. Col. Lisiane Valentine, from the Manpower and Reserve Affairs Office in the Pentagon. M&RA is the lead agency for the program.

Valentine's team set up shop at the post exchange then visited Soldiers from the 232nd and 187th Medical Battalions and at Camp Bullis during their stay.

"We were able to make contact with hundreds of Soldiers at a time," Valentine said. "The program has had an extremely positive, supportive response here."

The free, "no strings" program involves filling out a nomination form with the names and mailing addresses of supporters. Active duty Soldiers can nominate their spouse and parents and reservists can nominate their spouse, parents and employer. Honorably discharged veterans can nominate themselves. While Soldiers were able to nominate in person on Fort Sam Houston for a brief time, the online option is always open at <http://freedomteamsalute.army.mil>.

The recipients of a Freedom Team Salute receive a commendation package, which includes an Army lapel pin, Army decal, and a certificate and letter signed by the secretary of the Army and Army chief of staff thanking them for their loyal support.

"Soldiers are very enthusiastic about the program," Valentine said. "And, so are the families and spouses. People tell me all the time they get emotional when they get the package. It means something to them."



J.J. Price (left), an intern at the Pentagon, helps Spc. Justin Murphy sign up his mother for a Freedom Team Salute Friday at the post exchange. "My mom has been a great source of support," Murphy said.

For more information, people can go to <http://freedomteamsalute.army.mil> or e-mail freedomteamsalute@hqda.army.mil.

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units is Aug. 31 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff

judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.



BACK TO Class

Superintendent's back to school message



Dr. Gail E. Siller
Superintendent

Welcome to the 2005-2006 school year! The Fort Sam Houston Independent School District faculty and staff look forward to working with you to help your students learn, progress and be successful in school. Our teachers have an enthusiastic and dedicated commitment to helping students become active learners and successful, productive members of society.

Our Fort Sam Houston teachers are continuing their efforts to align curriculum, instruction and assessments to ensure our students have the required knowledge, skills and attitude needed not only to meet or exceed state and national standards, but also to succeed in life. Each high school student has a personal graduation plan designed to meet individual academic goals and to enhance academic achievement.

Our students, schools and district benefit most when parents and community members are involved. We ask that you support your child's education by reviewing homework, showing interest in what happens in class, ensuring your student is in school on time and communicating with teachers. Please also consider sharing your time and talents as a volunteer or mentor — ask your child's teachers, counselors, campus administrators or your Parent-Teacher Organization or Cougar Pride Club officers how you can help make a difference in the lives of our students.

Working together, we can make the Fort Sam Houston schools the very best academically. Please call your school and get involved — your child will reap generous benefits.

KEY TELEPHONE NUMBERS

Fort Sam Houston Independent School District

Administration building	368-8700
Superintendent	368-8701
Associate superintendent	368-8703
Business	368-8705
Technology	368-8707
Operations (maintenance/transportation)	368-8719
Fax	368-8741

Fort Sam Houston Elementary School

Receptionist	368-8810
Principal	368-8804
Assistant principal for instruction	368-8805
Assistant principal for student services/attendance	368-8806
Counselor's office	368-8809
Fax	368-8801

Military Special Education Cooperative

Fax	368-8771
Fax	368-8776

Robert G. Cole Jr./Sr. High School

Receptionist	368-8733
Principal	368-8774
Assistant principal for instruction	368-8742
Assistant principal for student services/attendance	368-8736
Counselor's office	368-8734
Fax	368-8731

Fort Sam Houston schools open Aug. 15

Parents, students and teachers have all been keeping an eye on the calendar lately, knowing summer vacation will soon be over and school will begin again.

Aug. 15, students and teachers will once again have the opportunity to catch up with friends about vacations, jobs, classes and other activities in which they participated over the summer.

The 2005-2006 school year begins Aug. 15 and ends May 26. The board of trustees approved the 2005-2006 calendar in February.

The District Educational Improvement Council, an advisory group comprising district staff, parents and community members, provided feedback and input.

For 2005-2006, the district requested a waiver from the Texas Education Agency to begin school Aug. 15 instead of Aug. 22. Under Senate Bill 108, signed into law in 2001, school districts can hold classes for students no earlier than the week in which Aug. 21 falls, with Sunday considered the first day of the week. Additionally, districts can request to waive the Aug. 21 regulation. The district held a widely publicized hearing, received feedback from the parents, staff and community, and requested the waiver from TEA. The waiver was approved last spring.

The student holidays in the first semester of school of the 2005-2006 calendar include: Labor Day, Sept. 5; Columbus Day, Oct. 10; Veteran's Day, Nov. 11; Thanksgiving, Nov. 21 to 25; and winter break, Dec. 19 to 30. The last day of school before the winter break is Dec. 16. Students return to class Jan. 3 to begin the second semester.

Holidays for the second semester of school include: Martin Luther King Jr. Day, Jan. 16; President's Day, Feb. 20; spring break, March 13-17; Good Friday, April 14; and Battle of Flowers Parade, April 28. The last instructional day of school is May 26.

The state requires a minimum of 180 student instructional days, unless a district is granted a waiver from the TEA. A school district in Texas is permitted to waive student instructional days for professional development days. After the site-based decision-making committees of Fort Sam Houston Elementary and Cole Jr./Sr. High School conducted a needs assessment for staff development, a request was submitted to the TEA for a waiver. The TEA approved a three-day waiver for both campuses and was included in the 2005-2006 calendar.

Mark your school calendar

Today, 8:30 to 11 a.m. and 1 to 3 p.m.

Registration for new seventh and 10th graders attending Cole Jr./Sr. High School will be conducted by appointment. Call 368-8734 for an appointment.

Friday, 8:30 to 11 a.m. and 1 to 3 p.m.

Registration for new eighth and 11th graders attending Cole Jr./Sr. High School will be conducted by appointment. Call 368-8734 for an appointment.

Monday, 8:30 to 11 a.m. and 1 to 3 p.m.

Registration for new ninth and 12th graders attending Cole Jr./Sr. High School will be conducted by appointment. Call 368-8734 for an appointment.

Aug. 11, 6:30 p.m.

Orientation for Cole Jr./Sr. High School seventh and eighth graders and their parents will be held in the Moseley gym. Also,

orientation for new students to Cole in grades ninth through 12th will be held in the Cole cafeteria.

Aug. 12

Fort Sam Houston Elementary students attend "Meet Your Teacher" and visit classrooms from 3 to 4 p.m. Cole Jr./Sr. High School will hold its first "Cougar Round-up" from 8:30 a.m. to 3:30 p.m. in the cafeteria. Assigned time sessions for each grade level will be in next week's News Leader.

Aug. 15, 8 a.m.

First day of school

Aug. 18, 6 p.m.

Fort Sam Houston Elementary School open house

Aug. 23, 6 p.m.

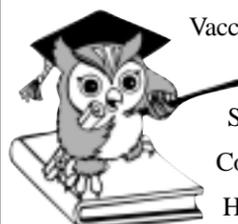
Fort Sam Houston Elementary School open house

Aug. 25, 6:30 p.m.

Robert G. Cole High School (grades ninth to 12th) open house

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Elementary prepares for first day of school

Fort Sam Houston Elementary School faculty and staff view the first day of school as a celebration of exciting things to come. Teachers, para-educators, secretaries, support staff and administrators are busy planning so students have successful experiences at school.

The first week of school is spent easing students' transition from home to school. Several steps are taken to ensure a successful first experience for students.

Elementary staff members await the buses, ready to welcome students with a wave and a smile. Young students and those new to the school may also be escorted to their class.

All entrances to the school are supervised so everyone receives a warm, friendly welcome. Students may enter the school

grounds from the front of the school or from the back entrance bordering Nursery Road. For reasons of safety and security, students may not enter the grounds from Williams Road. The school gates are locked everyday at 8 a.m.; visitors must check in at the front office. Ramps and wings are painted different colors to help young children locate their room.

Parents are encouraged to enroll their children before the first day of school to ensure a smooth and successful beginning for their children. New students can register Monday through Friday from 7:30 a.m. to 3 p.m.

During the first few days, students will take home important information for parents to review and, in some cases, return to school. The Parent-Student Handbook,

Student Code of Conduct and Acceptable Use Policy will require parent signatures. Please read and review these important documents carefully with your child and return the paperwork by the date requested.

The majority of students will ride installation or district buses. Students are not allowed to ride a bus other than the one to which they have been assigned. Younger students may not wait for older brothers or sisters to ride a later bus home.

