



Fort Sam Houston News Leader



Vol. 37, No. 32

Fort Sam Houston – Home of Army Medicine

Aug. 11, 2005

Briefs . . .

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 Saturday from 10 a.m. to 4 p.m. at the Bowling Center and adjacent field. Activities include play bounces, carnival games, free 10K volksmarch, 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 Fort Sam Houston Youth Services will sponsor a "Cougar Teen Night at the Quad" for Cole Jr./Sr. High School students in ninth to 12th grades Saturday from 6 to 10 p.m. at the Quadrangle. The event will feature caisson horses, an ID tag-making machine, door prizes, music, a climbing wall (permission slip required for under age 18), and a football and basketball toss.

AUSA luncheon

The Association of the U.S. Army will sponsor a luncheon Sept. 16 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Col. David A. Rubenstein, assistant surgeon general and deputy chief of staff for force sustainment.

Newcomers' Extravaganza

The Newcomers' Extravaganza will be Aug. 30 at 9 a.m. at the Roadrunner Community Center, Building 2797, on Stanley Road. The event is mandatory for permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival. Attendees learn about the post and San Antonio area. Commanders and supervisors are encouraged to give Soldiers and civilian employees administrative time to attend. Children are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

Daddy's home



Photo by Esther Garcia

Staff Sgt. Frank Zepeda kisses his 6-month old daughter, Karina, as mother, Erika Morales, watches at a welcome home ceremony Aug. 4 at the Roadrunner Community Center. Zepeda last saw his daughter when she was only 3 weeks old. Eighteen Soldiers from the 797th Ordnance Company (Explosive Ordnance Disposal), 79th Ordnance Battalion (EOD) returned home after six months in Iraq. For related story, see Page 3.

Garrison welcomes new commander

By Esther Garcia
Fort Sam Houston Public Affairs Office

Fort Sam Houston welcomed its new U.S. Army Garrison commander, Col. Wendy Martinson, and bid farewell to the former, Col. Garry F. Atkins, at a change of command ceremony Monday at the post flagpole.

The ceremony also honored Atkin's wife, Lynn; and Martinson's husband, retired Col. Frank Berlingis.

Prior to the ceremony, Sgt. Duandre Moody, U.S. Army Garrison NCO of the Year, presented a bouquet of red roses to Lynn. Sgt. Juan Santibanez, U.S. Army Garrison Soldier of the Year, then presented a book, "History of Fort Sam Houston," to Berlingis, welcoming him to the U.S. Army Garrison family.

Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, and host for the ceremony, thanked the more than 200 guests from the San Antonio and Fort Sam Houston community who attended the ceremony.

"It is a testimony to not only the city, but the community and

the military community that all of you have come here to witness the passing of the flag," Weightman said. "Certainly, the Fort Sam Houston Garrison touches the entire community and the daily lives of everyone in the community. It is an immense responsibility and no one has done it better than Col. Garry Atkins."

Weightman touched on the numerous changes and responsibilities borne by Atkins during his two-year tenure as the garrison commander: the health and welfare of more than 25,000 employees and their families, environmental issues on the post, mobilization of over 6,000 reservists in support of the Global War on Terrorism, conversion of the garrison structure into the Most Efficient Organization, the integration of the Installation Management Agency, and Base Realignment and Closure.

Atkins was also very involved during the building of 950 new homes on Fort Sam Houston and the establishment of the Soldier and Family Assistance Center. Other changes included the privatization of utilities by City Public Service and on post housing by Lincoln developers.

See GARRISON COMMANDER on Page 18 and 19

U.S. to return 11 bases to Germany in fiscal 2007

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. – About 6,100 Soldiers will be affected by the United States returning 11 bases to Germany in fiscal 2007, Defense Department officials said July 29.

The return of the bases is part of the Army's transformation effort that will result in the 1st Infantry Division returning to Fort Riley, Kan.

The announcement follows the Army briefing on new locations for the service's modular brigade combat teams. The return of the bases is the first step in restationing some 50,000 Soldiers from Germany and Korea to the United States.

"You will see that these restationing decisions truly ensure that our Soldiers and their families remain at the center-piece of all that we do, especially from the point of view of reducing net stress on the force ... and making more predictable both force rotation and permanent changes of station for our families," said Ray DuBois, a special assistant to the secretary of the Army.

The 11 bases affected are Harvey Barracks in Kitzingen, Kitzingen Family Housing, Kitzingen Training Area, Larson Barracks, the Schwanberg Site in Kitzingen, Faulenberg Kaserne in Wuerzburg, Giebelstadt Army Airfield, Giebelstadt Dependant Youth Activity Camp, Giebelstadt Tactical Defense

Facility and the Breitsol Communications Station in Wuerzburg.

The Army will retain Leighton Barracks and Wuerzburg Hospital. These two facilities will be returned at a later date, officials said, adding that all decisions have been made after thorough discussions with German officials.

Officials estimate that in addition to the 6,100 Soldiers affected, the moves will also affect 11,000 family members, 1,000 Department of the Army civilians and 1,000 host nation workers.

"Based upon the proposed move of the 1st Infantry Division and their brigade out of Europe during the 2006 time frame, we elected not to send families and Soldiers over to Europe to backfill those Soldiers

coming out," said Gen. Richard Cody, Army vice chief of staff. "So basically, we're moving that unit over there now into a cadre status. And sometime here at the end of the year we'll move the flag."

Ultimately, two full brigades will be stationed in Europe – a Stryker Brigade in Vilseck, Germany, and the 173rd Brigade in Italy. The number of U.S. troops in the region will drop by a half, but it is "certainly not a (U.S.) disappearance from Western Europe," Cody said.

DuBois said the moves will reduce by more than half the number of individual, discrete installations the United States currently occupies. "That is a significant amount of money savings to the U.S. taxpayer," he said.

Army creates mentorship Web sites

By Beth E. Musselman
Army News Service

WASHINGTON, D.C. – The new Army Mentorship Community and Army Mentorship Resource Center Web sites are now operational and available to those with Army Knowledge Online access.

As part of the new mentorship philosophy, “Leaving a Legacy Through Mentorship,” the sites are designed to help bring

mentors and mentees together.

Active and reserve component Soldiers, Army civilians, spouses, retirees, veterans and contractors authorized AKO access are encouraged to participate in the program.

“Mentorship is not a new concept and has been a part of Army culture for years,” said John McLaurin, deputy assistant secretary of the Army for Human Resources. “It is an extremely powerful tool for personal and professional development; it

improves competence, leadership skills, self-awareness, morale and retention.”

Within the Army Mentorship Community, there are multiple tailored mentorship forums. Each forum offers the opportunity for open dialogue between voluntary mentors and those seeking advice, guidance and mentorship. In these forums, open discussions are highly encouraged to help others develop and grow personally and professionally.

The Army Mentorship Resource Center offers valuable information for both mentors and mentees including related articles, a mentorship handbook, a sample Individual Development Action Plan and a searchable mentorship profile server for mentors.

For more information, go to the Army Mentorship Resource Center at mentorship.army.mil; people can also access AKO Army Mentorship Community from this site.

Fort Sam Houston News Leader

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Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are July 29 and 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.

Fort Sam welcomes home 797th Ordnance Company (EOD) Soldiers

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

After numerous changes to their arrival date and times, 18 Soldiers assigned to the 797th Ordnance Company (Explosive Ordnance Disposal), 79th Ordnance Battalion (EOD) finally returned to Fort Sam Houston Aug. 4 after six months of duty in Iraq.

Flying from Iraq to Germany to Kelly U.S.A., the Soldiers then boarded a bus to Fort Sam Houston where their loved ones were waiting for them with open arms, hugs and kisses at the Roadrunner Community Center. The center was decorated with red, white and blue balloons, and welcome home posters.

"It is the best feeling in the world. I never missed something as much as I missed him," said Andrea Ulm, wife of Staff Sgt. Jamie Ulm. "I am proud of him." But, it is not over for Andrea, she has to go home to Maryland where she lives with their five children while her husband stays behind.

"It is amazing, I am so happy to be home," said Staff Sgt. Brett Fisher. "E-mail and phones are not



Staff Sgt. Brett Fisher receives a welcome home kiss from his 6-month-old son, Brennon, at the welcome home ceremony Aug. 4 at the Roadrunner Community Center.

enough, being in person is so much better."

"I was surprised when he (Fisher) walked in. I am happy he is home and safe," said Shannon Fisher. When asked how she felt that her Dad was home, 5-year-old Brianna said, "I feel good."

The Soldiers' mission in Iraq was to identify, render safe, destroy or eliminate any explosive hazards that jeopardized the safety of coalition forces, as well as the local population. The majority of the explosive hazards consisted of unexploded ordnances, improvised explosive devices and vehicle borne explosive devices.

"We did lose one of our Soldiers our first week in country," said 1st Sgt. Ruben Stoeltje. "Staff Sgt. Daniel Gresham was killed by an improvised explosive device. It is good to be home, but it is bittersweet because Gresham is not with us. However, he will always be in our hearts.

"As I said, it is good to be home," Stoeltje added. "Now we just have to readjust our thoughts from combat mood to garrison mood. There is little time to enjoy the time off before we have to get back to work and resume our state-side mission."

"We are thrilled to have them back. They did a superb job. We are proud of each and every Soldier," said Lt. Col. Maru Quick, commander, 797th Explosive Ordnance Company (EOD).



Staff Sgt. Jamie Ulm kisses his wife, Andrea, at a welcome home ceremony Aug. 4. at the Roadrunner Community Center. "We made the battlefield safe for all the Army," Ulm said.

Army to implement virtual family readiness groups

By Margaret McKenzie
U.S. Army Community and Family Support
Center Public Affairs

ALEXANDRIA, Va. – An Army program on the World Wide Web to support and improve how information is passed to families when Soldiers are deployed will make its debut Oct. 1.

Army officials said they are trying to meet the needs of today's Army expeditionary force by improving the methods by which Soldiers communicate with their families.

"The virtual family readiness group is designed to replicate the major components of FRGs, but in a virtual context," said Jay M. Burcham, chief of the Deployment and Mobilization Readiness division for the Family Programs Directorate at U.S. Army Community and Family Support Center here. "This Web system is not just a Web site," he said. "Soldiers downrange in Iraq, Korea or wherever they are deployed will be able to communicate with families around the world by logging onto this system. The virtual family readiness group Web system will use technology to move today's FRGs into the 21st century to meet the demands of the Army's expeditionary force."

The initiative began in June 2004 when CFSC, in support of the 2nd Infantry Division in Korea, created a virtual FRG to reach out to families of Soldiers who would be deployed. Most Soldiers deploy

as individual replacements to Korea, which basically is a stable environment and communication with family members is routine, Burcham said.

Prior to the vFRG, the families' need for support was addressed by the "waiting families" program that Army Community Service operates. Families also received support from their previous unit's physical FRG.

