



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Aug. 24, 2006

Briefs . . .

Women's Equality Day ceremony

A Women's Equality Day ceremony will be held today from 10 to 11 a.m. at the Roadrunner Community Center. The guest speaker will be Col. Doris Johnson, chief of clinical operations at Brooke Army Medical Center. For more information, call Sgt. 1st Class Evans at 295-0561 or 336-4993.

Mandatory SAEDA, OPSEC training

Subversion and espionage directed against the U.S. Army and operations security training is mandatory for all Department of Defense personnel to include contract employees. SAEDA and OPSEC training for U.S. Army Garrison organizations and tenant unit personnel will be held today from 10 to 11:30 a.m. in Evans Theater. Personnel should arrive no later than 9:30 a.m. to sign in. People who have not attended SAEDA training since October 2005 must attend prior to Sept. 30. A sign interpreter will be present. For more information, call the U.S. Army Garrison Security Office at 221-1906, 221-1859, 221-9500 or 221-9611.

MEDCOM Band concert

The Medical Command Band will perform a concert Friday at 11:45 a.m. at the Brooke Army Medical Center mini-mall. The public is invited.

Mentor program open house

The Fort Sam Houston Community Mentor Program invites the post community to become mentors for the upcoming academic year. An open house will be held Wednesday from 11:30 a.m. to 1 p.m. in the Cole High School gymnasium. Lunch will be provided. Counselors and representatives from the 11 partner schools will be on hand to answer questions. For more information, call Winfield Lopez or Brian Merry at 221-5005 or e-mail winfield.lopez@samhouston.army.mil.

Track closure

The 32nd Medical Brigade will close the BG Johnson Track Aug. 31 from 4 to 8 a.m. for the 32nd Medical Brigade Labor Day Run.

AMMED Museum closed

The U.S. Army Medical Department Museum will be closed Sept. 2 in observance of the Labor Day holiday. The museum will open for regular hours Sept. 5. For more information call the museum at 221-6358.

Fort Sam Houston Museum closed

The Fort Sam Houston Museum will be closed on Sept. 3 in observance of the Labor Day holiday. The museum will resume regular hours on Sept. 5. For more information, call the museum at 221-1886.

See BRIEFS on Page 3



Photo by Mike Dulevitz

Spc. Andy Soule does a handstand while learning how to surf Friday during the Brooke Army Medical Center Amputee Care trip to Pismo Beach, Calif. The trip, sponsored by Operation Comfort, the Wood River Ability Program and the Amputee Surfers Alliance of Pismo Beach, included 13 wounded warriors from the Global War on Terrorism.

Surf's up BAMC wounded crest new waves

By Michael Dulevitz
Brooke Army Medical Center Public Affairs

For one wounded Brooke Army Medical Center warrior, the thought of never being able to surf again haunted him after losing his left leg above the knee in Iraq to a vehicle-borne bomb.

Navy Petty Officer 2nd Class Derek McGinnis, who grew up near Fremont, Calif., has loved the water and the beach for as long as he can remember.

Taking up skim-boarding at age 8, his zeal for "riding the waves" led him to surfing as a teenager. Once he tried it, he was hooked. He had found his niche.

"Surfing was a way for me to do what I love - - being in the water, getting away from it all," McGinnis said. "When you are out there on the water and riding the waves, you feel an immense feeling of freedom and peace."

McGinnis suffered intense trauma from the explosion the day he was injured. A never-say-die spirit, coupled with the very best medical care available, brought him back to a remark-

able state of mental and physical fitness.

An avid sportsman, McGinnis now enjoys running, golfing and water sports. Still, surfing was on his dream sheet of things he still wanted to try as an amputee.

"After such a long road to recovery, running was a pinnacle for me, but being able to surf again was my dream," he said.

McGinnis then began to talk with Janis Roznowski, the founder and executive director of Operation Comfort, an Austin-based nonprofit organization dedicated to the betterment of life for wounded service members and veterans.

"I asked Janis if there might be a surfing trip on the horizon, and she told me that she would check into it," McGinnis said.

Roznowski set out to help make McGinnis' surfing dream a reality.

"These veterans have given so much for us," Roznowski said. "I couldn't think of a better way to lift their spirits and help them experience what is still possible."

See SURF'S UP on Page 4

SFAC thanks volunteers, community

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

Pink flamingos, ukuleles, dancers in hula skirts and a fire show complete with flowered dresses, colorful decorations and Hawaiian food was the setting for the "End of Summer Luau" on the grounds of the Fisher House Tuesday.

The Soldier and Family Assistance Center hosted the luau for Soldiers and their families wounded in support of Operations Iraqi and Enduring Freedom.

"This event allows Soldiers to meet other Soldiers and families, to get away from the barracks and enjoy themselves," said Judith Markelz, program coordinator for the SFAC.

The luau was also a time to thank the volunteers and the community for their generous support of the SFAC, which is run only through donations.

Dan and Rachel Medrano, who belong to the Veterans of Foreign Wars Post 9186, have been preparing Mexican meals for the Soldiers and the families of the SFAC since it first opened in December 2003.

"These kids are young, they are babies and they need us. I can never repay them for the freedom I have. Through the VFW, it is veterans helping veterans," said Rachel Medrano.

The SFAC, located at the Powless Guest house, is a comfortable place for service members who are recovering at Brooke Army Medical Center from wounds received while supporting Operations Iraqi and Enduring Freedom.

The center, often called a "home away from home" by the service members offers a comfortable environment for them and their families while they continue with outpatient



Fire knife dancer and member of the Hula Halau Ohana Elikapeka, heats up the entertainment at the "End of Summer Luau" performing intricate maneuvers with a lighted torch.

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Web site answers voter questions

To Soldiers, civilian employees and families stationed overseas and planning to vote by absentee ballot, the different voting rules at federal, state and local levels may be as confusing as a maze. Fortunately, now there is help, through the Federal Voting Assistance Program Web site, <http://www.fvap.ncr.gov>.

The FVAP is an outgrowth of the Uniformed and Overseas Citizens Absentee Voting Act of 1986 and was established to educate U.S. citizens worldwide on their right to vote, foster voter participation and protect the integrity of the electoral process.

The most frequently asked question about absentee voting is why and how to fill out the Federal Write-in

Absentee Ballot, SF 186. When a Web site visitor clicks on "Learn About Absentee Voting," several links lead to information about the postcard-sized forms, which are not available online but should be obtained from a voting assistance officer.

The site provides guidelines for determining or establishing a legal residence. Some service members mistakenly believe they may claim any state as their legal residence or that their home of record is automatically their legal residence. Actually, they must meet certain requirements. Also, spouses cannot just assume their sponsor's legal residence; they must meet requirements in their own right. Residency and other rules are spelled out by click-

ing on "Learn About Absentee Voting" and then on "Voting Residence for UOCAVA Citizens."

Other helpful features on the site include links to state election sites, a handy chart listing the dates of state primary elections, and answers to frequently asked questions. There is also a link to a U.S. House of Representatives page that lets visitors search for their representative by state and ZIP code. The site further helps voting assistance officers by providing information on training and allowing them to download pamphlets and flyers about the Federal Voting Assistance Program.

(Source: Soldiers Online: <http://www.army.mil/soldiers>)

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Texas Soldiers prepare for hurricane rescues

By Master Sgt. Lek Mateo

36th Infantry Division Team Public Affairs Office,
Texas Army National Guard

AUSTIN, Texas — Soldiers assigned to the Texas Army National Guard's 36th Infantry Division, 143rd Long Range Surveillance Detachment (Airborne) based at Camp Mabry, conducted hurricane preparedness training with aviators of the division's 149th Aviation Battalion and the Republic of Singapore Air Force based in Grand Prairie, Texas. The Singaporeans assisted with Katrina's relief efforts.

A thick cloud of cool white mist rose from the lake surface as a gigantic twin-rotor CH-47 Chinook transport helicopter glided 10 feet overhead and disgorged its load of troops into the murky water below. One by one, the water-logged Soldiers bobbed to the surface as the helicopter lumbered away. They swam to an awaiting Zodiac F-470 rubber boat where they floundered in and quickly sped off to a distant island. Their mission was to rescue more than 20 elderly nursing home patients and staff members who were stranded by high flood waters for the last four days without food and water after a major hurricane had struck.

The scenario recalls the aftermath of Hurricane Katrina, which devastated the coastal areas of Florida, Alabama, Mississippi and Louisiana Aug. 29, 2005, especially the city of New Orleans, but it is actually a joint training exercise performed in the heart of Texas to prepare for the next major storm.

Capt. Matthew H. Peritte, of Austin, and commander of the detachment, explained that the training the Soldiers are performing is a culmination of three months of hurricane preparedness drills that involve medical tasks,



Photos by Master Sgt. Lek Mateo

Soldiers of the Texas Army National Guard's 143rd Long Range Surveillance Detachment, 36th Infantry Division, evacuate other Soldiers, role-playing injured civilians, by Zodiac F-470 rubber boat during a hurricane preparedness training exercise in central Texas

waterborne operations and infiltration and exfiltration methods. Peritte said that "helocasting" is an insertion method specifically designed for a wartime mission, but explained that it can be applied to natural disaster situations much like those presented by hurricanes Katrina and Rita, where massive flooding is involved.

The captain noted that the unit can be readily deployable with all their equipment to any part of the state within 48 hours, if needed, and added that the water training is a refreshing change for many of his Soldiers who recently returned from a year-long deployment to Iraq.

Peritte also pointed out that all the Soldiers in the unit are trained combat lifesavers and a majority of them possess civilian life-saving training and skills they can use in an emergency situation.

"We have a lot of real-world experience that we can draw from within the members of the unit who are civilian paramedics, firefighters and law enforcement officers," Peritte said.

