



# Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Aug. 23, 2007

## Briefs . . .

### Changes of responsibility

#### B Company, 187th Medical Battalion

First Sgt. Clay Istre will relinquish responsibility of B Company, 187th Medical Battalion to 1st Sgt. Timothy Sprunger Friday at 5:30 p.m. at Building 1002.

#### NCO Academy

Command Sgt. Maj. Howard Riles will relinquish responsibilities of the Non Commissioned Officer Academy to Command Sgt. Major Stephen Paskos at a change of responsibility ceremony Monday at 7 a.m. at MacArthur Parade Field. Paskos is currently the 187th Medical Battalion command sergeant major.

#### AMEDDC&S

Command Sgt. Maj. Timothy Burke will relinquish responsibilities of the Army Medical Department Center and School to Command Sgt. Maj. Howard Riles at a change of responsibility and retirement ceremony Wednesday at 8 a.m. at MacArthur Parade Field. Riles is currently the commandant for the Non Commissioned Officer Academy.

#### Department of Transportation meeting

The Texas Department of Transportation invites the community to a public meeting today at the Windcrest Civic Center, 9310 Jim Seal Drive, Windcrest, Texas. The meeting will include information on upcoming improvements to the roadway along Interstate Highway 35 from Rittiman Road to FM 78. An open house will convene at 6:30 p.m. followed by a presentation from 7 to 7:30 p.m. Following the presentation, staff will be available to answer questions. Project layouts and other project information will be on display.

#### Green to Gold briefings

The Fort Sam Houston Education Center will host Green to Gold briefings for Soldiers interested in the Green to Gold ROTC program today and Sept. 20 at 11 a.m. and 1 p.m. in Building 2247, at the corner of Stanley and New Braunfels Avenue. Learn about the Active Duty Option, the Full Scholarship Option and the Two Year Non-scholarship Option. Army ROTC school cadre and 12th ROTC Brigade Recruiting Office personnel will be available to answer questions. For more information, call 295-2005.

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### Army curators study history at Fort Sam Houston

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Photo by Esther Garcia

## Know when to hold 'em

Pvt. Travis Hicks, C Company, 264th Medical Battalion, attempts to choke Pfc. Noah Scholl, B Company, in the welterweight championship of the 264th Med. Bn.'s Combative Tournament Saturday at the Jimmy Brought Fitness Center. Hicks placed first place and Scholl placed second in the welterweight competition. **See related article, Pages 14 and 15.**

# BAMC steps up care for Warriors in Transition, Families

By Elaine Wilson  
Fort Sam Houston Public Information Office

Since June, Brooke Army Medical Center has implemented a series of sweeping changes designed to improve the quality of care for Warriors in Transition and their Families.

The changes are driven by the Army Medical Action Plan, an Army initiative designed to eliminate bureaucratic roadblocks for Warriors in Transition so they can focus on recovery and have a smooth transition back to military duty or civilian life.

The first and perhaps most dramatic change is the formation of a Warrior in Transition Battalion. The battalion, which stood up June 15, replaces the former active-duty Medical Hold and reserve Medical Holdover companies. Reserve and active duty Warriors in Transition are now combined in three companies

under the battalion.

All battalion Soldiers are in a transitional status, meaning they are wounded or ill and undergoing treatment at BAMC.

"We're all one team so it makes sense to keep everyone under the same umbrella," said Master Sgt. Scott Waters, senior operations NCO, Warrior in Transition Battalion.

The reserve and active duty Soldiers were separated in the past to ensure familiarity with administrative processes, which differ for each component; however, "AMAP gives us the resources we need to accommodate all Soldiers without differentiation," Waters said. "We now have the extra help we need to successfully manage and track our Warriors in Transition without separation."

Since AMAP, the ratio of Soldier to platoon sergeant has

See BAMC STEPS UP on Page 4

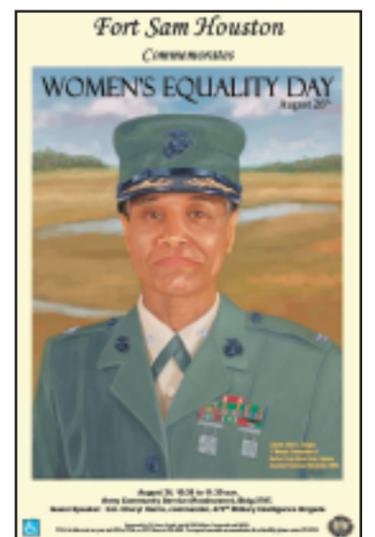
## Women's Equality Day events

• The 232nd Medical Battalion will host the 32nd Medical Brigade's Women's Equality Day event today from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry training and advance individual training Soldiers. For more information, call Staff Sgt Angela Williams at 221-4350.

• Brooke Army Medical Center will celebrate Women's Equality Day today

from 10 to 11 a.m. in the Medical Mall.

• A Women's Equality Day event will be held for the post community Friday from 10:30 to 11:30 a.m. at the Army Community Service building on Stanley Road. The guest speaker will be Col. Cheryl Ann Harris, commander, 470th Military Intelligence Brigade. For more information, call Master Sgt. Ricky Evans at 221-9276 or e-mail ricky.lovon.evans@us.army.mil.



## Crime watch

# Provost Marshal spotlights speeding, theft on post

By Maj. Christopher Hayes  
Installation Provost Marshal

During National Night Out, while meeting and greeting on-post neighbors, several voiced concerns about speeding in the areas near the installation's access control points, most of which are in neighborhoods where children often play. Good neighbors obey speed limits, both on and off the installation.

There is an increase in the number of personnel who are speeding in the parking lots, particularly the parking area near the Army Medical Department Center and School. The speed limit in all parking lots is 10 mph. Fines for speeding can be very expensive.

Speed limits in the housing areas and troop areas are 20 mph. When passing troops in formation, the speed limit drops to 10 mph. When entering and exiting the installation at the access control points, the speed limit is also 10 mph.

School will be starting next week. Police will be enforcing the 20 mph speed limit in the school zones. Also remember, passing a school bus when it is loading or unloading is illegal and drivers can be fined a minimum of \$200.

There is never a good reason to speed — being a few minutes late to work or an appointment isn't worth it! Not only will you be even later for work or that appointment if you are

stopped for a speeding violation, but the risks you take each time you speed are not worth your life or someone else's life.

### PT, bike policies

Physical fitness training should not be conducted in parking lots. All joggers must wear appropriate fluorescent or reflective personal protective equipment (i.e., reflectorized belt or vest) during periods of reduced visibility. Runners are also reminded that running with headphones or earphones is not permitted, except on running tracks. Post policy prohibits running on Stanley, Dickman, Wilson, Artillery Post, Harry Wurzbach, New Braunfels, Scott and Schofield roads.

However, it is permissible to run on the sidewalks that border these roads. Running through parking lots is also prohibited.

All personnel operating bicycles on the installation must wear helmets and during the hours of darkness, bicycles must be equipped with a headlight and taillight or red reflectors. Bicyclists must also obey all traffic signals.

### Sticky fingers

The first two weeks of August have been busy for police. Two individuals were apprehended for shoplifting in the post exchange. There have been several larcenies in the barracks, one at Camp Bullis, one at Brooke Army Medical Center and one at the Jimmy Brought Fitness Center. Items taken include

cash, credit cards, tools, MP3 players, cell phones and laptops, most of which were left unsecured. Remember to lock your property; invest in a good lock and use it.

### Lost and found

Lost property continues to be turned into the police station. If you have lost something, contact the police; it is possible they may have it. In 2007, many items have been recovered and about 70 percent of those turned in have been returned to the owner. The most recent success was an abandoned bicycle that was returned to its rightful owner. Unfortunately, most bicycles don't make it back to their owners because the bicycle is not registered on post. To register a bicycle or check for lost property, call the detective division at 221-0990.

### Graffiti damage

Police are also investigating two reports of graffiti in the Harris Heights area that have occurred since the end of July. Unknown individuals spray painted many items in different areas of that community, causing several hundred dollars worth of damage. If you know, or think you might know who caused this damage, call the police at 221-2222 or, if you would like to remain anonymous, call the CLUE line at 221-CLUE (2583).

## Fort Sam Houston News Leader

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# Army curators study history at Fort Sam Houston

By Minnie Jones

Fort Sam Houston Public Information Office

Over 30 museum curators, senior staff members and museum technicians from various Army museums around the country converged on Fort Sam Houston's Army Medical Department Museum Aug. 14 for a weeklong Basic Curatorial Methods Training course. It has been close to five years since the last course was given, with the lapse in time due to funding constraints.

"I was very happy to be able to come in so early since I was interested in seeing what the Army military standards are – not that they are too different from everyone else's, but they do have their own language," said Kathleen Ransden, Tropic Lighting Museum, Honolulu, Hawaii.

Museum curators play an important part in preserving military history, with their primary responsibility focusing on the acquisition, care, display and interpretation of works of art.

Fort Sam Houston was chosen to host the event for several reasons, "we have good training facilities here and

See **ARMY CURATORS** on Page 4



Photo by Tom McMasters

Director John Davis (left) from the Institute of Texan Cultures explains the mission of the institute to John Foley (right) during the field trip to the Institute of Texan Cultures.

## Leaders briefed on garrison issues at commanders' luncheon

Photo and story by Olivia Mendoza

Fort Sam Houston Public Information Office

U.S. Army Garrison Commander Col. Wendy Martinson held a Quarterly Commanders' and Customers' Luncheon Aug. 16 at the Sam Houston Club. All Fort Sam Houston tenant and unit commanders, command sergeants major and installation activity chiefs were invited.

Fort Sam Houston leaders received vital information and updates from the garrison commander along with key service-related issues and critical feedbacks.

"Fort Sam Houston continues to hold the benchmark for other locations that strive to improve care for wounded warriors and their Family Members," Martinson said.

Martinson touched on the Army Medical Action Plan, emphasizing the requirement for all Soldiers to receive the chain teaching on Traumatic Brain Injury and Post Traumatic Stress Disorder by October. The training will also be offered to garrison employees in the near future.

After Martinson spoke, several speakers discussed topics ranging from job opportunities for wounded warriors to

Base Realignment and Closure concerns.