With the war on terrorism, things changed. Soldiers were being deployed from Korea to Iraq, making communication with families difficult. And families were reading and seeing stories on the news of bombs going off in areas where their Soldiers were.

"To ease the added stress placed on Soldiers' families, the 2nd Infantry Division provided up-to-date command information as well as the capability to download photos, send newsletters and organize families by location and unit," Burcham said. "This was a new concept to take the physical FRGs and turn them into a virtual context."

The development and fielding of the vFRG for Korea and Iraq was completed in five weeks by DefenseWeb Technologies in San Diego.

"The overall purpose of the vFRG supporting Soldiers deploying to Korea and Iraq was to provide a Web portal for official and unofficial information between the brigade, Soldiers and families," said Tonya Bowers, Army program manager at DefenseWeb Technologies. The brigade

now had the means to communicate with the families of deployed Soldiers, Bowers added.

Follow-on development built functions to automate the capabilities of today's physical FRGs. These capabilities include instant messaging, forums and discussion groups, post cards, and file and document sharing.

The final phase of the program broadens what was developed for the 2nd Infantry Division, and provides training, outreach and support across all three components of the Army: active, Guard and Reserve. When released for use by units, features will include a unit vFRG locator, an area for children and teenagers, a phone tree organization chart, emergency family plans, blogs, a training tracker and metrics for the unit commander to determine the state of family readiness, and FRG leader forums content.

The site also will provide a single location for users to obtain news and updates relating to FRGs and their unit. Users will be able to make updates to the phone tree and e-mail distribution list for rear detachment commanders and FRG leaders to use for mass communication to Soldiers and families.

Users of the site will first have to register and be authenticated by command-level administrators. This feature is very important to unit commanders concerned with maintaining operational security of the information they provide to families, Burcham said.

"After they have been authenticated, users can go into the system, join their unit's virtual FRG, and update the information in their registration file especially if they are changing duty stations," Bowers said.

"There are many benefits to using the vFRG system", he added. "Members of the Army Reserve and the National Guard see this as an answer to the communications issues they have to deal with because they are geographically dispersed. Families of mobilized individual ready reservists will be able to join the vFRG of the unit their Soldier is deployed with."

Members of the National Guard emphasize that they see this as a great way to enhance family readiness, Burcham added. He said it gives them the capability to maintain an FRG and communicate with their FRG members on a year-round basis, rather than just during deployments.

"This vFRG allows them to stay organized throughout the year with a known place where people can log in and communicate without the worry and expense of bringing families into Reserve or Guard headquarters, which could be 100 miles away," Burcham said. "It is not designed to replace the existing physical FRGs, but to enhance them," he noted.

To support the upcoming start of the system, a waiting list area where units can sign up to establish a vFRG has been added to the Army FRG Web site at www.armyfrg.org.

JTF medics save lives in Honduras

By Air Force 1st Lt. Ali Tedesco
Joint Task Force-Bravo Public Affairs

SOTO CANO, Honduras — Soldiers and Airmen from Joint Task Force-Bravo work daily with Honduran hospital staff to perform needed surgeries.

Soto Cano Air Base's medical element began supporting Santa Teresa sporadically in 1997, but since 2000 has been conducting medical readiness training exercises at the hospital two or three times a week.

On average, the team operates on about 15 patients each week, and has treated more than 250 Hondurans this year, according to Capt. Preston Powell, Medical Element planning and operations officer.

"It's a great benefit for me and the hospital to have the U.S. medics help out," said Dr. Jose Angel Mejia, Santa Teresa's chief surgeon. "We lack a lot of equipment to provide proper patient care, from

surgical instruments to sterile linens and scrubs."

Oftentimes, surgeries have to be cancelled or postponed until U.S. forces can bring critical tools, supplies or expertise. Santa Teresa, a charity hospital, provides its services free of charge.

In addition to providing a surgical team, JTF-Bravo supplies medical equipment for procedures from life-support monitoring devices to the basic consumables like needles, gauze, sutures and staples. The U.S. contributes approximately \$20,000 each year to maintain operations at Santa Teresa. For the U.S. medical personnel, it also provides training.

"Everyone who works on the team with Dr. Mejia and myself are part of our forward surgical team, so this provides real-life training for us to work together in an environment that we otherwise wouldn't be exposed to," said Col. Craig Shriver, surgeon.



Photo by Air Force Tech. Sgt. Cheri Dragos-Pritchard
(From left) Dr. Jose Angel Mejia, a Honduran doctor, cleans off a patient as Air Force Capt. Said Acosta and Col. (Dr.) Craig Shriver assist. The group performed surgery on the patient to remove a swollen gallbladder during a medical readiness training exercise. Acosta and Shriver are with the Joint Task Force-Bravo's medical element at nearby Soto Cano Air Base.

Troop reductions to be conditions-based

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON, D.C. — Any reduction of U.S. troops in Iraq will be based strictly on security conditions in the country and the readiness of Iraqi forces to conduct independent operations, a Multinational Force Iraq spokesman in Baghdad said.

The United States will not reduce forces until the Iraqi security forces can maintain the security environment, Air Force Brig. Gen. Donald Alston said.

The United States and Iraq will consult on when these conditions have been met.

Gen. George W. Casey, commander of Multinational Force Iraq, said substantial troop reductions could begin as early as spring or summer if the insurgency is put down and Iraqi forces are ready to handle the security mission.

The commissioned-established conditions will cover the combat capability of the Iraqi forces as well as the ability of the Iraqi government's ministries to sustain the forces and support them logis-

tically, Alston said. The progress of Iraqi forces, however, is not something that can be measured only quantitatively, he explained.

"Combat capability is not just a function of numbers," he said. "It has a subjective quality in terms of the combat seasoning that is going on with Iraqi security forces, and that's, I think, more of an art — a subjective assessment — that the leaders are inputting to their assessments."

Joint readiness assessments are being conducted every month, Alston said, and the infor-

mation gathered is giving leaders an idea of what the conditions for withdrawal should be. These assessments are important to ensure the transfer of authority is handled correctly, he said.

"This is critical we get this right," he said. "So we need to be as self-critical as we can be to continue to assess the readiness."

The Iraqi forces continue to make progress toward achieving readiness, Alston said. The Iraqi army now has eight ground divisions with 29 brigade headquarters and 101 battalions, he said. The

army also has a mechanized division with a brigade headquarters and two battalions and three battalions undergoing training, he added.

The training is being conducted in Iraq and Jordan by international and Iraqi trainers, he said. As the Iraqi forces complete training, they join coalition forces in the field, and their presence aids operations significantly, he said.

"The increased numbers and growing capabilities of Iraqi security forces allow us to continue to put constant pressure on the insurgency," he said.

New program recruits native speakers into Army Guard

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. — A new Army National Guard program is helping attract young people with native language skills and cultural expertise into the military to support the global war on terror.

The new program focuses on recruiting native speakers in 20 languages and dialects, most spoken in the Middle East, into the Army's 09L "translator aid" career field, said Capt. Bill Greer, national program manager.

The active Army began seeking out native Middle Eastern recruits two years ago to help support the war on terror, but tapped into the Army National Guard earlier this year to take advantage of its community

contacts and relationships, Greer said.

The Guard program is currently a pilot in Michigan, Texas and California, areas of the United States with large Arab-American populations, but is expected to expand to more states later this year, Greer said.

So far, the program has recruited about 15 members, most of them with prior military experience, said Greer, who hopes to recruit about 50 by the program's first anniversary.

Soldiers with native language abilities bring special capabilities to the force that cannot be easily replicated in traditional language programs, Greer explained. Native speakers bring an inherent understanding of local culture, customs, courtesies, taboos and body language that isn't readily absorbed in classroom settings, he said.

And because members of the program have gone through basic training and advanced individual training, they bring an understanding of the military that simply isn't offered by contract linguists, he said.

As a result, Greer said, Soldiers in the translator aid career field "gain an immediate respect and immediate trust" by commanders on the ground. "The feedback is amazing from commanders on the ground," he said.

And the soldiers the troops work with — not only as translators, but also as interpreters and instructors in Middle Eastern culture — quickly develop rapport with the translator aids. "The soldiers trust them because they've experienced what our Soldiers have, and that carries a lot of weight," Greer said.

Spc. Youssef Mandour, a native of Morocco who enlisted in the Army in 2003 as one of the first recruits in the active-Army program, said it gives Arab-Americans a unique opportunity to serve their country while helping their native lands.

"It's a chance to pay back America for all the good things I have," said Mandour, now a member of the Texas National Guard on a detail at the National Guard Bureau here, where he is sharing his expertise in Arabic culture and language and supporting the recruiting effort.

"This program is going to make a lot of difference in your life," he says to potential recruits. "You can be a part of this great force (and part of) a great future for the Arab-American community."

Army launches spouse employment Web site

By Margaret McKenzie
U.S. Army Community and Family Support Center Public Affairs

ALEXANDRIA, Va. — The Army has announced a new spouse employment Web site containing more than 26,000 job vacancies.

The address for the new site is www.militaryspousejobsearch.org. It is designed to provide spouses employment opportunities while fulfilling corporate America's

demand for skilled workers.

Military Spouse Job Search is a database where spouses can build their resumes and research valuable information. Spouses can also access career tools, labor market information, career assessment, training and education opportunities, as well as information on colleges and technical schools.

The site also has a financial aid center for spouses considering going back to school and a relocation center for families.

The new Web site is a joint venture between Army Spouse Employment Partnership, U.S. Community and Family Support Center and the Department of Labor.

"It was easy to create an account," said Christine Jumper, an Army spouse who lives near Fort Lee, Va. "I had immediate access to the skills profiler which was great."

The diversity of employable military spouses is an important factor for the corporations involved

in the program, said Teresita Rivera, manager, Employment Readiness Program, USACFSC.

"These partners are looking for good talent and they know that they can find it on the MSJS Web site," Rivera said.

As a prerequisite for access to Military Spouse Job Search, employers must be an inducted partner or accepted new partner in the Army Spouse Employment Partnership.

Current inducted partners

include Adecco USA, Army and Air Force Exchange Service, Army Career Alumni Program, Army Civilian Personnel, BellSouth, Boys and Girls Clubs of America, Computer Systems Corp., CVS/pharmacy, Defense Commissary Agency, Dell, EUR-PAC Service Inc., Hospital Corporation of America, Home Depot, Lockheed Martin, Manpower Inc., Merck & Company, Sears Holdings Corp. and Sprint.

Post Pulse: If you could have a makeover, what would you change?



