



Fort Sam Houston

News Leader[®]



Vol. 36, No. 31

Fort Sam Houston — Home of Army Medicine

August 5, 2004

32nd Medical Brigade changes hands

Story by Phil Reidinger
Fort Sam Houston Public Affairs

Colonel Bradley Freeman assumed command of one of the Army's largest training brigades on Thursday. Brig. Gen. Daniel Perugini, Army Medical Department Center and School commanding general hosted the ceremony at MacArthur Parade Field.

Freeman, a Medical Service Corps officer, assumed command from Col. Maureen Coleman who retired from active duty following the change of command ceremony. Coleman was presented the Legion of Merit for multiple accomplishments during her command tenure including significant increases in training operations of medical occupational specialties.

The 32nd Medical Brigade's Academy Battalion is responsible for providing administrative and logistical support to more than 2,200 staff and faculty assigned to the Army Medical Department Center and School. The brigade's two training battalions, the 187th Medical Battalion and the 232nd Medical Battalion, support training of 28,200 resident and 20,000 non-resident students attending

more than 173 courses including 17 Medical Specialties and 18 Additional Skill Identifier Programs in addition to bachelor and graduate level degree officer courses.

Freeman has enjoyed a variety of command and staff assignments with medical units and hospital facilities including an Army War College Fellowship with the Army Environmental Policy Institute in Atlanta Georgia. Prior to assuming command he served as Chief of Personnel (G-1) for the Europe Regional Medical Command in Heidelberg and chief of the Strength Management Branch, U.S. Army Medical Command. He is married to Col. Doris H. Henderson who is the Chief of the Behavioral Health Division at the U.S. Army Medical Command.

Coleman assumed command of the 32nd Medical Brigade on July 26, 2002. During her career, she served in a variety of command and staff assignments. Prior to assuming command of the 32nd Medical Brigade she served as Deputy Chief of Staff Medical, US Army Pacific, Hawaii. Upon her retirement, she will reside in Seattle, Washington.

See more **Photos** on Page 4



Photo by Ed Dixon

Colonel Bradley Freeman accepts the 32nd Medical Brigade color from Brig. Gen. Daniel Perugini assuming command of the brigade, following relinquishment of command by Col. Maureen Coleman.

Project DE-STRESS helps treat traumatic stress

By Austin Camacho
American Forces Press Service

One unavoidable fact about military action is that service members will have to deal with traumatic stress. The Defense Department is working to find the best way to help troops deal with the harmful effects of the stress people face in combat. One part of that effort is a treatment trial called Project DE-STRESS.

Project DE-STRESS - Delivery of Self Training and Education for Stressful Situations - is an attempt to improve early care for victims of traumatic stress, according to Army Lt. Col. (Dr.) Charles Engel, director of the Deployment Health Clinical Center at Walter Reed Army Medical Center here, where the treatment trial is taking place.

"We were interested in something that ultimately could be

implemented in a primary care environment, where people could be screened and diagnosed early and some care could be provided for them without having to visit the specialist," Engel said.

Doctors at the Deployment Health Clinical Center developed this approach to treating trauma-related stress in conjunction with the Boston University School of Medicine and the National Center for Post-traumatic Stress

Disorder Research. The research study is a randomized clinical trial investigating two different computer-assisted approaches to treating PTSD. It is designed, officials said, to compare two different kinds of treatment: stress inoculation training and standard care.

Victoria Bruner, Project DE-STRESS coordinator, said both military doctors and by the Department of Veterans Affairs

physicians use standard care most often to help veterans.

"Standard care, sometimes called supportive counseling, involves allowing the person to vent, to identify feelings, and to validate their experiences," Bruner said. "Most people receive standard supportive care." She said that the alternative approach, stress inoculation training, also has been around for a long time.

See **DE-STRESS** on Page 8



Photo by Tim Higgs

2004 U.S. Army Soldier Show comes to the Alamodome Aug. 11.

Heather Jenkins of Fort Drum, N.Y., and Staff Sgt. Charles Howard of Larson Barracks, Germany, two of the Army's 19 most talented Soldiers, stand front and center during the finale of the 2004 U.S. Army Soldier Show. The performance is a high-energy family-friendly music and dance production guaranteed to amaze and move you. Show time is 7 p.m. - doors open at 6 p.m. at the North entrance. Admission is free. For information call 221-9904.

Post develops management plan for Residential Communities Initiative

By Teresa ElHabr
RCI Program Manager

The Department of Army has partnered with Lincoln Military Housing to prepare the Community Development and Management Plan at Fort Sam Houston for the transfer of management of post quarters. The process began in March and will be completed in early August. The CDMP includes development, renovation, and management of all housing areas. This plan will serve as the business plan for housing for the next 50 years.

During the months of April and May this year, Lincoln and the post RCI teams conducted numerous focus groups and design charrettes with housing residents and various stakeholders. This process helped develop a concept for the Initial Development Plan of the first five years.

The IDP includes demolition of Harris Heights and development of

new single home units to replace the existing quarters. The plan also calls for major and minor renovations of housing units that will be done when quarters are vacant between occupants. Residential area quality of life improvements include three community facilities with swimming pools, improvement or development of new neighborhood parks, bike and walking trails, and improvement of pedestrian circulation within and between neighborhoods.

A phased plan will be developed during the transition of operations starting in December of this year. Future Town Hall meetings will be scheduled during the transition phase to keep all residents informed. The transfer of operations to the partnership is scheduled to start in March 2005.

For questions, contact Teresa ElHabr, RCI Program Manager, at 221-0948.

CSA unveils Professional Reading List

Army Chief of Staff Gen. Peter Schoomaker released a new Professional Reading List July 23. The list, which can be found online at the Center of Military History Web page, www.army.mil/cmh, is broken down into four sub groups based on a leader's responsibilities, whether enlisted or commissioned.

"The Professional Reading List is a way for leaders at all levels to increase their depth of understanding of our Army's history, the global strategic context, and the enduring lessons of war," said Schoomaker.

"The topics and time periods included in the books on this list are expansive, and are intended to broaden each leader's knowledge and confidence. I challenge all leaders to make a focused, personal commitment to read, reflect, and learn about our profession, and our world," Schoomaker said. "Through the exercise of our minds, our Army will grow stronger."

Books range in timeframe from the Peloponnesian War to the hunt for al

Qaeda and in context from personal memoirs of command to commentaries on the impact of centuries of armed conflict.

Among the books included are John Keegan's *The Face of Battle*, the *Personal Memoirs of U. S. Grant*, Stephen E. Ambrose's *Band of Brothers*, Lt. Gen. Hal Moore's *We Were Soldiers Once ... and Young*, *Inside al Qaeda: Global Network of Terror*, and Sun Tzu's *The Art of War*.

AAFES Military Clothing Sales Stores and a few Main Exchanges will have the publications on hand for purchase.

Additionally, Army installation libraries will make the volumes available to interested personnel.

The complete list of books in the first sub-group, for cadets, Soldiers, and junior NCOs, includes:

The Constitution of the United States, available online at <http://www.house.gov/Constitution/Constitution.html>

Centuries of Service: the U.S. Army 1775-2004 by David W. Hogan Jr., an easy-to-read pamphlet that describes the

many missions of the U.S. Army over the course of its history.

The Face of Battle by John Keegan brings to life three major battles: Agincourt (1415), Waterloo (1815), and the First Battle of the Somme (1916).