Jerome Studivant, representative from the Texas Veterans Commission's REALifelines Program, spoke about REALifelines, a program that provides one-on-one personalized assistance for wounded warriors during the transition process. In addition to assisting wounded service members, job training and employment services are available for their spouses and caregivers.

Floyd Williams, chief, Plans, Analysis and Integration Office, provided a Joint Basing update of proposed actions affecting Fort Sam Houston, to include Initial Operational Capability by January 2009 and Full Operational Capability by October 2009.

Additionally, Teresa Elhabr, from the Residential Communities Initiative, discussed the scheduled opening of two community centers for Harris Heights and Watkins Terrace in September and October. The Main Resident Center is scheduled for completion in May.

Linda Green, Directorate of Human Resources, briefed attendees on the Brooke Army Medical Center ID card office, which provides priority service to

wounded warriors, service walk-ins and appointments.

Base Realignment and Closure issues were also discussed, with an emphasis on parking issues. Available parking at Brooke Army Medical Center will be significantly reduced during construction projects until September 2011. The plan is to provide temporary parking spaces for BAMC staff to allow existing parking spaces for patients and visitors. The garrison is working to resolve parking and transportation issues to keep inconvenience to visitors to a minimum.

Other topics included the upcoming installation Emergency Response Full-Scale Exercise in September; crime and fire prevention information, and Morale, Welfare and Recreation projects, to include the grand



Col. Wendy Martinson, U.S. Army Garrison commander, greets retired Lt. Col. Randy Hoff, Military Officers Association of America-Alamo Chapter, Aug. 16 at the Commanders' and Customers' Luncheon.

opening for the Loma Del Rio Golf Course.

The next Quarterly Commanders' and Customers' Luncheon will be held Nov. 8 from 11 a.m. to 1 p.m. at the Sam Houston Club.

For more information or a full list of items discussed, call Carol Bann, Garrison's Plans, Analysis and Integration Office, at 221-2732 or e-mail [carol.bann@us.army.mil](mailto:carol.bann@us.army.mil).

## USARSO welcomes new commander

By Eric Atkisson

U.S. Army South Public Affairs

The command colors of U.S. Army South changed hands Aug. 16 in a ceremony at Blesse Auditorium.

Leaving USARSO is newly promoted Maj. Gen. P.K. Keen. A native of Kentucky, Keen was commissioned an infantry officer in 1974 and held a number of key assignments during his 33-year career, including command of Ranger and Special Forces units from the platoon to regimental level, and command of the U.S. Military Group in Colombia prior to taking command of USARSO in October 2005.

Since his family's first assignment to the region in 1977, said Keen, "Mary Ellen and I have had a great personal and professional affection for the people, culture and militaries of Latin America and the Caribbean. While today marks the end of our tour here, we will always keep the people of Latin America and the Caribbean in our hearts."

Keen's next assignment will be director of operations for U.S. European Command in Germany.

The new USARSO commander is Maj. Gen. Keith Huber, a native of Ohio and 1975 graduate of the United States Military Academy. During his 32 years of service, Huber has been an infantry platoon leader in the 7th Infantry Division; a company commander, battalion operations officer and brigade operations officer in the 101st

Airborne Division; a battalion commander and director of civil-military operations during Operation Desert Storm; commander of Task Force Falcon in Kosovo; assistant division commander for the 10th Mountain Division; and deputy commanding general for First Army.

Huber's experience in the U.S. Southern Command area of responsibility includes SCUBA Team Leader in Panama; two tours as a field adviser in Nicaragua and El Salvador; chief of operations for the United Nations Mission in Haiti; commander of Joint Task Force Bravo in Honduras; executive officer to the SOUTHCOM commander; SOUTHCOM director of operations; chairman of the Inter-American Defense Board; and director of the Inter-American Defense College in Washington, D.C.

"There's certainly no officer in the Army who can better step up to the plate and take command of this unit," said SOUTHCOM commander Adm. James Stavridis, who participated in the ceremony. "He is the perfect officer to command this unit."

Huber closed his own remarks by expressing his appreciation "to the men and women of U.S. Army South, in and out of uniform. Every day your actions demonstrate to this hemisphere that what is in your heart makes us all equal; that you are focused on improving the conditions for the future and providing more



Photo by K. Richey

U.S. Southern Command Commander Adm. James Stavridis passes the colors to Maj. Gen. Keith Huber during the change of command ceremony for U.S. Army South Aug. 16.

opportunities for our children and our grandchildren.

"I am honored now to stand amongst you and to serve with you."

## Briefs

Continued from Page 1

### New deputy commander at Army North

Brig. Gen. Francis Mahon will assume the duties of deputy commanding general from Brig. Gen. Mark Graham in a ceremony at the Quadrangle Friday. At 7 p.m., Army North will conduct a retreat ceremony in honor of Graham and to welcome Mahon.

### Retirement, retreat ceremony

Col. David Maness will relinquish the duties of dean, Academy of Health Sciences, Army Medical Department Center and School, to Col. W. John Luciano at a retirement and retreat ceremony Tuesday at 4:45 p.m. at the post flagpole on Stanley Road. Luciano is currently serving with the Corps Specific Branch Proponent Office, Dental Corps, AMEDDC&S.

### Resume Writing Workshops

The next Hiring Heroes Career Fair is scheduled for Sept. 18 at the Sam Houston Club. In preparation for the fair, resume writing workshops will be offered to wounded warriors today and Sept. 13 from 1 to 3:30 p.m. in the Brooke Army Medical Center (IMD Classroom), and Aug. 30 from 1 to 3:30 p.m. at the Army Career Alumni Program, Building 2263, Room B100. The workshops are conducted by the Federal Employment Workshop. Class size is limited and registration is required to ensure a seat; all others will be on a space-available basis. For more information or to register, call Kim Goffar at 916-6284.

### SAEDA/OPSEC training

A Subversion and Espionage Directed Against the U.S. Army and Operations Security training will be held Oct. 9 from 9 to 10:30 a.m. in Blesse Auditorium, Willis Hall, Building 2841. The training is mandatory for Department of Defense personnel on Fort Sam Houston, to include contract employees. For more information, call Harold Larvins at 221-8841 or e-mail harold.k.larkins@amedd.army.mil.

### Lackland FAP moves

Due to the recent flooding, the Lackland Family Advocacy Program has relocated to the fourth floor of Wilford Hall Medical Center, Room 4A16. Their new telephone number is 292-9902. These changes are effective immediately until further notice.

## Army curators

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good year round weather. There are lots of things to do in San Antonio and because we are part of the Army Medical Department Center and School we have an academic inclination in what we do," said John Manguso, director, Fort Sam Houston Museum.

"Tom McMasters, director of the AMEDD Museum was instrumental in having the course taught here," said Manguso.

Staff members and subject matter experts from the Center of Military History in Washington, D.C. taught the course, which covered various topics such as Army historical property and accountability, to include instruction on museum property management, classification, nomenclature, registration, cataloging and digitization of Army historical artifacts and fine art.

Another vital element of the course is the Army Historical Catalog Accountability System that enables property book officers to register historical property, research and catalog artifacts, take inventory, upload and view imagery, search and read documentation, and print standardized forms. During the course

participants learned hands-on how to use the system to assist with meeting Army's statutory and regulatory requirements.

"This system is unique to the Army and serves as a tool to the individual curators by helping them in their job; it will help them actually identify, properly account for and properly take care of their collection," said Dennis Mroczkowski, chief of the Collections Branch, Military Division of the Center of Military History. "More importantly, the system provides a tool back to the Center of Military History to be able to look at what exist out there, in all of the museums and historical holdings that we have."

"The main thing I hope that people get from the course is that they are all part of a large system. Yes, they are working in individual museums someplace, on a particular post, and they have a specific mission, but all of that ties back into the whole Army Museum system within the Center of Military History. They need to focus on the fact they are players within that system, not just operating out there all alone. And that is a good thing because they have an element back at the department of Army that they can fall back on for support," said Mroczkowski.

## BAMC steps up

Continued from Page 1

reduced dramatically. Whereas before there were 50 Soldiers to each platoon sergeant and no squad leaders at BAMC, there are now 12 Soldiers per squad leader and about 30 Soldiers per platoon sergeant.

### 'Triad of Care'

But with myriad issues, ranging from severe injuries to Family problems, there's "a lot to be done even with that ratio," Waters said. To ensure Warriors in Transition have top-notch care, the Army created the "Triad of Care" concept, which is an integral part of the battalion.

Each triad comprises a case manager, primary care manager and squad leader or platoon sergeant. Each Warrior in Transition is assigned to a triad, which ensures consistency and continuity of care for the Soldiers and their Families.

"It eases the process for both the Soldiers and the health care providers," said Lt. Col. Donna Rojas, chief of case management. "There's no confusion about who to call when there's a question or concern. The providers know exactly which squad leader to call and vice versa. And, the Soldier knows exactly who to contact as well."

### Case managers

Rojas provides oversight for the case managers, who serve as a pivot point for the triad. Responsible for just about every aspect of a patient's health care plan, case

managers ensure Warriors in Transition attend appointments, understand their treatment plan and are on hand to aid with everything from housing issues to Family dilemmas.

Case managers meet with Warriors in Transition weekly and then touch base with the Soldier's platoon sergeant or squad leader and PCM to ensure the Soldier's recovery is progressing smoothly. "Successful treatment takes a lot of collaboration," said Lt. Col. Mary Burns, chief of medical management. "Case managers, PCMs and squad leaders are all looking out for the best interests of the Soldiers; the key is to meet regularly and catch issues early."

Prior to AMAP, each case manager had about 35 Warriors in Transition assigned. But thanks to an influx of resources, there are now 10 case managers assigned to each company, and the ratio has reduced to about 18 Soldiers per case manager.

### Primary care managers

PCMs also have reorganized to provide better continuity of care. Pre-AMAP, several PCMs were unofficially designated for Warriors in Transition, but didn't have a space dedicated for care and their time was divided with regular patients. BAMC now has officially assigned three health care providers and a designated area of the Family Medicine Clinic to better serve wounded and ill service members.

Additionally, the ratio of patients to PCM has dropped from 1,200 to 1 to 200 to 1. The reduction in patient load allows PCMs to spend more time with each service member, increasing from 20 minutes to upwards of over an hour.