"I wish I would have started my career faster."
Crystal Wilson



"I would like to spend more time helping out my fellow Soldiers in medical hold (at Brooke Army Medical Center)."
Spc. David Avila



"I would like to take more time to do ministry work."
Sylvia Medrano



"I'm pretty happy about myself. I wouldn't change anything."
Spc. Davis Ayala

Good Housekeeping to makeover 4 Fort Sam Soldiers

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

Nearly 100 female Soldiers vied for the opportunity to temporarily trade in their uniforms and combat boots for high heels and the latest beauty and fashion tips during a makeover sign-up session Aug. 3 and 4 at the Roadrunner Community Center.

While all hoped they had the right look to score a beauty and fashion makeover, only four will ultimately earn the Good Housekeeping "seal of approval" and a spot in the popular woman's magazine.

"The idea was to celebrate the women who serve our nation," said Holly Crawford, Good Housekeeping beauty editor. "The makeover seemed like a perfect way to do that. We wanted these women to feel beautiful and for Soldiers everywhere to know that people appreciate what they are doing."

Crawford was a one-woman-team sent from the Good Housekeeping headquarters in New York to screen the Soldiers. She gathered photos and applications and jotted down notes for an editorial team which will choose the finalists.

While the women vastly ranged in age, rank and appearance, Crawford said they all had something in common. "They are all gorgeous in every way, just natural beauties with heart and courage," she said. "These women are amazing ... and inspiring to me. Many of them know they may deploy soon but they're not scared or sad.

It is just part of the job, part of being a Soldier and a medic."

When screening for makeover candidates, Crawford said the magazine's editors traditionally look for a combination of inner and outer beauty, "but clearly these women exude inner beauty, which makes choosing from this pool of exceptional candidates especially tough. We're looking for women whose outer beauty will shine with a few hair and makeup updates."

This was also the focus for the women who turned out for the screening, some timidly and others enthusiastically, but all hoping for a change.

"I roll out of bed at 4 a.m. to teach," said Staff Sgt. Lara Stanley, a 91T animal care specialist instructor and makeover candidate. "It would be nice to look halfway decent for my students. I would love to get some tips for quick ways to look better."

If selected, Stanley will receive more than just a few beauty tips. The four "finalists" will tuck away their uniforms and let down their hair Aug. 17 for a beauty and fashion makeover from the top salon and dress stores in the city. Mary Kay, headquartered in Dallas, is the cosmetics contributor, while Chico's and White House and Black Market, upscale boutiques at the Quarry Market Shopping Center in San Antonio, will donate figure-flattering outfits and gift certificates. Sergios, also at the Quarry, will offer the women a day of pampering and a new "do."

"Our beauty and fashion partners are very excited," Crawford said. "They are thrilled to be part of this project to thank the Soldiers."

A Good Housekeeping photographer will also be on hand to set up a New York-style photo shoot on post where the ladies will have the chance to strike a pose for before and after shots.

The overall reception in San Antonio, from the post to local businesses donating clothing and services, has been exceptional, Crawford said.

"We considered other Army posts, but I'm glad we chose Fort Sam Houston," she said. "It's beautiful here and the reception has been amazing."

In the end, Crawford said the goal of the magazine is for the women to walk away, not just with a few extra outfits and beauty tips, but with the knowledge that they have the support and thoughts of the nation.

"This was an amazing experience for me, especially on a personal level – to



Holly Crawford, Good Housekeeping beauty editor, shows Pfc. Amanda Baas, from the 440th Blood Support Detachment, her photo at a makeover sign up session Aug. 4 at the Roadrunner Community Center. The photo, along with an application, will be used by Good Housekeeping editors to pick four female Soldiers from Fort Sam Houston for a free beauty and fashion makeover.

meet these women who are serving their country so willingly and gracefully," she said. "I know our readers will be excited to learn about each of them."

Good Housekeeping will notify the finalists of their selection this week. The Soldiers' makeover stories are slated to appear in the woman's magazine in the December issue, and the News Leader will feature the finalists in an upcoming issue.

440TH BSD challenges Soldiers at Squad Stakes competition

By Maj. Kevin Belanger
440th Blood Support Detachment

The 440th Blood Support Detachment challenged its Soldiers July 23 to 28 during the detachment's second annual Squad Stakes competition.

The weeklong competition focused on warrior tasks to include the Army physical fitness test, day and night land navigation, M16 qualification, first aid, rappelling, rock-climbing wall, squad confidence course and an eco challenge.

The competition included three squads with five to six Soldiers per squad. Day one included the APFT in which the 1st squad jumped out to an early lead. Day two featured a 19 kilometer eco-challenge course through the hills of Camp Bullis with warrior task stations. The squads were given an eight-digit grid coordinate as their starting point, and were required to drive to the starting point and carry the necessary equipment needed for the day.

Once at the starting point, information for their next point was on an identification marker. The squads were required to navigate dismounted to four check points and four graded stations within 12 hours. The graded stations included four collective tasks: two section temper tent setup, defend assigned area, first aid and casualty evacuation.

Upon conclusion of the second day, 3rd squad was in the lead. Day three started with an M16 competition and concluded with a four hour night land navigation course which gave 1st squad the lead going into day four.

Day four started with a timed obstacle course at Lackland Air Force Base, Texas, in which the squads had to negotiate 19 obstacles. Upon completion, the squads were graded on three more collective and individual tasks. The tasks included vehicle preventive maintenance checks and services on a 5-ton and humvee, weapons maintenance of an M16 and M9, and a nuclear, biological and chemical lane. Day four concluded with 1st squad in a slight lead over 2nd squad.

Day five included a 50-foot rappel tower and 50-foot rock climbing wall for each member of the squad to negotiate.

The competition was close, but 1st squad came away with the championship. The members of 1st squad were Sgt. Walter Mathis, squad leader; Spcs. Carmen Cunningham, Katherine Routheaux, Michael Edwards and Mark Poczobut; and Pfc. Amanda Baas. Edwards also won the Warrior Ethos Award for his outstanding leadership, motivation and technical competence.

Contributors to the success of the exercise were Brooke Army Medical Center laboratory personnel, 591st Medical Logistics Battalion personnel, Army Medical Department Center and School laboratory personnel and Lackland AFB facilities and personnel.

The 440th is located at Fort Sam Houston and is a subordinate unit under the 61st Multifunction Medical Battalion (Provisional) at Fort Hood, Texas.



Photos by Spc. Heather Cryer

The winning squad of the Squad Stakes competition included (from left, front row) Spc. Carmen Cunningham, Pfc. Amanda Baas, Spc. Katherine Routheaux and Sgt. Tatum Hayes; and (from left, back row) Spc. Heather Cryer, Sgt. Walter Mathis, Spc. Mark Poczobut and Spc. Michael Edwards.



Spcs. Carmen Cunningham and Michael Edwards rappel during the Squad Stakes competition.



(Left) Spc. Chase Kelley (left) and Sgt. Kelly race to the finish line during the 440th Blood Support Detachment's Squad Stakes competition.



(Right) Spc. Thomas Hunt makes his way up the climbing wall.

Fort Sam teams with community for Ready South Texas

By **Andricka Hammonds**
Fort Sam Houston Public Information Office

Since the day the twin towers were attacked, the country has been faced with a heightened threat of terrorism. Military installations everywhere have increased their security and emergency procedures. As a result, Fort Sam Houston is working with the city of San Antonio, Bexar County and Comal County on a new emergency preparedness initiative called Ready South Texas.

Ready South Texas focuses on serving as a source of public information concerning emergency preparedness for organizations, businesses, families and schools. The program's mission is to help educate South Texas citizens on how to be better prepared for a wide variety of emergencies, natural disasters and terrorist attacks.

"It's important that people realize that emergency preparedness is a reality; reaching out to the military to support

these efforts shows the importance of partnership between different agencies in the community," said Di Galvan, communications manager for the city of San Antonio.

Many components of the Ready South Texas program already complement current Fort Sam Houston initiatives in terms of installation antiterrorism exercises, emergency notification procedures, evacuation plans and shelter in-place tactics.

According to Ready South Texas, homeland security is no longer solely law enforcement's responsibility, but calls for a collaborative effort among citizens, corporations and the government.

"We're very pleased to partner with Fort Sam Houston to raise awareness about the existing program," said Nim Kidd, district fire chief and emergency management coordinator for the city of San Antonio. "They are an important mechanism to communicate with the entire community. It shows a true working relationship between the city of San Antonio

and Fort Sam Houston," Kidd added.

Terrorist acts may include biological, chemical, nuclear and radiation threats. Natural disasters such as hurricanes, tornadoes, floods and fires require a different type of preparation. Ready South Texas informational materials explain the difference in emergencies, which will determine what actions to take.

According to Ready South Texas, assembling an emergency supply kit and developing a family communication plan for both natural and man-made emergencies are excellent first steps in preparing for the unexpected.

The Ready South Texas Web site provides useful information for individuals, work centers and families on the steps they can take to protect themselves during emergencies. It also offers a children's activity book to help children learn how to be prepared for an emergency in a fun educational way.

Information such as brochures and

pamphlets online include education information regarding emergency alert systems and the significance of emergency preparedness plans for families and businesses, as well as emergency numbers.

Emergency management officials encourage every home and business to have an all Hazard Emergency Alert National Oceanic and Atmospheric Administration radio, to receive civil emergency and weather alerts. The radios are available at a discounted price a local grocery stores.

During National Preparedness month in Sept., Ready South Texas will encourage businesses, organizations and schools to call and ask for formal presentations about emergency readiness and teach groups how to prepare an emergency supply kit.

If your organization would like more information about Ready South Texas or would like to request a presentation about emergency preparedness, call James Mendoza at 207-8580.

Army OneSource offers Soldiers tools for life's challenges

187th Medical Battalion officer students attending courses at the Army Medical Department Center and School have benefited tremendously from Army OneSource, as can any Soldier.

Army OneSource provides Soldiers with expert advice and resources to deal with almost any of life's various challenges. They are able to help Soldiers with preparing for a new baby, dealing with relationship issues, preparing for deployment and reunion, getting out of debt, buying a car, locating an education tutor, obtaining legal assistance, helping a spouse locate a job and a variety of other services.

Army OneSource provides a customized response to

Soldiers' and their families' needs. The service is free and confidential.

People can also visit a counselor in person, in their local community, for up to six free in-person counseling sessions with a licensed counselor.

Many A Company students have used Army OneSource and said they were pleased with the programs ability to address their needs.

"Army OneSource helped my family locate a house and a babysitter at my new duty assignment before my arrival," said 2nd Lt. Michael Smith, officer basic course student. "The personnel at the Army OneSource were professional and quickly located the information I needed."

Many Soldiers said they use the counseling services because of the confidentiality and the other services because of accessibility.

The 187th Medical Battalion encourages leaders to educate Soldiers about the benefits of Army OneSource.

To talk to a OneSource consultant, call (800) 464-8107, or from overseas, call toll-free at (800) 464-81077, or collect at (484) 530-5889. Consultants are available 24 hours, seven days a week. For more information, go to the Army Community Center, the A Company Web site at <http://www.cs.amedd.army.mil/187medbn/alpha/> and click on the Army OneSource link, or <http://www.armyonesource.com>.