Students should not arrive at school before 7:15 a.m. Youth Services provides before and after school programs. Parents who need this service can call 221-4466.

Pre-kindergarten and kindergarten students will be given name tags on the first day of school. Students are asked to wear their nametags for at least the first week.

This will help faculty and staff keep a watchful eye on these young children.

The 2005-2006 school year will be an exciting year as both the school and the community continue to work together. Through our efforts, we can continue to provide a quality education for all students.



Elementary invites students to meet teachers early

Fort Sam Houston Elementary School teachers and administrators invite students and parents to visit the campus, meet teachers and visit classrooms Aug. 12 from 3 to 4 p.m.

Class rosters will be posted on the front doors of the school building at 2:45 p.m. indicating which room and teacher each student has been assigned for the 2005-2006 school year. Parents and students are encouraged to attend this event.

"This is a wonderful opportunity for students to get acquainted with their teacher and see their room before the first day of school on Aug. 15," said Jayne Hatton, Fort Sam Houston Elementary principal.

Elementary school implements Positive Behavior Support Project

Fort Sam Houston Elementary School is starting a three-year project that enhances the capacity of the school to educate all students by adopting a sustained, positive, preventative and instructional approach to school-wide discipline and behavior management.

This approach focuses on giving priority to teaching and encouraging positive school-wide behavior expectations.

The Positive Behavior Support Project creates an environment where:

- Students and staff members are physically and emotionally safe, socially civil and academically productive;
- Classes are welcoming and invitational to all students;
- Students are taught the skills they need;
- Students and staff members are excited and take pride in doing difficult, but important work;
- Students and staff members support the progress of others;
- Students and staff members are filled with a sense of

accomplishment; and,

- All people are motivated, engaged in meaningful learning tasks and experiencing growth.

The three major guidelines for success are be safe, be responsible and be respectful. Students were aware of these guidelines and successfully followed expectations for the cafeteria and being in a line during the last school year. Expectations for other common areas of the school will be taught the first two weeks of school, ensuring a positive, successful beginning for the school year. Training will be provided for new students enrolling throughout the year.

Fifth grade teacher Brenna Howell said she is excited that the positive, research-based practices will improve the learning environment for students and teachers.

"I anticipate that this new approach will increase time for instruction," Howell said.

Elementary school uses agendas to teach organization skills

Fort Sam Houston Elementary School students in first through sixth grade will continue to use an agenda or daily planner for the 2005-2006 school year. This decision is the result of feedback from teachers, parents and students who reported benefits from the use of agendas.

Agendas teach students organization skills they can use throughout their

lives. Additionally, agendas provide parents with current information about homework, class projects and general school news or events. They also provide a means for teachers and parents to communicate in writing on a regular basis.

"Parents play a key role in the successful use of the agendas," Elementary

Principal Jayne Hatton said. "A powerful message is sent to the students when parents review and sign agendas daily. Additionally, parents model important organization skills through the use of their own calendars or daily planners."

Students will receive an agenda on their first day of school. There will not be an initial cost for the agenda.

Back to school



By Dr. Gloria Davila

Staff Sgt. James L. Lent and his wife, Stephanie, register their children, first grader Devin and kindergartner Liandra, with help from registration assistant Becky Belk July 28 at the Fort Sam Houston Elementary School. As part of registration, children's immunization records are reviewed to determine if requirements have been met.

Elementary school, PTO continue strong partnership

The Fort Sam Houston Elementary School Parent-Teacher Organization is gearing up for another great year. PTO executive committee members will be available to speak to parents at the open house and will communicate with parents in writing throughout the school year.

The PTO has an active volunteer program that offers a wide range of options for parent participation. A form will be sent home listing some of the possibilities for volunteer activities. Volunteers are an important ingredient to a successful school year.

Each Friday is "Spirit Day" at the elementary school, and students are encouraged to wear something green or gold on that day. The Student Council will sell "spirit wear" throughout the year. Flyers listing the sizes and prices for the school T-shirts will be distributed at the beginning of school.

The PTO will also sponsor several fundraising events throughout the year. All monies collected benefit the students at the school. For example, with collected funds, the PTO has previously purchased playground equipment, keyboards, die-cut materials, poster machine, portable speaker system for school-sponsored events, coolers for every classroom and bulletin boards for the main hallway. Money has also been used to support the accelerated reader program.

Elementary school sets daily schedule for 2005-2006

For the 2005-2006 school year, the elementary school will follow the same schedule as in previous school years.

The first morning bell will ring at 7:45 a.m., and the tardy bell will ring at 7:50 a.m. Students are expected to be in their classroom by 7:50 a.m. If a school bus is late, students riding it will not be counted tardy. Parents are required to sign their child in at the school office if the arrival is after 7:50 a.m. Students will need a tardy pass issued by the office before going to class.

Students should not arrive at school before 7:15 a.m., as there is no staff member on duty before this time. Students arriving after 7:15 a.m. should report to the cafeteria. They will be dismissed from the cafeteria at 7:30 a.m. to report to their classrooms.

Each Wednesday, students are dismissed one hour early so staff can engage in professional development. The daily schedule for each day of the week, by grade level, is indicated below:

Monday, Tuesday, Thursday and Friday

Pre-kindergarten and pre-school program for students with disabilities:
Morning session - 7:45 to 11 a.m.
Afternoon session - 11:45 a.m. to 3 p.m.
Kindergarten through fourth grade - 7:45 a.m. to 3 p.m.
Fifth and sixth grade - 7:45 a.m. to 3:30 p.m.

Wednesday only

Pre-kindergarten and pre-school program for students with disabilities:
Morning session - 7:45 to 10 a.m.
Afternoon session - 11:45 a.m. to 2 p.m.
Kindergarten through fourth grade - 7:45 a.m. to 2 p.m.
Fifth and sixth grade - 7:45 a.m. to 2:30 p.m.

Two bus systems transport Fort Sam Houston students

Fort Sam Houston Independent School District makes school bus transportation available to students living two or more miles from school. This service is provided on district yellow buses at no cost to students. Bus routes and subsequent changes are posted at the school. For more information, call 368-8720.

Fort Sam Houston U.S. Army Transportation provides transportation in white buses for elementary school students residing in Patch/Chaffee, Marvin R. Wood and Watkins Terrace. For more

information on U.S. Army Transportation, call 221-3234.

Students are expected to assist district staff in ensuring buses remain in good condition and transportation is provided safely. When riding school buses, students must:

- Follow the driver's directions at all times;
- Enter and leave the bus in an orderly manner at the designated bus stop nearest home;



- Keep books, band instrument cases, feet and other objects out of the aisle;
- Refrain from defacing the bus or its equipment;
- Refrain from putting head, hands, arms or legs out of the window; holding any object out of the window; or throwing objects within or outside of the bus;

- Refrain from smoking or using any form of tobacco;
 - Upon leaving the bus, wait for the driver's signal before crossing in front of the bus;
 - When students ride in a district van or passenger car, seat belts must be used at all times; and
 - Students need to arrive at the bus stop prior to scheduled time for pick-up.
- Discipline for misconduct on buses will be in accordance with the Student Code of Conduct; bus riding privileges may be suspended.

Fort Sam Houston Elementary School Bus Schedule 2005-2006 yellow buses

Area stops	Bus departs for elementary school	A.M. Bus No.	Route No.
Guest House and Fisher House (Cole and Elementary)	7:05 a.m.	Van No. 3	
FSH campground (Cole and Elementary)	7:15 a.m.	Van No. 3	
Infantry Post	7:30 a.m.	19	1
Infantry Post	7:30 a.m.	12	1
S16W & Graham	7:03 a.m.	11	2
Artillery Loop (Quarters 176)	7:05 a.m.	11	2
Artillery Post (Quarters 165)	7:06 a.m.	11	2
Artillery Post (Quarters 101)	7:07 a.m.	11	2
Artillery Post (Quarters 109)	7:08 a.m.	11	2
Artillery Post (Quarters 115)	7:09 a.m.	11	2
Staff Post Road	7:11 a.m.	11	2
Hancock Road (Quarters 2283)	7:12 a.m.	11	2
Gorgas Circle (Quarters 1016)	7:20 a.m.	1	2
Gorgas Circle (Quarters 1009)	7:21 a.m.	1	2
Graham and Worth	7:23 a.m.	1	2
Graham and Harney	7:24 a.m.	1	2
Graham and H.T. Allen (Shelter)	7:26 a.m.	1	2

Afternoon grades kindergarten to fourth have a 3 p.m. dismissal, and Wednesdays have a 2 p.m. dismissal. The bus departs at 3:05 p.m. from the school's southeast parking lot; the bus departs at 2:05 p.m. Wednesdays.