"A PCM meets with every Warrior in Transition within 24 hours of arrival and conducts a head-to-toe evaluation," said Dr. Sara Pastoor, chief of Primary Care. "We assess every aspect of the patient's health care needs, including any specialty care that may be needed as well as preventive health care, such as tobacco cessation.

"I'm overwhelmingly impressed with and proud of everyone providing Warrior in

Transition services at BAMC," Pastoor added. "It can be emotionally draining to provide the amount and type of health care needs involved, but it is a privilege to be exposed to the sacrifices and heroism. It's a challenging job for the PCMs because it takes, not just a thorough knowledge of medicine, but also a thorough administrative knowledge of the system."

### Squad leaders/platoon sergeants

The last branch of the triad, the squad leaders and platoon sergeants, serve as the "enlisted NCO boots on the ground," Waters said. "We are there 100 percent for the Soldiers and their Families from the time we're notified a Soldier is coming."

Squad leaders take care of everything from picking up the Soldier or Family Members at the airport or emergency room to transporting them to medical appointments, "everything that doesn't involve medical care," Waters said.

The process starts as soon as the battalion is informed a service member is incoming or checking out of the hospital. "We help the Soldiers get situated and then the next morning, we pick them up, introduce them to the case manager and start in processing," said Waters, adding that the U.S. Army Garrison Fort Sam Houston also provides ongoing support with transportation as well as barracks maintenance and upgrades to accommodate varying physical needs.

The NCOs work closely with the case managers to ensure an open flow of communication. "We overlap in a lot of areas," Waters said. "Sometimes the Soldier feels more comfortable talking with a case manager or vice versa. We keep each other in the loop to ensure all needs are being met."

The help is ongoing as the squad leaders stay abreast of developments that may hinder care, such as Family problems back home or a pattern of missed medical appointments.

"Most Warriors in Transition are on some type of medication and may forget an appointment," Waters said. "They may just need a simple reminder and we're here to do that."

As the war continues, each branch of the triad will continually seek ways to improve processes and programs to ensure Warriors in Transition receive the best care possible, said Col. Barry Sheridan, chief of Warrior in Transition Services. "BAMC has always cared about its Warriors in Transition," he said. "But now, AMAP is giving us the resources we need to do what we do even better."



You are cordially invited to participate in the  
**Hiring Heroes Workshop & Career Fair**  
 (Job opportunities for injured service members and their spouses.)

**Sept. 17**  
 Resume Writing Workshop, 9 a.m. to 4 p.m.

**Sept. 18**  
 Career Fair, 9 a.m. to 3 p.m.

**Sam Houston Club**  
**1395 Chafee Road**  
**Fort Sam Houston, TX**

Come to get help and learn how to write professional resumes. Talk with more than 50 Department of Defense, federal and private sector recruiters about opportunities in various civilian career fields. Potential employers can sign up for the career fair at [www.goddefense.com/conference/hiringheroes/sanantonio/index.html](http://www.goddefense.com/conference/hiringheroes/sanantonio/index.html); registration is free.

For more information, call Roland Umipeg at 1-888-363-4872, ext. 759

First Sgt. Dwight Wafford, interim command sergeant major, assumes responsibility of the 187th Medical Battalion through the passing of the colors from Lt. Col. Michael Hershman Aug. 18 at the Army Community Service building.



## Wafford assumes responsibility for 187th Medical Battalion

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

First Sgt. Dwight Wafford assumed responsibility of the 187th Medical Battalion from Command Sgt. Maj. Stephen Paskos Friday in a morning ceremony at the Army Community Service building.

Wafford was the first sergeant for C Company, 187th Med. Bn.

"I am truly grateful and humble to have the opportunity to serve this wonderful battalion," said Wafford, who will serve as the interim command sergeant major. He concluded with a personal statement to the battalion leadership by saying, "I will be accountable and responsible during my tenure. I do take this very seriously and

will command this battalion in a positive direction toward the future."

Lt. Col. Michael Hershman, 187th Med. Bn. commander, expressed his faith in the interim command sergeant major by saying, "1st Sgt. Wafford, congratulations, I look forward to working with you; you have the right kind of experience to get the job done."

In his parting words, Paskos gave the responsibility to the 187th Med. Bn. command sergeant major by saying, "1st Sgt. Wafford, as I depart from the unit I know you will exceed the standard of excellence that this organization has already achieved and you are the perfect fit as the interim command sergeant major as you work through the challenges associated with the transition of our drill and platoon sergeants."

## Student made the grade, came out a winner

*Family Member wins worldwide AAFES drawing*

Story and photo by **Cheryl Harrison**  
Fort Sam Houston Public Information Office

The Army and Air Force Exchange Service believes in education and proves that with quarterly drawings awarding three students worldwide with saving bonds totaling \$10,000. All students with

valid military ID cards who have an overall B average or better in grades six through 12 are eligible to participate.

But, there is a catch. Students must present their qualifying report cards at the manager's office in their main exchange. When they show their report card the student will receive a coupon book that includes an entry blank for the drawing.

Emily Cohen did just that, made the grade and now has a \$2,000 bond to put toward a college fund to show for her efforts. A Stevens High School student, Emily was presented her prize at an award ceremony Friday at the AAFES administration office at Fort Sam Houston. Cake and punch were served following the presentation.

Emily's father, Sgt. 1st Class David Cohen, is currently deployed to Turkey, but mom, Jode, was there, as was Emily's brother, Tristan.

Cheryl DeRosier, Fort Sam Houston AAFES manager, congratulated Emily and made the presentation saying, "We are so glad you turned in your report card and so glad you are from Fort Sam Houston. In the entire world you are the winner."

Cohen's brother Tristan, a middle school student, also strives to do his best and turns in his grades, with a straight A/B average. The younger Cohen said, "I am proud of my sister."



Emily Cohen was presented a \$2,000 savings bond by Cheryl DeRosier, Fort Sam Houston's Army and Air Force Exchange manager, in an award ceremony Friday.

See **MADE THE GRADE** on Page 6

# Backpack giveaway benefits military children

By Paul Schattenberg  
Texas Cooperative Extension/  
Operation: Military Kids

**SAN ANTONIO** — About 450 backpacks filled with school supplies were given to children in kindergarten through sixth grade from military Families throughout San Antonio Sunday at the Family Day military appreciation event at Freeman Coliseum.

The backpacks were filled with notebooks, writing paper, pens, pencils, glue sticks, rulers, calculators and other age-appropriate school supplies. They were reserved by military parents through Texas Military 4-H prior to the event.

More than 1,200 parents and children from military Families representing all services came to Family Day to receive a backpack or participate in event activities. The event was sponsored by Accenture, a global management consulting and technology services company; Operation Military Kids-Texas; and Texas Military 4-H.

Family Day activities were supported by the event sponsors and various community 4-H clubs, including military 4-H clubs from Fort Sam Houston, Randolph and Lackland Air Force Bases.

In addition to the backpack giveaway, the event included information booths, hands-on gardening, arts and crafts activities, food and refreshments, and other fun and educational activities. It also served as an opportunity to educate attendees about the needs of U.S. military personnel and their Families.

“We wanted to reach out to Reserve, National Guard and active duty Families,” said Lance Grether, Accenture’s senior executive from San Antonio who welcomed event attendees at the coliseum. “Supporting this event and being able to give out these backpacks to children of military Families has been a phenomenal opportunity for us to say thank you and to help show our appreciation for those who serve in the military.”

Grether noted that there are currently about 70,000 school-age children affected by having a deployed parent or parents in the National Guard or Reserve.

“We had employees from 13 offices from California to Washington, D.C. working to raise

See **BACKPACK GIVEAWAY** on Page 8



Courtesy photo

About 450 backpacks filled with school supplies were distributed to children in kindergarten through sixth grade from military Families throughout the San Antonio area Sunday during the Family Day military appreciation event at Freeman Coliseum.

## Made the grade

Continued from Page 5

Emily Cohen will be a junior this year and English and science are her favorite subjects. When asked if she was surprised her name was drawn as a winner Cohen said, “Oh yeah! I didn’t understand just how big it was; \$2,000 is a lot toward my

college.”

Each quarter thousands of students worldwide enter in the AAFES “You Made the Grade!” program. Students are from stateside and overseas public and private schools. Home-schooled students may also enter but need to provide written affirmation from a parent or other commu-

nity-authorized education provider.

Students must present qualifying report cards at the manager’s office in their main exchange. They will then receive a coupon book that includes an entry blank for the drawing. Students do not need to be accompanied by a parent.

The coupon books offer a changing

variety of more than \$50 in discounts on items popular with teenagers, such as music CDs, video games, footwear and fast food. Students can get a coupon book for every report card, but may enter the drawing only once per calendar quarter.

For more information, students can visit their local AAFES store.

# Army puts 'temporary' back in TCS orders

WASHINGTON — The Army has put the “temporary” back into temporary change of station orders that authorize and fund assignments for Soldiers in contingency support positions who are not in a combat zone.

Effective Aug. 15, TCS orders are now issued only for assignments of 180 days or less, unless a waiver is granted.

Additionally, Soldiers will not be approved for two sets of 180-day orders within the same 365-day period. The changes are intended to ensure Soldiers and Families have predictable, reasonable service requirements.

“The 16,000 Soldiers currently on TCS orders and their Families deserve a process that makes sense, is predictable, and honors their willingness and commitment to sacrifice and serve,” said Ronald James, assistant secretary of the Army for manpower and Reserve affairs.

A presidential order dated Sept. 14, 2001, authorized the Army to call on individual ready reservists to fill jobs left vacant by Soldiers deploying into operational theaters. The positions included such missions as staffing operations centers, training Soldiers at mobilization centers and guarding sensitive areas. Though the assignments were expected to be short term, many Soldiers have served on assignments requiring them to extend in TCS status for years.

Being on TCS or Temporary Duty Station orders entitles Soldiers to lodging and per diem reimbursements, in addition to their normal housing allowance. Putting Soldiers on temporary duty of 180 days or less on TCS orders is normal Army procedure because they are essentially maintaining a home away from home and entitled to reimbursement.