(Source: A Company, 187th Medical Battalion)

A health care professional's greatest calling is to serve the Soldiers that defend our Nation's freedom.



The United States Army offers virtually every health care specialty found in the civilian sector. Call your Army Health Care Recruiter to learn about opportunities for direct commissions, scholarships, internships, and residencies at (210) 692-7376 healthcare.goarmy.com



Emergency numbers

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

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam

Houston other than the post telephone number prefixes.

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

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

Homeland security course trains civilian, military medical specialists

AUSTIN, Texas – The Defense Medical Readiness Training Institute and the University of South Florida, Colleges of Medicine and Public Health, jointly sponsored the Homeland Security Medical Executive Course in June at the Omni Southpark Hotel in Austin, Texas.

Faculty and participants of the course included civilian executive medical managers and senior medical commissioned officers.

The course is designed to train senior health care officers for command and staff positions in support of the National Response Plan. Since the terrorist events of Sept. 11, 2001, training to respond to future terrorist attacks has focused on the interoperability between local, state and federal governments and entities.

“Attendees from local, state, federal and (Department of Defense) consequence management agencies had a great opportunity to interact, network and learn from each other,” said Navy Lt. Myron L. Evans, officer-in-charge of HLSMEC. “This course is an interactive, in-residence program designed to maximize the ability of the participants to mount a fully integrated response to natural and man-made disasters within the United States and its territories.

“This format provided participants with state-of-the-art content delivered by recognized experts, and enabled them to effectively use the capacity and resources available to the agencies that comprise the safety net of Homeland Security,” Evans added.

Participants were provided opportunities to apply and test information in an interdisciplinary team-based environment by responding to a simulated all-hazards incident that could theoretically occur in the city of Austin.

Subject matter experts from various military and governmental agencies including the Department of Homeland Security, Federal Emergency Management Agency, the



Photo by Air Force Tech. Sgt. Rob Murphy
Lt. Scott Parker, Williamson County Emergency Services paramedic, facilitates an exercise scenario during the Homeland Security Medical Executive Course in June at the Omni Southpark Hotel in Austin, Texas.

Centers for Disease Control and Prevention and U.S. Northern Command presented lectures focused on integrating military medical assistance to the National Response Plan.

Retired Air Force Lt. Gen. (Dr.) Paul K. Carlton gave the keynote address. Carlton is the director to the Office of Homeland Security for The Texas A&M University System Health Science Center. Other attendees included William Lyerly from DHS, Ron Burger from the CDC, and Jennifer Bencie Fairburn from the Florida Department of Health.

HLSMEC is in its second year of a partnership between DMRTI and the University of South Florida.

“The Homeland Security Medical Executive Course has achieved in facilitating interagency communication between DoD, public health and civilian consequence management leaders,” said Col. Alan L. Moloff, DMRTI commander. “Because of HLSMEC, we can be comforted that both civilian and military senior medical leaders understand their roles, responsibilities and capabilities in response to an all-hazards event. Our nation deserves leaders who are well trained and prepared to respond to any situation we might face.”

(Source: DMRTI Public Affairs)

Ecuadorian army conducts first sergeants major course

By Air Force Capt. Sarah E.M. Schwennesen
U.S. Military Group Public Affairs

QUITO, Ecuador – The first Ecuadorian army sergeants major course ran smoothly at the Escuela de Infanteria, or Infantry School, in Machachi, Ecuador, thanks to the combined work of instructors from the Ecuadorian army and U.S. Army.

This ground-breaking course is the second manifestation of the movement to professionalize Ecuador's NCOs and it represents progress made in this area.

A 45-student class graduated July 22 from the course, which focused on professionally developing the highest enlisted members in the nation's army. U.S. Army NCO Academy instructors are assisting in the execution of this course, building upon the success achieved when the course's instructors were trained on conducting professional military education courses.

"This course represents a significant movement forward in the further professionalization of Ecuador's army," said Col. Pat Richardson, U.S. Military Group commander in Ecuador. "The Ecuadorian army is willing and eager to move forward with the challenge of developing their NCO corps and we support them 100 percent in this endeavor. NCO professional development is vital in that the NCO corps is the backbone of any military."

While not all course participants are sergeants major, all are suboficiales mayores, or senior NCOs in the Ecuadorian army. After the course, 15 graduates became sergeants major of operational units in the army and the rest moved on to military education institutions throughout the army to share knowledge gained from the eight-week course.

U.S. Army South Operations Sgt. Maj. Jose M. Lopez supervised course execution and provided advisory assistance during all phases of the course.

"The future vision for this course is for every operational unit in the Ecuadorian army to have a command sergeant major standing next to the commander and imparting his professional knowledge to the troops that are in the unit," he said.

Lopez said the course was a much-welcomed step in professionalizing Ecuador's army.

"A lot of commanders in the Army are looking for the NCOs to develop professionally and have more responsibilities in their units, so I think that this course is a step in the right direction and will have many positive benefits for Ecuador's army."

The U.S. Army NCO Academy instructors, Sgts. 1st Class Jesus Arestirado and Manuel Perez, from the NCO Academies at Fort Dix, N.J., and Fort Lewis, Wash., supported the course as instructors alongside the Ecuadorian army instructors.

To develop the course, "We got together with the Ecuadorian army officers and senior enlisted members to come up with a plan for what they wanted to get out of the course," Perez said.

"The areas that everyone was most interested in were leadership development, the delineation of duties and responsibilities of the NCO, the relationship between officers and enlisted members, decision-making processes, communication skills, and the proper construction of orders and plans," Arestirado said.

"This is a big event, and we are very aware of that," he continued. "The students absorbed a lot and really payed attention in the classroom and during practical exercises. The most important aspect of this course that we are trying to impress is that the professionalization of the NCO corps will not happen overnight, it is a long process and we must first get all of these NCOs to work together as a team to accomplish this."

Perez said the course emphasizes simple things like discipline, physical fitness and uniform wear.



Sgt. 1st Class Jesus Arestirado, from the NCO Academy at Fort Dix, N.J., supervises a physical fitness test during the sergeants major course in Machachi, Ecuador.

"We teach them that the simple things like discipline and physical fitness are very important and that they must take an active role in the lives of their soldiers and take charge," he said.

"(By) setting standards, they will earn the respect afforded to senior NCOs so their officers can afford them more responsibilities."

There was a wide range of experience represented in the course.

"Most of the soldiers in this course have been in the military for 20 to 33 years," Arestirado said. "These senior NCOs have a lot of education because they go to a lot of schools, but they receive little opportunity to put what they learn to practice. They are very educated and eloquent and we are here to help them apply what they know in everyday life."

Lopez, the course operations adviser, said he noted a marked change in students over the course of the class.

"Especially in the area of physical fit-

ness, the students made great improvements," he said. "They also demonstrated a great deal of improvement in the classroom in the area of leadership counseling, which was a topic that they were very interested in. They learned how to counsel soldiers, different leadership counseling styles and how to record counseling sessions – all skills that have not been utilized in their military, particularly in the way that the U.S. Army uses them."

Lopez said the future of the professionalization initiative is bright.

"We (USARSO) are committed to this initiative for five years, and by the end of this time these senior NCOs should be running their own courses," he said. "Many commanders have expressed interest in imparting more responsibility on their NCOs, so I think this course is step in the right direction, and has the potential to be very beneficial in the development of a professional NCO corps in Ecuador's army."

Fort Sam Houston selects its Military Idol from Acad. Bn.

By Ben Paniagua
Hacienda Recreation Center

More than 225 people packed the auditorium of the Hacienda Recreation Center Aug. 3 to select Fort Sam Houston's Military Idol 2005.

The winner of Fort Sam Houston's competition was Staff Sgt. Jeffrey Vanderlin, C Company, Academy Battalion, who wowed the audience with his renditions of "It Had To Be You" and "My Kind Of Girl."

"I did not think I was going to win," Vanderlin said. "I just went out there and had fun and entertained the audience. That is what entertainment is all about, taking care of the audience."

Judges for the event were Barbara George, Morale, Welfare and Recreation; Ron Joy, Southwest Region Office Installation Management Agency; and Deborah Seabron, Readiness and Logistics Business Center.

In the first round, the judges narrowed the field of five Soldier-contestants who sang acappella to four by critiquing their performances during the first round. They managed to critique the performances in a professional manner without a hint of "Simon Cowell mean."

In the second round, the contestants sang with music tracks and, after the judges critiqued their performances, only the audience voted.

As Fort Sam Houston's Military Idol, Vanderlin won a \$500 cash prize and his unit will receive \$500. In second place, Staff Sgt. Robin Farland, A Company, Academy Battalion, won \$250; and Sgt. Narshonna Townes, from Headquarters and Headquarters Company, Division Support Command, Camp Mabry in Austin, Texas, took third place.

Townes, an Army reservist, was activated by her unit so she could participate in the competition.

Also performing in the competition were Spc. Aja Rucker, HHC, Brooke Army Medical Center, and Sgt. Jorge A. Zepeda, 324 Medical Command Band.

Between rounds, the audience participated in drawings for prizes that included T-shirts, hats, a Mini iPod, and two pre-paid Visa

cards worth \$50 each.

Fort Sam Houston had the distinction of being the first installation in the Army to sponsor the event. Thirty-four other installations Army-wide will sponsor their own Military Idol competitions and the first-place installation winners will converge at Fort Gordon, Ga., from Oct. 17 to 23 for the U.S. Army finals.



Photo by Alexandra Nordeck
Staff Sgt. Jeffrey Vanderlin, C Company, Academy Battalion, performs at the Fort Sam Houston Military Idol competition Aug. 3 at the Hacienda Recreation Center. Vanderlin was the first place winner of the local competition and will go on to compete at the Army-wide competition Oct. 17 to 23.

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).

CAREER CLIPS

Executive director, San Antonio — Supervises and directs the work activity of the employees while creating and maintaining a high level of resident and employee satisfaction; participates in sales and marketing activities; and develops and implements an annual business plan.

Clinical team coordinator, San Antonio — Ensures physician orders are signed and entered in MESTA-med; ensures patient information and status is documented; enters PAR into MESTA; enters patient scheduling information based on doctors' orders, nursing assessment, and visit authorizations; and locates and schedules nurses for patient visits and shift care.

Hospital service rep lead, San Antonio — Assists in the daily operations of a local hospital and manages a staff to ensure equipment and supplies are available for patient treatments; schedules and leads a team; and manages equipment inventory and oversees billing and reports.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or by calling 221-1213.

Family housing surveys improve post facilities, services

Fort Sam Houston Family Housing, in conjunction with the Residential Communities Initiative Office, seeks residents' input through various surveys.