Sgt. 1st Class Shane T. Ruppel, the detachment sergeant, acknowledged that a lot of preparation and rehearsal go into this type of training exercise because of the hazards associated with air and water operations. The Houston resident emphasized that safety is paramount in the dangerous job they perform and that all the Soldiers are constantly reminded they have a moral responsibility to apply and enforce the safety standards at all times.

The senior noncommissioned officer said all the Soldiers in the unit have to complete the Marine

Corps Class 1 swim test where they must swim 500 meters in their uniform, carry a 10-pound weight for 25 meters, and tread water for five minutes before they are allowed to board the boats or helocast.

Ruppel said they like to train for their combat mission, but it is also good to know that they may be called on to use their military training to help their fellow Texans during a natural disaster and do something that makes a positive difference for someone.

"It's definitely an added benefit for our Soldiers to be able to train with our Singaporean ally on this type of rescue mission that will benefit both the people of the U.S. and the people of Singapore," Ruppel said.

During the intense training in the triple-digit heat, Spc. Robert M. Dupalo, of San Marcos, Texas, jumped out of a moving helicopter into the cool water and swam 25 feet to reach his boat. Then he had to face role-players portraying angry civilians who have to be treated for their injuries and evacuated.

"It's pretty stressful with everybody yelling at you but you have to take into consideration the situation and their feelings and be sensitive to it," Dupalo explained.

The specialist, who participated in Hurricane Rita recovery, said it's always a great feeling to be able to help other people in need, but helping people who live within their community makes it even more rewarding.

"It makes me feel good to know that I am doing the job that I was trained to do and at the time knowing that I am helping other people and making a difference. That's what it's all about."



Cpl. Brian K. Harless of Dallas, Texas, and the cast master of the Texas Army National Guard's 143rd Long Range Surveillance Detachment, 36th Infantry Division, gives the thumbs-up signal after a stick of jumpers successfully helocast into Lake Walter E. Long during a hurricane preparedness training exercise in central Texas.



Photo by Edward Rivera

Industry Day

More than 400 participants check in at a registration desk to attend Industry Day. The U.S. Army Corps of Engineers, in partnership with the Greater San Antonio Chamber of Commerce, the City of San Antonio and the Air Force Center for Environmental Excellence, hosted the Industry Day forum at the Henry B. Gonzalez Convention Center Tuesday. The forum was for contractors interested in competing for \$2.2 billion worth of construction projects at San Antonio military bases over the next five years. The event also an opportunity for the Corps to receive feedback from local contractors as to the capabilities of the San Antonio community to tackle the huge amount of construction projects expected as a result of the Base Realignment and Closure decision in 2005.

Briefs cont. . . .

FSH Museum 9-11 exhibit

The Fort Sam Houston Museum will commemorate the Sept. 11, 2001 terrorist attack on the Pentagon with a new exhibit opening on Sept. 7. For more information, call 221-1886.

ESL classes

English as a Second Language classes start Sept. 5 and will be held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. ESL classes are designed for foreign-born spouses to increase reading comprehension, vocabulary and pronunciation. For more information or to register, call 221-2418.

GED classes

Family Employment Readiness will offer General Equivalency Diploma classes starting Sept. 6. Classes will be held Mondays and Wednesdays from 6 to 8 p.m. at the Roadrunner Community Center, Building 2797. Most colleges and employers accept a GED certificate as being equivalent to a high school diploma. For more information or to register, call 221-2705.

AECF ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Sept. 22

at 9 a.m. at the Roadrunner Community Center. AECF provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Kevin Moore at 221-3083 or Anna Prescott at 221-5582.

Lt. Col. Wagner, Memorial service

The Silver Caduceus Society will host a Candlelight Memorial Service to honor Lt. Col. Karen Wagner Sept. 11 at 5:45 a.m. at her grave site, at the Fort Sam Houston National Cemetery. Lt. Col. Karen Wagner died Sept. 11, 2001, while serving as a Personnel Policy Officer in the Office of the Deputy Chief of Staff for Personnel at the Pentagon, Washington, DC during the terrorist attack against the Pentagon.

Freedom Walk

An America Supports You Freedom Walk will be held Sept. 11 at 9:15 a.m. at the Alamodome in commemoration of the five-year anniversary of the terrorist attacks of Sept. 11, 2001. The first-time walk will offer participants a time to reflect on the lives lost Sept. 11 and honor veterans, past and present. The event is free and T-shirts are free while supplies last. For more information or to register, visit www.operationhomefront.net/texas, call Amy Palmer at 659-7756 or e-mail amy@operationhomefront.net.

SFAC

Continued from Page 1

treatments and allows their families to be part of their recovery process.

“Judith got me back on my feet,” said Maj. Anthony Smith, who lost an arm and part of his leg during Operation Iraq Freedom and also has problems with his facial muscles.

“I met Judith while I was sitting out on a hallway at the guest house. I weighed only 135 pounds and was real sick and wished I had been left for dead,” said Smith.

“But Judith took care of me, took me back to the hospital, and got me a chaplain. She continually talked to me and brought me to the center. I have been visiting the center for two and half years,” said Smith.

“The center is great, it brings everybody together and you get encouragement from others to press on,” said Smith.

Medically retired, Smith will be going home today to his hometown of Columbia, Miss.

“In July, more than 4,000 visitors stopped by the SFAC either to attend events or use the facility,” said Markelz.

“The center is open seven days a week, 365 days a year, and does not close for the holidays. “We have 46 volunteers, and families and Soldiers help out here, too,” said Markelz.

The luau included performances by members of the Ukuleles Ladies and Gents performing songs such as “Blue Hawaii.” The Hula Halau Ohana Elikapeka, performers of all ages, entertained the crowd with lively traditional and contemporary dances in brightly colored, authentic costumes complete with live drums. The show ended with a spectacular fire show with hand torches and spears.



Photos by Esther Garcia

(Above) Hula Halau Ohana Elikapeka, performers of all ages, entertain the crowd with lively traditional and ethnic contemporary songs and dances of Polynesia.



(Left) Command Sgt. Maj. Timothy Burke, Army Medical Department Center and School visits with Cpl. Merlin German, Sgt. Kevin Downs and Pvt. Steven Smith at the “End of Summer Luau” held on the grounds of the Fisher House on Tuesday.



Rachel and Dan Medrano, VFW Post 9186, enjoy themselves at the luau hosted by the Soldier and Family Assistance Center. Post 9186 provides monthly meals at the center for service members and their families. Joining the Medrano’s are Lucy Miller and her grandchildren, Lauren and Breanna Austill.



Ukuleles add Hawaiian touch to the “End of Summer Luau” as members of the Ukulele Ladies and Gents perform hits such as “Blue Hawaii” and “Tiny Bubbles.”

Surf’s up

Continued from Page 1

McGinnis looked up amputee surfing in publications and on the Internet. His search led him to Rodney Roller in Pismo Beach, Calif.

Roller is an amputee and a surfing champion, who organized a successful surf clinic for civilian amputees in 2004. He was quick to jump on board for the wounded warriors, enthusiastically beginning the coordination to make the BAMC surf trip a reality.

“I feel so humbled by their service and their sacrifice,” said Roller. “I want to help these injured veterans realize that there is life after disability.”

When the arrangements had all been made, 13 wounded warriors were taken to Pismo Beach to learn that state’s national past time, surfing. The trip was a hit for them all.

“This is something I have wanted to do ever since I was 13 years old, and now I am going to get to do it,” said Army Sgt. Timothy Brumley, a below the knee amputee.

Prior to the trip, Brumley likened his trip anticipation to that of a child at Christmas, just waiting for the chance to open his presents.

“Christmas came again in August this year!” said Brumley, grinning from ear to ear.

Besides surfing, the group enjoyed golfing, outrigger kayaking and canoeing.

Mark Heniser, a BAMC physical therapist, who accompanied the wounded warriors on the trip to provide medical and prosthetic support, was not surprised when they learned to surf in such a short amount of time.

What did surprise Heniser was the community support and organization that he saw in Pismo Beach.

“I knew our guys and gals could meet any physical challenges put before them, because we challenge them more and more each and everyday in the rehab arena,” Heniser said. “They not only meet those expectations, they exceed them.”

The week-long surfing clinic and community activities were the result of the efforts of a coalition formed by Operation

Comfort; the Wood River Ability Program from Sun Valley, Idaho; and its newest member, the Amputee Surfers Alliance based in Pismo Beach. Their efforts, coupled with the generosity and support of the local Pismo Beach community, made the event a total success.

“This is one small way we found to say a heartfelt thank you to our men and women who serve this great country not only in peacetime, but at war as well,” said Dean Mignola, the event public relations officer.

Also partnering in the event were Billabong USA, a sportswear and casual clothing manufacturer, and Pancho’s Surf Shop, a local Pismo Beach surfing retailer. Billabong provided instructors, wetsuits and the boards for the group. Jim Kempton, director of camps for Billabong, was on hand to ensure everything went smoothly with regard to equipment requirements.



Photo by Mike Dulevitz

Navy Petty Officer 2nd Class Derek McGinnis hits the waves once again in Pismo Beach, Calif. McGinnis and 12 other wounded warriors from BAMC took part in the six-day event, Aug. 15 to 20.

“Billabong is proud to support this event and, in so doing, the men and women of our Armed Forces,” Kempton said, adding that Billabong would be a willing participant in any future endeavors. “It is a privilege to be here.”

Justice Department presents Web site to explain military rights

By Jim Garamone
American Forces Press Service

WASHINGTON – The Department of Justice has launched a Web site to protect service members' rights, Attorney General Alberto R. Gonzales said Aug. 14.

Gonzales, speaking to the Disabled American Veterans annual convention in Chicago, said the Justice Department has made it a priority to enforce civil rights laws for American service members.