The changes ensure the TCS program will remain an appropriate and important vehicle for emerging temporary requirements, and the administrative changes will make the program more manageable and efficient, saving dollars for the war effort.

Col. Richard Shrank, commander of U.S. Army Finance Command, said the Army will tap into the Installation Management Command’s resources to enhance the TCS process.

“As Soldiers come into a TDY status we’re specifically going to be directing them to Installation Management Command to look for government housing solutions,” Shrank said. “We’re going to be pushing that as one of the cost-control savings.”

IMCOM will provide oversight for the redefined TCS policy. IMCOM will use the Defense Travel System to process orders, manage travel funds, and arrange lodging and meals. It will also maintain an inventory of installation and contract lodging solutions for Soldiers in TCS status, and will be the approving authority for



Photo by Pvt. Kirby Rider

Soldiers from the 175th Infantry Regiment train for an upcoming deployment at Fort Dix, N.J., July 12. A presidential order authorized the Army to call on individual ready reservists to fill jobs like those at Fort Dix and other mobilization centers left vacant by Soldiers deploying into operational theaters. Though the assignments were expected to be short term, many Soldiers have served on assignments requiring them to extend in TCS status for years.

any use of economy per diem lodging.

With IMCOM providing oversight, the revised program will benefit the Army and Soldiers, said Laura Avery, chief of budget execution, IMCOM headquarters.

“In the end it’s going to be a lot more cost effective for the government and a more efficient process for the Soldier,” she said.

(Source: Army News Service)



Photo by Ben Paniagua

## Class act

Fort Sam Houston Better Opportunities for Single Soldiers President Spc. Milfred Williams (far left) and BOSS Vice President Sgt. Rea Fuentes (center) present school supplies collected by the Fort Sam Houston BOSS Soldiers to 1st Sgt. Clay Istre, president of the Sergeant Audie Murphy Club. The supplies will be donated to children attending local elementary schools through the School Chest 4 Children Program. "We were looking for a community service project and heard about the Audie Murphy Club's program," Williams said. "We thought it would be a great way to help out local children."

## How to save thousands on real estate taxes for free

By **Brian Novak**  
Fort Sam Houston Legal Office

Your gasoline bill has gone up, your credit card debt is up and you are not sure how you are going to pay for Christmas gifts this year (yes, it's less than six months away). Then, a letter arrives claiming you overpaid property taxes and are entitled to a homestead or another exemption and a refund from last year's property tax payment on your home. The refund could be thousands of dollars. It sounds almost too good to be true. And for the low price of just a one-time processing fee of \$45, the refund is yours. Christmas is saved!

While you may get the exemption and the refund, you are still out \$45 that you did not need to pay. In Texas, homeown-

ers may be entitled to a homestead exemption. Disabled veterans may be entitled to another exemption. People over 65 may be entitled to yet another exemption. But no matter what exemptions people are entitled to, they are also exempt from paying a private company a fee to enforce entitlements.

To use exemption entitlements on a home, people can contact their county's tax assessor for eligibility and procedures for claiming exemptions. And the best part is that it's free; there is no processing fee for claiming exemptions. Property Tax Assessor Records Corp. and other "exemption processing companies" are charging \$45 or more for actions that people can accomplish without professional assistance.

See **REAL ESTATE TAXES** on Page 9

## Backpack giveaway

Continued from Page 6

funds for these backpacks and supplies and then to assemble them," said Abigail Cucci, with marketing and communications for Accenture. "Offices in Sacramento, Calif.; Denver; Philadelphia; Chicago; San Antonio and other cities participated in buying the supplies, putting the backpacks together and getting them to San Antonio. It was a real team effort."

One of the recipients of a backpack filled with school supplies was 9-year-old Alexia Buentello of Lackland Elementary School, whose mother, Alicia Buentello, brought her to Family Day.

"It's been fun being here, and I'm hoping to make some new friends," said Alexia, whose father, Tech. Sgt. Roger Buentello is stationed at Lackland AFB. "I'm a little worried about starting back to school, but there's some good stuff in the backpack if I need something."

"The event is a great idea and really

shows support for the military community," added Alicia, who said that in addition to her husband serving at Lackland, she has a 20-year-old son currently serving in Iraq.

"I've really enjoyed being part of this event," said Brenda Rolfe, wife of Col. David Rolfe, who is stationed at Fort Sam Houston. "It's a great opportunity to get out and support military Families, and show them how much we appreciate them and what they're doing."

Rolfe, who is also involved with the "Speak Out for Military Kids" program, part of Operation Military Kids, was one of several people distributing backpacks during the event.

"We understand what many of these young Families are going through right now," added Col. Roth. "It can be tough for military Families. An event like this helps let them know that we appreciate them and that we're behind them."

# Hot cars pose big risk to children

## *Keep car doors, trunks locked*

Most people know the dangers of leaving a child unattended in a car in the summer, but how many realize children often climb into an unlocked vehicle to play or explore?

Since 1996, more than 120 children, most of them age 3 and under, have died of heat stroke after being trapped inside a parked car. That's why it's important to keep car doors and trunks locked even when the vehicle is parked at home.

Heat exhaustion and heat stroke can occur rapidly in enclosed vehicles. A recent General Motors and SAFE

KIDS Coalition study found that children are more vulnerable to heat because a child's body temperature increases three to five times faster than that of an adult. Heat stroke in infants is primarily associated with increased environmental temperatures or poor fluid intake.

According to SAFE KIDS, an average of 25 American children die each year as the result of being left in a car on a warm day.

On a 93-degree day, the inside of a car can exceed 125 degrees Fahrenheit in about 20 minutes. The temperature inside of a car is hotter than outside temperatures, and can climb rapidly.

Heat stroke occurs rapidly in infants who are ill or have other predisposed health conditions, but even healthy infants are at high risk when left in a hot car.

Heat stroke can occur in a matter of minutes for young

children and infants.

With heat stroke, children's skin becomes red and dry, and they are unable to produce sweat to reduce their core body temperature. Children's heart rates then quicken, and they eventually become confused and lose consciousness before their organ systems begin to fail.

To keep children safe, people should:

- Keep cars locked at all times, even in the garage or driveway.
- Teach children not to play in or around cars.
- Never leave a child unattended in a car, even with the windows open.
- When leaving a vehicle, make sure all child passengers are out of the car.

(Source: Army Medical Department Center and School Safety Office)

## **Real estate taxes**

*Continued from Page 8*

So, keep the \$45, get entitled exemptions and receive a refund of last year's overpayment of real estate taxes.

Christmas is saved and homeowners can enjoy a reduction in their property taxes for years to come. Too bad there is not a homestead exemption for gasoline and credit card bills.

### **Applying for exemptions**

Exemptions reduce the taxable value of property. This lowers the tax amount. Some of these exemptions include:

- **Residence Homestead** – This exemption is available for all home owners on their residence as long as they lived there on Jan. 1 of the tax year.
- **Disabled Homestead** – This can be taken in addition to the homestead exemption and is available to those who qualify according to specific guidelines. Generally, this means disabled to the extent that they are unable to work.
- **Disabled veteran or survivor** – Can be taken in addition to the homestead exemption, according to a service-connected disability rating. This exemption can be taken on any property in Texas; it is not limited

to the homestead property.

- **Age 65 and older** – Can be taken in addition to homestead exemption on primary residence.

Some jurisdictions have limitations of taxes on homesteads of the elderly or disabled. These are commonly called "tax freezes." Taxes are limited to the amount paid on the homestead in the qualifying year plus the value of any additions to the property made after the qualifying year.

People age 65 and older or who are disabled should contact the Bexar Appraisal District regarding any entitlement they may have to request a postponement in the pay-

ment of taxes on their residence homestead.

The chief appraiser is responsible for administering exemption applications. A property owner or the owner's authorized agent must file any necessary exemption form before May 1 of the tax year.

To apply for an exemption, call the following county offices:

- Bexar Appraisal District at 224-2432
- Comal Appraisal District at (830) 625-8597
- Guadalupe Appraisal District at (830) 303-3313
- Medina Appraisal District at (830) 741-3035

# Improved TRICARE Reserve Select plan to take effect

By Donna Miles  
American Forces Press Service

WASHINGTON — National Guardsmen and reservists enrolled in the TRICARE Reserve Select health plan can now go to the TRICARE Web site to transfer to the new, improved program that will replace it Oct. 1.

The new plan is designed to simplify the current TRICARE Reserve Select benefit and make it available to more reserve-component members

and their Families, said Maj. Gen. Elder Granger, deputy director of the TRICARE Management Activity.

Gone will be the three-tier system in the current system, along with three premium levels, he said. Everyone enrolled in the new system will pay one rate, based on coverage: \$81 for individuals and \$253 for Families.

Also gone are strict guidelines about who qualifies and when they have to sign up.

All members of the Selected Reserve qualify for the program, with one notable exception, Granger said. Those eligible for or covered under a federal employee health benefits program cannot sign up for TRICARE Reserve Select.

Enrollment is open, meaning people can purchase it any time of the year, not just during a specific open season or after returning from a deployment. The new pro-

gram includes expanded survivor coverage and makes it easier for people to change their coverage when their Family grows or changes.

Participation in the program won't be automatic for the 11,500 participants currently enrolled in the TRICARE Reserve Select program. They'll be disenrolled when that program expires Sept. 30 and must sign up for the new plan to maintain coverage.

gram includes expanded survivor coverage and makes it easier for people to change their coverage when their Family grows or changes.

Anyone who drops out of the new program or gets dropped due to missed payments is barred from re-enrolling for about a year, Granger said.

Participation in the program won't be automatic for the 11,500 participants currently enrolled in the TRICARE Reserve Select program. They'll be disenrolled when that program expires Sept. 30 and must sign up for the new plan to maintain coverage, Granger explained.

The TRICARE Web site, at [www.tricare.mil](http://www.tricare.mil), offers information about the new program and how to sign up. Granger referred visitors to the site to the My Benefit link, then to the Guard and Reserve portal.

Assistant Secretary of Defense for Reserve Affairs Thomas Hall sent letters to all current enrollees earlier this month to let them know about the changes ahead and what they need to do to continue coverage. Granger said a big information campaign will follow through the next several months to ensure no one is caught unaware.