For the Common Defense: A Military History of the United States of America by Allan R. Millett and Peter Maslowski, a single-volume study that covers the American military experience in peace and war from 1607 to 1975.

Band of Brothers: E Company, 506th Regiment, 101st Airborne from Normandy to Hitler's Eagle's Nest by Stephen E. Ambrose, based on journals, letters, and interviews with 101st Soldiers.

We Were Soldiers Once ... and Young: Ia Drang – The Battle That Changed the War in Vietnam by retired Lt. Gen. Harold G. Moore and Joseph L. Galloway, is a firsthand account of the November 1965 Battle of the Ia Drang by the commander of 1/7 Cavalry.

If You Survive: From Normandy to the Battle of the Bulge to the End of World

War II, One American Officer's Riveting True Story by George Wilson, is a young officer's account of the costly fighting from Normandy to the German frontier in 1944.

Touched with Fire: The Land War in the South Pacific by Eric M. Bergerud covers the land battles of the South Pacific fought between July 1942 and early 1944 on the Solomon Islands and New Guinea.

Closing with the Enemy: How GIs Fought the War in Europe, 1944-1945 by Michael D. Doubler describes how the U.S. Army had to overcome many tactical problems, from the thick hedgerows of Normandy to the streets of German cities.

Patton: A Genius for War by Carlo D'Este provides new information from family archives and other sources to explain why the general is regarded as one of the great modern military leaders.

In the Company of Heroes by Michael J. Durant is a first-hand account of how this Black Hawk pilot was shot down and taken prisoner during military operations in Somalia in 1993.

Source: Army News Service

Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Rd., Suite 4, Fort Sam Houston, Texas 78234-5004, telephone (210) 221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., The Herald Newspaper Group, 17400 Judson Road, San Antonio, Texas 78247, telephone (210) 453-3300, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston public affairs office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil or turned in on a floppy disc accompanied by hard copy, by noon Monday.

**Army Medical Department
Center and School and
Fort Sam Houston
Commander**
Brig. Gen. Daniel F. Perugini

Garrison Commander
Col. Garry Atkins

Public Affairs Officer
Phillip Reidingner

Editor
Yolanda Hagberg

Layout Artist
Lori Newman

West Nile Virus identified in dead bird found in San Antonio

Story by 1st. Lt. Josh Bast
BAMC/FSH Entomologist

Last week San Antonio identified its first case of West Nile Virus for 2004 in a dead Blue Jay. City health officials collected the bird near the junction of Vandiver and Eisenhower, a few miles from the Northwest corner of Fort Sam Houston.

Mosquitoes become infected by feeding on infected birds. People become infected with WNV by the bite of an infected female mosquito. It is through their bite that they can infect other birds, horses or humans. West Nile Virus is not transmitted from person to person.

West Nile Virus has secured much of the media's attention since it appeared in New York City in 1999. In 2002, WNV spread rapidly across the Central and Western United States. Bexar County identified its first case of WNV in July 2002 on Fort Sam Houston. By 2003, WNV reached all but two remaining states (Oregon and Washington). Despite the presence of WNV in the area, the Centers for Disease Control and Prevention found less than 1 percent of the mosquitoes

are infected. In addition, less than 1 percent of the individuals who are actually bitten by an infected mosquito develop severe symptoms with the highest rates in the elderly. Therefore, serious cases of WNV are a very rare occurrence.

BAMC Preventive Medicine Services, in conjunction with the Center for Health Promotion and Preventive Medicine, has been conducting mosquito surveillance since April of this year. The presence of WNV in mosquitoes and birds will continuously be monitored on Fort Sam Houston and Camp Bullis. Installation officials are asking Fort Sam Houston residents to continue reporting sightings of dead birds throughout the remainder of the summer and fall to the Department of Preventive Medicine, 295-2742/2500. Horses stabled on Ft. Sam Houston are required to be immunized twice a year. Contact the installation Veterinary Service at 295-4260 to make an appointment for your horse. When necessary, the Public Works Business Center will implement the proper control measures. The San Antonio Vector Control Division contin-

ues to monitor mosquito populations and has begun spraying for mosquitoes in the vicinity of the positive Blue Jay.

Is there cause for alarm? No, as long as you implement certain preventive measures:

- Eliminate standing water around your home and in your neighborhood.

- Place tiny drainage holes in the bottom of uncovered recycling bins.

- Repair leaky pipes and outside faucets.

- Replace the water in birdbaths and pet watering bowls.

- Get rid of old tires.
- Prevent bottles, tin cans, buckets or drums from collecting water.

- Wear a long sleeve shirt or pants if you are going to be outdoors at dawn, dusk, or the early evening.

- Spray a DEET containing insect repellent on your clothing and rub it gently on your face, ears, neck, and hands. (Products containing about 24 percent DEET are effective for an average of 5 hours against mosquitoes)

Do not be swallowed up by much of the media fervor regarding



Courtesy Photo
Staff Sgt. Danny Vitek of Preventive Medicine and Liz Scholl, Bullis ITAM, set up a mosquito light trap for disease surveillance.

WNV or become alarmed. Instead, just follow the precautions above and you will be an effective combatant against the war on WNV.

For more information, visit the CDC Web site <http://www.cdc.gov/ncidod/dvbid/westnile/> or the Texas Department of Health <http://www.tdh.state.tx.us/zoono->

[sis/diseases/Arboviral/westNile/](http://www.gprmc.amedd.army.mil/diseases/Arboviral/westNile/)

For information on dead bird reporting or pesticide usage on Fort Sam Houston, visit the Entomology page of the Department of Preventive Medicine. http://www.gprmc.amedd.army.mil/Pmo/pm_index.htm

U.S. Army IMA to conduct first-ever Change of Director ceremony on Aug. 9

Maj. Gen. Ronald L. Johnson will assume the position of director and the leadership role of the United States Army Installation Management Agency from Maj. Gen. Anders B. Aadland as the agency conducts its first-ever Change of Director ceremony at Fort Belvoir, Va., Aug. 9.

Maj. Gen. Larry J. Lust, the Army's assistant chief of staff for Installation Management, will host the ceremony, which will begin at 10 a.m. at the Fort Belvoir Garrison Headquarters.

The ceremony will also include a special presentation to mark the retirement of Aadland after 35 years of Army service.

Johnson, a 28-year Army veteran, comes to the Installation Management Agency from the U.S. Army Corps of Engineers where he served as the director of Military Programs and commander of the Gulf Region Division. He recently deployed to Iraq as the U.S. Deputy to the Program Management Office, Coalition Provisional Authority overseeing the Corps' efforts in Iraq to restore critical Iraqi infrastructure.

As director, Johnson will be responsible for an organization consisting of seven subordinate region headquarters; 181 installations in the United States, Europe, Korea and the Pacific; 80,000 employees;

and an \$8 billion budget.

Aadland has served as the director of the Installation Management Agency since the organization's activation October 1, 2002. He came to IMA from Fort Leonard Wood, Mo., where he was the commanding general of the United States Army Maneuver Support Center and Fort Leonard Wood, Mo., and commandant of the U.S. Army Engineer School.

The U.S. Army Installation Management Agency was created as a key component of Army transformation to bring all installation support services under a single organization to ensure the optimal care, support and

training of the fighting force.

The Installation Management Agency's mission is to provide equitable, efficient and effective management of Army installations worldwide to:

- Support readiness and execution;
- Enable the well being of Soldiers, civilians and family members;
- Improve the infrastructure, and to;
- Preserve the environment.