Area stops	P.M. Bus No.	Route No.
Infantry Post	11	1
Guest House and Fisher House	11	1
Gorgas Circle (Quarters 1016)	15	2
Gorgas Circle (Quarters 1009)	15	2
Graham and Worth	15	2
Graham and Harney	15	2
Graham and H.T. Allen (Shelter)	15	2
S16W and Graham	15	2
Graham and New Braunfels	15	2
Artillery Loop (Quarters 176)	15	2
Artillery Post (Quarters 165)	15	2
Artillery Post (Quarters 101)	15	2
Artillery Post (Quarters 109)	15	2
Artillery Post (Quarters 115)	15	2
Staff Post Road		
Hancock Road (Quarters 2283)		
FSH campgrounds (Cole and Elementary)		

Afternoon grades fifth and sixth have a 3:30 p.m. dismissal, and Wednesdays there is a 2:30 p.m. dismissal. The bus departs at 3:35 p.m. from the school's southeast parking lot, and Wednesdays the bus departs at 2:35 p.m.

Area stops	P.M. Bus No.	Route No.
Infantry Post	11	1
Guest House and Fisher House	11	1
Gorgas Circle (Quarters 1016)	3	2
Gorgas Circle (Quarters 1009)	3	2
Graham and Worth	3	2
Graham and Harney	3	2
Graham and H.T. Allen (Shelter)	3	2
S16W and Graham	3	2
Graham and New Braunfels	3	2
Artillery Loop (Quarters 176)	3	2
Artillery Post (Quarters 165)	3	2
Artillery Post (Quarters 101)	3	2
Artillery Post (Quarters 109)	3	2
Artillery Post (Quarters 115)	3	2
Staff Post Road	3	2
Hancock Road (Quarters 2283)	3	2
FSH campgrounds (Cole and Elementary)	3	2

Buses will load in the southeast parking lot off Nursery Road; Wednesday dismissal times are 2 and 2:30 p.m.

Fort Sam Houston Elementary School Bus Schedule 2005-2006 U.S. Army post buses

Morning schedule

Bus #	Area	Stop	Time
Bus # 1	Watkins Terrace	Depart motor pool	7:10 a.m.
		McMurray Road Stop # 6	7:20 a.m.
		McMurray Road Stop # 7	7:22 a.m.
		McMurray Road Stop # 8	7:24 a.m.
		Arrive at school	7:28 a.m.
		Depart the school	7:30 a.m.
Bus # 2	Watkins Terrace	Depart motor pool	7:10 a.m.
		Forbush Road Stop # 3	7:20 a.m.
		McMurray Road Stop # 4	7:22 a.m.
		McMurray Road Stop # 5 and 6	7:24 a.m.
		Arrive at school	7:28 a.m.
		Depart the school	7:30 a.m.
Bus # 3	Watkins Terrace	Depart motor pool	7:10 a.m.
		Forbush Road Stop # 1	7:20 a.m.
		McMurray Road Stop # 5 and 8	7:24 a.m.
		Arrive at school	7:28 a.m.
		Depart the school	7:30 a.m.
		Forbush Road Stop # 1 - 2	7:34 a.m.

Area	Stop	Time
McMurray Road	Stop # 3 - 4	7:36 a.m.
McMurray Road	Stop # 5 - 6	7:37 a.m.
McMurray Road	Stop # 7 - 8	7:38 a.m.
Arrive at school		7:42 a.m.
Depart the school		7:44 a.m.

Bus #	Area	Stop	Time
Bus # 4	Patch/Chaffee/Wood	Depart motor pool	7:10 a.m.
		Patch Stop # 1	7:12 a.m.
		Chaffee Road Stop # 2	7:14 a.m.
		Chaffee Road Stop # 3	7:16 a.m.
		Arrive at school	7:22 a.m.
		Depart the school	7:24 a.m.
Bus # 5	Chaffee/Wood	Depart motor pool	7:10 a.m.
		Chaffee Road Stop # 4	7:12 a.m.
		Wood Stop # 5	7:14 a.m.
		Wood Stop # 6	7:15 a.m.
		Wood Stop # 7	7:17 a.m.
		Arrive at school	7:23 a.m.

Afternoon schedule

Bus #	Area	Time	
Bus # 1	Watkins Terrace	Depart the school	3:30 p.m.
		Patch Road	
Bus # 2	Watkins Terrace	Chaffee Road	
		Return to motor pool	
Bus # 3	Watkins Terrace	Depart motor pool	2:40 p.m.
		Arrive at school	2:50 p.m.
Bus # 5	Chaffee/Wood	Depart motor pool	2:40 p.m.
		Arrive at school	2:50 p.m.

Area	Time
Depart school	3 p.m.
Forbush Road	
McMurray Road	
Return to school	
Depart the school	3:30 p.m.
Forbush Road	
McMurray Road	
Return to motor pool	

Bus #	Area	Time	
Bus # 4	Patch/Chaffee/Wood	Depart Motor Pool	2:40 p.m.
		Arrival At School	2:50 p.m.
Bus # 5	Chaffee/Wood	Depart School	3 p.m.
		Patch Road	
Bus # 5	Chaffee/Wood	Chaffee Road	
		Return to motor pool	

All buses will stop at all bus stops in each area. Each Wednesday is one-hour early dismissal. Students need to be at their bus stop prior to the scheduled time for pick-up. Buses will load in front of the school by the flagpole.

Is your child too sick for school?

It can be a tough call. You know your child doesn't feel well, but is he or she too sick to go to school?

Of course, children should not go to school when they are contagious to others or when they are too sick to learn. Beyond that, schools have their own policies about which illnesses require children to stay home and for how long. Check with the principal or school nurse about those policies. That way, you won't send your child in only to find out the school requires more time at home.

The following are five common illnesses that may keep your child home:

Coughs and colds

Symptoms: Runny nose, sore throat, cough, decreased appetite

Transmission: Spread through the air and contaminated hands and objects

Infectious period: From one day before to seven days after onset of symptoms

When to keep your child home: Most schools don't exclude children with colds because so many children carry and spread cold viruses that — even when they aren't ill — keeping the sick ones home doesn't help. The main reason to keep your child home is to provide extra rest and tender-loving care. They won't learn much at school anyway if feeling miserable. Most children with colds need to stay home one or two days, if at all.

Treatment: There are no prescription medications that treat colds, although acetaminophen can help with fever and body aches. Taking an antibiotic "just in case" actually increases the risk that your child will become infected with bacteria that are resistant to antibiotics. Give your child plenty of fluids, mild foods and moderate humidity to keep mucus in the nose from drying out.

Strep throat

Symptoms: Fever, sore throat

Transmission: Spread person to person

Infectious period: Contagious until 24 hours after the start of treatment

When to keep your child home: Children with strep should stay home until they are no longer running a fever and have had at least 24 hours of antibiotics.

Treatment: If you think your child has strep throat, he or she should see a health care provider. Strep throat is caused by specific bacteria that can be identified with a throat culture. Once diagnosed with strep throat, antibiotics are prescribed to prevent complications.

Fortunately, most sore throats are not actually caused by strep, but rather by a variety of viruses. The only real way to tell the difference between strep and a virus is by testing at your doctor's office. A child with a viral sore throat infection can return to school when feeling well enough to be up and about. To keep from passing the virus around, children should practice hand washing and coughing into their crooked elbows (not their hands). Sore throats caused by viruses don't respond to antibiotics or any of the antiviral medications that are available. The only treatment is giving soothing fluids, acetaminophen for pain and fever and lots of love.

Pink eye (conjunctivitis)

Symptoms: Red, swollen eye(s); then

thick, yellow discharge and crusting. Eyes itch and smart; no pain. Symptoms appear 24 to 72 hours after exposure.

Transmission: Spread by touching the eye or through contact with items soiled with discharge or phlegm

Infectious period: Contagious until treated

When to keep your child home: Many schools exclude children with pink eye, even though most cases are no more contagious than a cold. Most cases of pink eye are caused by the same kinds of viruses and bacteria that cause colds and ear infections. These illnesses are actually quite mild. But there are more serious forms of pink eye, some that can even threaten a child's vision, so it is wise to have a doctor examine your child. Avoid taking chances. Children given eye drops will probably be allowed to return to school after 24 to 48 hours or when whites of the eyes are clear and crusting is gone.

Treatment: For pink eye caused by bacteria, antibiotic eye drops from your physician will help speed healing. A washcloth warmed with water can ease irritation.