He called the new program a good deal for reservists and Guardsmen, who gain access to "a very robust network" of about 200,000 providers, 50,000 hospitals and 55,000 pharmacies in the TRICARE network. They can also get treatment at a military medical facility on a space-available basis.

Health-care benefits help ensure a force that's ready to be called to duty when needed, Granger said. "Access to good health care is a huge readiness issue, and this is a great solution for how they can be ready in the future," he said.

But because the benefits also extend to enrollees' Families, there's another big plus for the military, he said. "Troops as well as their Families have access to high-quality care, (so) that is going to improve retention as well as impact recruiting," he said. "We recruit individual Soldiers, sailors, airmen and Marines, but we retain Families."

For more information, visit <http://www.tricare.mil>.

## August is National Immunization Awareness Month

### Don't forget to stay up to date with immunizations

TRICARE provides age-appropriate vaccines recommended and adopted by the Centers for Disease Control and Prevention's Advisory Committee on Immunizations Practices.

For children and adolescents in the United States, the following immunizations are considered routine. However, not every

listed vaccine is recommended for everyone.

- Hepatitis B (HepB)
- Diphtheria, tetanus and pertussis (various combinations include DTaP, DT, Td, Tdap)
- Polio (IPV)
- Human Papillomavirus (HPV, Gardasil)
- Varicella (chicken pox)(Var)
- Measles, mumps and rubella (given together as MMR)
- Influenza
- Rotavirus (Rota)
- Haemophilus influenza type B (Hib, not the same as viral flu)
- Pneumococcal conjugate (PCV)
- Pneumococcal polysaccharide (PPV)
- Hepatitis A (HepA)

- Meningococcal conjugate (MCV4)
- Meningococcal polysaccharide (MPSV4)

The current routine immunization schedule for various age groups can be viewed and downloaded from the CDC Web site at <http://www.cdc.gov/vaccines/recs/schedules/default.htm>.

(Source: TRICARE Online)

# Army suicides up, prevention efforts strengthened

By Steve Harding  
Army News Service

WASHINGTON — An Army study released Aug. 16 indicates that during calendar year 2006 Soldier suicides reached their highest level since 1980.

Produced by the Suicide Risk Management and Surveillance Office at Madigan Army Medical Center, Fort Lewis, Wash., the 165-page 2006 Army Suicide Event Report lists 99 deaths by suicide, with 27 of the deaths occurring in Iraq and three in Afghanistan. There were also 948 of what the report terms “serious attempts at suicide.”

While the vast majority of the “completed suicides” in 2006 involved males, 10 of the victims were females, the report said. Seventy percent of the Soldiers were under 25, 98 percent were enlisted and 91 percent were from the regular Army. And while the suicide methods included drug overdoses, strangulation and poisoning, the vast majority — 71 percent — involved firearms.

The report was compiled from data submitted by units throughout the Army. Submission of such data is required for all suicide-related behaviors that result in death, hospitalization or evacuation, said Col. Dennis Dingle, the Army’s director of human resources policy.

The information contained in the report is important, Dingle said during a news conference following the report’s release, “because the loss of any member of the Army family is a tragedy, and the Army has made the prevention of suicide a top priority.” By analyzing the causes and outcomes of each attempted or completed suicide, he said the Army is better able to tailor its suicide-prevention programs and provide at-risk individuals with greater access to the service’s considerable behavioral- and mental-health resources.

While the Army has looked very closely at the effect deployment and sustained combat operations may have on the number of attempted and successful suicides among Soldiers, no direct relationship among deployment, combat and suicide has yet been found, said Dr. (Col.) Elspeth Ritchie, behavioral health psychiatry consultant to the Army’s surgeon general, speaking at the same news conference.

She pointed out that while the report lists a number of reasons for the completed suicide attempts — ranging from finan-

“Soldiers and their Families are our first priority. The Army recognizes the importance of this issue, and is taking deliberate steps to mitigate those risks that may contribute to suicidal behaviors.”

Dr. (Col.) Elspeth Ritchie

Behavioral health psychiatry consultant to the Army’s surgeon general

cial problems to previous mental illnesses to having seen direct combat — failed marital relationships account for 55 percent of what the study terms “completed suicides” and 40 percent of the attempted suicides.

“We know that repeated deployments put a real strain on relationships, so we believe that part of the (2006 increase in suicides) is related to the increased stress on relationships,” Ritchie said. “That’s part of the reason why such Army programs as ‘Strong Bonds’ are intended to reinforce and strengthen marriages and other intimate relationships.”

The Army’s suicide-prevention program has been in place since 1986, Dingle said, but in 2006 the Army formed an additional team comprising functional experts from the Office of the Surgeon General, the Office of the Chief of Chaplains, the National Guard, the Army Reserve and other organizations to help fully integrate the Army’s suicide-prevention efforts.

By continuously gathering and analyzing data such as those contained in the report, he said the Army is able to continuously improve and adapt its training, intervention and support programs.

Among those programs are mental-health assessments conducted for Soldiers before, during and after deployments, as well as continuous reports provided by deployed mental-health assessment teams, Ritchie said.

“We are now collecting data not only on every completed suicide, but also on every serious suicide attempt,” she said. “We’re looking at a number of factors, (such as) the stressors on the Soldier, the

motives, and the methods by which the Soldier either attempted suicide or succeeded. We are looking at age and gender, and we’re taking the results of this information and putting it back in our training and education programs.”

The Army is also committed to increasing access to care for both Soldiers and their Families, Ritchie said.

“Not only are we working to reduce the stigma that is often attached to seeking mental-health care, we’re working very hard to increase the number of people who provide that care.” She pointed out that the Army is currently seeking to recruit at least 250 additional mental-health professionals, though she acknowledged that in that

effort the Army is competing directly with both the Department of Veterans Affairs and civilian health-care organizations.

Despite the many challenges associated with assessing and monitoring Soldiers’ mental health both in garrison and while deployed, and the continual need to adapt education and care initiatives to fit ever-changing needs, Dingle emphasized that the Army is committed to providing its Soldiers the best possible mental-health assessment and care.

“Soldiers and their Families are our first priority,” he said. “The Army recognizes the importance of this issue, and is taking deliberate steps to mitigate those risks that may contribute to suicidal behaviors. Our prevention efforts help our Soldiers and their Families deal with the challenges they face every day. Our Soldiers and Families are resilient ... and the Army is committed to enhancing that resilience.”

For more information on Army mental health and well-being programs, visit [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil).

## Brooke Army Medical Center September Wellness Class Schedule

Class	Dates	Time	Place
Asthma Management	4, 11, 18 and 25	2 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V To schedule classes, call 916-9900 and choose option No. 4.
Breast and GYN Cancer Support Group	12	9:30 a.m.	For location, call 916-3352
Diabetes Management	10 and 11, 17 and 18, 24 and 25	Call for information	To participate, call Lila Kinser at 916-0794.
Diabetes Management - Pre-Diabetes	5	Call for information	To participate, call Lila Kinser at 916-0794.
Diabetic Foot Care	10	1 p.m.	To schedule, call Family Medicine Service at 916-7932
Weigh for Health - Weight Management	13 and 20	1 to 2 p.m.	For class information, call Nutrition Care at 916-7261
Weigh for Health - Weigh to Stay - active duty military	5 and 12	2 to 3:30 p.m.	For class information, call Nutrition Care at 916-7261
Yoga	Wednesdays	Noon to 1 p.m.	BAMC, fifth floor, Room 531-14
Tobacco Cessation Orientation	5 and 19	3:30 to 4:30 p.m.	BAMC, fourth floor, Room 413-11

# Long Drive shows skill of San Antonio Soldiers

Story and photo by Jennifer Morris  
Morale, Welfare and Recreation

The Fort Sam Houston Golf Club was host to the 2007 Long Drive Championship presented by Cadbury Schweppes Aug. 12. This one-day Long Drivers of America event began at 8:30 a.m., showing off the skills of 26 competitors. The competitors ranged in age and skill, but one thing they had in



Bret Robinson, from Randolph Air Force Base, hits a shot down the fairway during the 2007 Military Long Drive Competition at the Fort Sam Houston Golf Course.

common was they were all Soldiers from military installations in San Antonio. The participants were required to be active duty, Reserve or National Guard from any branch of service. A large number of participants from Fort Sam Houston were on hand for the event, as well as some from Lackland and Randolph Air Force Bases.

Participants paid \$10 to hit six balls within a three minute time period down the fairway at the 10th hole on the Salado Course. Ten of the contestants decided to pay to try their luck again.

The competition concluded at 11:15 a.m. with Director of Golf Gordon Zambrano presenting awards to the top three contestants. Scott O'Brien, from Fort Sam Houston, placed third with a distance of 329 yards. He received a \$50 Pro Shop gift certificate. Martin Baldwin, also from Fort Sam Houston, came in second receiving a \$150 Pro Shop gift certificate for his distance of 334 yards.

The first place contestant, Bret Robinson, of Randolph Air Force Base, received a \$300 Pro Shop gift certificate and Adams 460cc Red Line Driver for his distance of 338 yards.

Robinson's score will be compared to the other scores received from Zone 2 in the competition.



Jim Lancaster (left), acting Business Operations Division chief, shakes hands with Bret Robinson, competition winner, as he awards him with a \$300 Pro Shop gift certificate.

The top long drive competitor at each of the five geographical zones who records the longest drive wins an all-expenses-paid trip to compete in the military division at the RE/MAX Long Drive Championship in Mesquite, Nev. The active duty service member to hit the longest qualified drive during the Military Division of the RE/MAX Long Drive Championship will win \$10,000 and be featured on the ESPN coverage of the event.

## Smoke-free, courageous forever

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



# Hooked on fishing

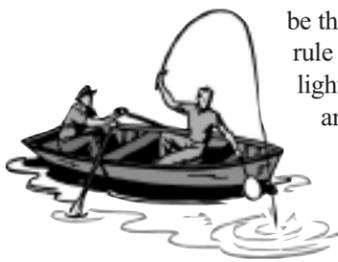
## Tips for end-of-summertime fishing

By Maj. Cody Roberson  
Special to the News Leader

As the dog days of summer wane and fall approaches, fishing slows down as well. Not necessarily by the anglers, but the fish will begin to acclimate for a change in season.