IMA performs all aspects of installation support to make Army installations a better place to live, work, train and play.

Source: U.S. Army Installation Management Agency Public Affairs Office.

Leadership backs absentee voter registration

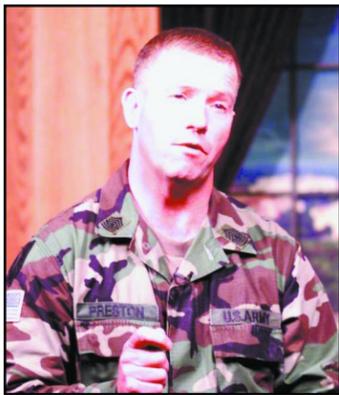


Photo by Jennifer Sowell
The Sergeant Major Of the Army Kenneth Preston films a public service announcement Tuesday to encourage Soldiers to register for absentee voting ballots by Aug. 15. This year's election is Nov. 2.

By Darsi J Busler
Army News Service

"It's your future – vote for it."

This is the message from the Army's top leaders as they take starring roles in public service announcements to encourage Soldiers to fill out absentee voter registration forms by Aug. 15.

Acting Secretary of the Army Les Brownlee and Sgt. Maj. of the Army Kenneth Preston took time Tuesday to film television ads for the Army's Voting Assistance Program that will air on the Pentagon Channel, American Forces networks overseas and local command channels beginning the week of Aug. 9. Gen. Peter Schoomaker, chief

of staff of the Army, is scheduled to film a third PSA.

The Aug. 15 deadline to vote absentee enables Soldiers deployed overseas to receive their ballots in September and have them sent out by Oct. 11 to reach their home states by election day, Nov. 2, said Jim Davis, the Army's voting assistance officer.

Preston knows first-hand the importance of registering for absentee voting.

"I've been a Soldier for almost 30 years and have never had the chance to vote in my home state of Maryland," he said.

The Army wants to make sure all Soldiers are provided with the opportunity to register and cast their ballot.

In May e-mail was sent to 1.3 million AKO users, reminding them of the importance of this and the details of how to do so, said Davis.

To apply for an absentee ballot, Soldiers must fill out the federal postcard application, standard form 76, which can be found at the Federal Voting Assistance Program's Web site or from a voting action officer, said Davis.

If Soldiers located outside the United States send in their request for an absentee ballot in sufficient time and don't receive their ballot, they can use the Federal Write-In Absentee Ballot (SF 186), which allows them to write in their votes and send it in by the deadline.

All but three states require absentee ballots by close of busi-

ness the day of the election. Louisiana requires the ballots to be in by midnight before the election. New York absentee ballots need to be postmarked the day before the election. North Carolina requires the ballots to be in by 5 p.m. the day before the election.

Brownlee recognizes the roles Soldiers play in the voting process.

"As a Soldier you have a duty to fight. As a citizen, you have the right to vote. Now it's time for you to exercise that right," he said.

For more information on federal voting policies, go to the Federal Voting Assistance Program's Web site at <http://www.fvap.gov/>.

32nd Medical Bridage change of command



Lt. Col. Bruce McVeigh, 232nd Med. Bn. commander, the battalion staff and Sgt. Maj. David Litteral lead the battalion formation past the reviewing stand during the pass in review, concluding the 32nd Medical Brigade change of command ceremony on MacArthur Field.



Brig. Gen. Sheila Baxter, deputy chief of staff, force sustainment, U.S. Army Medical Command, congratulates Col. Maureen Coleman following the 32nd Medical Brigade change of command ceremony.



Brig. Gen. Daniel Perugini, Army Medical Department Center and School and Fort Sam Houston commander and Col. Bradley Freeman, incoming 32nd Medical Brigade commander prepare for the change of command ceremony at MacArthur Field on Thursday.



Staff Sgt. Alan Kitchen, 32nd Med. Bde. NCO of the Year, presents Col. Doris Henderson a bouquet of roses on behalf of the command welcoming her to the 32nd Med. Bde. family.

Photos by Ed Dixon



Lt. Col. John Collins leads Col. Maureen Coleman through the 187th Battalion area during the brigade commander's final inspection of the battalion.



First Sergeant Darryl Eddings, a Brooke Army Medical Center Medical Hold Company patient, accepts a donation check from Col. Maureen Coleman. Lt. Col. John Collins and the 187th Medical Battalion cadre presented the check to Coleman donating \$1,010 in her honor to the Fort Sam Houston Soldier and Family Assistance Center. The unit bagged groceries at the Commissary at a fund raising effort for the Soldier and Family Assistance Center.

232nd Medical Battalion announces Soldier and Junior Leader of the Week



Photo by Maj. Robert Maxham
 Spc. Ashleigh A. Voss from Gilbert, Ariz. was selected as the Soldier of the Week for 232nd Medical Battalion. Her hobbies include photography and mudding in trucks and four wheelers. Voss has completed one year of college and plans to become an Army physician.



Photo by Maj. Robert Maxham
 Pvt. Tommy J. Emerson, Junior Leader of the Week, is from Rock Island, Ill. Her hobbies include mountain biking, politics and history. Emerson has a bachelors' degree in political science and plans to become an Army physician.

FREE! ~ Open to the Public ~ No Ticket Required ~ Use the North Entrance of Alamodome ~

THE UNITED STATES ARMY COMMUNITY AND FAMILY SUPPORT CENTER PRESENTS
 AN ARMY MWR PROGRAM

2004

United States Army

SOLDIER SHOW

Date: August 11, 2004
Time: 7:00 p.m.
Place: ALAMODOME

"The Heart of a Soldier"
 AN ARMY ENTERTAINMENT PRODUCTION

Federal endorsement of sponsors is not implied.

MWR Post Garage Sale



The post garage sale will be held Saturday, Aug. 7 from 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot, on the corner of Harry Wurzbach and

Stanley Road. To participate in the garage sale as a seller you must have a valid DoD identification card. To register or sign up, call 221-2926/9904/2523 or visit the Web site: www.fortsamhoustonmwr.com/rfd/GarageSale.asp. Call the Outdoor Equipment Center at 221-5224 to reserve tables, chairs and canopies. The sale is open to the public.

Texas Guardsmen reenlist at Alamo



Members of the Headquarters and Headquarters Company, 72nd Brigade; the 536th Forward Support Battery; and the 1st and 3rd Battalions of the 141st Infantry Regiment form up into two details prior to taking the oath of reenlistment.

Story and photos by Tech. Sgt. Gregory Ripps
Texas National Guard Public Affairs

Eighty-two members of the Texas National Guard took the oath of reenlistment July 26 at the "cradle of Texas liberty."

Although these Texans were not preparing to take a last stand in an old stone mission, their action was steeped in symbolism.

The Soldiers are from the 72nd Brigade Combat Team, including Headquarters and Headquarters Company, 72nd Brigade; the 536th Forward Support Battalion; and the 1st and 3rd Battalions of the 141st Infantry Regiment.

"Both the 1st and 3rd battalions hold the lineage of the 'Washington Guards' and carry the streamers for the Alamo," said Lt. Col. Alan Huffines, 1st Battalion commander. "They were

organized in the spring of 1836 at Washington-on-the-Brazos."

Huffines, who served as the military advisor to the Disney movie "The Alamo" released earlier this year, explained that the militia unit became known as the First Texas Volunteer Guards after the Civil War and received the current designation along regular Army lines in 1917.