FSHFH property management will use the information to customize residents' services and facilities. Answers are strictly confidential, and frank responses are invited.

Residents will be provided with a prepaid, self-addressed postcard with a list of questions related to their experiences with staff, service, timeliness, or suggestions for move-in or move-out and maintenance services. Results from the surveys will be compiled and used to identify resident relations, maintenance issues and evaluate FSHFH property management for incentives.

To ensure quality customer service, representatives from FSHFH property management and RCI will make follow-up calls to residents to ensure service requests are completed in a satisfactory and timely manner. Residents can also log onto Lincoln Military Housing's interactive Web site at www.samhoustonlpc.com to input suggestions at any time.

To encourage participation from residents, LMH will enter returned survey cards into a monthly drawing to win a \$30 dinner-for-two gift certificate at Red Lobster. The winner of the first drawing, conducted Aug. 4, was Sgt. Ronald Darby of Infantry Post.

For more information, call LMH at 270-7638 or the RCI Office at 221-0891.

(Source: RCI)

July Yard of the Month Winner

2800 Marvin R. Woods

July Yard of the Month Runner-up

109 Artillery



SFAC serves up food, music to Soldiers



(Left) Volunteers serve catfish, brisket, sausage, hot-dogs, hamburgers and several traditional side dishes to Soldiers recuperating from injuries at Brooke Army Medical Center and their families Aug. 4. Volunteers arrived on post at 5 a.m. to begin cooking picnic ingredients and served more than 300 meals later that evening.



Volunteers serve food to Soldiers and their family members during the Soldier and Family Assistance Center picnic Aug. 4. Special guests included the Spurs Coyote, KTSA radio host Chris Duell, radio personality Trey Ware and news anchor Brent Boller.



Photos by Phil Reidinger

Keith Warren introduces Texas country western music star Robert Earl Keen who performed his latest chart hit "What I Really Mean" and other favorites for Soldiers and their family members Aug. 4 during a wild game and fish dinner and Texas barbecue hosted by the Soldier and Family Assistance Center and the Fisher House. Warren and his hunting and fishing enthusiast volunteers also donated \$3,000 to support continued operations of the assistance center.



(Left) The Heart of Texas Choral Group from New Braunfels, Texas, entertains the crowd with Broadway-style show tunes at the Aug. 4 picnic sponsored by the Soldier and Family Assistance Center and Fisher House.

SPORTS

232nd Med. Bn., DCMT use hand-to-hand combat in training

A common sight most mornings in the 32nd Medical Brigade area is Soldiers dressed in battle dress uniforms and tennis shoes engaged in hand-to-hand combat.

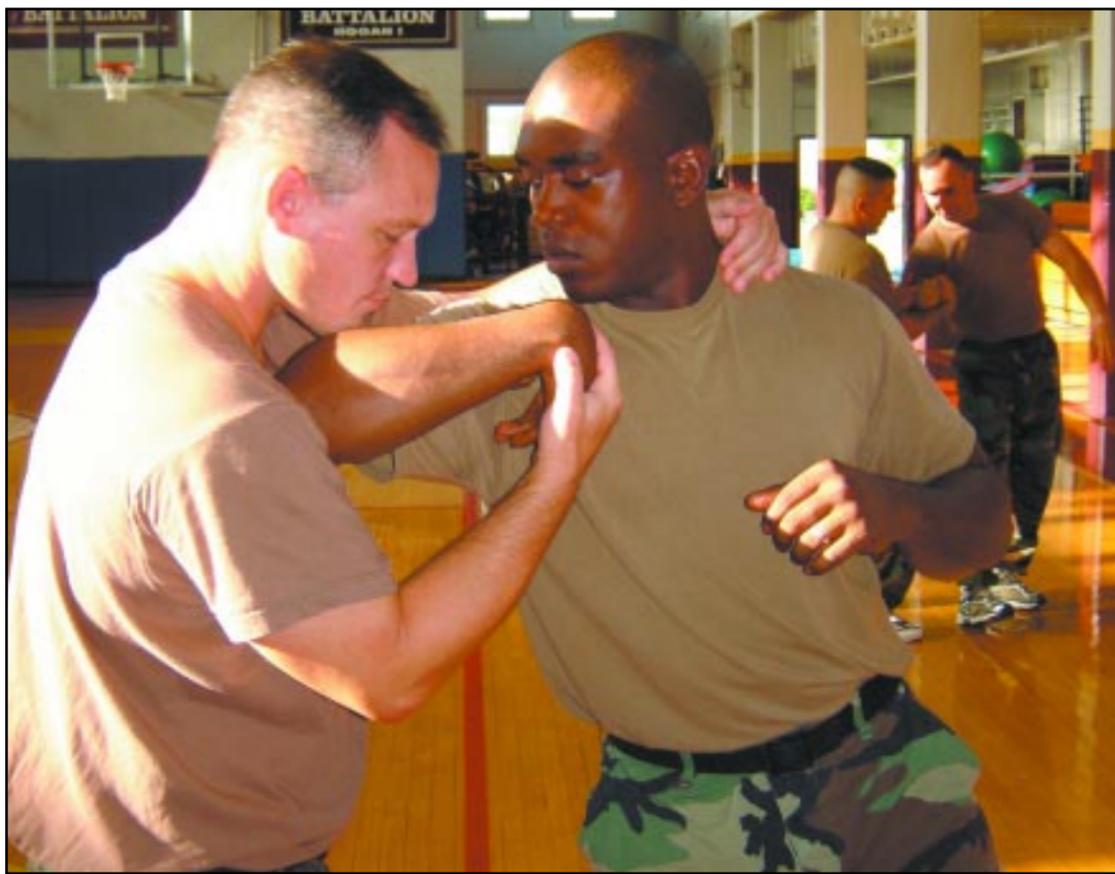
While the attempts to choke or disable the "enemy" may appear real, the Soldiers are actually involved in a new brigade initiative designed to incorporate lessons learned from the contemporary operational environment into training.

The Combatives Program is based on hand-to-hand combat used to close the striking distance from an enemy, gain a dominant body position and finish the fight. Drill sergeants and instructors from the 232nd Medical

Battalion and Department of Combat Medic Training have been teaching combatives training to 232nd Med. Bn. Soldier-students for the past eight months.

Critical to success of the program is certification of the trainers. Over the past two weeks, 24 drill sergeants and DCMT instructors have received training for a certification in jiu-jitsu tactics and techniques from Professor Lee Goodrich of the Koujakan Jiu-Jitsu Academy.

"Although I already find my job rewarding, it is all the more special when I know that our lessons are being used in Army training and may ultimately save



Photos by Capt. Luis Lopez

Staff Sgt. Donald Peart employs a wrist lock on a fellow instructor during jiu-jitsu training taught by Professor Lee Goodrich of the Koujakan Jiu-Jitsu Academy.

some Soldier's life in Iraq or Afghanistan," Goodrich said.

Drill sergeants are now trained in Army Combatives Level I fighting techniques while attending drill sergeant school, so the battalion plans to shift the focus to more ground fighting in the future.

The Army Medical Department Center and School and the 32nd Medical Brigade have worked hard over the past two years to incorporate lessons learned from the contemporary operational environment into all training and lesson plans, for both officer and enlisted programs.

Orientation to military operations on urbanized terrain, or MOUT; mounted and dismounted land navigation; and convoy operations are some of the staples of the new curriculum within the 32nd Medical Brigade.

(Source: 232nd Med. Bn.)



Staff Sgt. Sherrie Saunders, from the 232nd Medical Battalion, practices a wrist-lock technique during jiu-jitsu training.

SPORTS BRIEFS . . .

Football officials needed

The North America Junior Football Federation is looking for football officials for the upcoming season. There will be a meeting at the Fort Sam Houston Youth Center Aug. 20 at 10 a.m. For more information, call Charles Scroggins at 221-3185 or 363-1637.

Intramural fall flag football

The registration period for intramural flag football has been extended to Aug 29. Anyone interested in joining the league should call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Softball tournament

Shaker's 27th annual Texas Softball Shootout will be Saturday and Sunday at Fort Sam Houston's softball complex. Teams are needed for men's three hour, men's six hour, co-ed, women's and men's seniors divisions. For more information, call 666-2221, 381-7185 or 666-2729.

Men's and women's basketball

Coaches and players are needed for the Fort Sam Houston men's and women's basketball teams. Tryouts for players are Sept. 6 to 9. Coaches should send their resumes by Aug. 29 to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail earl.young@samhouston.army.mil.



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 are 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.



Officials report progress, challenges in treating combat stress

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. – Recognizing the link between combat and mental health symptoms, the Defense Department is working to improve the way it prevents, identifies and treats mental illness among troops who are serving or have served in Iraq and Afghanistan, Army officials told Congress July 27.

Surveys show that 19 to 21 percent of troops who have returned from combat deployments meet criteria for post traumatic stress disorder, depression or anxiety, Col. Charles Hoge, chief of psychiatry and behavior services at the Walter Reed Army Institute of Research, told the Committee on Veterans Affairs' Health Subcommittee. Of these, 15 to 17 percent of troops surveyed three to 12 months after their deployments had PTSD symptoms.

In general, Hoge said in his prepared testimony, PTSD rates were highest among units that served deployments of 12 months or more and had more exposure to combat. Rates were much lower for troops returning from Afghanistan than Iraq, with 6 percent of Operation Enduring Freedom veterans surveyed experiencing PTSD symptoms.

In addition, many returning service members may not have a full-blown psychiatric disorder, but experience some form of psychological distress after their wartime service, said Lt. Col. Charles Engel, director of the Department of Defense Deployment Health Clinical Center.

Calling mental health symptoms "common and expected reactions to combat," Hoge said the DoD and Army are working to learn as much as possible and adjusting their programs to better prevent symptoms from arising and treat troops who need it. Part of that effort, he said, is an ongoing survey focused on combat operational units that includes post-deployment assets conducted three times after their deployments: at three to four months, six months and 12 months.

Hoge reported a "substantial increase" in Operation Iraqi Freedom veterans seeking mental health care, but said the same factors that prevent many civilians from seeking mental health care apply to service members as well.

Studies show Soldiers and Marines are concerned they will be treated differently

in their units if their peers or leaders know they are getting mental health treatment. Others say they cannot get the time off work to get care or do not have transportation to get treatment. And, men are less likely to seek mental health help than women, Hoge said.

The military is working to overcome these barriers and better serve troops who need care, Hoge said. Research projects are focusing on identifying symptoms and intervening earlier, improving access to mental health care and evaluating mental health programs already in place. DoD also is working with the Department of Veterans Affairs and other groups to improve awareness about depression and PTSD among primary care professionals and promote routine screening in primary care, he said.

Recognizing that Soldiers are more likely to report mental health problems three to four months after a deployment than when they first return, DoD has expanded its post-deployment health assessment program. The department also is evaluating interventions such as psychological debriefing, and is developing training modules to help better educate Soldiers, leaders and health-care providers, Hoge said.