As fish begin to slow down, it is time to reflect on fishing techniques from experienced fishermen. The following are a few tips to keep in mind:

- As water temperatures register in the mid 80s, fish will go deeper and be less active, so fish deeper with a slower retrieve.
- Knowing the fish are deeper means selecting lures that replicate deep-water forage. Crank baits are a good suggestion; they resemble shad, crawfish and pinfish.
- The early morning and late evening bite is going to



be the best bet, if the angler recalls the rule of sunlight versus overcast. Less light penetration in the early morning and mid to late evening allows fish to roam and actively feed.

- Also, remember to target areas that provide lots of shade when casting.
- And, last but not least, polarized sunglasses will block glare and

allow the angler to possibly find cruising bass under the water and to be able to locate underwater structures like grass, laydowns, stump fields and trees.

Keep these simple five tips in mind and hook more bass.

For more information about fishing in the local area, visit [www.ArmyBassAnglers.com](http://www.ArmyBassAnglers.com) or e-mail [cody.roberson@us.army.mil](mailto:cody.roberson@us.army.mil).

*(Editor's Note: Roberson is an avid angler who fishes on the pro-amateur circuit.)*

## B Co., 264th Med. Bn. excels at 5K

B Company, 264th Medical Battalion was at the head of the pack Aug. 11 during the 3rd Annual Silver Stars 5K Race sponsored by the U.S. Army. The race benefits the Fisher House Foundation. Pvt. Ronald Dotts, 68P radiology specialist, led the way for B Co., finishing the 5K in an impressive 18:03 with an average mile pace of 5:49. Dotts won second place overall

in the Military Male Division and first place in the 25 to 29 age group. Dotts hails from New Philadelphia, Ohio, and has been a member of the company's 10K team since his arrival to Fort Sam Houston in May. B Co., 264th Med. Bn. also took home the third place prize of an autographed framed San Antonio Mission's baseball jersey for Largest Group Participation.



### Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

## Sports Briefs . . .

### Lock up valuables at gym

Several wallets have been stolen at the Jimmy Brought Fitness Center. Gym visitors are advised to lock up their valuables. The Jimmy Brought offers free lock boxes in the gym entrance and also rents out lockers on an annual basis. For more information, call 221-2020.

### 5K Fun Run/Walk

A 5K Fun Run/Walk will be held Saturday at 9 a.m. at the Jimmy Brought Fitness Center. Registration fee is \$10 per person. To register or for more information, call Will Lloyd at 221-2020 or 221-1234.

### Health and Wellness Fair

A free Health and Wellness Fair will be held at the Jimmy Brought Fitness Center Aug. 30 from 10 a.m. to 1 p.m. Activities include cholesterol screening, diabetes screening, nutritional information, door prizes and more. Participants who wish to have cholesterol screening must fast for 12 hours before the test. For more information, call 221-2020 or 221-1234.

### Varsity basketball

Coaches and players are needed for the women's and men's varsity basketball teams. Tryouts for players are Monday through Aug. 31 at 6:30 p.m. at the Jimmy Brought Fitness Center. Those interested in coaching should submit resumes by today to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234. For more information, call 221-1180 or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil).

### Youth soccer registration

Youth can register for the Alamo Heights/Fort Sam Houston Youth Soccer team through Aug. 31. People can register online at [www.ahfsh.org](http://www.ahfsh.org) or stop by the Youth Center for walk-in registration Saturday from 10 a.m. to 3 p.m. and Wednesday from 6 to 8 p.m. For more information, visit [www.ahfsh.org](http://www.ahfsh.org) or call 828-7071.

### New fitness classes

A muscle conditioning class, which includes total body strength training, is offered Fridays from 5 to 6 p.m. at the Jimmy Brought Fitness Center.

A total body conditioning class, comprising 50 minutes of cycling and 30 minutes of core conditioning, is held Saturdays from 9 to 10:20 a.m. at the Jimmy Brought Fitness Center. For more information, call the fitness center at 221-2020.



Pfc. Sarah Lion (bottom), C Company, 264th Medical Battalion, attempts to hold off Pvt. Audry Savage, D Company, 264th Med. Bn., located at Sheppard Air Force Base. Savage, who will be deploying to Iraq after the holidays this year, advanced to compete for third place in her category.

Soldiers assigned to 264th Medical Battalion compete in the second Combative Tournament held at the Jimmy Brought Fitness Center. Ninety-one competitors, including 11 females representing companies from the 264th Med. Bn., competed for first, second and third place in the heavyweight, light heavyweight, middleweight, welterweight, lightweight and flyweight categories.

# Fight to the finish

## 264th Med. Bn. goes hand-to-hand at Combative Tournament

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

The 264th Medical Battalion, 32nd Medical Brigade, held a battalion-level Combative Tournament Saturday at the Jimmy Brought Fitness Center.

Ninety-one competitors, including 11 females representing companies from the 264th Med. Bn., competed for first, second and third place in the heavyweight, light heavyweight, middleweight, welterweight, lightweight and flyweight categories.

Four sets of competitors went hand-to-hand with encouragement from the crowd, as ear-splitting cheers continued through each of the bouts.

“Why are we doing this? To build Warrior Ethos in

these young Soldiers,” said Lt. Col. William LaChance, commander, 264th Med. Bn. “They get great technical training while here, but to be a Soldier you need to have that Warrior Ethos, that mental and physical toughness, and this is where it’s built. We really get at them, at the inner soul of a Soldier. We test them morally, physically, everything. This brings out the best of them.”

“As for esprit de corps, Soldiers love it, they respond to this in our physical fitness program more than anything else,” continued LaChance.

Staff Sgt. Jeff Deickman, 264th Combative Tournament representative and referee for the tournament, said, “We’ve been doing this for about a year. We are trying to get the tournaments to instill some of their warrior tasks and warrior drills. This is as close as we can get to real fighting. And it is real important to get every Soldier to be the best that they can before they go to the battlefield.”

Petty Officer 2nd Class Samuel Maxey, 382nd Medical Battalion, Sheppard Air Force Base, Texas, won first place in the heavyweight division.

“When I found out about the competition, my first sergeant told me to go ahead and come down,” Maxey said. This is the first time I’ve done this. The Navy has boxing tournaments but no combative tourna-



Lt. Col. William LaChance (right), commander, 264th Medical Battalion, awards the first place medal to Pfc. William Fowler, B Company, for the middleweight class competition. Spc. Luke Whelan (center), B Co., and Pfc. Joseph Butler (left), D Co., received certificates for second and third place.

ments. The Army gives you a chance to compete against others.” Maxey plans to return in November for the brigade-level combative tournament. “I plan to win again, win number two” Maxey said.

LaChance said very soon many of these young folks will find themselves in distant locations doing great things for the nation.

“This mental and physical toughness will serve them well wherever they go, because there is nothing easy about what they are going to do, and neither is this,” said LaChance.



Capt. Jenny Stewart, commander, B Company, 264th Medical Battalion, with Pvt. Desiree Powell and coach Staff Sgt. Marvin Coble, celebrate after receiving the trophy for winning the overall Combative Tournament held Saturday at the Jimmy Brought Fitness Center.

Pfc. William Fowler, B Company, 264th Medical Battalion, dominates his way to first place in the middleweight class category during the Combative Tournament held Saturday.





Referee Sgt. 1st Class John Coberley, D Company, watches as a competitor places a choke hold against his opponent during the Combative Tournament.



Petty Officer 2nd Class Samuel Maxey, 382nd Medical Battalion, Sheppard Air Force Base, Texas, and the only Navy competitor, sets up Pvt. Lance Conant for an arm bar during the heavyweight championship division of the combative tournament. Maxey won first place and Conant placed second.



Spc. Jason Buczynski (right), holds up Spc. Marcus Bolden's arm in victory following their bout in the light heavyweight championship competition. Both Soldiers are from B Company, 264th Medical Battalion. Bolden won first place and Buczynski second.



Combative Tournament referee Ed Oswald watches as Spc. Tara Pettus (left), C Company, 264th Medical Battalion, and Pfc. Audry Savage, D Co., prepare to engage during the Combative Tournament.



Pfc. Angela Wickstrom, C Company, 264th Medical Battalion, struggles to hold Pfc. Jonathan Stevens, B Company, in her guard, during the lightweight competition championship. Stevens placed third place in the lightweight category.

Members of the Army Medical Department Center and School Color Guard, composed of Staff Sgts. Richard Marshal, Bradley Proud, Michelle Marshall and Emeka Nickelberry, present the colors during military appreciation night at the Missions baseball game Aug. 15.



Photo by Esther Garcia

## Take me out to the ballgame



Photo by Esther Garcia

Col. J. D. Harmon, chief of staff, Army Medical Department Center and School and Fort Sam Houston, meets members of the San Antonio Missions Baseball team in the dugout at Wolff Stadium Aug. 15 during military appreciation night. Harmon, representing the military, threw the first pitch. Military appreciation night is an opportunity to recognize and thank the military in San Antonio for their service to their country.



Photo by Jennifer Morris

Staff Sgt. Antoinette Boukouch sings the National Anthem at the San Antonio Missions baseball game at Nelson Wolff Stadium Aug. 15 during military appreciation night hosted by Kraft.

**Fort Sam Houston  
Independent School District  
Weekly Campus Activities  
Monday through Sept. 1**

**Fort Sam Houston Elementary School**

**Monday**  
First day of school  
First nine weeks  
**Aug. 31**  
Spirit Day

**Robert G. Cole Middle/High School**

**Monday**  
First day of school  
First nine weeks  
**Tuesday**  
Varsity volleyball at Sabinal, TBA  
**Aug. 30**  
Junior varsity football at SAC, 6 p.m.  
**Aug. 31**  
Varsity football vs. SAC at Cole, 7:30 p.m.

**School board meeting**

The Fort Sam Houston Independent School District Board of Trustees will meet Aug. 30 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

# Teachers, staff train on new online grade book program

Fort Sam Houston Independent School District will introduce a new online grade book program for parents and students beginning in the 2007-2008 school year.

"We are excited about the extensive features GradeSpeed provides us, including electronic attendance," said Janet Bolin, director of technology.

GradeSpeed will be available after the first two weeks of school and will allow parents to check attendance and grades, monitoring student progress anytime, anywhere.