The 1st Battalion still refers to itself as "First Texians" and the regimental motto is "Remember the Alamo," the battle cry that led "Texians" to victory over the army of President-General Antonio Lopez de Santa Anna six weeks after he had wiped out the Alamo defenders.

In reenlisting at the Alamo, today's Soldiers proclaimed their heritage.

"We thought it would be fitting for them to reenlist in front of the Alamo," said Col. Eddie

Spurgin, 72nd Brigade commander. "We wanted to emphasize the strength of retention in the unit and to recognize these Soldiers who reenlist during a time of war."

After administering the oath of reenlistment to the assembled troops, Spurgin presented his commander's coin to each of the reenlistees.

The reenlisting Soldiers had been training at Camp Bullis, north of San Antonio, for the past two weeks. Following the day's ceremony, some of them immediately returned to the camp where Tiger Balm '04, a perennial exercise with the Singapore Armed Forces, was already under way. Others had an opportunity to tour the altar of Texan independence.

Spurgin acknowledged that many brigade Soldiers would deploy overseas next year in

support of the Global War on Terrorism.

"It's a credit to you as Americans and Texans to reenlist," he said to his fellow Guardsmen.



Col. Eddie Spurgin, commander of the 72nd Brigade Combat Team, 36th Infantry Division, addresses the Soldiers in his brigade after administering the oath of reenlistment to them.

Army changes official photo policy

Effective immediately, all enlisted personnel Official Military Photos will be sent electronically to the Enlisted Soldier Promotion Selection Board; hard copy prints of these photos will no longer be available. This does not include Officers at this time, who are still required to submit hard copy photos for selection board consideration. For more information on Official Military Photos, please visit this web site <http://doim.army.mil/viweb/>, or call 221-5453 for inquires and/or appointments.

Eagle pride soars high at E Company, 187th Medical Battalion headquarters

Story and photo by 1st Lt. Richard Branstetter
E Company, 187th Medical Battalion

E Company, 187th Medical Battalion, led by Capt. Todd McNiesh and 1st Sgt. Gerald Peters, consists of five highly specialized Medical Operations Specialties: 91M, Hospital Food Service Specialist; 91Q, Pharmacy Specialist; 91P, Radiology Specialist; 91S, Preventive Medicine Specialist; and 91X, Mental Health Specialist.

The 91M's, or "hot mikes" as they are referred to around the company, are adept in the fine art of nutrition care. They are capable of distinguishing a filet mignon from a rib-eye and Gouda from a Muenster. The 91Ms have the ability to turn the most gluttonous meal into a feast fit for an overweight, hypertensive diabetic with a broken jaw. They do more than "Train to Save," they "Train to Sizzle."

Whether it's Vicodin, Vitamin B, or Viagra, the 91Q's are trained to serve them up with style. There are currently thousands of drugs out on the market with new ones being developed on a daily basis. The 91Q's must be knowledgeable of their potential side effects and of dangerous drug combinations.

The 91P's like to play in the dark. Make no bones about it; these X-Men and X-Women are experts with the x-rays. Knowing just how to position a wrist in order to find a hairline fracture requires finesse and precision.

With an M16 in their hands and a pesticide sprayer on their backs, the 91S Soldiers bravely go forth to defeat an enemy that may come in the shape of a human, a rat, a mosquito, or an amoeba. They don't drink Evian or Dasani; they prefer to purify their own swamp water.

The 91X's are trained in the art of emotional massage therapy. They can get inside your head in ways Freud and Jung never dreamed of. They are well versed in the art of counseling, stress and anger management, and suicide prevention. If that weren't enough, they must also be able to restrain and transport combative patients.



E Company, 187th Medical Battalion's motto, "Above the rest, soars the best!" The unit's mascot, an eagle made of colored rocks, adorns the front lawn outside E Company, 187th Medical Battalion company headquarters.

This unusual blend of talent and training has culminated in the formation of the infamous Echo Company Eagles. Winner of the Commander's Cup for intramural sports, these Soldiers are a force to be reckoned with on the battlefield, the basketball court, or the baseball diamond. Echo is home to cadre such as Drill Sergeants Matthew

Heatherly and Jennifer Park who have both won the Drill Sergeant of the Year competition. Echo has also been recognized as being the top blood-donating unit on post, possessing one of the lowest attrition rates in the brigade and for showcasing Soldiers' talents. At Echo, 187th, their motto rings true. "Above the rest, soars the best!"

DE-STRESS

Continued from Page 1

"This training is widely used in the military," Bruner said. "If you know a person is going to be exposed to something harmful, like extreme stress, you teach them the skills to deal with that exposure. It's just like getting an inoculation against a disease."

The study is comparing these two well-documented interventions to find out which is best for reducing the long term consequences people may experience after their exposure to military trauma.

What makes this treatment trial innovative, Bruner said, is that it makes use of cutting-edge technology. By using Web-based training, the researchers introduce a degree of portability and ease of access that would otherwise be impossible.

"Computer-based interventions give the person the opportunity to work on their own, with guidance, in the privacy of their own home," Bruner said. "And our project is set up so that each patient is monitored every day by a trained therapist."

Engel added that computerizing the process helps servicemembers avoid any perceived stigma associated with going to a psychologist or psychiatrist for help.

"It provides the servicemember with a chance to make their own gains in their own way before having to seek specialty care," Engel said. "Many people are reluctant to seek specialty care. In the military setting, there's a lot of concern that if they visit specialists with these sorts of problems, it will affect their careers."

The study is open to beneficiaries of the DoD health care system who are experiencing mild to moderate symptoms as a result of military-related trauma. Patients who are bothered by memories or dreams of trauma or experiencing anxiety, depression or trouble sleeping also may be accepted into the program.

Bruner said everyone in the program starts with a confidential introductory meeting with a trainer. "Each person gets an in-depth, two-hour assessment and a two-hour training session on stress management, traumatic stress and the instructions on the Web site," Bruner said. "Afterward, they work on the Web site, but are closely monitored."

The secure and confidential Web site offers each patient eight weeks of independent-study exercises. Patients are divided into two groups, using one of the two treatment approaches. People in both groups monitor their symptoms every day based on eight measurement scales on which they rate their stress level and general mood. Mental-health professionals, including Bruner herself, monitor these self-evaluations.

"Not only do they have a daily awareness, but I look at it every day, and if their stress scores are high I call them to discuss what's happening," she said. "This way, they can have someone to vent to or to apply the skills that they are learning."

Bruner is a registered nurse and licensed clinical social worker, and she's a board-certified expert in traumatic stress with a couple of decades worth of experience

in her field. On Sept. 11, 2001, she was helping survivors of the attack on the Pentagon, and weeks later became involved with a project assisting survivors of the attack. That project eventually led to Project DE-STRESS.

Americans in general have a better understanding of stress injuries today than they did before the events of 9/11, she said.

"All of us in this country suffered exposure, and it deepened our awareness of the terrible hardships that our military has been coping with since the beginning of this country," she added.

Engel, the principal investigator for the project, said he thinks stress trauma could be worse for those currently deployed to Iraq than it was for those who went in 1991.

"There are indications that the level of distress related to trauma will be higher this time than it was after the Gulf War, because this is a longer war involving more extended and intense combat," he said. "There is also the uncertainty associated with the peacekeeping role that comes into play."