As these efforts move forward, Engel said, it is critical that adequate mental health and operational stress control services are available to service members while in the combat environment as well as after redeployment.

And while providing the best mental health services possible, DoD also must convey an important message to service members that the reactions they may experience after combat "are common and expected," Hoge said. Getting that message across is a key to reducing the stigma associated with getting mental health care and to promoting earlier invention, he said.

"We have made great strides in improving access to mental health care programs," Engel said. "But if you consider all the untapped demand out there, we may still have challenges to overcome."

A key, he said, is making service members more willing to offer frank accounts of their mental state, something Engel said requires confidentiality and trust. If the military does not ensure that trust, provide the needed care and protect the careers of those who seek it, "they we will not be able to reliably detect and diagnose these illnesses and provide proper care and assistance," he said.

As a result, Engel told the subcommittee, "those in need will reject our services and keep their personal problems to themselves until they balloon out of control."

TRICARE seeks nominations to honor vaccination advocates

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON, D.C. – In honor of National Immunization Awareness Month, TRICARE Management Activity is seeking to recognize an individual or team that has encouraged people in the community to catch up on vaccinations.

This award will be the latest installment of the “Salute to the Heroes of TRICARE” program, which was started 10 years ago to recognize people, facilities, organizations or contractors who have enhanced the military health system’s success, said Dian Lawhon, deputy chief of communications and customer service for TRICARE Management Activity. This program has served to highlight the extra efforts of people involved with TRICARE, she said.

“It’s really important to recognize the folks in the military health care system for the work they do,” she said. “There’s a tremendous amount of dedication.”

The program gives awards every month, and usually the theme of the award is tied to the TRICARE initiative for that month, Lawhon said. The award includes a poster and a letter to the honoree’s commander signed by the assistant secretary of defense for health affairs.

The TRICARE system serves about 9.2 million beneficiaries, including active duty, National Guard, Reserve, retirees and family members, Lawhon said, and this program helps emphasize the importance of the service provided to these customers.

“Everything we do to support these beneficiaries is important,” she said. “We want to recognize those heroes who go the extra mile.”

Any person, facility, organization, group or contractor external to TMA is eligible to be nominated as a hero. Candidates may be nominated or randomly selected from published articles or correspondence. This month’s hero must be active in promoting the importance of vaccinations.

To nominate a Hero of TRICARE, complete the online form at www.TRICARE.osd.mil/hero/onlineform.htm. After responding to all questions, press the “Go Hero!” button to submit the nomination. The information requested on the form may also be sent by e-mail to media@tma.osd.mil, or by fax to (703) 681-3692.

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.



BAMC Health Promotions August Class Schedule			
Class	Dates	Time	Place
Diabetes Management	Monday, 22 and 29 Tuesday, 23 and 30	12:45 to 4:30 p.m.	BAMC, Nursing Administration conference room (third floor)
Yoga	Wednesday, 24 and 31	12 to 1 p.m.	BAMC, Occupational Therapy Clinic
Breast and GYN Cancer Support Group	18	1 to 2:30 p.m.	BAMC, Health Promotions (L31-9V)
Body Fat Testing	19	8 to 11 a.m.	BAMC, Health Promotions (L31-9V)
Cholesterol Management	Monday	9 to 11:30 a.m.	BAMC, Nursing Administration conference room (third floor)
Arthritis Management	Tuesday	9:30 to 11 a.m.	BAMC, Nursing Administration conference room (third floor)
Blood Pressure Management	Wednesday	9 a.m. to 12 p.m.	BAMC, Health Promotions (L31-9V)
Learn to Manage Your Child’s Asthma Pediatric	26	2 to 3:30 p.m.	BAMC, Health Promotions (L31-9V)
Weight Management Winning Combinations	18 and 25	8 to 9:30 a.m.	BAMC, Health Promotions (L31-9V)
Breast-feeding Support Group	Friday, 19 and 26	1 to 2:30 p.m.	BAMC, OB/GYN conference room (fifth floor)
<p>For more information or to register for a class, call Brooke Army Medical Center Health Promotions at 916-3352. To register for Diabetes Management, call 916-5000.</p>			

Moving on



Photo by Ed Dixon

(From left) Master Sgt. Gerald Rossano, Col. James Stokes, 1st Sgt. Ricardo Olivares, Lt. Col. Marjorie Parcels, Col. Thomas Richardson, and Sgt. 1st Class Richmond Bean pose for one last official photo at the awards and retirement ceremony July 28 at MacArthur Parade Field. Col. David Rubenstein, assistance surgeon general for force sustainment, U.S. Army Medical Command, was the ceremony's host.

TROOP SALUTE



232nd Medical Battalion



Soldier of the Week

Name: Pfc. Cary Malezewski
Unit: C Company
MOS: 91W, health care specialist
Hometown: Wonder lake, Ill.

Why did you enlist to become a Soldier Medic: To further my potential
What is the most valuable lesson learned while assigned to the 232nd: Treat your fellow Soldiers and cadre with respect. When you take care of your battle buddy, he will take care of you.



Junior Leader of the Week

Name: Pfc. Timothy House
Unit: C Company
MOS: 91W, health care specialist
Hometown: Superior, Wis.

Why did you enlist to become a Soldier Medic: To serve my country, the Army and improve myself
What is the most valuable lesson learned while assigned to the 232nd: To be an example to others and demonstrate leadership abilities.

Need an ID Card?



The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



Photo by Esther Garcia

Col. Wendy Martinson receives the color from Hugh Exton, director, Southwest Region Office Installation Management Agency, which symbolizes her acceptance of command of the U.S. Army Garrison during the garrison change of command ceremony Monday at the post flagpole.



Photo by Esther Garcia

Members of the 156th Army Band, Louisiana Army National Guard, under the direction of Chief Warrant Officer Two Myron Turner, provide entertainment at the change of command ceremony.

Garrison commander

Continued from Page 1

"This all has created a very complex environment in which Col. Atkins and the entire garrison have had to work day in and day out," said Weightman. "Garry has distinguished himself throughout the past two years by taking on these issues. He is the city manager of Fort Sam Houston and with lots of different contingencies pulling on him with very valid issues, oftentimes competing issues. Garry has the wisdom and maturity that very few people possess in order to balance the needs and cares of all his constituents.

"No one could have done it better, no one could have worked harder or cared more for Fort Sam Houston than you, Col. Atkins," said Weightman.

Weightman gave a special thank you to Lynn, who was involved in numerous activities, both on and off post. "She never seeks the spotlight, but has been a great member of this team, thank you," said Weightman.

"All the successful change over the last two years did not happen without great people," said Hugh Exton, director, Southwest Region Office, Installation Management Agency.

Exton personally thanked Atkins for his leadership, commitment and support to this nation, the Army and Fort Sam Houston. "The hallmark of Garry's command has been, without a doubt, transformation and change," said Exton.

Exton congratulated Martinson on her assumption of command. "You bring to Fort Sam Houston a wealth of knowledge and experience and are blessed with outstanding community support both inside and outside the gates," said Exton.

In turn, Atkins thanked the garrison staff and activities on Fort Sam Houston for their understanding, sensible recommendations, endless encouragement and steadfast support, which helped him maintain a course of success for the garrison.

"For the past two years I have had the pleasure of working with some of the best people in Southwest Texas to get the job done," Atkins said. "An amazing, dedicated, highly motivated group of great Americans that work hard at the hundreds of jobs, thousands of tasks, that run our little city we call Fort Sam Houston.

"When somebody asks me about this command, I will simply say it is like being a city planner for the Army; everyday was an adventure filled with joy and frustration, usually punctuated by some type of near-catastrophic event, all requiring split second decisions," he said.

Martinson is originally from Red Wing, Minn. Commissioned a second lieutenant in the Medical Service Corps, her previous assignments include a variety of command and staff positions with several assignments to Fort Sam Houston. Prior to her assignment as U.S. Army Garrison commander, she served as chief, Health Services Branch, Enlisted Personnel Management Directorate, Human Resources Command in Alexandria, Va.

"I look forward to the opportunity to serve the Soldiers and family members of Fort Sam Houston," said Martinson. "As the future unfolds and Fort Sam Houston prepares for expanding Department of Defense responsibilities, I look forward to the possibility of welcoming other organizations to our community."



Photo by Esther Garcia

The Special Troops Battalion Honor Guard presents the colors at the U.S. Army Garrison change of command ceremony.



Photo by Esther Garcia

Sgt. Juan Santibanez, U.S. Army Garrison Soldier of the Year, presents "The History of Fort Sam Houston" book to Col. Wendy Martinson's husband, retired Col. Frank Berlingis, welcoming him to the U.S. Army Garrison family.



Photo by Ed Dixon

Sgt. Duandre Moody, U.S. Army Garrison NCO of the Year, presents a bouquet of flowers to Col. Garry Atkins' wife, Lynn, before the change of command ceremony. The flowers express the gratitude of the U.S. Army Garrison family for her support of the morale, welfare and quality of life of the post community.



Photo by Esther Garcia

(Above) Richard and Florence Alcoser visit with Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, during the change of command ceremony. Florence is the military liaison for the San Antonio Conservation Society.



Photo by Ed Dixon

(Right) U.S. Army Garrison Command Sgt. Maj. Pedro Class passes the garrison color to Col. Garry Atkins Monday during the garrison change of command ceremony held at the post flagpole.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200,
221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions -
Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-
6660

Fridays: 8 p.m. - Worship and 8:30
p.m. - Oneg Shabbat

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

Catholic Services - Sundays:

12:30 p.m. - Mass

Protestant Services:

10:30 a.m. - Collective Gospel

Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible

Study (PWOC) - Wednesdays, child
care is provided.

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

AMEDD Regimental Chapel,

Building 1398, 221-4362

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Gospel Services:

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

Troop Protestant Service:

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

Samoan Protestant Service:

Sundays: 12:30 p.m.

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

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

Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

Evans Auditorium, 221-5005 or 221-
5007

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

Web site:

www.samhouston.army.mil/chaplain

RELIGIOUS HAPPENINGS . . .

PWOC Bible study

The Protestant Women of the Chapel from Fort Sam Houston will start fall Bible study Aug. 24 from 9:30 to 11:30 a.m. at Dodd Field Chapel. The fall program will focus on PWOC's 50th anniversary and the theme, "We Are Workers Together for Christ." All women from the Fort Sam Houston community are invited to attend and free childcare is provided. For more information on the August PWOC kick off, call Lois Griffith at 226-1295 or go to www.samhouston.army.mil/chaplain/womensministry.

Praise band musicians needed

The Fort Sam Houston chapels are starting a new contemporary Protestant worship service. Volunteer Christian musicians are needed, including drummers, lead electric guitarists, keyboard players, bass guitarists and other instrumentalists and vocalists. If interested in attending a jam session for the praise band, call Michelle Taylor at 829-1670 or e-mail michelle.h.taylor@us.army.mil.