Teachers and staff are currently being trained on the use of the new program. Once trained, the schools will send home instructions on password-protected access to the program.

Accounts and passwords from last year's system, called GradeBook, will no longer be valid.

(Source: FSHISD)



Courtesy photo

Teachers learn the new grade book program that gives parents the opportunity to view children's grades online.

## FSHISD welcomes new staff members

Thirty-two staff members were hired or moved to new positions within the Fort Sam Houston Independent School District. Staff moves, retirements and the addition of the new middle school resulted in the need to hire additional staff for the 2007-2008 school year.

The district welcomes the following new and returning personnel:

**Fort Sam Houston Elementary School**

- April Blanco, assistant principal
- Ann Boelens, physical education teacher
- Shelia Coleman, pre-kindergarten para-educator

- Jessica Crafton, assistant principal
- Tonya Hyde, returning in a new role as principal
- Laura Lamoureux, at-risk teacher
- Tonnette McLendon, pre-kindergarten para-educator
- Mary Beth Nieves, pre-kindergarten para-educator
- Kara Pataki, pre-kindergarten para-educator
- Adrianna Rosales, pre-kindergarten para-educator

**Cole Middle School**

- Katie Michna, eighth grade English teacher
- Mark Roberts, special education teacher

- Christine Robbins, sixth grade science teacher
- Leonida "Lona" Sanchez, sixth grade English teacher

**Cole High School**

- Kate Christopher, para-educator
- Cavin Leonard, multimedia teacher
- Roger Montalvo, science teacher
- Leanne Montes, receptionist and attendance clerk
- Isabelle Morris, foreign language teacher
- Charletra "Charley" Taylor, chemistry teacher
- Donna Tripp, math teacher
- Ron Tullius, foreign language teacher

- (German, one period a day)
- Ronny Yowell, para-educator

**FSHISD food service, maintenance or operations department**

- Ralph Casiano, bus driver
  - Seferino "Reno" Lozano, bus driver
  - Tommie Martin, bus driver
  - Sadia Quintero Navedo, food service specialist
  - Londa Noel, food service specialist
  - Mark Ramirez, custodian
  - John Renteria, custodian
  - Rachel Saucedo, custodian
  - Dawn Williams, food service specialist
- (Source: FSHISD)



### Emergency numbers

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

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

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

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

## Women's Equality Day trivia contest 'Women who changed America'

### Answers to last week's questions:

1. Billie Jean (Moffitt) King
2. Alice Hamilton
3. Graciela Olivarez
4. Sally Ride

5. Patsy Mink

The winner of last week's trivia contest was Vicky Cruz, instructional systems specialist, Department of Medical Science.

## Lincoln Military Housing resident activities

Lincoln Military Housing will host a Back-to-School Party Friday from 2 to 4 p.m. at Salado Creek Park. Ice cream will be served and back-to-school goodie bags with school supplies will be given to the children. This event is open to children of on-post residents.

Watch for the ice cream truck Sept. 17. LMH will pass out free ice cream in the villages. The scheduled route will be announced at a later date.

For photos and upcoming activities, residents can log onto LMH's interactive Web site, [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call LMH at 270-7638.

(Source: Residential Communities Initiative)



### Have feedback for a post customer service provider?

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

### WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

#### IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



# 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

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

Oneg Shabbat

11 a.m. - Mass - weekdays

#### Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel**, services are held at Evans Auditorium, Building 1396, 221-3297

**Catholic Mass:** 8 a.m. - Sundays

**Protestant/Gospel Service:** 9:30 a.m. - Sundays

**Christian education:** 11 a.m. -Sundays

**Church of Jesus Christ of Latter Day Saints:**

9:30 a.m. - Sundays at NCO Academy

**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

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

**Contemporary service:**

11:01 a.m. - Sundays

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

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

**Catholic Service:** 12:30 p.m. - Mass - Sundays

**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.

**Samoan Protestant Service:** 8:30 a.m. - Sundays

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

**Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

# Back To School Tips

The following health and safety tips are courtesy of the American Academy of Pediatrics:

## Making the first day easier

- Remind children that they are not the only ones feeling a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school; it will be fun. It's an opportunity to see old friends and meet new ones. Remind children about previous years when they may have returned home after the first day with high spirits because they had a good time.
- Find another child in the neighborhood with whom children can walk to school or ride with on the bus.
- Drive or walk with children to school and pick them up on the first day.

## Backpack safety

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.

- Always use both shoulder straps. Slings a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may also increase curvature of the spine.
- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs.

## Eating during the school day

- Most schools regularly send schedules of cafeteria menus home. With this advance information, parents can plan on packing lunch on the days when the main course is one their child prefers not to eat.
- Try to get the school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.
- Each 12-ounce soft drink contains about 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent. Restrict children's soft drink consumption.

(Source: American Academy of Pediatrics)

## Child and Youth Services

### Before, after school program

Central Registration is registering for the before and after school program for School Age Services and Youth Services Middle School. Patrons must be registered users. To register, patrons must provide a leave and earnings statement, spouse's W-2 form (without income verification, patrons will be placed in the highest category), updated shot records, two local emergency designees, child's Social Security number, health assessment for kindergarten through fifth grade and an \$18 registration fee. Central Registration is located in Building 2797; call 221-4871 or 221-1723.

### Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Sept. 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871.

### FCC providers

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

### Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use by local Army Families. The centers and providers are monitored to ensure they meet

Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

### Family Child Care Online

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

### Sport physicals

Patrons interested in winter sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Sport physicals must be valid for the entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

### SKIES Unlimited classes

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

### PCI, Head Start applications available

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

## Community Recreation

### 3-D archery shoots

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

### Outdoor pool is open

The Aquatic Center is open daily from 12 to 8 p.m. through Sept. 3. For more information, call 221-4887 or 221-1234.

### Golf Course, 222-9386

#### Warrior's Monthly Scramble

Register up to four players to participate in the Warrior's Monthly Scramble held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be held Sept. 7 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information, call the Golf Club's Pro Shop at 222-9386.

#### Labor Day Golf Tournament

The Golf Club will host the annual Labor Day Tournament Aug. 31 from 1 to 5:30 p.m. The cost to enter is \$30 for non-members and \$20 for members, and includes green fees, carts, awards and a banquet. Form your own team for this four-person scramble. Prizes will be awarded at the banquet following the tournament. For more information, call 221-4388.

### Bowling Center, 221-3683

#### National Bowling Week

The Fort Sam Houston Bowling Center will host National Bowling Week Saturday through Aug. 31. Dollar Day Scratch-Off begins Saturday, the first 100 customers will receive a scratch-off card and a chance to win other prizes such as movie tickets, music downloads, MP3 players and much more. Unit Challenge Night will be held Tuesday. Register for drawings to be held Friday for a variety of prizes. During 9-Pin No Tap Day Aug. 30, if 300 is scored, the bowler can enter into a drawing for a \$200 Army and Air Force Exchange Service gift card. The grand finale of the week will be Aug. 31 with an opportunity to win scratch-off cards and other prizes. Scratch-off cards are available while supplies last.

#### Adult bowling leagues

Registration for the fall and winter adult bowling leagues is ongoing until September. For more information on individual leagues and their start dates, call the bowling center at 221-4740.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Family-Style Sunday Brunch

Sunday Brunch will be held Sept. 2 from 10 a.m. to 1:30 p.m. at the Sam Houston Club for the entire Family. Features include a chocolate fondue station, complimentary champagne and an international food station. For more information, call 224-2721.

### Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre will present "Last of the Red Hot Lovers," a comedy by Neil Simon, Sept. 5 through Oct. 6. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and



Photo by Kathrine Maple

## Cottages available at Canyon Lake

A peek at the interior of one of the new cottages at the Fort Sam Houston Recreation Area at Canyon Lake. The cottages which are now available for public use. Reservations are being taken for these new 1,200-square-foot facilities. The new three bedroom cottages are fully furnished and equipped with central heating and air conditioning, a barbecue pit and kitchen with appliances. Each cottage has a parking space, front porch and picnic table. For more information or to make a reservation, call 830-226-5357 or 888-882-9878.

Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

### MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for Splashtown. The tickets are

\$8 for daily entrance. Discounted tickets for SeaWorld, as well as many other attractions, are also available. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-1663 or 224-2721.

### Great Getaways Sweepstakes

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

## Have feedback for a post customer service provider?



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



## 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](mailto:news.leader@samhouston.army.mil) or stop by the office in Building 124 (second floor).

## Events

### REALifelines Program

The Recovery and Employment Assistance Lifelines Program provides individualized counseling, employment services and job training information for seriously injured and wounded veterans and their Families at Brooke Army Medical Center. For more information or to make an appointment, call Jerome Studivant Jr. at 295-8600.

### Children's Story Time

The NCO Wives' Club will host a children's story time at the Keith A. Campbell Memorial Library Saturday and Sept. 1 at 3 p.m. The library is located at 2601 Harney, on the corner of Harney at Chaffee. For more information, call Jennifer Koranyi at 437-2788 or e-mail jennykor@aol.com.

### Girl Scouts' pool party

The Girl Scouts of Southwest Texas invites girls of all ages and their parents to attend the Cole Service Unit Girl Scouts pool party Saturday from 1 to 4 p.m. at the Fort Sam Houston outdoor pool. Reservations are required by Monday. For more information, call Teresa Clark at 349-2404 ext. 217, or e-mail tclark@sagirlscouts.org.

### Spouses Club Welcome Coffee

The Spouses Club will hold their annual Welcome Coffee Tuesday from 11 a.m. to 1 p.m. at the Army Medical Department Museum. All spouses of active, retired, Reserve or National Guard officers, enlisted and Department of Defense civilian employees, including all level General Schedule employee spouses of the Fort Sam Houston area, are welcome to attend. For more information, call Marcella at 677-5187 or e-mail Marcellag0642@aol.com.

### 'Fly By' with Tops in Blue

Tops in Blue will perform its 2007 edition of the musical show called "The Fly By" Sept. 9 at 8 p.m. at Randolph Air Force Base between Hangars 4 and 5. "The Fly By" commemorates 60 years of Air Force history through a high-tech

multimedia extravaganza. Bleacher seating will be available as well as folding chairs. Seating is on a first-come basis. Guests may bring blankets and portable chairs. Beverages will be available for purchase. Doors will open no earlier than 45 minutes prior to show time.