"The law recognizes that although we can never thank you enough for your service, we can take away some of the worries that Soldiers might face when they are deployed," he said in prepared remarks.

The government promises that service members' jobs will still be theirs when they come home and that they cannot be discriminated against by their employers because of their military service. The U.S. vows that service members will be able to vote and that their vote will be counted.

And it promises that service members "will have procedural protections in civil actions, like lawsuits or property re-possession, when serving overseas."

The Justice Department Web site, www.servicemembers.gov, outlines the rights service members have under the Uniformed Services Employment and Reemployment Rights Act, the Uniformed and Overseas Citizens Absentee Voting Act and the Servicemembers Civil Relief Act.

"These basic civil rights are enforced by the Department of Justice, and I can assure you that the department's staff and prosecutors are deeply committed to these enforcement efforts," Gonzales said. "We feel that it is an honor to serve those in uniform in this way. It is our way of saying thank you for your service."

The attorney general said these are not just "pie in the sky" rights, but issues that directly affect people.

In one case, Justice Department officials filed its first complaint alleging that American Airlines violated rights of employees who also serve as military pilots. The case was brought on behalf of three military pilots employed by American Airlines. It states that the airline reduced the employment benefits of pilots who had taken military leave, while not reducing the same benefits for pilots who had taken similar, non-military leave, Gonzales said.

"It's hard to respond to a civil lawsuit while you're focused on improvised explosive devices, and the law protects service members for that reason."

Alberto R. Gonzales
Attorney General

"In another vivid example of the people for whom we enforce these laws, the department recently won a consent decree from an employer who terminated employment of a serviceman named Richard White the very same day that Richard told his boss he was being called to active duty," the attorney general said. "The consent decree requires the employer to pay back wages to Mr. White.

"What leads an employer to treat a Soldier like an inconvenience is something for a higher power to judge. But here on earth, we have USERRA, and we'll use it for Richard White and for Soldiers like him, as often as is necessary."

Voting is another service member right the Justice Department guards. "Earlier this year The Uniform and Absentee Voting Act addressed long-standing structural issues affecting uniformed military personnel posted both in this country and overseas who wished to vote in North Carolina, South Carolina and Alabama," Gonzales said.

These states had run-off elections too close to the primary elections to allow these voters to receive and return ballots. With cooperation from state election officials, the department was able to redress each of these violations. "As the 2006 general election approaches, we will con-

tinue vigilant protection of the voting rights of service members, their families and other overseas citizens," he said.

Gonzales also addressed the Servicemembers Civil Relief Act. "Thanks to this law, men and women currently serving in Iraq and Afghanistan have procedural protections in place that will allow them to be less distracted by litigation back home — by someone trying to repossess a leased car, evict their spouse and children, sell their house at an auction or run up penalties on credit cards with 21 percent interest rates," he said. "It's hard to respond to a civil lawsuit while you're focused on improvised explosive devices, and the law protects service members for that reason."

Enforcement of this law is a readiness and morale issue, he said. "Men and women in uniform, like all Americans, have to honor their obligations," he said. "However, Congress long ago decided, wisely I think, to provide protections to them against lawsuits while deployed overseas on active duty."

Army stresses motorcycle safety

Motorcycling has become increasingly popular in the Army with 33,425 motorcycles currently registered on Army installations. One result is that motorcycle accident rates have increased proportionately. As the accident rate goes up, leaders must find ways to improve motorcycle safety within the Army. The Chief of Staff, Army, now requires the Six Point Program developed by the Combat Readiness Center be used by all Army units. Like any sport, motorcycling can be very dangerous. Although we cannot totally prevent motorcycle accidents, through proper training and preparation we can reduce them. Therefore, our actions can make riding motorcycles fun rather than fatal.

Accidents can be reduced, or at times prevented, by choosing the correct motorcycle, having the proper equipment and training. Riding skills are learned; therefore attendance in a Motorcycle Safety Foundation approved course should be the first step for all riders. Motorcycle safety courses are required and provided by U.S. Army installations. All riders must meet the requirements of the MSF course, which is provided to Soldiers and DoD civilians free of charge. Information on MSF courses and their contents can be found at <http://www.msf-usa.org/>. Consult your Installation Safety Office on local classes and policies. Information for commander's use is available at <https://crc.army.mil>, in the POV Tool Box

and Six Point Program.

Motorcycle safety tips

To operate a motorcycle on a military installation, riders are required to wear proper personal protective equipment. Properly fitted and functional PPE makes riding more comfortable and much safer. High visibility PPE is required by the military and preferred in all cases.

Helmets are the single most important item of PPE. Eye Protection is also required. The following clothing items are required for safe motorcycle operation all items must meet the requirements listed below:

Jacket - A high-visibility upper garment is required by day and a retro-reflective garment is required at night.

Pants - Pants are required to cover the entire leg. Most motorcyclists prefer pants that are similar to their jackets and some are available that zip together. Pants should provide the same protection against abrasion as jackets.

Gloves - Closed-finger gloves are required. The intent is to protect the riders fingers from strikes from flying objects. The glove should be made for motorcycle use. Gloves that are not for motorcycle use provide less grip and protection.

Boots - Over-the-ankle footwear is required. Footwear should be made of sturdy leather and have a good oil-resistant sole to reduce slipping hazards. Army

boots meet the requirement.

Rain suit - Rain suits are not required by the military, but riding is much more comfortable and likely safer if you are dry.

Keep in mind you represent the Army at all times on and off duty. Driving is a privilege, so you must prove competence to be licensed. If you are reckless or ignore the rules you can lose your privilege. Laws are not intended to harass you; they are intended to improve safety by keeping incompetent people off the road.

Most states require riders to have either an endorsement to their automobile license or a separate motorcycle license. In most states, the Department of Motor Vehicles will have a Web site listing the requirements for a rider to get a license. Soldiers must comply with state and local requirements as well as those of the Army.

Army motor vehicle registration policies apply to motorcycles, as do state and local regulations. State registration should not be a problem if you follow all local laws and pay the license plate and registration fees.

Insurance costs may vary drastically. Some providers may give discounts for MSF training while others may not. Shop around, it may save you money. A good driving record always saves you money



when purchasing insurance, so be safe.

Motorcycles have evolved a great deal in recent years and continue to change. The changes usually represent an improvement in handling, function, and, often, in safety. Motorists are constantly changing, as are automobiles. And, while the mechanical factors have typically improved, the same cannot be said for the human factors. Based on this information you cannot know all there is to know about riding. To enjoy riding do not be foolish; be properly clothed, well trained, informed, and safe.

The Motorcycle Safety Foundation-approved training course is required for all Department of Defense employees. For more information about a course, call Wayne Blanco-Cerda at 221-3836.

(Source: https://crc.army.mil/driving-pov/mcycle_guide.doc)



Courtesy photo

College bound

From left, Amanda Talesha Bray, Cole High School; Joline Ramirez Almendarez, Roosevelt High School; Pedro Joel Class, and Anthony Garcia, Madison High School were each awarded a \$500 scholarship by the Noncommissioned Officers Wives Club at a luncheon held at the Sam Houston Club.

Renovations at Watkins Terrace continue

Although Fort Sam Houston Family Housing, Limited Partnership Development has completed several renovations in Watkins Terrace, more are expected to come. The 250 homes were built in 1995 and 1996. The homes are available to junior NCO's.

The village features duplex homes with attached garages. The houses are accessed by a loop road that was intended to bring visitors to the front door. Overtime, this perception has changed. To redefine the village, a new pedestrian street or pathways between homes will create new front yards and better connect the village.

The development plan calls for the minor renovation of the homes, including the addition of new rear porches, bath and kitchen upgrades, flooring upgrades and interior paint. A pedestrian street or pathways between homes and connecting tot lots and sports courts will be constructed to enhance the community. In addition, a 2,500 square foot village center is scheduled to be complete in 2008. The village center will have such amenities as a swimming pool, kitchen, small gathering room, and an outdoor play area.

Galaxy Builders began the addition of new rear porches in July. Final completion is scheduled for March 2008. Each porch replacement will take approximately five days to complete. Galaxy Builders will work Monday through Friday from 8 a.m. to 5 p.m. During the work hours, pets will



Courtesy photo

Renovations of the Watkins Terrace homes include new rear porches.

need to be contained and the work area will be off-limits to children. Galaxy Builders will clear the work area each day, allowing families to use their backyard areas in the evenings.

Lincoln Military Housing will be completing the interior upgrades as residents vacate their homes. Each interior upgrade takes approximately 10 days to complete.

In addition to Watkins Terrace, homes are being renovated in Artillery Post, Hancock, Infantry Post, Wheaton Graham, Gorgas Circle, and Patch Chaffee.

For more information, call the FSHFH, LP Development at 226-5597 or the Residential Communities Initiative office at 221-0891.

(Source: Residential Communities Initiative)

A 30-minute walk a day may help keep obesity away

By 1st Lt. Denise Blenhyne
Special to the News Leader

The Center for Disease Control and Prevention has stated that for the past 20 plus years, overweight and obese people have more than doubled in numbers in the United States. Obesity is also the seventh leading cause of death in the U.S. today.

Concerned by those facts, people may want to make changes in their own families to ensure that they don't become a number in those statistics.

Educators have stressed that consuming a healthy diet is a major factor in the fight against obesity and it plays one of many roles. But physical activity goes hand-and-hand with eating a balanced, healthy diet.

People don't have to pay the high prices to become members of a gym or fitness club. Just becoming more physically active is the key to a better lifestyle of healthy living. For example, by spending more time walking up and down stairs, instead of riding the elevator; or walking a little further distance when shopping, instead of parking right in front of the stores; and walking after dinner for 30 minutes, instead of sitting in front of the television are just a few positive steps toward living a healthier lifestyle that may prevent obesity.