Impetigo

Symptoms: Blisters, then honey-colored crusts on red base; often located around mouth, nose or legs. Symptoms take four to 10 days to appear.

Transmission: Spread through contact with sores. Infection can be spread to other parts of the body by the child's fingers.

Infectious period: Contagious until sores are dry

When to keep your child home: Until the sores are dry

Treatment: Impetigo is a bacterial skin infection. A health care provider will prescribe antibiotic medication and the child should stay home for 24 hours after starting treatment.

Pediculosis (head lice)

Symptoms: Itchy scalp. Live lice are tiny, wingless insects that crawl into the hair. Nits are tiny, egg-shaped deposits which are firmly attached to the hair. Symptoms appear eight to 10 days after exposure.

Transmission: Spread by direct head-to-head contact or by sharing clothing, hats, combs and brushes

Infectious period: Contagious until treated and nits are gone

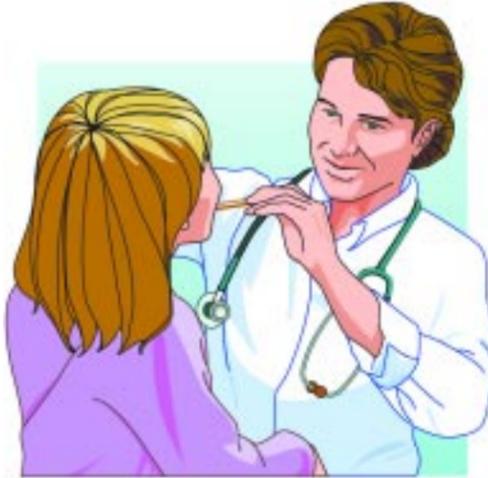
When to keep your child home: Until treatment is complete

Treatment: Lice are infestations that are highly contagious. To treat these infestations, it is necessary to follow a care provider's medication and environmental directions closely. Children should not return to school until they have been treated. It is important to encourage your child not to share clothes and hats because this helps these infections spread.

(Sources: www.hopehealth.com, "The Unofficial Guide to Childcare," Ann Douglas and "What to Do When Your Child Is Sick," Susan H. Terwilliger)

Prevention

One way to lessen the number of days your child needs to stay home is to prevent the illness in the first place. Childhood immunizations can prevent many diseases, such as measles, mumps



and chicken pox.

Although this may seem simple, many illnesses can be prevented through proper hygiene. Remind your child of the following to help prevent illness:

- Do not share food;
- Do not share drinks;
- Do not share clothing;
- Throw away used tissues; and
- Wash hands frequently using soap and water.

When Should I Take My Child to the Doctor?

Take your child to the doctor when you see one or more of the following:

- A sick appearance or lethargic behavior (inactive, not eating or drinking);
- Persistent fever greater than 101 degrees or a temperature that spikes greater than 103 degrees and there is no response to over-the-counter medications such as acetaminophen, ibuprofen or other cooling measures;
- Complaints of pain in the ears;
- Green or bloody mucus when children cough or blow their nose;
- Persistent (more than three to four episodes in a 24-hour period) vomiting or diarrhea, or complaints of abdominal pain;
- A history of some other serious illnesses, such as seizure disorders, recurrent infections, asthma, kidney disease or a history of medical illnesses or conditions that would become worse even with a mild illness;
- Sweating, frequent urination or dehydration;
- Loss of appetite or failure to take in a reasonable amount of fluids;
- No response to over-the-counter medications;
- Changes in sleeping patterns, either sleeplessness or sleeping too much;
- Rapid breathing (more than 20 breaths per minute), wheezing, a croupy cough, shortness of breath or retractions of the rib cage when breathing;
- A persistent headache which does not respond to acetaminophen or ibuprofen; rigidity of the head or neck with movement;
- A rash on the face, chest, back or extremities; and
- A feeling on your part that it is best that your child be evaluated by a physician.

If this is your first child and you have limited experience with assessing illness or the child appears sicker than you are used to, it is always best to check with your doctor. Try calling your doctor and describing symptoms to avoid exposing your child to other sick people or exposing others to your child's illness.

(Source: Wellness on the Web from Texas Express, Texas Association of School Boards)

Vaccinations must be up-to-date before children return to school

The minimum state vaccine requirements for entry or attendance at Fort Sam Houston Independent School District are as follows:



DTP:

Students 6 years old and younger require at least four doses of DTP, DT, Dtap or Td with at least one dose on or after the fourth birthday. Students 7 years old and older require at least three doses of DTP, DT, Dtap or Td with at least one dose on or after the fourth birthday and within the last 10 years.

Polio:

All students require at least three doses of polio with at least one dose after the fourth birthday.

MMR (Measles, Mumps, Rubella):

Students under age 5 require one dose of MMR on or after the first birthday. Students age 5 and older require two doses of MMR with the first dose received on or after the first birthday.

Two doses of a measles-containing vaccine with the first dose on or after the first birthday and second dose by age 5 or entry into kindergarten.

Hepatitis A:

Students born on or after Sept. 2, 1992, require two doses of Hepatitis A given on or after the second birthday.

Hepatitis B:

Three doses for all students born on or after Sept. 2, 1992. Students born between Sept. 2, 1988, and Sept. 1, 1992, will be required to have three doses by the 12th birthday.

Hib:

At least one dose for students 15 months through 4 years old.

Varicella (Chicken Pox):

Students born on or after Sept. 2, 1994, require one dose on or after the first birthday or a parent- or physician-validated history of varicella illness. Students born on or after Sept. 2, 1988, but before Sept. 2, 1994, require one dose by the 12th birthday or a parent- or physician-validated history of varicella illness. Two doses are required if the student is 13 years old or older at the time the first dose of varicella vaccine is received.

For more information, call the elementary school at 368-8800. The Texas Department of Health became part of the Department of State Health Services Sept. 1, 2004. For more information on immunizations, go to www.dshs.state.tx.us.

Family housing back-to-school social

Fort Sam Houston Family Housing will sponsor a Back to School Ice Cream Social Wednesday at 2 p.m. at the Marvin R. Wood playground. Children from all villages are welcome.



School Supply Check List

Fort Sam Houston Elementary School
3370 Nursery Road
San Antonio, TX 78234
Phone: 368-8800 Fax: 368-8801
**Suggested list of school supplies
for 2005-2006**

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)
- 1 pocket folder (solid color)
- 1 box ziploc bags (gallon) - boys
- 1 package small paper plates - girls
- 1 Crayola brand water color paint set - eight colors
- 1 package Crayola Classic markers

Kindergarten

- 2 bottles Elmer's school glue - 4 ounces
- 4 glue sticks
- 1 scissors - Fiskar round-tip
- 1 construction paper (variety pack 9 inches by 12 inches)
- 1 backpack (no wheels) - with student name on it (large enough to hold papers and library books)
- 1 Crayola brand water color paint set - eight colors
- 3 packages Crayola Classic markers (fat ones)
- 1 package paper bags - girls
- 1 box Ziploc quart or gallon bags - boys
- 2 boxes Crayola crayons - eight count
- 2 boxes Kleenex - 200 count
- 1 package manila (cream) paper

No supply boxes please

Grade 1

- 2 spiral notebooks
- 24 yellow pencils (No. 2)
- 2 Elmer's glue - 4 ounces
- 1 Pink Pearl eraser
- 2 boxes Crayola crayons - 24 count
- 1 package Crayola Classic markers (wide tip)

- 1 scissors - Fiskar
- 1 box Kleenex - 200 count
- 3 folders with pockets
- 1 composition book with sewn binding (not spiral)
- 1 package baby wipes
- 1 box plastic Ziploc sandwich bags - boys
- 1 Crayola water color paint set - eight colors
- 1 package paper plates - girls
- 1 package construction paper

Grade 2

- 1 small pencil sharpener with lid
- 3 spiral notebooks - wide-ruled (80 pages)
- 36 yellow pencils - No. 2 (no Eagle Brand)
- 2 boxes Crayolas - 24 count
- 1 Scissors - Fiskar sharp point
- 1 box Kleenex - 200 count
- 2 bottles white school glue - 8 ounces
- 8 pocket folders with brads (assorted colors)
- 1 plastic 12-inch ruler (centimeters and inches)
- 1 package construction paper (9 inches by 12 inches) assorted color - 50 sheets - no tablets
- 2 packages Crayola brand markers
- 1 backpack
- 1 package Ziploc quart or gallon-size freezer bags - boys
- 1 package of wipes - girls
- 1 plastic box for supplies (no shoebox size)
- 1 package manila (cream) paper
- 2 Pink Pearl erasers
- 2 packages of wide-ruled notebook paper
- 1 antibacterial sanitizer