That's a strong motivation for experts to find the best way to help those who suffer from stress trauma. But Bruner said patients in both groups will receive help. In the standard care group, people have access to educational material. They are provided with nondirective stress management tips and trauma education, and they can e-mail or call their trainer any time for reflective listening, supportive counsel and validation. Historically, this standard

care approach has helped a lot of people, Bruner said, but it lacks what she calls the "active ingredients" of stress inoculation training.

"These people are taught skills in deep diaphragmatic breathing, progressive muscle relaxation and how to change their self-talk to address the errors in their thinking," Bruner said. "They can apply these skills to situations that cause them trouble."

For example, driving in convoys has turned out to be one of the most hazardous activities during Operation Iraqi Freedom. Weeks or months after such an experience, a soldier's brain might not shut down the defensive reactions that helped to protect the person in that situation. Therefore, the soldier might become extremely agitated or feel a sense of panic driving on a highway in the United States. At that point, Bruner explained, people having that experience might apply deep breathing, and remind themselves that the danger is over and that driving on American highways is relatively safe. While this example is oversimplified, she said, it illustrates how stress inoculation training can help combat veterans to control their behavior.

"Behaviors become habits, habits become lifestyles and lifestyles determine the quality of life we have," Bruner said.

Bruner said the training could increase an individual's stress hardiness, and likened it to other military training. "(It's) sort of like doing push-ups, except this

can build up your stress defensive muscles," she said.

Project DE-STRESS is scheduled to continue until August 2005. Aside from the introductory session, patients will receive private evaluations at the end of the program, three months after it ends, and again six months afterward. Bruner said she wants 100 participants, and at this writing already had 30 signed up. Enrolling in the treatment trial is a way for patients to help others while they help themselves.

"If someone participates, not only is it good for them, but they will be contributing to a knowledge base that will help many other people who come after them," Bruner said.

Bruner said she feels that Project DE-STRESS could be a working model for the future. If it is made widely available throughout the military system, it could help to increase resilience, force health protection and soldier readiness, she said. Service members deserve the best health protection possible, be it physical or behavioral, she added.

"We have an obligation to people who choose to raise their hand and swear to defend their country so that all of us can live in peace," she said. "To me, the least we can do is provide them with the opportunity to learn how to assist themselves with the kinds of techniques that will help them have a high quality of life after those experiences."

Austin Camacho is assigned to the DoD Deployment Health Support Directorate.

Army-wide records freeze; do not destroy any Army records

There are currently 10 records moratoriums (record freezes) that have frozen the destruction of all Army records. The litigators involved in one of the record freezes are not able to narrow their scope to what records should be retained, so the solution is that ALL Army records are affected. Therefore, until further notice, no Army records are to be destroyed, regardless of the disposition instructions.

Just to clarify, these freezes involve all administrative (housekeeping) and mission related records.

Activities are reminded, that the AMED-DC&S & FSH does have a Records Holding

Area to store all records. Activities were always required to transfer records IAW regulatory requirements prior to these freezes (files to be retained more than three years). For example, the Office Civilian Personnel Time and Attendance files, which are to be retained for six years, three months.

If any activity does not have the space to maintain their records, they are encouraged to transfer the records to RHA.

The point of contact for this action is the AMEDDC&S & FSH Records Management Officer, Sharon Shull at 221-9986.

Gulf War veterans may find oil well fire exposure information on Web site

In addition to the risk of sustaining combat casualties, some of the U.S. troops deployed during the 1991 Gulf War were also exposed to the smoke from hundreds of oil well fires that burned out of control over a period of about nine months in 1991. Depending on their proximity to the burning oil wells, veterans could have been exposed to varying levels of petroleum combustion pollutants. Now, Gulf War veterans can get an assessment of the health risks from their exposure to the smoke by logging on to a U.S. Army Center for Health Promotion and Preventive Medicine Gulf War Fires Web site <https://gulfwarfires.apgea.army.mil>.

To document the extent of environment pollution from the burning oil wells, USACHPPM gathered air and soil samples in Kuwait and Saudi Arabia from May 1991 until November 1991, when the last oil well was capped. By combining this sample data with troop location data, the personnel registry, satellite images, and meteorological models, USACHPPM can estimate a Gulf War veteran's exposure to oil well fire smoke and any health risk from that exposure.

By entering their social security numbers on USACHPPM's Gulf War Fires secure Web site, Gulf War veterans can get personalized information about their exposure to oil well fire smoke, including a map of their

units' known locations in theater, their health risk associated with exposure to oil well fire smoke and USACHPPM's method of calculating exposure and health risk.

An online form makes it easy for veterans to request a signed copy of their exposure and risk report. Answers to frequently asked questions related to exposure and health risk calculation are also provided on the Web site.

For those who would like to learn more about the oil well fires set in Kuwait by retreating Iraqi forces during the 1991 Gulf War, read DoD's Oil Well Fires Environmental Exposure Report at http://www.gulflink.osd.mil/owf_ii/.

Family Readiness Group Leadership Team Workshop Aug. 13

The Family Readiness Group Leadership Team Workshop will be held Friday, Aug. 13 from 8 a.m. to 4 p.m. at the Roadrunner Community Center, Bldg 2797 on Stanley Road.

This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG leaders, and any other unit representative with an interest in family readiness. The material presented in the workshop is from the Operation READY program developed by The Texas Cooperation Extension of Texas A&M University under contract with Headquarters, Department of the Army, Community & Family Support Center, and Army Community Service.

Agenda:

8 – 8:15 a.m.	Registration
8:15 – 9:30 a.m.	Introduction/FRG Overview/Getting Started
9:30 – 9:45 a.m.	Break
9:45 – 10:45 a.m.	Running the FRG – Money Matters - JAG
10:45 – 11:30 a.m.	Leadership for Effective FRGs
11:30 a.m. – 12:15 p.m.	Lunch
12:15 – 1:15 p.m.	Building Your FRG – Volunteers – Making Contact
1:15 – 2 p.m.	Running the FRG – Communications
2 – 2:15 p.m.	Break
2:15 – 2:45 p.m.	Running the FRG – Special Events
2:45 – 3:30 p.m.	The FRG – Bringing it All Together
3:30 – 3:50 p.m.	Workshop Wrap-up
3:50 – 4 p.m.	Certificates

Note: Pre-registration is required and class size is limited. For reservations and more information, contact the Mobilization and Deployment Office in ACS at 221-2705.

The next scheduled workshop will be Sept. 17.

Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood.

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

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



Guard and Reserve members may be eligible for medical, dental bill reimbursement

National Guard and reserve members who paid their medical and dental bills and saved their receipts may now seek reimbursement from TRICARE, officials of the military health care system announced July 23.

Officials said the system will begin processing medical and dental claims for Guard and Reserve members who meet certain eligibility requirements.

Only guardsmen and reservists issued "delayed-effective-date active-duty orders" for more than 30 days in support of a contingency operation, and their families, may be eligible to have medical claims reimbursed.

And according to TRICARE, only those medical expenses incurred during the military member's "early eligibility" period — up to 60 days prior to reporting to active duty — from Nov. 6, 2003, to the present are eligible for reimbursement.

This temporary entitlement is part of the Defense Department's 2004 Temporary

Reserve Health Benefit Program, which sought to enhance benefits for Guard and reserve members called to active duty.

Normally, under TRICARE guidelines, Reserve and Guard

members cannot be enrolled into TRICARE until they reach their final duty location. The temporary entitlement gives them access upon receipt of activation orders, up to 60 days in advance.