Walking helps the heart work more efficiently and the body metabolism to function more readily through the process of burning fat and calories. This process will help with weight loss, therefore decreasing a person's chances of becoming obese, which could lead to serious health problems.

If a person cuts back on unhealthy, high fat content foods, makes healthier choices and increases physical activity, it will also help a person to feel better both, physically and mentally. Life is about living a healthy lifestyle. Increase physical activity, maintain a healthy diet and strive to live a healthy productive life. Take the first step to a 30-minute walk a day and keep obesity away.

For more information, visit www.CDC.gov or www.healthfinders.edu.

Brooke Army Medical Center Health Promotions – August Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday	2 to 3:30 p.m.	BAMC, Health Promotions lower level, Room L31-9V
Cholesterol Management	Wednesday	1 to 2:30 p.m.	BAMC Health Promotions (This class is by consult only)
* Tobacco Use Cessation C	Today	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Weigh for Health (Weight Management)	Today and 31	1 to 2 p.m.	For more information, call Nutrition Care at 916-7261
Yoga	Wednesday	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

* To schedule these classes, call 916-9900, select option No. 4. For more information, call 916-3352.

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.

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.



SPORTS BRIEFS . . .

Kraft/Missions baseball game

Kraft Foods will salute Fort Sam Houston military families at Military Appreciation Night at the San Antonio Missions baseball game Wednesday at 7:05 p.m. at Wolff Stadium. Ticket vouchers are available at the following Morale, Welfare and Recreation locations: the Bowling Center, Jimmy Brought Fitness Center, Library, Child and Youth Services and Army Community Service. For more information, call 675-7275 or 221-2606.

Men's basketball team tryouts

Tryouts for coach and player positions on the post men's basketball team will be held Sept. 5 through 8 at 6:30 p.m. at the Jimmy Brought Fitness Center. Resumes or letters of intent for coach positions are due Friday. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Women's basketball team tryouts

Tryouts for coach and player positions on the post women's basketball team will be held Sept. 5 through 8 at 6:30 p.m. at the Jimmy Brought Fitness Center. Resumes or letters of intent for coach positions are due Friday. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Instructors needed

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.

CAREER CLIPS**Administrative assistant, San Antonio –**

Maintains calendar of key events and activities related to the activities of the Trauma Registry Director. Obtains points of contact and schedules virtual meeting arrangements with remote staff. Produces and maintains records of coordination and decision meetings conducted in various formats. A security clearance will be required for this position.

Research assistant, San Antonio –

Performs technical support to research projects. Separates serum from whole blood and prepares samples for analyses. Performs data collection and analysis, documents experimental results and tabulates data into spreadsheets, prepares figures and tables for presentations and manuscripts, data review. Provides administrative services; tracks and orders all lab supplies with approval.

Operations administrator, San Antonio –

Assures the logistics design is optimized and meets customer requirements. Communicates and resolves problems with other departments, outside vendors, management and or customers as required. Maintains a safe working environment while ensuring use of safety practices.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.

Water conservation measures in effect

By Shasta Bell
Morale, Welfare and Recreation

Hot, dry summer conditions bring the issue of water conservation to the forefront on Fort Sam Houston.

Water conservation procedures on Fort Sam Houston are based on measures adapted by the San Antonio Water System, and a major component of its conservation plan focuses on the use of reuse water.

Reuse or recycled water is considered a Type I "non-potable" resource. While reuse water is virtually harmless to human contact, it is not meant for human consumption.

"The differences between purification systems renders reuse water one step below drinking water and equivalent to bath water. Reuse water has certain purification procedures that are close to the potable water process, but the restrictions on detoxification levels vary," said Jackie Schlatter, natural and cultural resources specialist at the Fort Sam Houston Environmental Office.

Reuse water is the primary source of irrigation for industrial and commercial companies, to include parks, golf courses, schools, industrial facilities and athletic fields. The water resource is used for landscape irrigation, industrial cooling water and river preservation.

Conservation measures

The dependence on reuse water as a key water resource increases when drought conditions are in effect on Fort Sam Houston because of its unrestricted use.

SAWS owns the nonpotable water reserve. Organizations must establish contractual agreements and purchase their water supply from SAWS.

The reuse water supply reaches Fort Sam Houston by way of a waterline that stretches east to west through San Antonio. Fort Sam Houston gets its supply from the west side, which runs along Harry Wurzbach Road to Winans Road and empties into Salado Creek.

"The waterline pipes are located along the roadside and are pink and purple in color which makes them easy to distinguish. You can see them on post near the Leadership softball fields and on Harry Wurzbach," said Schlatter.

The Fort Sam Houston Golf Course, Dodd Field, Recreation Vehicle Park, Army Medical Department Museum and the 1600 and 3800 area plants are reuse landscape irrigation users.

Reuse water is also used for cooling towers or air conditioning chillers at various locations on post.

Early predictions are that more water restrictions will be imposed in San Antonio as aquifer levels are expected to continue decreasing. Aquifer measurements this month indicate that the level is at 657.4 feet, which is 5.9 feet below the historical June average.

SAWS implements Stage I water restrictions when the water level drops to 650 feet. The Department of Defense enforces Stage I restric-



Photo by Kathrine Maple

The golf course has begun a renovation of its greens and tees on the Salado Course. The course grounds require damp conditions at all times in order for the turf to develop and grow. The golf course was granted temporary exemption for water restrictions while under renovations.

tions when the water level lowers to 657.5 feet for five consecutive days.

Currently, the post is close to being under Stage I water restrictions. In accordance with the Water Reduction Program and Phase I Reduction Plan, landscape irrigation is prohibited between 10 a.m. and 8 p.m. daily. Activities that waste water, such as car wash fundraisers, are also prohibited during this stage.

Golf course receives exemption

However, water restriction exceptions are granted in rare circumstances, such as in the case of the Fort Sam Houston Golf Course, which has begun a renovation of its greens and tees on the Salado Course.

Golf course grounds require damp conditions at all times in order for the turf to develop and grow. To retain moisture on the grounds, the irrigation system has to remain operative 24 hours a day. Since this phase of the renovation project encompasses the growing season, the golf course was granted a temporary exemption from watering restrictions.

The landscape irrigation exemption to allow watering between 10 a.m. and 8 p.m. only applies to the 18 holes on Salado Course that are under renovation.

A computer-controlled irrigation system is installed on the course and aids in conserving the reuse water supply at the golf course. The CCIS monitors the irrigation levels in the soil by measuring the rainfall total to the need for additional irrigation.

"After 2003, rainfall totals have consistently declined which created increased demand for reuse water," said Schlatter.

Data indicates there are many benefits for using nonpotable water, but one of the most significant reasons relates to its long-term cost savings.

"Reuse water saves us from going over our potable water cap, and, therefore, cost savings can be applied to (Base Realignment and Closure) growth instead of used as penalty payments," said Schlatter.

For more information on water conservation measures on Fort Sam Houston, call Schlatter at 221-5093. For information on the Salado Course renovation project, call 221-5863.

Water-saving tips

- Support projects that use reclaimed wastewater for irrigation and other uses.
- Use a hose nozzle and turn off the water while you wash your car and save more than 100 gallons.
- Encourage friends and neighbors to be part of a water-conscious community.
- If your toilet was installed prior to 1980, place a toilet dam or bottle filled with water in your toilet tank to cut down on the amount of water used for each flush. Be sure these devices do not interfere with operating parts.
- Install water softening systems only when necessary. Save water and salt by running the minimum number of regenerations necessary to maintain water softness.

(Source: Fort Sam Houston Environmental Office)



ACAP offers transition, employment assistance

Army Career and Alumni Program is available to Soldiers and their family members when preparing to leave active duty and return to civilian life. Service members who are planning to retire may begin the process 24 months prior to their retirement date. All other separating service members may start one year prior. All Soldiers are required to take advantage of the program no later than 90 days prior to separation.

The ACAP is open to Army retirees and their family members, on a space available basis, for as long or as often as needed. Veterans, non-Army retirees and their family members can now use the ACAP services for 180 days after separation. Department of Defense civilian employees and their family members can take advantage of ACAP services for 360 days from the date of registration.

The ACAP Center provides transition counseling and employment assistance that includes a three-day transition assistance program workshop and six modules of employment assistance training on the ACAP XXI automated system. One day resume and interview workshops designed specifically for civilian employees is also available. ACAP counselors critique resumes on request.

An ACAP client can learn how to explore possibilities and decide upon a career path, conduct a job search, write resumes and practice interview skills. The resume produced is a product that markets the individual in an effective way and is one that the client can be proud of when presenting it to prospective employers. Clients can also use ACAP XXI computers to enter their RESUMIX resume in the Army Civilian Personnel system. Soldiers may use the knowledge gained to make informed decisions regarding reenlistment.

To make an appointment, eligible clients may call 221-1213 or visit the ACAP Center, Room B099 in the basement of Building 2263 on Stanley Road. The ACAP Center operates on an appointment basis so clients can be assured that a computer or ACAP counselor time will be available upon arrival.

An active AKO account is required in order to take full advantage of the ACAP XXI automated system. Clients are advised to have AKO login information when they visit the ACAP Center. For more information, visit www.acap.army.mil

(Source: ACAP Center)

RELIGION

RELIGIOUS HAPPENINGS . . .

PWOC fall kick off

The Protestant Women of the Chapel will hold their fall semester kick off Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel. All women from the local military community are invited to attend.

Childcare will be provided for children up to age 5. The theme for the year is "Unity – to let the world know," from John 17:23.

Six different Bible studies will be offered. Following the kick off, PWOC will meet Wednesdays from 9:30 to 11:30 a.m. A Thursday study will also available at Dodd Field Chapel from 6:30 to 7:30 p.m. starting Aug. 31. Childcare will be provided. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.