Grade 3

- 24 yellow pencils - No. 2 (not Eagle)
- 1 12-inch ruler - inch and metric
- 2 boxes Crayola crayons - 24 count
- 1 Elmer's glue - 8 ounces
- 2 boxes Kleenex - 200 count
- 1 package wide-spaced notebook paper
- 1 scissors - Fiskar with sharp point
- 7 pocket folders with brads
- 4 spiral notebooks - 70 pages - wide-ruled
- 1 package assorted construction paper 9 inches by 12 inches (no tablets)
- 2 Pink Pearl erasers
- 1 quart freeze lock baggies - boys
- 1 hand sanitizer - girls
- 2 red checking pens

No. 3 ring binders

Grade 4

- 30 yellow pencils (No. 2), no Eagle or mechanical pencils
- 1 12-inch ruler
- 1 box Crayola crayons - 24 count
- 1 bottle Elmer's glue - 8 ounces
- 2 box Kleenex - 200 count
- 3 packages wide-spaced notebook paper
- 1 Crayola fine point markers - eight colors
- 1 scissors - Fiskar sharp point
- 10 pocket folders with brads (bold)
- 10 spiral notebooks - 70 pages wide-ruled
- 1 roll paper towels
- 1 box colored pencils - 12 count
- 1 baby wipes
- 4 highlighters
- 1 box quart freeze-lock baggies - girls
- 1 box gallon freeze-lock baggies - boys
- 2 red pens

No notebooks, trapperkeepers or trapperkeeper folders

Grade 5

- 1 zipper pencil case
- 24 pencils (No. 2)
- 5 highlighters
- 2 checking pens - red
- 1 box colored pencils - 12 count
- 1 3-inch three-ring binder
- 1 box Crayolas - 16 count
- 2 boxes Kleenex - 200 count
- 1 package of re-enforcements
- 1 box Crayola brand markers (fine point)
- 5 folders with three brads and pockets
- 2 packages tab dividers with pockets
- 5 spiral notebooks - 70 pages
- 5 packages wide-line paper
- 2 Pink Pearl eraser
- 1 glue stick
- 1 roll paper towels

No backpack

Grade 6

- 1 Crayola brand markers (fine point)
- 1 scissors (sharp point)
- 2 boxes of Kleenex
- 5 pencils (No. 2), no mechanical pencils
- 1 package black or blue pens
- 4 spiral notebooks
- 1 ruler (inches and metric)
- 1 package colored pencils
- 1 glue stick
- 2 packages wide-line notebook paper
- 1 package multicolored highlighters
- 1 3-inch three ring binder - zippered
- 2 tab dividers with pockets
- 1 three-ring pencil pouch
- 2 red checking pens

No backpack

Supplies must be replenished throughout the year

Non-discrimination notices for Fort Sam Houston ISD

Fort Sam Houston Independent School District offers a variety of career and technology education programs in home economics, marketing education and hospitality management courses. Admission to these programs is based on interest by students and parents.

It is the policy of Fort Sam Houston ISD not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

It is Fort Sam Houston ISD's policy to support districts as they provide a free, appropriate education to all students consisting of regular and special education, and related aides and services in career and technology education programs designed to meet the individual educational needs of disabled persons as adequately as the needs of nondisabled persons are met. This is based upon adherence to provisions set forth in 34 Code of Federal Regulations 104.33-104.36 and 34 CFR 104.31-104.40 (see also standards under V-C, V-D, V-E, V-F, V-G and V-H).

It is also Fort Sam Houston ISD's policy not to discriminate on the basis of race, color, national origin, sex, handicap or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

Fort Sam Houston ISD takes steps to ensure that limited English proficiency is not a barrier to admission or participation in any educational and vocational programs.

For more information about a person's rights or grievance procedures, contact Dr. Gloria Davila, associate superintendent, Title IX coordinator and Section 504 coordinator at 368-8703 or Fort Sam Houston Independent School District, 1902 Winans Road.

Fort Sam Houston ISD policies are available online

The policies governing the operation of Fort Sam Houston Independent School District are available at www.fort-sam-houston.k12.tx.us and will be online at www.fshisd.net at the end of August. To access the district policies, click on "School District Policies" on the home page. The policies can also be accessed at www.tasb.org/policy/pol/private/015914.

Fort Sam Houston ISD uses the services of the Texas Association of School Boards to develop and maintain both legal and local policies. TASB is used by more than 1,000 school districts in Texas for policy services and to stay current with federal and state law, case law, State Board of Education rules and other legal authorities affecting the governance of Texas school districts.

"By having our district policies easily accessible online, Fort Sam Houston parents can stay informed and quickly get answers to any questions they might have," said Dr. Gail Siller, superintendent of Fort Sam Houston ISD.

Policies are labeled either LEGAL or LOCAL. The (LEGAL) policies track the language of the U.S. and Texas Constitutions, federal and state statutes, State

Board of Education rules, the Texas Administrative Code and other regulations.

Policies designated (LOCAL) are those that have been approved by the local Fort Sam Houston Board of Trustees and are deemed essential to effective district governance and management, and particular to this district. Local policies preceded by a (LEGAL) policy in the same code generally expand on, or qualify, the legally referenced provisions. Other (LOCAL) policies stand alone, portraying the school board's stated intentions in areas not otherwise addressed by law.

"In order to retrieve and understand the complete policy statement, parents need to read both the (LEGAL) and (LOCAL) policies together," said Siller. "Otherwise, important information may be missed."

Fort Sam Houston ISD's Policy Manual is divided into seven sections, each devoted to a separate area of school governance, including: A - Basic District Foundations, B - Local District Governance, C - Business and Support Services, D - Personnel, E - Instruction, F - Students and G - Community.

Student Code of Conduct sets standard

The Student Code of Conduct is Fort Sam Houston Independent School District's response to the requirements of Chapter 37 of the Texas Education Code. The law requires the district to establish standards of student conduct and to identify the circumstances under which a student may be removed from a classroom, campus or alternative education program; transferred to an alternative education program; suspended; or expelled.

The 2005-2006 Parent-Student Handbook includes the Student Code of Conduct and is distributed to students at the beginning of school. Parents are requested to sign a "Parent Signature Page" acknowledging receipt of the handbook and Student Code of Conduct.

The code was adopted by the Fort Sam Houston ISD Board of Trustees and endorsed by the U.S. Army Garrison commander. It is displayed at each campus in the administrative offices.

"It is important that parents and students read and review the Student Code of Conduct," said Dr. Roland Rios, Cole Jr./Sr. High School principal. "It sets the expectations for rules of behavior, ensuring that all our students will learn in a safe and secure environment."

Teachers and principals may impose campus or classroom rules in addition to those found in the Student Code of Conduct. These rules may be posted in classrooms or given to the student and may or may not constitute violations of

the Student Code of Conduct. Parents will not necessarily be informed of classroom infractions, but will be informed of any code violation.

Each Fort Sam Houston ISD student is expected to do the following:

- Demonstrate courtesy and respect for others;
- Behave in a responsible manner;
- Attend all classes regularly and on time;
- Be prepared for each class, and take appropriate materials and assignments to class;
- Be well groomed and dressed appropriately, as articulated in the student handbook;
- Obey all campus and classroom rules;
- Respect the rights and privileges of other students and of teachers and other district staff;

- Respect the property of others, including district property and facilities;
- Cooperate with or assist the school staff in maintaining safety, order and discipline; and
- Avoid violations of the Student Code of Conduct.

"Fort Sam Houston Elementary implemented the Positive Behavior Support Project in 2004-2005," said Jayne Hatton, Fort Sam Houston Elementary School principal. "It is a sustained, positive, preventative and instructional approach to school-wide discipline and behavior management."

"This approach focuses on giving priority to teaching and encouraging positive school-wide behavior expectations," Hatton added. "As a result, we anticipate fewer violations of the Student Code of Conduct."

Students reminded of dress code requirements

The 2005-2006 school year for Fort Sam Houston ISD students begins Aug. 15. Students and parents are encouraged to keep the requirements of the district's dress code in mind as they prepare and plan for the new school year.

Because fads in dress and grooming are subject to sudden and sometimes radical change, campus administrators reserve the right to rule on dress and grooming in matters that involve decency, cleanliness, safety, bizarre, disruptive or extreme modes of dress. Any exceptions will require administrative approval and will be for a specific purpose or reason. The purpose of having a dress code is to teach students proper grooming and hygiene, to prevent disruption and to minimize safety hazards.