Last year, President Bush signed legislation authorizing three new temporary provisions for guardsmen and reservists and their families that provided enhanced access to for a limited time during contingency activation. The provisions were made retroactive to Nov 6, 2003.

A second provision temporarily extended eligibility for TRICARE benefits to 180 days for those guardsmen and reservists who separated from active duty status during the period November 6, 2003, through December 31, 2004.

The third provision extends TRICARE medical benefits to reserve-component sponsors and family members who are either unemployed or employed but not eligible for employer-provided health coverage.

All temporary provisions will end on December 31, 2004.

However, the measure did include three provisions for permanent health benefits: making benefit counselors available for Guard and

Reserve members in each TRICARE region, authorizing medical and dental screening and care for members alerted for mobilization, and providing TRICARE eligibility for reserve officers pending orders to active duty following commissioning.

Guardsmen, reservists and their family members must be registered in the

Defense Enrollment Eligibility Reporting System and be TRICARE eligible to qualify for the temporary benefit.

In order to apply for reimbursement, eligible members must submit a TRICARE

(CHAMPUS) claim form, a copy of their itemized bill, an explanation of benefits, and proof of payment (if the bill was already paid) to their regional TRICARE claims processor.

Claims processing instructions and a downloadable TRICARE claims form, DD Form 2642, are available at local TRICARE service centers or from TRICARE regional contractors, or may be downloaded from the TRICARE Web site at

<http://www.tricare.osd.mil/claims>.

Source: American Forces Press Service

Army Community Service

Family Advocacy Program Class August Schedule

Class Title	Date	Time
Anger Management Awareness	18	11 a.m. – 12:30 p.m.
Basics of Breastfeeding	18	10:30 a.m. – Noon.
Beyond Your First Baby	26	8 a.m. – Noon
Building Effective		
Anger Management Skills (1-2)	19, 26	11 a.m. – 12:30 p.m.
Commanders Training	26	8 – 9:30 a.m.
Conflict Management	16	11 a.m. – 12:30 p.m.
Coping with Difficult People	11	1 – 2:30 p.m.
Getting Ready for Childbirth		
(Series 1-3)	5, 12, 19	9 a.m. – Noon
Saturday Marathon	21	9 a.m. – 5 p.m.
Girl Talk! Ages 6-8	11	10 – 10:30 a.m.
Ages 9-10	11	10:30 – 11 a.m.
Healthy Pregnancy	23	1 – 4 p.m.
Helping Us Grow Securely	10, 17, 24	9 – 11 a.m.
(H.U.G.S.) Playgroup	24, 31	
P.A.I.R.S. (Couples Course)	25	6 – 7:30 p.m.
(Four-part series)		
Parenting with Love and Logic		
(ages 0-12)	5, 12, 19	9 – 11:30 a.m.
S.T.E.P. Program for Parents of Teens	10, 17	11a.m. – 12:30 p.m.
Stress Management I and II	10, 17	1 – 2 p.m.
Truth or Consequences?		
(Three-part series)	17, 24, 31	4:30 – 5:30 p.m.
You and Your Baby	11, 25	8 a.m. – Noon

To sign up for classes or for more information, call ACS Family Advocacy Program at 221-0349/2418.



Photo by Drill Sgt. Floyd Graham

Congratulations to Drill Sergeant Cruz and family

Company C 1st Sgt. Larry Lipsey congratulates Drill Sergeant Jose Cruz who was promoted to sergeant first class on Friday. A highly motivated drill sergeant, Cruz is a 91E Dental Technician who has been on drill sergeant duty for 10 months. He is a recent graduate of the Advanced Non-Commissioned Officer Course here and was selected the 187th Medical Battalion Drill Sergeant of the Quarter for the 3rd quarter. He is married to (left) Sgt. 1st Class Nellie Cruz, NCOIC of the 91E program.



Photo by Capt. James Fox

187th to celebrate Organization Day, Aug. 13

1st Lt. Christopher Nordin, 1st Lt. Rachel Atherton, 2nd Lt. Kelly Baumgartner and Staff Sgt. Cynthia Bryant, volunteers from the 187th Med. Bn. staff held a grocery bagging fundraiser on Friday at the post Commissary and raised \$508 for the unit's Organizational Day. The unit would like to extend their appreciation to the Commissary. Organization Day will be held Friday, Aug. 13. Activities include athletic events, food, games, and most importantly, quality time with families.

Learn about long term care before you need it

By **Samantha L. Quigley**
American Forces Press Service

Though many enroll for the Federal Long Term Care Insurance Program, very few know what long term care is and how to get the greatest benefit from it, an official with the program said.

"People have very little understanding, until they really need it, what long term care is and what long term care insurance will be able to do for them," Mary Lou McGuinness, a nurse and director of care coordination/claims for the Federal Long Term Care Insurance Program, said. "I think the understanding is diminished because it is a very complicated subject."

"And I think when they have an immediate need for the services, that's when they tend to try to tap into whatever resources they have to give them the information to answer their questions," she continued. "The problem is that the need for the knowledge is often very urgent by the time they need it."

To avoid the emotional toll on caregivers charged with making decisions about a loved one's care, McGuinness suggests utilizing the program's care-coordination services to develop a plan for the future. Having an idea of what is available before there's a critical need can alleviate some of the stress involved in decision making.

Coordinators, all registered nurses who have worked in long term care situations previously, are available to assist with that process. They can provide general information, assessment and approval of the need for long term care and help develop a care plan.

Also, for consistency, enrollees are assigned a coordinator who will monitor and reassess the services being provided and provide access to discounts for services, when available. The coordinators also check the licenses of long term care

facilities or provide caregiver training for individuals. In any case, the enrollee has the final say in the care plan.

McGuinness also reminded enrollees that the coordination services extend to qualified relatives. This can be especially helpful if the enrollee does not live in the same state as his or her parents.

While qualified relatives are not eligible to receive benefits beyond the coordination services, they can get help in coordinating the benefits they do have through private insurance or Medicare.

There is often confusion about what long term care insurance will cover.

Essentially, McGuinness said, if care is needed for more than 90 days, long term care could apply. Severe cognitive impairments, such as Alzheimer's disease, also qualify for long term care.

The Federal Long Term Care Insurance Program is meant to cover expenses associated with long term care available in a nursing home, assisted-living facility or an enrollee's home.

Launched in March 2002, the program is the largest employer-sponsored long term care insurance program and the largest group program in the country. The program provides over 20 million eligible enrollees access to long term care insurance as a voluntary benefit, meaning the employee pays all costs.