### Army 101

Army 101 teaches acronyms, rank structure, chain of command, community resources, customs and courtesies and much more. The two-day course will be held Sept. 10 and 11 from 9 a.m. to 2:30 p.m. at the Army Community Service building. For more information or to register, call 221-0946.

### Golf tournament

The San Antonio Chapter of the National Defense Transportation Association will host its 22nd Annual Scholarship Golf Tournament Sept. 21 at Randolph Oak Golf Course, Randolph Air Force Base. Complete details and entry application are available on the Chapter Web site at [http://home.att.net/~alamondta/golf\\_flyer2007.htm](http://home.att.net/~alamondta/golf_flyer2007.htm). For more information, call Stephen Rohrbough at 262-7026.

### Menopause the Musical

The funny and entertaining play, "Menopause the Musical," will be performed Sept. 27 at 7:30 p.m. at the Cameo Center. Tickets are \$31 per person if purchased by Sept. 13. Meet at La Madeleine, 4820 Broadway, at 5 p.m. for dinner before the show. Carpooling is available to La Madeleine from the Commissary parking lot, near the Army and Air Force Exchange Service Home and Garden Center, leaving at 4:45 p.m. For more information or to sign-up, call Alicia at 807-3111 or e-mail a-to-z@earthlink.net.

### Vet treatment facility

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations by appointment for privately owned animals. Walk-ins are seen on a space-available basis. Post registration may be done on a walk-in basis; call ahead of time to ensure the clinic is open and have the proper paperwork necessary. Pet care products are available for purchase Monday through Friday from 8 a.m. to 4 p.m.

The clinic does not provide boarding or grooming services. Sick call and vaccinations are scheduled by appointment only. Clinic appointment hours are Monday through Wednesday from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations; Thursdays and Fridays from 8:30 to 11:30 a.m. are for vaccinations only. For more information or to schedule an appointment, call 295-4260 or 295-4265.

### International youth volleyball exchange

The Goodwill Ambassadors are currently accepting applications for high-school-age volleyball players from the United States and Canada to participate in the July 2008 Goodwill Ambassadors Volleyball exchange to Europe. Members of this team will represent their country, community and the Goodwill Ambassador teams in volleyball tournaments and local competitions in London, Paris, Venice and Rome. The program is open to boys and girls age 14 to 20 years old. For more information, call 425-255-8102 or visit [www.volleyballtours.com](http://www.volleyballtours.com).

## Meetings

### NSAMC summer membership drive

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

## Training

### GED instruction

General Equivalency Diploma classes will be offered Monday and Wednesday evenings (specific times to be determined) at the Army Community Service building, Building 2797. Classes are free to all military ID card holders. Registration will begin Sept. 10 and a minimum of 15 enrollees are needed. For more information or to register, call Jennifer Swiger at 221-0516.

### Free computer training

The Family Employment Readiness Program offers automated, self-paced computer training and skill assessment on Microsoft Office software, which includes Word, Excel, PowerPoint, Access, Windows XP, Outlook and QuickBooks. Other training is available in typing, 10-key (English and Spanish), customer service and clerical skills. This training is open to all military and civilian ID card holders. For more information, call Jennifer Swiger at 221-0516.

### English as a Second Language

Classes for English as a Second Language, sponsored by the Region 20 Education Center and Army Community Service Relocation Assistance Program, will begin Sept. 11 and will meet Tuesdays and Thursdays from 6 to 8:30 p.m. at the Army Community Service building, Building 2797. The classes are beginning, intermediate and advanced for foreign-born spouses to increase reading comprehension, vocabulary and pronunciation. Citizenship information will also

be provided. For more information, call 221-2418.

### Army E-Learning Program

The Army E-Learning Program has 30 Rosetta Stone foreign language courses and another 2,600 courses available, to include new course content on Lean Six Sigma. The Army has also included the Books 24/7 features that provides a user more than 4,000 business professional titles, over 6,000 titles in IT Pro and nearly 350 in office essentials, which adds about 300 new books each month to the existing collections. All reference books are searchable and available for free to all authorized users. For more information, call Julie Gueller at 221-6203.

### University of the Incarnate Word

A representative from the University of the Incarnate Word will be on site every other Monday from 10 a.m. to 4 p.m. at the Fort Sam Houston Education Center, Building 2248. Come learn the benefits of a UIW adult degree completion program and Universe Online. There is a discount for active and retired military, college credit for military training, evening classes online, eight week accelerated terms and four convenient locations in San Antonio. For more information, call Vanessa Carrasco, University of the Incarnate Word, Extended Academic Programs, at 829-2769 or e-mail [vcarrasc@uiwtx.edu](mailto:vcarrasc@uiwtx.edu).

### Instructor training

A three-day prep course to train people on becoming an Army Family Team Building instructor will be held Sept. 6 and 7 from 5 to 9 p.m. and Sept. 8 from 8 a.m. to 4 p.m. at the Army Community Service building. All classes must be completed in order to obtain an instructor certificate. For more information or to register, call 221-0946.

### Army's Funded Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. The program is open to commissioned officers with rank of second lieutenant through captain. Applicants must have at least two, but not more than six years, of total active Federal service at the time legal training begins. Applicants must send requests through command channels, to include the officer's branch manager, at Army Human Resources Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, Va 22209-2194, before Nov. 1. For more information, call the local Staff Judge Advocate.

### Recruitment for warrant officers

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky. will brief on qualification and application procedures to interested applicants Monday, Wednesday and Aug. 30 at 9:30 a.m. and 1:30 p.m.; and Tuesday and Aug. 31 at 9:30 a.m. in the Army Community Service building. For more information, call Sgt. 1st Class Sims at 221-0951 or Chief Warrant Officer Carlos Negron at 502-626-0458 or e-mail [carlos.negron@usarec.army.mil](mailto:carlos.negron@usarec.army.mil).

### Financial readiness course available online

The Army Community Service Division announces the implementation of the Financial Readiness First Term Soldier On-Line Training.

The mandatory training is an eight-hour course that provides first term Soldiers with tools and information on money matters, to include basic money management, savings and investments, insurance, major purchases and many other informative topics dealing with money.

ACS will offer the class at the Army Community Service building in two four-hour sessions beginning Sept. 4 and 6 from 12 to 4 p.m. The second session will be offered Sept. 13 and 18 from 12 to 4 p.m. Sessions will be held twice monthly, the first and second week of each month on Tuesdays and Thursdays from 12 to 4 p.m.

The course is self paced and can also be taken online from any military computer. Visit <https://www.myarmylifetoo.com> and select Money Matters to register. However, it is recommended Soldiers use the computer lab at ACS to complete the course.

After completion of the course, Soldiers will receive a certificate of completion, which should be placed into personnel files.

To register, Soldiers, commanders and training NCOs should call Roderick Durden, financial readiness coordinator, at 221-1612.

**Submission guidelines:**

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



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

**For Sale:** White contemporary print sofa, \$175; matching chair and ottoman, \$125. Call 659-3624.

**For Sale:** Ping Pong table, heavy duty steel frame, \$65; telephone table with seat, \$15; 23-inch touch lamp, \$15; oak headboard, \$25. Call 927-6114.

**For Sale:** Pool table, 9-foot, includes red felt with accessories, two pool sticks, balls, rack, brush and four chalks, excellent condition, \$600. Call 827-3026.

**For Sale:** 2004 Harley Sportster 1200R, nostalgic orange with screaming Eagle II pipes, windshield, highway pegs, sissy bar, \$6,500. Call 639-1030.

**For Sale:** Auto mechanic toolbox, four drawers, \$295; auto care sprays includes nine cans of body and tire polish, \$20; two exercise weights, 40 lbs, \$20 each. Call 829-4741.

**For Sale:** 1986 Monte Carlo SS, rebuilt transmission, A/C, tune up, 305 HP, 141K miles, clean interior, \$4,000 obo. Call Ron at 863-4612.

**For Sale:** Black male poodle, 5 years old, purebred,

\$100. Call 834-8550.

**For Sale:** Outdoor basketball hoop, 8-foot, \$80; outdoor fireplace pit with screen, \$65, will deliver to Fort Sam. Call Bryan at 325-7468.

**For Sale:** Official baseball/fast pitch softball, umpire equipment includes mask, chest protector, shin guards, strikeout ball clicker, hats, belt ball bag and official ASA bat ring. Call 403-2125.

**For Sale:** 2002 Ford Ecoline E-150 van, quad captain chairs, power windows/locks, dual air, 62K miles, excellent condition, \$12,250. Call 277-7634.

**For Sale:** Pekingese puppies, 8 weeks, shots/dewormer, \$395; part Boston terrier puppy, \$95; male/female beagles, \$95; exercise equipment, \$50 and up; new Goodrich 15-inch tire with warranty, \$95. Call 633-3859.

**For Sale:** Dining set, solid oak, pedestal table, 48-inch round extends to 66-inch oval with 18-inch leaf includes four chairs, medium finish and glass top to protect wood

surface, \$350. Call Anne or Steve 945-8577.

**For Sale:** 2004 Nissan Sentra, SE RS Spec V, six speed, upgraded wheels and tires, stereo system, 31K miles, \$11,399. Call Ron at 221-8455, 662-9263 or 334-1816.

**For Sale:** Left-handed golf clubs 1-3-5 wood, 3-9 pitching wedge with bag, \$150; portable tube tester, \$15; amateur and short wave receiver, \$35; Icon two meter transceiver HAM radio, \$175. Call 227-6590, leave message.

**For Sale:** Gateway 300S desktop computer with Intel processor Pentium 2(1.6GHz), Windows XP, Microsoft Office 2003, 1,024 MB, PC5300 DDR2 SDRAM, 40 GB hard drive, CDR/DVD drive, NVIDIA GeForce 4500 SE graphics, 528 graphics card reader included; 17-inch monitor and Lexmark printer, \$250 obo. Call 818-6585.

**For Sale:** Four Toyota chrome finish rims, 16x8, center hub has gold Toyota emblem, six lug, 5-1/2 bolt pattern, \$200 set. Call 818-6585.