Chapel to offer youth ministry course

The Installation Chaplain's Office will hold a youth ministry course Wednesday and Aug. 31 from 6 to 8 p.m. at the Installation Chaplain's Office, Building 2530. Dinner is included. Learn to map the world of youth, set a compass vision for youth ministry and develop an itinerary planning process for a spiritual journey in the youth ministry. For more information or for reservations, call Brian Merry at 221-5006 or e-mail brian.merry@samhouston.army.mil.

Officers' Christian Fellowship Bible study

The Officers' Christian Fellowship group will hold a dinner and discussion Sunday at 4:30 p.m., at 1008 Gorgas Circle. The discussion will concern fall Bible studies and activities. For more information, call Lt. Col. Bob Griffith at 385-8451 or e-mail robert.griffith1@amedd.army.mil.

Collective protestant gospel service

The gospel service will hold a "Bride of Jesus" prayer breakfast and workshop Sept. 9 from 8:30 a.m. to 2 p.m. at Dodd Field Chapel. Jeannette Boyles, Campus Crusade for Christ, military ministry, will be the workshop presenter. A light breakfast and lunch will be served. Childcare will be provided. Reservations are due Sept. 1. For more information, call Bedell Springs at 445-4588 or Linda Caldwell at 260-8911.

Sept. 11 remembrance service

A remembrance service will be held Sept. 11 from 12 to 12:30 p.m. at the Army Medical Center Regimental Chapel. For more information, call Chaplain Jonathan Etterbeek at 221-4362.

**For the chapel services schedule, visit
www.samhouston.army.mil/chaplain.**

Post Pulse: Aug. 24 is Women's Equality Day. What female has most influenced you and why?



"My director from Beauty Control, she has been a friend, a sister and a great mentor. She has helped me in the most difficult time of my life and I'm very blessed to have her in my life. She means everything to me."

Sherry Nelson



"Lt. Col. Jennifer Styles, a woman who is a mom, a mentor, a role model, and has managed to be successful in her military career. She knows how to keep her life balanced and she has been a motivation factor to me in furthering my education."

Maj. Debra Dandridge



"My mother who raised me with morals, ethics and to be the best that I can be. They don't make them like that anymore, but I found one like her and that would be my wife, Sandra."

Donald Dalrymple



"That would be my mom. She has given me the strength, determination and instilled plenty of knowledge to be the person that I am today."

Capt. Tato Marrero, wife Tonya and son, Ethan

'Miracle' van offers injured Marine mobility

Story and photo by Norma Guerra
Brooke Army Medical Center Public Affairs

One Marine, who surprised doctors by making medical history, having survived burns over 95 percent of his body, now has another miracle. A miracle, which allows him a bit more freedom.

Cpl. Merlin German and his parents, Yvonne and Hermery German, were presented with a state-of-the-art handicap van Friday, by Rollx Vans and the Injured Marine Semper Fi Fund.

The organization contacted Marine Liaison Lt. Col. Douglas Olbrich to inquire if there were any Marines or Sailors in need of such a van. Olbrich immediately connected them with the German family, knowing that Cpl. German was the perfect candidate.

Cpl. German has been a patient at Brooke Army Medical Center since his accident in February 2005.

The Injured Marine Semper Fi Fund had its genesis in April 2003 at the Naval Hospital, Camp Pendleton, Calif.

Karen Guenther, the founder of the nonprofit organization, a registered nurse and spouse of an active duty Marine, saw first hand the challenges faced by wounded Marines and Sailors as they returned from Operation Iraqi Freedom.

Guenther, a group of military spouses and hospital employees organized "Welcome Home" activities at the hospital and coordinated much needed air transportation. The group met each flight coming into Camp Pendleton with hugs, encouragement and "Welcome Home" bags

filled with basic necessities, toiletries and phone cards.

One Marine quadriplegic who needed a way to get around inspired the creation of the fund. Within three weeks of learning of his need, the organization delivered a new, fully equipped mini van for his use.

What was needed, was a program to fill the gaps nationwide. Guenther's kitchen table became the work place for the development of the fund.

By May 2004, the Injured Marine Semper Fi Fund was incorporated in California and a governing board and an advisory board were in place.

The Lighthouse Christian Church in Oceanside, Calif. made the first official donation to the fund. That first donation provided assistance to three injured Marines and established the legacy of caring, compassionate support that continues today.

Rollx Vans, a leading manufacturer of conversion vans for physically challenged individuals, has partnered with the Semper Fi organization and together have instituted a program through which they loan, insure and maintain modified vans for injured service members until the service member's Veteran's Administration benefits become available. At which time, the borrowed vans can be purchased or returned for other service members to use.

The fund will help Marines purchase their van, if they choose and will pay the difference between the VA benefit amount and the cost of the van.

"Thus far, the Semper Fi Fund has accommodated nine families with handicapped vans and provided more than \$5 million dollars in grants to Sailors and Marines," said Guenther.

"We have also extended our



Standing from left, Yvonne German, Lt. Col. Douglas Olbrich, Hermery German, Scott Nelson and sitting, Cpl. Merlin German stop for a group photo after a specialized van was presented to Cpl. German by Scott Nelson, field representative for Rollx vans.

services to Soldiers," Guenther added.

"I knew I could not go to Iraq and fight terrorists, so I decided to fight hard for our service members by providing them with much needed things," Guenther said. "The government provides such amazing support, but that doesn't mean they can't get a little help from us citizens."

Scott Nelson, Rollx field representative, personally drove the van from Dallas to the front door of the Fisher House at Brooke Army Medical Center where Cpl. German and his parents reside.

"It is an honor for me to present these keys to the German family," Nelson said.

"It is going to allow us to take Merlin anywhere he wants to go," said Hermery German. "This van is a true miracle for our family."



Photo by Cheryl Harrison

Coffee, tea and OCSC

The Officer and Civilian Spouses' Club held a Welcome and Sign-up Coffee Tuesday at the Army Medical Department Museum. Margaret Kerchief, (left) OCSC newsletter editor visits with Patrice Mishket, at a sign-up table for bowling and bingo. Other tables held information about tours, Red Cross volunteers, bunco, stitchery and book club. For more information about the OCSC, call Darlene Weber at 277-6624.



Photo by Sue York

Selfless service

Col. Wendy Martinson, U.S. Army Garrison commander, congratulates Nora Falls who was honored for 30 years of volunteer service to the Fort Sam Houston Army Community Service programs.

Fort Sam Houston Independent School District Weekly Calendar – Monday through Sept. 2

Fort Sam Houston Elementary School Wednesday

Early dismissal
Kindergarten through fourth grade, 2 p.m.
Pre-kindergarten, 2:15 p.m.
Fifth and sixth grade, 2:30 p.m.

Aug. 31
FSHISD school board meeting in Professional Development Center, 11 a.m.

Sept. 1
Spirit day

Robert G. Cole Jr./Sr. High School

Monday
Senior class meeting in cafeteria, advisory
Jostens ring presentation in Fine Arts Building. Advisory open house, 6:30 p.m.

Tuesday
Volleyball vs. Kenedy at Cole, 5 and 6 p.m.

Wednesday
Post Mentor Program open house in gym, 10:30 a.m. to 1:30 p.m.

Aug. 31
FSHISD school board meeting in Professional Development Center, 11 a.m.

Ring order from Josten's in cafeteria
Junior varsity football at San Antonio College, 6 p.m.

Sept. 1
Varsity football at S.A.C., 7:30 p.m.

Sept. 2
Cross country meet Southwest ISD Invitational at Southwest High School, TBA

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet Aug. 31 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

Cole open house

The Cole High School Open House will be held Monday at 6:30 p.m. in the Tom Moseley Gymnasium. The event is for ninth through 12th graders and parents or guardians.

Cole Junior ROTC cadets endure ROPES

By Cadet 2nd Lt. Brittany Maas
Battalion Public Affairs Officer

While some students were home resting and relaxing after school ended in May, Robert G. Cole High School Junior ROTC Battalion cadets met, worked, and practiced skills to prepare for the 2006-2007 school year.

Due to Army-wide funding constraints, the traditional Junior ROTC summer camp held at Camp Bullis was cancelled. As a result, the Cole Junior ROTC Cougar Battalion held a local alternate summer camp for interested cadets.

The camp took place from May 30 to June 2 on the school campus. During this time, the cadet leaders awakened early, sacrificed their summer days to attend and showed their dedication to the Junior ROTC program.

In the four days of camp, the cadets attended classes conducted by their fellow cadets and recent graduates and marched in the summer heat. In addition, the Edison High School Junior ROTC visited the camp and established a "Reality Oriented Physical ExperienceS" or ROPES course for the battalion. The course consisted of different obstacles the cadets had to maneuver to help them develop their leadership and teamwork skills. Some of the obstacles forced the cadets to collaborate, determine a solu-



Photo by Lt. Col. (Ret.) Robert Hoffmann
Lukas Sheridan (kneeling) and team cadets Jeremy Fuentes and Brian Bowman help Jessica Bagg maneuver the "Island Hopping" obstacle.

tion to the obstacles, and implement the solution quickly.

The 28 cadets, who attended the camp, learned much about collaboration, leadership, teamwork, hard work and had fun along the way. Junior ROTC instructor Lt. Col. Robert Hoffmann and Sgt. John Clinton will ensure that the skills they learned during the summer are implemented throughout the 2006-2007 school year.

FSH Elementary welcomes students, parents

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

The Fort Sam Houston Elementary school held a "Back-to-School Night" for parents and students in different grade levels. First, second, and third grade students and their parents received information from teachers on Aug. 17. The second evening, Tuesday, was for fourth, fifth, and sixth grade parents and teachers, and the final session was for pre-kindergarten and kindergarten parents and teachers on Wednesday.