While students and parents may determine a student's personal dress and grooming stan-

dards, they must comply with the following district's dress code requirements:

- Wear clean, neat clothing that is not a health or safety hazard;
- Belts must be worn if pants, skirts, skorts, etc. have belt loops (applies to students in fifth through 12th grades only);
- Shirts, blouses or tops must be properly tucked in (applies to students in fifth through 12th grades only);
- Skirts, shorts, skorts and dresses must be no shorter than 3 inches above the top of the kneecap when the student is standing;
- Shorts and pants must be worn at waist height;
- Safe, appropriate shoes must be worn;
- Hair must be neat and clean; and
- Shoulder straps on clothing must be worn on the shoulder.

Prohibited items include:

- Pictures, emblems or writings on clothing that are gang-related,

lewd, offensive, vulgar, violent or obscene;

- Pictures, emblems or writings that advertise or depict tobacco products, alcoholic beverages, drugs or any other substance prohibited under policy FNCF;
- Clothing or grooming that may reasonably be expected to cause disruption of or interference with normal school operations;
- Unconventionally colored, multi-colored or spiked hair;
- Body piercing jewelry except for rings, studs or other traditional jewelry worn in the ear;
- Gym shorts, biker shorts or basketball shorts;
- Warm-up suits, sweatpants, velour warm-up suits and wind pants, except during physical education classes (applies to students in fifth through 12th grades only);
- Body stockings without a top and shorts, etc. covering the body stocking;
- Baggy clothing more than one

size larger than student's normal size;

- Saggy pants or shorts;
- Pants and shorts held up by drawstrings or elastic (applies to students in fifth through 12th grades only);
- Extremely tight, short, unclean torn, tattered or revealing clothing;
- Cutoffs and unhemmed, frayed shorts;
- Apparel exposing the bare midriff, front, back or side, whether hip or underarm;
- Halter tops, fish net tops, crop tops, see-through blouses, or tank tops;
- Bare feet;
- Unsafe or inappropriate shoes, including house shoes, shower shoes, steel-toed boots or shoes;
- Pajamas;
- Hats, pajama hats, caps, "do-rags" or bandanas, with the exception of Junior ROTC or those that meet the medical needs of students;

- Hair curlers; and
- Excessive, visible tattoos.

Students who choose to violate the dress and grooming code will be sent to an administrator for clarification and disciplinary action. The principal, in cooperation with the sponsor, coach, or other person in charge of an extracurricular activity, may regulate the dress and grooming of students who participate in that activity. Parents will be called and asked to bring a change of clothes so the student will be in compliance with the dress code.

"The basic rule to remember is that student dress and grooming should not be suggestive or indecent or so bizarre and unusual as to detract from the classroom learning environment," said Dr. Roland Rios, Cole Jr./Sr. High School principal. "The wearing of gang related attire or exhibiting gang graffiti is also prohibited."

FSHISD offers free, reduced-price meals to qualifying families

The Fort Sam Houston Independent School District adheres to the rules and regulations of the National School Lunch Program and the School Breakfast Program, as set by federal law.

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced low-cost or free lunches to children each school day.

The program was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, visit the United States Department of Agriculture's Web site at <http://www.fns.usda.gov/cnd/Lunch/default.htm>.

Household size and income are used to determine eligibility for free and reduced-price benefits. Children from households whose income is at or below the levels shown are eligible for free or reduced-price meals. Foster children who are the legal responsibility of a welfare agency or court may also be eligible for benefits regardless of the income of the household with which they reside. Eligibility for the foster child is based on the child's income.

Application forms are being distributed to households with a letter informing people of the availability of free and reduced-price meals for their children. Applications also

are available at the office of each school.

To apply for free and reduced-price meals, households must fill out the application and return it to the school. Applications may be submitted anytime during the school year. The information households provide on the application will be used to determine eligibility and verify data. Applications may be verified by school officials at any time during the school year.

For school officials to determine eligibility for free and reduced-price benefits, households receiving food stamps or temporary assistance for needy families have to list the child's name and food stamp or Temporary Assistance for Needy Families case number. An adult household member must sign the application.

Households that do not list a food stamp or TANF case number must list the names of all household members, the amount and source of the income received by each household member and the Social Security number of the adult household member who signs the application. If the adult who signs the application does not have a Social Security number, the household member must indicate that a Social Security number is not available by writing "none," "no number" or some indication that the person does not have a Social Security number. The application must be signed by an adult household member.

Under the provisions of the free and reduced-price meal policy, the food service coordinator will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the reviewing official on an informal basis. Parents who want to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Superintendent, 1902 Winans Road, San Antonio, TX 78234; or call 368-8700.

Households that list a food stamp or TANF case number must report when the household no longer receives these benefits. Also, if a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the established levels.

For more information, district residents should write the Food Service Department, 1902 Winans Road, San Antonio, TX 78234; or call 368-8745.

Meals are served every school day. Students in kindergarten through sixth grade can prepay or purchase their meal for \$1.50 per lunch and 80 cents per breakfast. Students in seventh through 12th grade can prepay or purchase their meal for \$1.75 per lunch and 90 cents for breakfast.

The following is the newly revised chart of federal annual income qualifying guidelines for the free and reduced-price meal program:

Family Eligibility Income Chart

Household Size	Annual Free	Annual Reduced
1	\$12,441	\$17,705
2	\$16,679	\$23,736
3	\$20,917	\$29,767
4	\$25,155	\$35,798
5	\$29,393	\$41,829
6	\$33,631	\$47,860
7	\$37,869	\$53,891
8	\$42,107	\$59,922
9	\$46,345	\$65,953
10	\$50,583	\$71,984
11	\$54,821	\$78,015
12	\$59,059	\$84,046

For each additional family member add:

+ \$4,238 + \$6,031

In accordance with federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington D.C., 20250-9410; or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Texas Department of Agriculture clarifies nutrition policy

The Texas Public School Nutrition Policy for public schools, issued by the Texas Department of Agriculture, became effective Aug. 1, 2004. Since then, there have been a number of questions and comments concerning the intent of various sections of the policy.

The following clarifications have been provided by TDA to assist Texas school districts in understanding and implementing the policy:

- Classroom birthday parties

TDA recognizes that celebrating student birthdays with a classroom party is a time-honored tradition that provides the opportunity for parental involvement in the education of their children, which is beneficial for students, parents and teachers. Foods otherwise restricted by the policy are permitted in classroom student birthday parties. It is recommended such parties be scheduled after the end of the lunch period for the class

so the celebrations will not replace a nutritious lunch. Federal regulations do not permit foods of minimal nutritional value to be served in the food service area during meal periods.

- Competitive foods for elementary schools

The competitive foods policy section for elementary schools states that it does "not pertain to food items made available by the school food service department." This does not mean, however, that dessert-type items (cupcakes, cookies, ice cream, etc.) are allowable outside meal hours simply if provided by the food service department. The intent of the policy is to encourage the consumption of nutritious food by students and to limit access to high-fat, high-sugar items during the school day. Therefore, the only food that may be made available to elementary school students on campus during the school day, at times other than

meal periods, is a nutritious classroom snack allowed by the policy. This does not apply to student birthday parties or any other exemption as established by the policy.

- Fundraising activities for elementary and middle schools

The policy only applies to food and beverages consumed during the school day for elementary schools, during meal periods for middle schools and during meal periods in the food service area for high schools. The school or school-approved organizations may take orders or sell vouchers during the school day for candy or other restricted items and deliver these items after the end of the school day. Students may order or purchase such items during the school day as long as they receive the items after the school day ends.

- Pizza parties, etc.

The intent of the policy is to encourage the consumption of nutritious, well-bal-

anced meals and to limit the availability of high-fat items during the school day.

There has been confusion about pizza or other foods being served at school parties. With the exception of school birthday parties, schools may not allow alternative meals (pizza, barbecue, sandwiches, etc.) to be provided to students in competition with meals made available by the school food service department under the National School Lunch and School Breakfast Programs. However, such items may be provided if they are supplemented with additional food provided by food service to become a reimbursable meal. This allows the addition of fruits and vegetables for a complete nutritious meal as well as providing federal reimbursement funds to the school.

Information on Texas Public School Nutrition Policies can be found through the Square Meals link at <http://www.agr.state.tx.us>.

Texas tests defined, upcoming school year calendar

The Texas statewide assessment program includes the following tests: the Texas Assessment of Knowledge and Skills, the State-Developed Alternative Assessment and the Texas English Language Proficiency Observation Protocol.