OCF Bible study

The Officers' Christian Fellowship will study Colossians. The group will meet Aug. 19 and 26 at 6 p.m. for dinner, followed by Bible study at 7 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

Gospel concert

Bill Gaither, the Grammy Award-winning gospel artist, will launch his 10th anniversary homecoming tour this fall. He will be at the SBC Center Sept. 17. For more information, call (888) 217-0301 or visit www.gaithernet.com.

INTERFAITH CALENDAR . . .

Saturday - Obon ** - Shinto - Japanese Buddhist festival to honor the dead; involves lighting of bonfires, traditional meal, paper lanterns and folk dances.

Sunday - Tisha B'av * - Jewish day of fasting in remembrance of the destruction of the temple in 586 B.C.E. and 70 C.E.

Monday - Assumption of Blessed Virgin Mary - Roman Catholic Christian observance commemorating the belief that the Virgin Mary was assumed body and soul into heaven at the end of her earthly life.

Monday - Dormition (falling asleep) of the Theotokos - Orthodox Christian observance of the death, burial, resurrection and transfer of the Virgin Mary to heaven.

Aug. 19 - Raksha Bandhan ** - Hindu festival honoring the loving ties between brothers and sister in a family.

Aug. 27 - Krishna Jayanti

(Janmashtami) ** - Hindu commemoration of the birth of Krishna — the 8th incarnation of god Vishnu — who took the form of Krishna to destroy the evil king Kansa.

Aug. 29 - Martyrdom of St. John the Baptist

- Christian remembrance of the death of John who prepared people to recognize Jesus as the Messiah.

* Usually begins at sundown the day before this date.

** Local customs may vary on this date.

CHILD AND YOUTH SERVICES

Youth Happenings

Before and after school care program

Registration for School Age Services before and after school program is ongoing at Central Registration, Building 2797. Patrons will need to register even if they are currently using the program. For more information, call Central Registration at 221-4871 or 221-1723.

Free after school program

Youth Services offers a free after school program for sixth to ninth graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502.

Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$65 for the first child and \$60 for the second. All youth must be registered with Child and Youth Services, and a birth certificate and proof of a physical are required to play. Space is limited. For more information, call 221-3502 or 221-5513.

Saturday open recreation

The Youth Center sponsors an open recreation Saturdays for first through 12th graders: first to fifth graders meet from 3 to 8 p.m., sixth to eighth graders meet from 3 to 10 p.m. and ninth to 12th graders meet 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Youth must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Cooking classes

The Youth Center offers cooking classes every Friday from 5 to 6 p.m.

IMPACT recreation

The IMPACT Recreation Group will sponsor a basketball recreation program Saturdays from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

AHFSH Soccer League registration

Soccer registration will be Aug. 20 from 10 a.m. to 3 p.m. and Aug. 24 from 6 to 8 p.m. at the Youth Center, Building 1630. The cost will be \$50 for military youth. All youth must be registered with Child and Youth Services and must have proof of a physical. For more information, call 221-5513 or 221-3502.

Youth horsemanship camp

Students ages 7 through 18 can learn proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available through August. The cost is \$175. For registration information, call 224-7207.

Youth Services volunteers

YS is looking for volunteers to assist with youth programs such as golf, roller hockey and tennis. They also need sports coaches, computer-skilled people, craft experts and clerical experts. For more information, call the Youth Center at 221-3502.

Parent News

PCI/Headstart

Parent Child Incorporated/Headstart will be out of session through Aug. 19 for in-service. If patrons need assistance with child care arrangements, call Central Registration at 221-4871 or 221-1723. During pre-service, the PCI office will be taking applications. To enroll, patrons must meet the federal guidelines. PCI is a free child care program. For more registration information, call 221-3788.

ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.

Youth carnival

The Little Bear Daycare, a Family Child Care daycare, will sponsor a "Kidz Carnival" Friday from 6:30 to 8:30 p.m. at 710 Patch in family housing behind the commissary. The event features a variety of game booths and refreshments. Attendees are asked to bring a small donation (crayons, toys, books or stuffed animals). The donations will be given to The Children's Shelter in San Antonio. For more information, call 437-4468.

SCHOOL NEWS

Back-to-school safety tips save lives

It's almost that time of the year again. Soon, more than 23 million children will be going back to school. Every year, parents spend time and money preparing their children for the upcoming school year. They buy new clothes, paper, pens, pencils, crayon, notebooks and numerous other supplies; but how many parents incorporate safety as part of their school preparation?

During a recent one-year period, 32 children (ages 14 and under) were killed, while an estimated 7,000 more were injured in school bus-related incidents. Parents, drivers and students all play an important role in school safety. Traffic safety rules can help make this school year accident free. Following these simple, common sense practices will help your children get off to a safe start for the upcoming school year.

Parents:

- If your children will be riding a bicycle to school, ensure they learn and obey the following bicycle safety rules.
- Check the bicycle to make sure the brakes and tires are in good shape.
- Always travel in the same direction as vehicular traffic.
- Use proper hand signals when turning the bicycle.
- Obey all traffic signals and signs.
- Always wear a protective helmet when riding a bicycle.
- Help your children choose the safest route of travel between school and home.
- If you are driving your children to school (or anywhere else), make sure everyone "buckles up." Remember, seatbelts save lives.

Drivers:

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be walking or riding their bicycle to school. They may not be thinking about their personal safety, but, as a driver, you should.
- Slow down. Watch for children playing or walking in the street ... especially if there are no sidewalks in the neighborhood.
- Watch for children playing or congregating near bus stops. Be on the alert for children arriving late for the bus; they may run out into the street without looking for traffic.

• Learn and obey the school bus laws in your state, and don't forget the meaning of the "flashing signal light" that school bus drivers use to alert motorists:

Yellow flashing lights indicate the bus is preparing to stop in order to load or unload children. Motorists should slow down and prepare to stop their vehicle.

Red flashing lights and extended stop arms indicate the bus has stopped for children to get on or off the bus. Motorists must stop and wait until the red lights stop flashing, the extended stop is withdrawn and the bus begins to move before they can start moving their vehicle again.

Remember ... passing another vehicle is never allowed in a school zone.

Students:

- Get to the bus stop at least five minutes before the bus is scheduled to arrive. When the bus approaches, stand at least three giant steps away from the curb; and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says it's okay to board the bus.
- If you have to cross the street in front of the bus, walk on the sidewalk (or along the side of the road) to a point at least five giant steps ahead of the bus before you cross. Be sure that the bus driver can see you, and you can see the bus driver.
- Use handrails on the bus to avoid falling down.
- When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get caught in the handrails or doors.
- Never walk behind a bus.
- Walk at least three giant steps away from the side of the bus.
- If you drop something near the bus, always tell the bus driver. Never try to pick it up without telling the bus driver because the driver may not be able to see you.

So remember, as we enter into a new school year, you can help assure the safety of our children by following these simple guidelines. Because of the large number of buses, students and school activities each day, school-time safety tips should not be neglected.

(Source: U.S. Department of Transportation)

FSH Independent School District Weekly Campus Activities Monday to Aug. 20

Fort Sam Houston Elementary School

Monday

First day of school
1st nine weeks (39 days)

Aug. 18

Open house for first, second and third grades - 3 and 5:30 p.m.

Aug. 19

Spirit Day

Robert G. Cole Jr./Sr. High School

Monday

First day of school
First nine weeks (39 days)

Tuesday

Junior varsity/varsity volleyball at Kennedy - 5, 6 and 7 p.m.

Aug. 18

Junior class ring presentation in cafeteria, advisory

Aug. 19

Varsity football vs. west campus scrimmage at Cole - 5 and 6 p.m.

Board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting Aug. 25 at 11 a.m.

NOTICE OF PUBLIC MEETING

To discuss Fort Sam Houston Independent School District's state financial accountability rating, Fort Sam Houston ISD will hold a public hearing during the scheduled meeting of the Board of Trustees Aug. 25 at 11 a.m. in the Professional Development Center, 1908 Winans Road, San Antonio. The purpose of the meeting is to inform the Fort Sam Houston ISD's community of its "Superior Achievement" rating based on the Financial Integrity Rating System of Texas.



Water safety 101



Photos by Andricka Hammonds

(Left) Richard Edges, safety office administrative clerk, Fort Sam Houston Safety Office, shows Andrew Hudson, 8, the correct way to wear a safety jacket. Park Ranger Lionel Castillo led the water safety work station, teaching water safety skills the children will use at an upcoming water day during Labor Day weekend at Canyon Lake.

(Left) Amanda Mercado, 7, practices the proper way to wear a life jacket during the Safety Office-sponsored Water Safety Day at School Age Services summer camp for ages 6 through 10. Julia Anders, safety and occupational health specialist from the Fort Sam Houston Safety Office, led the workshop, which stressed the importance of water safety to raise awareness in children as well as parents.

MWR

Recreation and Fitness

Back-to-school bash

This family event will be Saturday from 10 a.m. to 4 p.m. at the Bowling Center and adjacent field. Activities include play bounces, carnival games, 10K volksmarch, bike rodeo, pony rides, car smash, cyber bowl, colored pin bowling and raffle prizes. For more information, call 221-2926.

Health and wellness fair

Stop by the free health and wellness fair Wednesday from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Event highlights include cholesterol screening, diabetes screening, information about proper weight training, nutrition information and more. Free food and raffles will be available for those who attend. People who wish to have a cholesterol screening should fast 12 hours prior to the screening. The event is open to the public. For more information, call 221-2020.

Bench press contest

The next bench press contest will be Wednesday at the Jimmy Brought Fitness Center. Weigh-in is from 4:30 to 5:30 p.m., and the start time is 6 p.m. Register now for this competitive event promoting injury-free weight training. The cost is \$20. For more information, call 221-2020.

Free morning aerobics

Free morning aerobics classes at the Jimmy Brought Fitness Center are Mondays and Wednesdays from 6 to 6:45 a.m. in the aerobics room.

Water aerobics

The Jimmy Brought Fitness Center pool features water aerobics every Monday, Wednesday and Friday from 8:45 to 10:30 a.m. and from 5 to 6 p.m.

The cost is \$2 per class or \$24 for a 16-class pass and free to pregnant women and new mothers. For more information, call 221-2020.

Senior fitness

The Jimmy Brought Fitness Center Aerobics program includes a senior fitness class every Tuesday and Thursday. Participants will learn stretching and some low impact weight-bearing exercises. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Salsa and meringue classes

Join the latin dance craze by learning these popular dances for fun and exercise. Classes are Monday and Thursday from 6:30 to 7:30 p.m. at the Jimmy Brought Fitness Center aerobics room. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Aquatic Center

The Aquatic Center will operate on an alternate schedule when school resumes Monday. 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 12 to 8 p.m. with full operation including slides. For more information, call the Aquatic Center at 221-4887.