The initial portion of each evening focused on the faculty and learning areas for the curricular areas of visual arts, music, and theatre, as well as, the state and federally mandated program for physical

education. Parents traveled to these classrooms to visit with the professional staff.

After traveling to the fine arts and physical education venues, the parents reconvened in the cafeteria to be welcomed by Jayne Hatton, principal. Each teacher was presented to the parents as well as all support and administrative staff. Parents then traveled to their children's classrooms to meet the teachers.

"The special evening orientation meetings are quite important as they are designed to build and strengthen the relationship between home and school," said Hatton.

"Parents always come to us with questions, from the cost of lunch to how grades are determined. We as teachers and administrators answer all their questions and provide information and insight into the classroom structures, school expectations, and curricula the students in each grade level will be addressing."

Of particular interest this

year are the new classroom behavior structures that are being implemented as a part of a three-year grant program. One special feature of this program is the "C.H.A.M.P." behavior expectation, which stands for communication style, how to get help, activity objective and expectation, movement requirements, and participation requirements. This special program, devised by an educational behavior researcher, Barry Sprick, promises to be very successful by assuring a consistent, positive learning setting for all students.

Hatton informed the parents of the school's attainment of the Texas Education Agency's campus rating of "Recognized" and the rating of "Met Adequate Yearly Progress" under the federal law, No Child Left Behind of 2001.

The Cougar Cub Parent Teacher Organization met and Bobbi Jo Bowser, PTO president, explained the organization's role in the school and key fundraising events.



Brooke Army Medical Center Deputy Commander for Nursing, Col. Carol McNeill, presents Ron Joy and the Rainbow Kids with a combat medic box and hospital coin for the group's performance.

A classic Elvis Presley number, "Heartbreak Hotel" was performed by Rainbow Kids including Ethan Fleming, Mattie Goodwin, Jennifer Pederson and Emily LaFrance Aug. 17 for the staff at Brooke Army Medical Center.

Photos by Nelia Schrum



The Rainbow Kids wrap up their BAMC performance with one of the most popular patriotic songs, "God Bless the U.S.A."



"Stop in the Name of Love," made famous by Diana Ross, is sung by vocalists Jennifer Pederson, Lana Dvorak and Elizabeth LaFrance.



Courtesy photo

At any given time, eight to 15 children are actively involved in the Rainbow Kids. A recent group, consisting of nine girls and one boy performed a patriotic show for the crowds that frequent the Riverwalk in downtown San Antonio. The Rainbow Kids are under the direction of Ron Joy.

Somewhere over the Rainbow Kids

By Cheryl Harrison

Fort Sam Houston Public Information Office

Whenever a group of people gather to rehearse for a show, a director or producer is always nearby. In the case of the Rainbow Kids that director is Ron Joy. By day, Joy works as a public affairs specialist in the Southwest Region, Installation Management Office, at Fort Sam Houston. By night, he directs and encourages children in the entertainment group known as the Rainbow Kids.

As a child, growing up in Arizona, Joy was bitten by the acting bug. Joy and his brother were child performers and toured all over the state.

"As a child performer, my brother and I performed in a show called The Lew King Rangers. Wayne Newton and Marty Robbins are a few of the big names that performed with that show," said Joy. "We did TV and radio programs, as well as live stage. We toured all over Arizona."

As an adult, the bug bite never faded or went away. Joy has worked for the government for more than 30 years, traveling around the world. But, during his travels and free time, he began children's performing groups, giving budding entertainers the opportunity to develop their talents and entertain audiences with song, dance and comedy.

Originally, the group was called the Sunshine Kids and an advanced group was known as the Young Celebrities.

The Young Celebrities performed at the Arizona State Fair, on the Queen Mary and at Disneyland. Several of the members of that group went on to be cast in movies and television.

Heather O'Rourke, better known as Carol Ann in the 1981 movie "Poltergeist," began with the Young Celebrities at the age of 3.

"I remember we had to bribe her with gum to perform," said Joy.

Another member of the group that turned professional was Angela Powell.

Powell was cast in the 1971 TV sitcom, "The New Dick Van Dyke Show."

The main idea behind the Rainbow Kids is to teach children the basics of the performing arts. Children learn to develop and use their talents in singing, dancing and comedy. Entertaining in front of an audience can build a child's self-esteem and give them self-worth, according to Joy.

The Fort Sam Houston "Rainbow Kids" began in February 2004. Open auditions include community kids as well as those living on post. Ninety percent of the participants have been children of service members.

"The criteria for an audition is to be prepared to sing a cappella, perform a short dance routine, and most importantly, know why you want to be a member of the Rainbow Kids," said Joy.

"Being a part of the group is a commitment, not only to the child involved, but to the family as well. That commitment means the show comes first. It is a dedication to the art and to the rest of group," Joy said.

The organization provides its own funding; the parents help with carpools to different locations, costumes, set up and tear down. And, costume changes are sometimes accomplished in a recreational vehicle provided by one member's family.

The group has a very family oriented atmosphere. Often they gather for cook-outs and swim parties. Backstage moms are not a problem, but the exception. They are as much a part of the backstage help as are their children.

Kim LaFrance, mother of two girls in the groups, said, "My oldest daughter, Elizabeth, became involved when we saw an ad about auditions for a video Ron was doing. Since, then my other daughter has become a part of the group. To be a part of the Rainbow Kids is a blessing. It teaches the kids discipline, coordination and confidence."

"Ron is great with the kids. He is a child at heart and he relates so well with



Photo by Nelia Schrum

Ron Joy, director of the Rainbow Kids and a public affairs officer at the Installation Management Agency, monitors the sound for the Brooke Army Medical Center performance while providing cues to the performers.

the children. He also has a lot of patience with them," LaFrance added.

The post Rainbow Kids were on break since June 3. Their recent return was very busy with rehearsals for a show held at Brooke Army Medical Center Aug. 9 called "God Bless the U.S.A." in honor of the hospital staff, warriors, retirees and military families.

Joy's pride in "his" kids is evident as he spoke of their accomplishments.

"This is the only group of children ever to be allowed on the grounds of the Alamo at night, this is a big deal," said Joy.

His dedication and love for the entertainment field and for children has culminated into the Rainbow Kids. In turn, the children that make up this talented group are equally devoted to Joy and the gift he has given to them.

Elizabeth LaFrance, who has been with the group since 2004 said, "Being part of the group is wonderful. If we don't like a

song, Ron lets us be free to sing what we want. He is very funny."

"It's not just performing and rehearsing, but we do things together. We are like a family. We go to dinner and swimming," said Elizabeth.

"It is really cool to be a Rainbow Kid. I like singing and dancing, but singing better. Ron is really nice to us and he is only strict when we don't listen," said Emily, Elizabeth's sister.

At any given time, eight to 15 children are actively involved in the Rainbow Kids. At the present time, the group consists of seven talented young ladies and one outstanding young man.

The Rainbow Kids are Alana (Lana) Dvorak, 11; Ethan Fleming, 12; Mattie Goddwin, 10; Taraja Hudson, 7; Emily LaFrance, 9; Elizabeth LaFrance, 11; Holly McEuen, 6; and Jennifer Pederson, 9.

For more information about the Rainbow Kids, call Ron Joy at 295-2093.

Blast from the past



Courtesy photos

The Young Celebrities were a more advanced group of entertainers. Several went on to movie and television careers. This group was from the early 1980's with Heather O'Rourke, (second from left, holding a Pooh bear), of "Poltergeist" fame.



Angela Powell went on to a television career when she was cast in the 1971 sitcom, "The New Dick Van Dyke Show." She played the role of Van Dyke's daughter, for the television family comedy, opposite TV mom Hope Lange.

Heather O'Rourke, was cast as Carol Ann, at age 6, in the 1982 horror movie "Poltergeist." Her muttered words, "they're here" will forever be among the most defining lines in any movie. Heather was also cast in TV versions of "Still to Beaver," "Happy Days," and "Webster." As well as sequels to "Poltergeist" in "Poltergeist II and III." Sadly, at the age of 13, she passed away from cardiopulmonary arrest.



2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Oct. 21 from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and includes a 5K, 10K and 10 meter run or walk. Other activities includes a parade, arts and crafts fair, live entertainment, games, contests and children's activities. For the first time, the festival will include a barbecue cook-off, "Funniest Soldier on Post" competition and a dance contest. Additionally, the Directorate of Morale, Welfare and Recreation is seeking food and arts and crafts vendors and participants to enter into the parade and barbecue cook-off. To register as an arts and crafts or food vendor, call 221-5225. To participate in the "Funniest Soldier on Post" contest, call John Rodriguez at 221-1234. For more information on event activities, call 221-3003. The Combat Medic Fest is sponsored by DeVry University, First Command Financial Planning and Hotel Marquis Airport.

COMMUNITY RECREATION

New hours at outdoor pool

The Aquatic Center's hours of operation are Monday through Friday from 11 a.m. to 1 p.m. for lap swimming only, at no charge, and 4 to 8 p.m. for open swimming. The slides will be closed to the public. On weekends and holidays, the pool will be fully operational with slides and deep end swimming open to patrons from 12 to 8 p.m. Lap swimming is free. All other services are subject to a \$2 admission charge. For more information, call 221-4887.

Horse riding lessons

The Equestrian Center offers Western, English and jumping lessons for individuals and groups. Participants must be at least 7 years old. The cost is \$25 per person for a group lesson, \$35 per person for a semi-private lesson and \$40 per person for private instruction. Discounts are available for groups of five. For more information, call 224-7207.

Free Judo classes

Free Judo classes will be held at the Jimmy Brought Fitness Center every Saturday from 10 to 11:30 a.m. For more information, call Carl Johansen at 279-1742.