The TAKS is a criterion-referenced assessment that is designed, by legislative mandate, to be comprehensive, rigorous, and based and aligned with the state-mandated curriculum, the Texas Essential Knowledge and Skills. For more information on assessments and the state-mandated curriculum, students and parents can visit the Texas Education Agency Web site at www.tea.state.tx.us

The TAKS measures the statewide curriculum in reading at third through ninth grades; in writing at fourth and seventh grades; in English language arts at 10th grade and exit level (11th grade); in mathematics at third grade through exit level; in science at fifth and 10th grades, and exit level; and social studies at eighth and 10th grades, and exit level. The Spanish TAKS is administered at third through sixth grades.

In 1999, the Texas legislature enacted the Student Success Initiative, which requires students to pass selected TAKS tests in order to be eligible for promotion to the next grade level. Third grade students must pass the reading portion of the third grade exam in order to be promoted to fourth grade. They have three opportunities to pass the third grade reading test.

Beginning in 2004-2005, fifth grade students are required to pass both the TAKS reading and mathematics tests in order to be promoted to the sixth grade. In 2007-2008, this requirement extends to eighth grade students. Satisfactory performance on the TAKS English language arts,

mathematics, social studies and science tests at 11th grade (exit level) is now a prerequisite to receiving a high school diploma.

The SDAA is administered on the same schedule as TAKS and is designed to measure annual growth based on appropriate expectations for each student as decided by the student's admission, review and dismissal, or ARD, committee. It assesses special education students in third through eighth grades who are receiving instruction in the Texas Essential Knowledge and Skills but for whom TAKS is an inappropriate measure of their academic progress. This test assesses the areas of reading, writing and mathematics. Students are assessed at their appropriate instructional levels, as determined by their ARD committees, rather than at their assigned grade level.

Limited English Proficient students are assessed through the Texas English Language Proficiency Assessment System, which includes the Reading Proficiency Test in English and the Texas English Language Proficiency Observation Protocol.

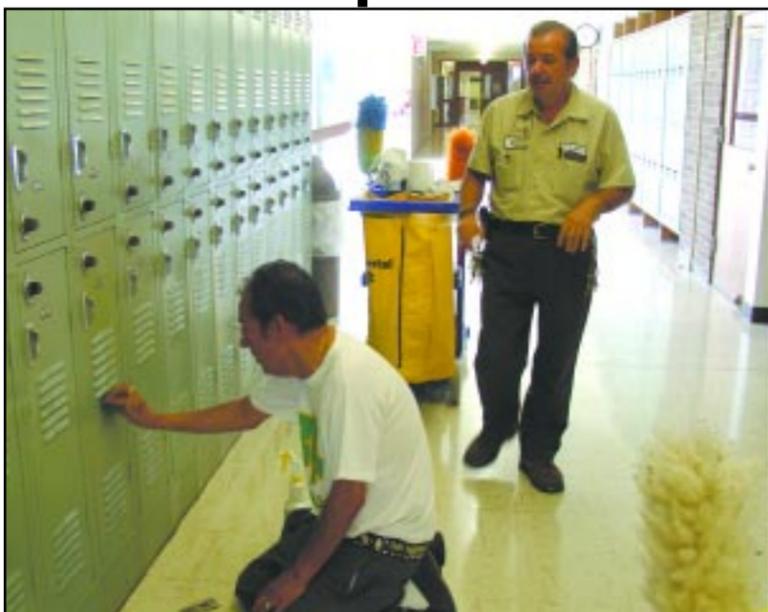
The RPTE is designed to measure annual growth in the English reading proficiency of second language learners and is used along with English and Spanish TAKS to provide a comprehensive assessment system for limited English proficient students. Students will be administered the RPTE as long as they are identified as limited English proficient.

The Texas English Language Proficiency Observation Protocol assesses LEP students in kindergarten through 12th grade in four language domains: listening, speaking, reading and writing.

Test dates for the 2005-2006 school year include the following (see chart at right):

Test Date	TAKS	SDAA	TAAS
Sept. 12 to Sept. 23	Field test: fall study retests	Field test: fall study	Retests:
Oct. 18 Oct. 19 Oct. 20 Oct. 21	Exit level ELA* Exit level mathematics Exit level science Exit level social studies (*English language arts)		Exit level writing Exit level math Exit level reading
Jan. 17 to Feb. 3	TAKS field tests: Grade 4 writing Grade 7 writing Grade 9 reading Grade 10 ELA Exit Level ELA	SDAA II field tests: Grade 4 writing Grade 7 writing Grade 10 ELA Grades 3 to 9 reading Grades 3 to 10 mathematics	
Feb. 21	Grade 3 reading Grade 4 writing Grade 5 reading Grade 7 writing Grade 9 reading Grade 10 ELA Exit Level ELA Exit level ELA (retest)	Enrolled grade 4: writing levels K/1, 2, 3/4 Enrolled grade 7: writing levels K/1, 2, 3/4, 5, 6/7 Enrolled grade 10: writing levels K/1, 2, 3/4, 5, 6/7 or 8/9	Exit level writing (retest)
Feb. 22	Exit level mathematics (retest)	Enrolled grade 9: reading level 9 Enrolled grade 10: ELA level 10 or reading level 9	Exit level mathematics (retest)
Feb. 23	Exit level science (retest) Make-up session for Grade 10 ELA	Make-up session for enrolled grade 10: ELA level 10	Exit level reading (retest)
Feb. 24	Exit level social studies (retest)		
March 13 to April 7	Texas English Language Proficiency Assessment System – includes Reading Proficiency Tests in English and Texas English Language Proficiency Observation protocols RPTE II Field Tests – second to 12th grades Other LEP Students Field Tests: selected grades and subjects		
April 4	Grade 5 mathematics		
April 18	Grades 3 to 4 mathematics Grades 6 to 8 and 10 mathematics Exit level ELA (retest)	Grades 3 to 10 mathematics	Exit level writing (retest)
April 19	Grade 4 reading Grades 6 to 8 reading Exit level mathematics Grade 3 reading (retest) Grade 5 reading (retest) Exit level mathematics (retest)	Grades 3 to 8 reading	Exit level mathematics
April 20	Grades 5 science Grades 8 science Grade 9 mathematics Grade 10 science Exit level science Exit level science (retest)		Exit level reading (retest)
April 21	Grade 8 social studies Grade 10 social studies Exit level social studies Exit level social studies (retest)		
May 16	Grade 5 mathematics (retest)		

Locker inspection



Joe Trevino (left) and Richard Ruiz ensure the student lockers are clean and ready for students to use at the beginning of school. They, along with other members of the Cole Jr./Sr. High School custodial staff, have been preparing the school for students and teachers.

Courtesy photo

New 'Cougar Roundup' scheduled for Aug. 12

To help students prepare and be ready to learn on the first day of school, Cole Jr./Sr. High School will hold its first "Cougar Roundup" Aug. 12 in the cafeteria.

At the "Cougar Roundup," students will pick up copies of their schedules, receive required textbooks and textbook covers and receive locker assignments. Students are encouraged to bring any supplies they have purchased during the summer to place in their lockers.

By issuing students their books and lockers before school begins, Cole hopes to lighten the amount of administrative activities that take place the first day of school. It will also give students a chance to "ease" back into the school setting after a long and restful summer break.

To accommodate students, school officials ask students to adhere to the following schedule:

- Seventh grade students from 8:30 to 10 a.m.
- Eighth grade students from 10 to 11:30 a.m.
- Ninth grade students from 11:30 a.m. to 12:30 p.m.
- 10th grade students from 12:30 to 1:30 p.m.
- 11th grade students from 1:30 to 2:30 p.m.
- 12th grade students from 2:30 to 3:30 p.m.

If students cannot attend the roundup during their scheduled time, they are free to come at any time slot later in the day. Parent volunteers are needed to help with the event. If you are interested in volunteering your time, call Tammy Sees, Cougar Pride Club president, at 281-9799.

Team work



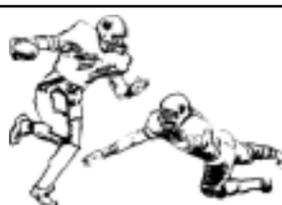
Courtesy photo
Coaches Howard Baer (left), Brian Sotak (right), and Darrell Kurek (back) lead the students in practice runs in early August to prepare for the 2005-2006 football season.