For more information contact:

Toll-Free: 1-800-LTC-FEDS (1-800-582-3337) (TTY: 1-800-843-3557) or write to corporate address:

Long Term Care Partners, LLC
100 Arboretum Drive
Portsmouth, NH 03801-7833
Billing Address:
Long Term Care Partners, LLC
P.O. Box 7247
Philadelphia, PA 19170-0378

Health Promotion Center

August Class Schedule

Class	Date	Time
Introduction to Weight Reduction	6	Noon-1:30 p.m.
Breastfeeding Support Group	6	1-2:30 p.m.
Diabetes Education	9	12:45-4:30 p.m.
Office Yoga	10	Noon-1 p.m.
Stress Management	10	1-2:30 p.m.
Diabetes Education	10	12:45-4:30 p.m.
Breast & GYN Cancer Support Group	11	9:30-11 a.m.
Self Care & Health	12	9-11 a.m.
Breastfeeding Support Group	13	1-2:30 p.m.
Diabetes Education	16	12:45-4:30 p.m.
Breast Health	17	9-10 a.m.
Arthritis	17	9:30-11 a.m.
Office Yoga	17	Noon-1 p.m.
Diabetes Education	17	12:45-4:30 p.m.
High Blood Pressure	18	9 a.m.-Noon
Back Pain	19	2-3:30 p.m.
Body Fat Testing	20	8-11 a.m.
Introduction to Weight Reduction	20	Noon-1:30 p.m.
Breastfeeding Support Group	20	1-2:30 p.m.
Diabetes Education	23	12:45-4:30 p.m.
Office Yoga	24	Noon-1 p.m.
Diabetes Education	24	12:45-4:30 p.m.
Tobacco Cessation		
"Readiness to Change"	24	5-7 p.m.
Breast & GYN Cancer Support Group	24	5:30-7 p.m.
Active Duty Self Care	26	8-10 a.m.
Tobacco Cessation		
"Readiness to Change"	26	2-3:30 p.m.
Breastfeeding Support Group	27	1-2:30 p.m.
Diabetes Education	30	12:45-4:30 p.m.
Office Yoga	31	Noon-1 p.m.
Diabetes Education	31	12:45-4:30 p.m.

For information, call Health Promotions at 916-3352. Health classes are open to all DOD civilians and military beneficiaries.

TRICARE Briefing at BAMC Aug. 17

A TRICARE Briefing will be held at Brooke Army Medical Center Auditorium, 4th Floor on Aug. 17 from 5 to 7 p.m.

Enrollment in TRICARE Prime (under age 65) is available with Brooke Army Medical Center*, Brooks Air Force Base Clinic, Randolph Air Force Base Clinic, Wilford Hall Medical Center* and Kelly Family Medicine Clinic* and with Network Civilian Primary Care Providers*.

For additional questions regarding the briefings, call 1-800-406-2832 or visit the Web site at www.hnfs.net.

*Please check with the Service Centers for these facilities, as enrollment is limited in some clinics.

Back to School Program for FSH kids, Aug 14

A back to school program for the children who reside on Fort Sam Houston will be held at the Dodd Field Chapel Aug. 14 from 10 a.m. to noon. Attractions will include Mr. McGruf, the Safety mascot, safety information, door prizes and much more.

For more information, call Master Sgt. Pauline Perry at 221-7804.

PWOC to host Fall Kickoff, Aug. 25

Protestant Women of the Chapel will host the Fall Kickoff on Aug. 25 from 9:30-11:30 a.m. at Dodd Field Chapel. This year's theme, "Delight Yourself in the Lord," is a God-empowered, Christ-centered and Spirit-led group that encourages women to grow spiritually within the body of Christ through prayer, the study of God's Word, worship and service. Join PWOC for fellowship and bible study every Wednesday beginning Aug. 25. Free watch care is offered. For information, call Carolyn Wafford at 223-3856 or Lois Griffith at 226-1295.

Antiterrorism Awareness

The Army Medical Department Center and School and the Fort Sam Houston Regulation 190-5 requires that vehicle registration decals (DD Form 2220), Fort Sam Houston stickers, and expiration tabs be completely removed from privately owned vehicles under the following conditions:

- Sale, transfer or disposal of the vehicle
- Windshield replacement
- PCS overseas or ETS
- Civilian employment termination or transfer to another geographic area

Return remnants of vehicle registration decals, regardless of condition, to the Vehicle Registration Branch, Bldg. 367. Hours are Monday-Friday 7:30 a.m. to 3:45 p.m. Closed on federal holidays. For more information, call 221-2570 or 221-9205.

Post Worship Schedule

Main Post Chapel, Bldg. 2200, phone number: (210) 221-2754.

Catholic Services:

- 4:45-5:15 p.m. - Confessions - Saturdays
- 5:30 p.m. - Mass - Saturdays
- 9:30 a.m. - Mass - Sundays
- 11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

- 8 a.m. - Traditional Protestant
- 11 a.m. - Traditional Protestant

Jewish Services:

phone numbers: (210) 379-8666 or 493-6660.
Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

Catholic Services - Sundays: 12:30 p.m. - Bilingual Mass

Protestant Services:

- 5:30 p.m. - Contemporary Protestant - Sundays
- 10:30 a.m. - Collective Gospel Protestant - Sundays

9:30-11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided

AMEDD Regimental Chapel, Bldg. 1398, phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

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

Troop Protestant Gospel Services:

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Medical Bde. Soldiers



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

1:30 p.m. - Jumma - Fridays

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

7:30 p.m. - Adult Religious Education - Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

Catholic Services:

8:30 a.m. - Mass - Sundays

11:15 a.m. - Mass - Sundays

11 a.m. - Mass - Weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain

Experts develop future food for future warriors

The Defense Department's Combat Feeding program at the U.S. Army Soldier System Center in Natick, Mass., is a "one-stop shop for all combat-rations development, field food-service equipment and total combat feeding systems," according to the Defense Department's combat-feeding director.

Gerald Darsch said the joint-service program is an effort to provide not only the appropriate types and distribution of food needed by the military services, but also to supply food products to astronauts at the International Space Station.

Combat rations and their distribution have improved considerably over the last five to seven years, Darsch said. The Combat Feeding program elicits "what soldiers like to eat and what they don't like to eat. All of the rations are soldier requested, soldier tested, soldier approved."

When service members ask for a certain food item, such as Spanish rice or Thai chicken, food specialists develop recipes that will meet the request. Test panels are randomly selected to evaluate recipes during development. Once a recipe is finished, it is field tested with soldiers to ensure the goal is met.

One type of ration, the Meal, Ready-to-Eat, or MRE, is currently used by the military to sustain individuals in the field until

an organized food facility is established. At present, mobile troops, who may not have much time to eat, take out only certain food components from the MRE rations. "They leave up to 50 percent of the unused portion behind, only to be thrown away," Darsch noted.

The prototype "First Strike" ration program provides highly mobile ground troops with total eat-on-the-move capability. He said the idea is to provide a single ration per day containing only food items that are easy to use and consume.

Recently, both the Marines and Army soldiers have requested First Strike rations developed by the Combat Feeding program.

"The Marines have asked for these rations to use in Afghanistan and Iraq," Darsch said. "(The Army's) 1st Cavalry Division in Iraq has also requested to try these rations for their soldiers." Both services said it would provide a capability they really don't have, he added.

Darsch said this ration package includes a pocket sandwich with a three-year shelf life at room temperature, developed by the Army Soldier Center. This sandwich is a good idea for those who can't take a microwave or refrigerator out in the field, he added.

"We put three zip-lock bags in with the rations, so the person

can break it up into three separate meals and easily store unused portions in the uniform pockets, wherever is most comfortable and fits the best," he explained. "The beverage mix included with the rations is in a flexible package so you can reconstitute it right in the package and consume it directly from the package."

Tube food, another type of ration, has been provided for the Air Force's U-2 long-range surveillance aircraft pilots during their reconnaissance flights. According to Air Force officials, the U-2 is the most difficult aircraft to fly because of its unusually challenging takeoff and landing characteristics. Due to its high-altitude mission, pilots must wear full pressure suits.

The Combat Feeding program, in a joint effort with the Air Force Research Lab, developed two foods that actually enhance the pilots' cognitive performance.

After the pilots have been flying their aircraft for a long period of time, they can become lethargic and sluggish when they try to land. Darsch explained that adding a certain naturally occurring food ingredient to the tube foods ensures a safe landing.