Winter Swim Improvement Program

Sign up for the Winter Swim Improvement Program at the Jimmy Brought Fitness Center Sept. 2, 3, 9 and 10

from 9:30 to 11:45 a.m. Students must be present during the registration process and ready to enter the swimming pool to take a swim test. The program consists of eight week-long lessons taught Saturdays or Sundays. The first session begins Sept. 16, and the last session starts March 18. The program is for swimmers with levels two through six skills. Its purpose is to increase students' current swimming knowledge and ability. Sessions are limited to 10 students per class chosen on a first-come, first-serve basis. Cost is \$35 per student per session. For more information on the program, call Amanda Ballew at 221-1234 or 295-8861.

3-D archery shoot

A 3-D archery shoot will be held Saturday and Sunday; registration is 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards will be presented to the top three in each class. Cost is \$15 per person. 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.

Special on barbecue grills, smokers

Through Aug. 31, barbecue grills and smokers rented at the Outdoor Recreation Center will include any size ice chest (50 to 150 quart size) and two 10-pound bags of ice at no extra charge. Rental fee for grills and smokers is \$15 per day or \$23 per weekend. They require a 2-inch ball hitch and four-way flat light hook up. Outdoor Recreation has a large inventory of outdoor toys and tools available at low rates. For more information or to reserve a grill or smoker, call 221-5225 or 221-5224.

AC service

Air conditioning service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified air conditioning technician on staff with 30 years of experience. The cost is \$30 for ac service. Freon, oil and environmental fees are extra. Pick up a coupon for \$5 off ac service from various MWR facilities or from the Auto Craft Shop's Web page at www.portsamhoustonmwr.com. Appointments are not needed. For more information, call 221-3962.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m.

The next brunch will be held Sept. 3 and will feature a kids' meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Bowling Center, 221-3683

'Have a Ball' open house

Bring the family to the Fort Sam Houston Bowling Center Friday from 5 to 9 p.m. for free bowling. Bowl to the rhythm of music and mesmerizing lights from newly installed bumpers and gutters. Customers who bowl a strike during the fifth and ninth frames will receive a free MWR T-shirt (while supplies last). For more information, call 221-3683. The event is sponsored by First Command Financial Planning and Home Depot.

Winter league bowlers needed

Winter league bowlers are needed at the Fort Sam Houston Bowling Center. League play begins Sept. 5. Leagues include the Ladies Trio Handicap, Mixed Four-Person Team, Short Season Trio Mixed Handicap, Seniors Mixed Five-Person Team, Roadrunners Trio Mixed Handicap, Thursday Niters Mixed Four-Person Team, Men's Post Five-Man Teams Handicap, Guys and Dolls Mixed Four-Person Team and the Christian Fellowship Mixed Four-Person Team. Team and individual players are welcome. For more information, call 221-3683.

Family-fun bowling every Friday night

Bring the whole family out to bowl Friday nights this summer. The Family Rent-A-Lane special is every Friday from 5 to 8:45 p.m. through Sept. 1 at the bowling center. The cost is \$20 per lane, which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. Smaller groups and individual bowlers can still enjoy \$5.95 unlimited bowling nights every Friday from 9 p.m. to 12 a.m. For more information, call 221-3683.

Golf Club, 221-4388

Labor Day Golf Tournament

Swing into action at the Labor Day Golf Tournament Sept. 4 at the Fort Sam Houston Golf Course. Shotgun start time is 1 p.m. Cost is \$35 for members and \$55 for nonmembers. Price includes tournament play, cart rental, prizes and awards banquet that follows the conclusion of the event. This tournament is a two-person scramble. To register and for more information, call the Pro Shop at 222-9386. Sponsored by Brook Owens of Keller Williams Realty, Gallop and Associates,

Texas Veterans of Foreign War and Enterprise Rent-A-Car.

Warriors Monthly Scramble

Register up to four players to participate in the Warriors Monthly Scramble Sept. 6. The scramble is held the first Wednesday of each month at the Fort Sam Houston Golf Club. Shotgun start time is at 1:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club's Pro Shop or call 222-9386.

Ladies golf clinic

A ladies golf clinic for beginners will be held today and Aug. 31 from 6:30 to 7:30 p.m. Cost is \$120. To register, call 355-5429.

Junior golf lessons

Junior golf lessons are held every Saturday from 9 to 10 a.m. at the Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of experience. The cost is \$7. For more information or to register, call 355-5429.

Harlequin Dinner Theatre

The romantic comedy "The Rainmaker," by N. Richard Nash, will play at the Harlequin Dinner Theatre Sept. 6 through 30. Performance tickets are \$23.95 on Wednesdays and Thursdays and \$26.95 on Fridays and Saturdays. The house opens 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

Effective Sept. 12, the hours of operation for the Morale, Welfare and Recreation Ticket Office will be Tuesday through Friday from 10 a.m. to 5 p.m. and closed on Saturdays and Mondays. For more information, call 226-1663 or 224-2721.

Seeking Military Idol performers

The 2006 Military Idol competition will be held Sept. 14 at 6:30 p.m. at the Hacienda Recreation Center. The winner will move on to represent Fort Sam Houston at the Army level of the competition in search of the coveted distinction of U.S. Army "Military Idol." First place winner receives \$500 plus an additional \$500 will go to the Soldier's assigned military unit. For more information, call Ben Paniagua at 224-7250. The event is sponsored by Morale, Welfare and Recreation and the Armed Forces Vacation Club.

CHILD AND YOUTH SERVICES

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income, such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Before and after school registration

Register youth for the before and after school program for middle school and open recreation. Participants must

have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth's Social Security number.

Coaches needed for soccer

The Child and Youth Services Sports Program is recruiting volunteer soccer coaches. All volunteer coaches are required to undergo a background check. For volunteer information, call Central Registration at 221-4871 or 221-1723. For more information, call 221-4882 or 221-3502.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Sept. 19 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 and learn of upcoming events and parent education opportunities.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours

of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

Home-based child care

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

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local community. Family Service Association of San Antonio has recruited two childcare centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information or to inquire about childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

Events

MOAA luncheon

The Military Officers Association of America Alamo Chapter luncheon will be held today at the Randolph Officers Club beginning at 11 a.m. Jean M. Przykucki, deputy chief, infection control and education at the South Texas Veterans Health Care System, will be the featured speaker. The MOAA and the Alamo Chapter is open to active duty officers, warrant officers, Reserve and National Guard members, former or retired officers and warrant officers and surviving spouses. The cost is \$16. For reservations, call 228-9955 or e-mail moaa-ac@sbc-global.net. Tickets may be purchased at the door, but reservations are requested.

Jelly Jamboree, raspberry stomp

The Fischer & Wieser, Specialty Foods Inc. will sponsor the fourth annual Jelly Jamboree and world's first raspberry stomp Sept. 2 from 9 a.m. to 8 p.m. at Fischer & Wieser's das Peach Haus, 1408 S. US 87, Fredericksburg, Texas, one mile south of Main Street on Highway 87 South. Admission is free. For more information, call 830-997-7194 or visit www.jelly.com.

20th annual Grapefest

The 20th annual Grapefest, the largest wine festival in the southwest, will take place in the historic Main Street district at Grapevine, Texas, Sept. 7, 8, 9 and 10. Wine lovers and connoisseurs from across the nation will sample award-winning Texas wines. For more information, call 817-410-3185 or visit www.grapevintexasusa.com.

Lone Star, Sierra Club conference

The Lone Star Chapter of the Sierra Club will host the South Central Texas Regional Water conference Sept. 9 from 8:30 a.m. to 3:30 p.m. at Chapman Hall Auditorium, Trinity College, San Antonio. Registration fee is \$20 paid before Sept. 5 or \$25 at the door. Students and press attend free. For more information, call 512-477-1729 or visit lonestar.chapter@sierraclub.org or <http://texas.sierraclub.org>

Freedom walk

Operation Homefront will sponsor Freedom Walk 2006 Sept. 11 beginning at 9:15 a.m. at the Alamodome in San Antonio. On this same day, throughout the country, in big and small venues, citizens will gather to participate in America Supports You Freedom Walks. For more information, call Amy Palmer at 659-7756 or e-mail amy@operationhomefront.net or visit www.operationhomefront.net/texas.

AT&T Pioneers Motorcycle Run

AT&T Pioneers will sponsor the second annual Motorcycle Run Sept. 16 beginning at the AT&T building on 530 McCullough with a destination to Shiner, Texas. San Antonio proceeds will benefit the United Service Organizations Council of San Antonio and Central Texas, Inc. Registration fee is \$30. Participants who pre-register by today, will receive a T-shirt, pin and a catered lunch. Participants who register the day of the event will receive a pin. For more information, visit www.motorcycle-run-for-the-troops.org.

Spirits of San Antonio tour

Docia Williams, author of a number of books on ghosts, including "The History and Mystery of the Menger Hotel," will conduct a bus tour of some of San Antonio's most "spired" places Oct. 6 beginning at 7 p.m. Participants will hear of local hauntings as they stop at the Spanish Governor's Palace, the Menger Hotel and the Bullis House. The cost is \$52. Registration deadline is Sept. 22. For more information, visit www.communityed.neisd.net or call North East Community Education at 657-8866.

Jayhawks Bn. Alumni reunion

The Jayhawk Battalion Alumni Association will host the second annual

alumni homecoming Oct. 7 at the University of Kansas Military Science Building. Events include the Wall of Fame induction ceremony, awarding of JBAA scholarships, cadet demonstrations, a Kansas Army ROTC history display and refreshments. Former cadets of the university and its cross-enrolled schools, family members and supporters are invited. For more information, visit <http://www.armyrotc.ku.edu> or e-mail Henry.David.Pendleton@us.army.mil.

Meetings

NCO Wives Club meeting

The Noncommissioned Officers' Wives Club will meet Sept. 5 at 10 a.m. at the Sam Houston Club. Spouses of military members and active duty women in the ranks of E-4 through E-9, active or retired, are welcome.