Robert G. Cole Jr./Sr. High School Bus Schedule 2005-2006 yellow buses

Area stop	Bus departs for Cole	A.M. bus bus No.	P.M. bus bus No.
Infantry Post	7 a.m.	19	16
Infantry Post	7:15 a.m.	16	16
Guest House and Fisher House (Cole and Elementary)	7:05 a.m.	Van No. 3	16
FSH campground (Cole and Elementary)	7:15 a.m.	Van No. 3	16
S16W and Graham	7 a.m.	10	10
Graham and New Braunfels	7:01 a.m.	10	10
Artillery Loop (Quarters 176)	7:02 a.m.	10	10
Artillery Post (Quarters 165)	7:03 a.m.	10	10
Artillery Post (Quarters 101)	7:04 a.m.	10	10
Artillery Post (Quarters 109)	7:05 a.m.	10	10
Artillery Post (Quarters 115)	7:06 a.m.	10	10
Staff Post Road	7:08 a.m.	10	10
Hancock Road (Quarters 2283)	7:10 a.m.	10	10
Gorgas Circle (Quarters 1009)	7:10 a.m.	15	1
Graham and Worth	7:12 a.m.	15	1
Graham and Harney	7:13 a.m.	15	1
Graham and H.T. Allen (Shelter)	7:16 a.m.	15	1
Patch and Hardee	7:18 a.m.	3	8
Chaffee and Harney	7:20 a.m.	3	8
Chaffee and Taylor	7:05 a.m.	12	12
Chaffee and Lawton (Shelter)	7:06 a.m.	12	12

Bus departs Cole Jr./Sr. High School at 3:29 p.m. for all grades.



Cole Cougars 2005 Football Schedule

Varsity

Date	Opponent	Site	Time
Aug. 13**	Marion	home	9 and 10 a.m.
Aug. 19 **	West Campus	home	5 and 6 p.m.
Aug. 26	Three Rivers	home	7:30 p.m.
Sept. 2	St. Anthony	home	7:30 p.m.
Sept. 9	Jourdanton	away	7:30 p.m.
Sept. 16	Natalia	home	7:30 p.m.
Sept. 23	Center Point	home	7:30 p.m.
Sept. 30	open		
Oct. 7 *	Johnson City	away	7:30 p.m.
Oct. 14 *	Randolph	home	7:30 p.m.
Oct. 21 *	Navarro	away	7:30 p.m.
Oct. 28 *	Blanco	home	7:30 p.m.
Nov. 4 *	Comfort	away	7:30 p.m.

Junior Varsity

Date	Opponent	Site	Time
Aug. 25	Three Rivers	away	6 p.m.
Sept. 1	St. Anthony	away	5 p.m.
Sept. 8	Jourdanton	home	6 p.m.
Sept. 15	Natalia	away	7 p.m.
Sept. 22	Center Point	away	7 p.m.
Sept. 29	open		
Oct. 6	Johnson City	home	6 p.m.
Oct. 13	Randolph	away	6 p.m.
Oct. 20	Navarro	home	6 p.m.
Oct. 27	Blanco	away	7 p.m.
Nov. 3	Comfort	home	6 p.m.

** Denotes scrimmage

* Denotes district game

District outlines student admission policies

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 kindergarten through grade 12. Fort Sam Houston Elementary School, located at 3370 Nursery Road, offers kindergarten through grade six and Robert G. Cole Jr./Sr. High School, located at 1900 Winans Road, offers grades seven through 12.

The Fort Sam Houston ISD is a Texas public school district and adheres to all federal and state laws, including the Texas Education Code. It is not a part of the Department of Defense school system.

By law, the district requires evidence that a student is eligible to attend its schools at the time of admission and that all residency requirements have been met. Nonresident students are permitted to attend Fort Sam Houston ISD schools through approved transfers. Students who meet the criteria for transfer approval can attend district schools tuition-free for the 2005-2006 school year.

The following categories of students are considered for transfer:

- Students whose parents are assigned to Fort Sam Houston and have certification that housing is available during the school year for which transfer is requested;
- Students who were resident students in the district, who have moved off-post and whose parents remain on military active duty;
- Students who were resident students in the district, who

have moved off post and whose parents have retired from military active duty;

- Students whose parents are active duty military personnel assigned to the Fort Sam Houston installation and are not seeking certification for installation housing; and
- Children of district employees.

Families in Harris Heights affected by construction and renovation, who move off-post and whose children attended Fort Sam Houston ISD in 2004-2005, can request a transfer for the 2005-2006 school year. These children can still attend district schools as transfer students without interruption.

For those Fort Sam Houston families who have still not been assigned quarters on the installation by Aug. 15 (the first day of school for the 2005-2006 school year), eligibility for students to attend district schools must be established. To do this, contact the Lincoln Military Housing Office for an Admission Request Form. The housing office delivers this completed form to district personnel. A current "anticipated move-in date" no later than May 26 must be included in order for your child to attend a Fort Sam Houston ISD school. Additionally, a new transfer application form, which may be obtained from either campus, must be completed prior to enrollment. Transfer applications need to be submitted as soon as possible.

For more information on admission policies, call Kathy Hayson at 368-8701. For complete details, administrative guidelines, procedures and requirements of the district's transfer policy, visit the Fort Sam Houston ISD Web site at www.fshisd.net or call Kathy Hayson at 368-8701.

Cole institutes new cell phone policy

With the high numbers of students participating in extracurricular and co-curricular activities, there is an increasing need for students to be able to communicate with their parents during after-school hours. Realizing the need for this communication and placing students' safety as one of the highest priorities, Cole Jr./Sr. High School has developed a new policy outlining the use of cellular telephones on its campus.



Beginning this school year, students will be allowed to carry and use cellular phones on campus during nonschool hours. During the school day, all cell phones must remain turned off and kept inside the student's book bag or purse. The cell phone may not be carried on their person during instructional time.

If a student violates the rules regarding cell phones, the cell phone will be confiscated and turned over to an administrator. The student's parent will be allowed to pick up the cell phone after school. If a student's cell phone is confiscated a second time, the student's parent may pick up the cell phone at the end of the school year.

FORT FREEBIES



Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: Dorm-size refrigerator, \$40; Four Seasons replacement automobile a/c compressor, never used, model 5910781, \$45. Call 223-2197.

For Sale: Computer desk/hutch on casters, has ample storage, measures 5 feet by 40 inches by 20 inches, \$85 cash. Call 496-9304.

For Sale: RCA "Color Trak Plus" 32-inch TV with picture in picture, \$150. Call 771-5269.

For Sale: Brass and glass dining room light in excellent condition, \$50; blue corduroy recliner in fair condition, \$75; General Electric white side-by-side refrigerator, 24.9 cubic feet, model number GSS25KGPWW,

still boxed, \$800. Call 658-1643, after 6 p.m.

For Sale: Mosquito Magnet Liberty with new propane tank, \$225; teak computer cabinet, \$250; teak desk, 42 inches by 28 inches by 36 inches, \$45; white metal daybed and trundle with two new twin mattresses, \$450; twin bed metal frame with casters, black metal headboard, and extra long twin mattress and box springs, \$125. Call 824-7053.

For Sale: 1965 Pontiac Tempest, four-door, runs great, one owner, \$4,500 obo. Call 240-9693.

For Sale: Rolltop desk with drawers, \$85; bedroom set (five pieces). Includes double-size headboard, nightstand, chest

of drawers, triple dresser, and mirror with shelf unit, \$475; Sealy double-size mattress, box spring and frame, \$175; dining room hutch (two pieces), base with drawers and glass enclosed top, \$400. Call 495-2296 or 286-2349.

For Sale: Sleeper sofa, full size, beige and light gray tweed upholstery, \$100; large teak coffee table, \$60; dark brown leather sling back (no arms) chair with ottoman, \$200. Call 822-7900.

For Sale: 2002 Ford Ranger XLT, two-door, white with tan interior, approximately 19,600 miles, \$6,000 or take over payments of \$276 per month. Call 467-5576.

For Sale: Yamaha acoustic guitar with case in great condition, \$40; never-used JOBE Protour towable tube with tow rope, youth life vest and two adult life vests, all for \$40. Call 545-5634.

For Sale: Dinette set, four chairs and hutch, wooden, \$350 for all; chest of drawers, \$60; computer desk, \$65; stove \$65; 1994 red Volvo in perfect condition, low miles, new parts and tires, \$8,900. Call 633-3859.

For Sale: Sofa and loveseat, can be sold separately, \$200. Call 566-5783 or 317-4226 and leave number.

Free: Two-year old wirehaired Terrier mix; needs a fenced yard. Call 467-5576.