Camp Bullis catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

AC service

Beat the heat with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the Morale, Welfare and Recreation Web site at www.fortsamhoustonmwr.com for a \$5 off coupon. For more information, call 221-3962.

MWR car wash

Stop by the Fort Sam Houston Morale, Welfare and Recreation Auto Craft Shop in Building 2410, on the corner of Funston and Schofield Roads, to use one of the two car wash bays. The center also features an automobile vacuum. The hours of operation are Wednesday through Friday from 1 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

Dining and Entertainment

Sam Houston Club, 224-2721

Sunday Brunch

The brunch will be Aug. 21 from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for children ages 7 to 11 and free for children 6 and under. Adults' meals include complimentary champagne.

Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m. and Saturday the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for non-members.

Bowling Center, 221-3683

Join a fall bowling league

New leagues are forming now at the Fort Sam Houston Bowling Center. Leagues include men's, mixed, senior ladies majors, youth and officers' wives. For more information and times, call the Bowling Center at 221-4740.

Unlimited bowling

There will be unlimited bowling every Friday from 5 to 10 p.m. for \$5.95.

Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Cyber bowl

Cyber bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Golf Club, 221-4388

Labor Day Scramble

The Labor Day Scramble is Sept. 5 at 8:30 a.m. There will be a shot-gun start. Form your own two-person team. Members pay \$35 and non-members pay \$60. Fee includes carts, green fees, prizes, lunch and award ceremony.

Golf lessons

Private customized and personalized instruction are offered at the golf course.

MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

Healthy living



Photos by Alexandra Nordeck

Stop by the free health and wellness fair Wednesday from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Event highlights include cholesterol screening, diabetes screening, information about proper weight training, nutrition and more. Free food and raffles will be available for those who attend. People who wish to have a cholesterol screening should fast 12 hours prior to the screening. The event is open to the public. For more information, call 221-2020.

(Above) A health fair attendee receives a free cholesterol and diabetes screening at a past health fair at the Jimmy Brought Fitness Center.

(Left) A health fair attendee receives a massage at a health fair.



COMMUNITY LINK



Happenings

Disability Awareness Night

The Missions Baseball Club will sponsor its first Disability Awareness Night Aug. 18 at the Missions Stadium. Kathy McKinney, a Fort Sam Houston civilian employee selected for the Maxwell J. Schleifer Distinguished Service Award, will be honored before the game. The pregame presentation starts at 6:24 p.m., and the game, San Antonio Missions vs. Tulsa Drillers, starts at 7:05 p.m. The cost is \$6 per ticket with \$1 refreshments. For more information, call Bill Gerlt at 675-7275, ext. 213.

Single Parent Support Series

Army Community Service Family Advocacy Program presents the Single Parent Support Series. The series discusses topics including healthy perceptions of family, parenting skills unique to the single parenting lifestyle, factors influencing single parenting, custody and child support issues, and the impact of separation on children and resources available for single parents and their children. Classes start Sept. 9, and continue every Friday for six weeks from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650, on Patch Road. For more information, call 221-0349 or 221-2418 or visit www.fortsam-houstonmwr.com. This class is open to all military ID card holders and Department of Defense civilians.

Rainbow kids stay busy

The Rainbow Kids touring and performing arts group is dedicated to presenting professional quality, family style entertainment in a variety of ways. The Rainbow Kids will perform Aug. 27 at 6, 6:50 and 7:30 p.m. at the River City mall (lagoon area) and Sept. 10 at 2 p.m. at the USAA Towers. The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call 348-8014 or 295-2093.

BAMC computer sale

FSM Leasing offers employees and contractors the opportunity to purchase one or more of the IBM computers currently used at Brooke Army Medical Center for \$249 per machine plus \$19.92 sales tax. PCs without monitor can also be purchased for \$199 plus sales tax. Forms of payment are cash, money order, certified checks, credit cards or personal checks. For more information, call Roy Hayes at 916-3577 or Herb Jones at 916-3132.

Cub Scout Pack 23

Cub Scouts wear cool uniforms, go exciting places and see new things. They also play sports and build stuff like race cars and bird houses. Cub Scouting is a year-round family program designed for boys in first to fifth grades. Cub Scout Pack 23 is recruiting new scouts and adult volunteers. For more information, call Cindy Mathis, registration Pack 23, at 826-1730 or e-mail cubscouts23@sbc-global.net.

Palo Alto College scholarships

The Conjunto Music Program at Palo Alto College will offer scholarships, which range from \$500 to \$1,000 per semester, to musicians who successfully pass an audition, enroll at PAC and join

the program's performing ensemble. Interested musicians should be proficient as a vocalist or in one or more of the following instruments: button accordion, bajo sexto, bass or drums. Proficiency in other instruments such as the guitar, saxophone, keyboards and percussion will also be considered. Auditions will be conducted through August. For more information, call 531-9505.

Publication seeks war stories

War Stories Journal, a new e-publication produced by S. Daniel Smith, requests stories from current and former members of the armed forces. The quarterly's launch will mark the first journal that tells history from the first-person viewpoint of those who were there. First-person narratives and photos will depict wartime and peacetime activities. Fiction writing will also be showcased, according to the publisher. Writers can find submission guidelines on the quarterly's Web site at <http://sdansmith.tripod.com>.

Early On Bright Ideas Café

KLRN will sponsor a series of free classes for parents, child care providers and children during the summer. Each session will provide families with hands-on learning activities, which prepare preschool children for success. For more information, call 270-9000, extension 2246.

Bat boy (girl) opportunity

Kraft Foods will honor military children with its bat boy program. The honorary bat boys (or girls) will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games Friday, Saturday or Sunday. To register for bat boy (girl), send a postcard to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at www.herosalute.com or in the entrance plaza of participating parks, and must show a Department of Defense photo ID. For more information, visit www.herosalute.com.

Professional Development

Resume, interview workshops

The family employment readiness program will offer a resume writing workshop Aug. 17 from 9 a.m. to 12 p.m. and a job interview skills workshop Aug. 24 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. Reservations are requested. A valid military family member ID card is required. For more information, call 221-0516 or 221-0427.

Free computer training

Family members of active duty military

personnel may receive computer training for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access and PowerPoint), Windows, Outlook, Quick Books (accounting), customer service, and clerical and typing skills. Typing instructions are also available in Spanish. For more information, call 221-0516 or 221-0427.

San Antonio military job fair

The semiannual San Antonio military job fair is Sept. 21 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road, located at the junction of Interstate Highway 35 and Anderson Loop 1604. There will be more than 100 employers represented. To view a list of participating employers, visit the Army Career and Alumni Program Web site at http://acap.army.mil/acap_centers/Centers/CenterDetailview.cfm. For more information, call the ACAP Center at 221-1213.

Army health care recruiting

A health care professional's greatest calling is to serve the Soldiers that defend our Nation's freedom. The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit www.healthcare.goarmy.com.

St. Mary's representative on post

St. Mary's University has a representative available on post Mondays to Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. For more information, call Judy Olivier at 226-3360, or visit the St. Mary's office in Building 2248, Room 206.

Volunteer

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a non-profit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the periodontics residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

Pediatric dental patients needed

The Lackland Pediatric Dental Service seeks pediatric patients for its dental training programs. Dental screenings will be provided for all eligible military medical beneficiaries between ages 7 and 13 from 8 to 11 a.m. Wednesday at the Skylark Community Center, Building 6576, in the Longhorn Room on the first floor at Lackland Air Force Base. No appoint-

ments are necessary. Children will receive a dental screening exam, appropriate treatment and follow-up recommendations or alternatives. If available, parents should bring a copy of their child's treatment plan (or referral letter) from their private dentist. For more information, call Staff Sgt. Shannon Lilley at 292-4072.

Volunteer ombudsmen needed

The Alamo Area Council of Governments' Alamo and Bexar area agencies on aging are looking for caring individuals to become certified volunteer ombudsmen. Ombudsmen are advocates for elders' rights. The ombudsmen programs are composed primarily of volunteers. AACOG staff administers a specialized training program, certified by the Texas Department of Aging and Disability Services, to teach volunteers how to advocate for the elderly in long-term care. For more information, call 362-5226 for Bexar County or 362-5223 for the Alamo Region or visit www.aacog.com/aging.

UFE procedure available

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

Meetings

Association seeks members

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Edward Castro at 221-8760.

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: 1999 Nissan Altima GSE, four door, top of the line, fully loaded leather seats, sunroof, power locks and windows, and other extras, 32,000 actual miles, well maintained, \$8,500 obo. Call 655-4950.

For Sale: Computer desk, \$60. Call Carmen Pace at 724-4056.

For Sale: One Goodyear Eagle tire, size P225/70 R15, used 150 miles as a spare, \$45. Call 221-1020 or 494-8401 evenings.

For Sale: Impact resistant car top cargo carriers, large, \$99; medium, \$49. Call 659-6741.

For Sale: Army officer's white mess

dress uniform, single braid jacket size 40/42 with pants 34/32, \$55. Call 299-5196.

For Sale: Beautiful and comfortable floral print sofa, good condition, \$75; attractive and functional eight-piece German shrunk, contemporary style, bought in Augsburg, Germany, in 1995, \$150. Call 545-2557.

For Sale: Pool pump motor, one horsepower, good condition, \$50; full box of girl's clothes size 10 to 14, \$30. Call Victor Ortiz at 697-9261.

For Sale: 10 feet by 10 feet gazebo with side netting, \$75. Call 658-8589.

For Sale: King trombone model 606 with mouthpiece, cleaning cloth, manual

and case, \$275. Call 967-6359.

For Sale: 1995 Dodge Neon Sport, car runs but needs clutch cable replacement, clutch cable included with purchase, 63,000 miles, \$600 firm. Call Rich at 369-9305 or 204-9025.

For Sale: Five-piece bedroom set, includes double-size headboard, night stand, chest of drawers, triple dresser, mirror with shelf unit, \$400; bentwood rocking chair, \$25; two-piece dining room hutch, base with drawers and glass enclosed top, \$350; roll-top desk with side drawers, \$85. Call 495-2296 or 286-2349.

For Sale: Four-month-old white and tan cocker spaniel puppy, very lovable,

great with kids and other pets. Call Bonnie at 822-6619.

For Sale: 1991 Subaru wagon, four-wheel drive, five speed, great shape, high mileage but very well maintained, \$2,400 obo. Call 496-1470.

For Sale: John Deere riding lawn-mower 46-inches cut scots, \$600; Amana fridge, paid \$850; Whirlpool fridge, \$100 obo; car seats, \$25; highchair, \$25. Call 393-2864.

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

For Sale: Sofa, \$250; electric bass, \$200. Call 273-4337.