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officers Association meets on the third Monday of the month at 7 p.m. at VFW Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, reserve, National Guard warrant officers and family members of current or former warrant officers are invited. For more information, call Bill Strout 590-2642 or e-mail bstrout@texas.net or Suzan Farrell 378-0422 or e-mail suzan.farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, will conduct a study group on Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BAMC chess club

The Brooke Army Medical Center chess club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail michael.veri@cen.amedd.army.mil.

Seamless Transition Program

The Seamless Transition Program is a collaboration between the Department of Defense and the Department of Veterans Affairs to ensure continuity and improved coordination of health care and benefits for seriously disabled service members returning from theaters of combat operations. Seriously disabled service members or their families may be entitled to VA benefits while on active duty and can receive case-managed care of their issues. For more information, visit Brooke Army Medical Center, Room 513-7 or call 916-7897.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

Training

'Deployment to Employment' training

The "From Deployment to Employment" training forum will be held Wednesday at the Hyatt Regency, One Bethesda Metro Center, 7400 Wisconsin Ave., Bethesda, Md. This forum will educate Department of Defense service providers about the technology and

tools available to help wounded service members. Dr. William J. Winkenwerder Jr., assistant secretary of defense for Health Affairs, will host the forum. For more information, visit www.bethesda.hyatt.com/hyatt/hotels/index.jsp or www.tricare.osd.mil/CAP.

'PIE' day of training

The Alamo Federal Executive Board will host the first annual "Partners In Equality," a special emphasis program one-day seminar Aug. 31 from 8 a.m. to 4:30 p.m. at the Norris Conference Center in the Crossroads Mall at Loop 410 and Fredericksburg Road. The seminar is targeted for managers, supervisors, line staff, military and civilians. The cost is \$35 per person; the deadline to register is Wednesday. For more information, call 616-8153 or e-mail carol.branched@med.va.gov.

Green to Gold briefings

Fort Sam Houston's Education Center will sponsor a Green to Gold briefing for Soldiers interested in the ROTC program. The briefing is Sept. 20 from 9 to 11 a.m. and 1 to 3 p.m. in the Army Learning Center, Building 2247, Stanley and New Braunfels roads. The ROTC cadre from a local university and the 12th ROTC Brigade will be available to answer questions.

Thrift Savings Plan seminar

A Thrift Savings Plan seminar will be held Sept. 27 from 2 to 4 p.m. at the Roadrunner Community Center, 2797 Stanley Road. For more information or to register, call Lydia Rodriguez at 221-1612.

Funded Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army sends up to 15 active duty commissioned officers to law school at the government's expense. Selected officers will attend law school beginning in the fall of 2007 and remain on active duty while attending law school. The program is open to commissioned officers in the ranks 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. For more information, officers should contact their local Staff Judge Advocate; on post, call 221-2777.

Webster University

The Webster University staff is available for all military personnel interested in pursuing a master's degree. The Webster office is located in the Army Education Center, Building 2248, and is open Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call 226-3373.

Undergraduate evening studies

St. Mary's University will have a representative available for appointments at the Fort Sam Houston Education Office, Room 206 Wednesdays and Thursdays from 9 a.m. to 4 p.m. For more information, call 226-3360. For information on undergraduate admission to St. Mary's, call the Office of Evening Studies at 436-3215 or e-mail evst@stmary-tx.edu. For information on graduate admission, call 436-3214 or e-mail at <http://www.stmarytx.edu/eveningstudies>.

Computer certification

St. Mary's University and New Horizons Computer Learning Center will be available to discuss computer certifications at the Fort Sam Houston Education Office, Room 206 Tuesdays from 9 a.m. to 4 p.m. For more information, call 226-3360 or e-mail at <http://www.stmarytx.edu/continuingstudies/>

St. Mary's University education office

A St. Mary's University representative is available Monday through Thursday from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

Army online training

Army e-Learning is available for all Army personnel. People can access more than 2,600 distance learning courses to include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages and more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service. For more information, visit <https://usarmy.skillport.com/rkusarmy/login/usarmylogin.cfm>.

Volunteer

Free kits help military families

Sesame Workshop and Wal-Mart Stores, Inc. with additional support from the New York office of Mental Health and the Military Child Education Coalition, have partnered to produce a new project, "Talk, Listen, Connect: Helping Families During Military Deployment." These bilingual kits will help military families and their young children cope with the feelings, challenges, and concerns experienced during various phases of deployment—pre-deployment, deployment and homecoming. Each kit includes a Sesame Street DVD, a parent or caregiver magazine, and a children's activity poster. To request your free kit or download the materials, visit <http://www.sesameworkshop.org/tlc/> or <http://www.sesameworkshop.org/tlc/>.

Marching band seeks new members

The Alamo City Community Marching Band is accepting new members for the fall season. There are no auditions or tryouts. Persons 18 years or older, who can play an musical instrument are eligible. The band provides sousaphones, baritone horns and percussion instruments. French horn players are needed. The band performs in and around San Antonio. Rehearsals are held on Mondays from 7 to 9 p.m. at the American Legion Hall, Post 2, 3518 Fredericksburg Road in San Antonio. For application or more information, call 733-0120 or visit www.alamocityband.org

Patients with pelvic pain needed

People who currently have pelvic pain are invited to participate in a research study. The study will test stomach muscles. This information may help determine if problems with stomach muscles are causing symptoms. All participants must be Department of Defense beneficiaries. For more information, call 2nd Lt. Jeff Dolbeer at 541-1271.

Children's Shelter seeks families

The Children's Shelter seeks new foster and adoptive parents to care for children in Texas. Children's ages range from newborn to 17 years old. The Children's Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

ASPCA seeks animal lovers

The American Society for the Prevention of Cruelty to Animals invites the public to nominate extraordinary pets and people for its annual Humane Awards. Animals and humans who have furthered animal welfare or engaged in animal heroism in the United States during the past year may be considered for this distinguished and unique honor. There are numerous Humane Awards categories. Nominations can be submitted either via the ASPCA Web site at www.aspc.org/nominate or in writing to: ASPCA Humane Awards Nomination Committee, Special Events Department, 110 Fifth Ave. New York, NY 10011.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail news.leader@samhouston.army.mil or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Whirlpool washer and dryer in good condition, \$150. Call 326-7189.

For Sale: Black Whirlpool oven and range, new, \$250. Call Jackie or Jose at 465-7057.

For Sale: Pro Form 995 SEL treadmill, in great condition, \$500. Call 380-5116.

For Sale: 2000 Pontiac Grand AM SE, two-door coupe, 75,000 miles, ac, power windows and locks, automatic, detachable CD face, custom audio system, cruise control, in great condition, \$4,750 obo. Call 391-5629.

For Sale: 1992 Ford conversion van, 15,000 miles, fully loaded, trailer hitch, TV and VCR, electric sofa bed, four captain seats, rear radio and air, weatherproof fiberglass roof top luggage carrier, \$3,995. Call 659-6741.

For Sale: CRT, Sony CPD-G520 Trinitron 20-inch flat panel computer monitor, \$80 obo; 1990 custom made men's Italian road bike, Campagnolo Chorous Group,

black, 7/14-speed, \$275 obo; two all wood, CD, DVD, VHS storage racks, five shelves, holds up to 150 CDs, \$20 each or obo; In-Step 5K jogging stroller, single seat, \$35 obo; desert boots size 11.5 Belleville, Gortex, \$25 obo. Call 538-8133 or 849-6255.

For Sale: 1999 Monte Carlo Coupe LS, V-6, two-door, fully loaded, 72K miles, new tires, \$6,200; ceiling fan, three-speed with light set, \$25; baby crib with mattress, \$30; rowing exerciser, \$60. Call 666-0502 after 6 p.m.

For Sale: Mission oak dining set includes table with two leaves, sideboard, two arm chairs and six side chairs, \$1,400; dark walnut traditional desk with return, in excellent condition, \$350. Call Patrick at 651-3863.

For Sale: Large Flokati rug, in excellent condition, \$75 obo; iron day bed with hidden trundle, sleeps two separately or together, with mattresses and all linens, \$325 obo; solid mar-

ble corner table, like new, \$75 obo; antique table with drop leaves and two straight chairs, \$125 obo; solid wood five-piece bedroom set includes full headboard, two night stands, dresser with mirror and chest of drawers, in good condition, \$575 obo. Call 375-5408.

For Sale: Wedding dress, size 6, includes 9-foot beaded train, veil, and crinoline, in excellent condition, \$75 obo. Call 475-9973.

For Sale: Precious Moments crib set includes sheets, comforter, bumper pad and two fleece blankets, newborn blanket, mobile, crib light, and pocket pouch (hangs on the side of the crib to store baby things) all for, \$125; assorted baby clothes, in good condition, sizes 12-18 months; wedding dress, size 14, has sequins on bodice, mid-size train, dry cleaned, \$125. Call 651-1409 and leave a message.

For Sale: Moving supplies and boxes, wrapping paper, bubble wrap, \$50; large capacity washer and dryer, \$450 for both. Call 590-4971.

Yard Sale: Sept. 2, 8502 Park Olympia, Universal City; furniture, appliances, baby items, Hummels, lots of miscellaneous items.

For Sale: Large frost free freezer, four-years old, coffee tables, entertainment center, sofa, recliner. Call 656-6772.

For Sale: GE refrigerator, white, in working condition, \$150; glass dining table with four Parson's chairs, \$150; sofa table and matching end table with wrought iron, \$125. Call 535-3635 or 757-4649.

Free: Foster & Smith kitty walk and penthouse system. Call 404-0537.

Free To Good Home: Three-year-old black lab, house broken and good with kids. Call 683-8361.