The Natick research center also has launched a robust program to upgrade food-distribution systems for the Navy fleet.

Darsch described how they recently used a new modular process to install a piece of food-distribution equipment on two Los Angeles-class submarines.

In the past, crewmembers would have had to cut up the equipment deckside and lower in the pieces one at a time through a 30-inch hatch and reassemble all of those pieces down in the galley, he said. This old process required up to 500 man-hours. And once everything was put back together, it didn't always work or didn't work as well as intended.

The Combat Feeding program worked with a commercial company to come up with equipment

designed and built in modules.

"The new idea is to lower the modules down through the hatch and then put the pieces together again, like LEGOs, in the galley," Darsch said. "This now reduces the 500 man-hours down to a possible less than 75 man-hours to complete this task. And now, everything works the way it is supposed to work."

The bottom line, he concluded, is that the Combat Feeding program covers the gamut of everything required for feeding the armed forces "from deep sea to deep space."

Source: American Forces Press Service

AMEDD Museum announces guest speaker, Aug. 17

As part of its on-going series of programs and exhibits on the Army's contributions to public health, the AMEDD Museum will feature Col. Bruno Petrucci as a guest speaker on Tuesday, Aug. 17 at 5 p.m.

Petrucci is the Director, Epidemiology & Disease Surveillance at the U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) at Aberdeen Proving Ground, Maryland.

Petrucci's presentation will conclude a four month long series which has been a collegial enterprise between the AMEDD Museum Foundation, AMEDD Center & School, Veterinary Command, MEDCOM, CHPPM, U.S. Army Natick Soldier Center and the San Antonio Metropolitan Health District.

For more information, call Thomas McMasters at 221-6358.

Child and Youth Services summer news



The 3-Day Part Day

Preschool Program If you are interested in 3-Day Part Day Preschool Program, call Central Registration at 221-4871 or 221-1723 to place your name on a list. Fees will be assessed by calculating Total Family Income.

Before and After School care will have to register, even if they are currently utilizing School Age Summer Camp. To register contact CYS Central Registration at 221-4871 or 221-1723. Parents need to provide proof of income and updated shots. Orientation for Before and After School will be held Wednesday, Aug. 11 at 5 p.m. in Bldg. 1705.

Child Development Center

Waiting List - If your child's name is on the Wait List for full day care at the Child Development Center, check your status on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check your status, call Central Registration at 221-4871 or 221-1723.

Instructional Classes -

If you are interested in instructional classes such as Tae Kwon Do, piano, quarterly babysitter training or gymnastics, call 221-4882 or 221-4871/1723. For

babysitter training or information, call 221-4871 or 221-1723.

School Age Services

(Kindergarten - 5th grade) offers After School and Weekend Open Recreation (Open recreation available to children in 1st - 5th grade) opportunities and After School Hourly Care options. Hourly and Open recreation must be reserved in advance by calling

School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

Youth in 6th - 12th grade seeking summer recreational opportunities may contact Youth Services at 221-4882.

Family Child Care

(FCC) offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-cost start up plan. For more information, call 221-3820 or 221-3828.

CYS Parent

Advisory Council (PAC) meeting will be Tues., Aug. 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents opportunity to learn of upcoming events, meet staff and address concerns.

The Child

Development Center has full day immediate openings for ages 12 months to 5 years. To register please call Central Registration at 221-4871 or 221-1723.

Before and After School Care All patrons interested in

MWR Youth Happenings

Free After School Program for Middle School Students - Youth Services offers an After School program for Middle School youth grades 6-9 on Monday through Friday after school until 6 p.m. YS will pick up your child from the Elementary or the Jr./Sr. High School and take your child to the Youth Center. After a snack the student will work on homework, participate in clubs and other fun innovative projects. Students can join the 4-H Club, Photography Club, Computer Tech Club and a variety of other clubs. The best feature of this program is that this is a free program. However, students must register with Child and Youth Services for an annual fee of \$18. For information, call 221-3502.

Football and Cheerleading Registration - Football and cheerleading registration is ongoing at the Youth Center Monday through Friday from 10 a.m. to 7 p.m. The cost for football is \$55 for the 1st child, \$50 for the 2nd and \$45 for the 3rd child. Cheerleading is \$50 for the 1st child, \$45 for the 2nd and \$40 for the 3rd. A birth certificate, current physical, shot records and current CYSD registration are required.

Soccer Registration - Alamo Heights Fort Sam Houston Soccer League registration will be held at the Youth Center on Saturday, Aug. 21 and 28 from 9 a.m. to 3 p.m. The cost is \$50 for youth ages 10 and under and \$50 plus \$15 for uniforms for 11 and up. Birth certificate and physical are needed and youth must be CYSD registered. For more information call 221-3502/5513.

Middle School and Teen Pool Party - Youth Services will hold a Pool Party at the Fort Sam Houston Pool for youth in 6th grade through 12th grade on Friday, Aug. 13 from 8 to 11 p.m. The cost will be \$3 per person. All youth must be a CYSD member to attend this pool party. There will be food, music, and lots of water fun! The Youth Center will close that night at 8 p.m. There will be a van shuttle leaving from the pool at 10:30 p.m. for all ages. For more information, call 221-3502.

Youth Service Volunteers - YS is looking for volunteers to assist with youth

programs. We need coaches, computer skilled people, crafty people and those who care about kids. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

Saturday Open Recreation - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours for youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

Parents Wanted - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets.

Come join us in a game or to cheer and enjoy refreshments.

Tae-Bo - Join the youth services staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m.

Saturday Shuttle - YS offers a Saturday shuttle to and from the Youth Center. There is no cost for this service but parents of children 9 and under must wait for the van and sign them in and out of the van with the YS staff member. The Shuttle schedule is as follows:

3 p.m. - Leave the Youth Center
 3:07 p.m. - Gorgas Circle (picnic tables)
 3:10 p.m. - Schofield/Dickman on Schofield
 3:15 p.m. - Reynolds and Dickman on Reynolds
 3:20 p.m. - Officer's Club tennis Courts
 3:25 p.m. - Artillery Post Road at Bus Stop
 3:30 p.m. - Easley/Infantry Post Bus Stop 660
 3:42 p.m. - Patch Road (playground)
 3:46 p.m. - Patch Road Shoppette Parking lot

3:50 p.m. - Foulis/Scott Road Harris Heights
 3:54 p.m. - Forage/Foulois
 4 p.m. - Powless Guest House

The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below; at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

Back To School



2004-2005 school year begins August 16

Students will soon be heading back to school. Just over two months ago, students were excited about being "off" for the summer. However, school will once again be in session on Monday, Aug. 16 and continue until May 27. The 2004-2005 school calendar was approved in February by the District's Board of Trustees after receiving feedback and input from the District Educational Improvement Council, an advisory group comprised of district staff, parents, and community members.

Holidays during the first semester of school include: Labor Day, Sept. 6; Columbus Day, Oct. 11; Veteran's Day, Nov. 11-12; Thanksgiving, Nov. 22-26; and Winter Break, Dec. 20-31. The last day of school before the winter break is Dec. 17. Students return to class on Jan. 3 to begin the second semester.

Holidays for the second semester of school include: Martin Luther King, Jr. Day, Jan. 17; President's Day, Feb. 21; Spring Break, March 14-18; Good Friday, March 25; and Battle of Flowers Parade, April 22. The last instructional day of school is May 27, 2005.

The state requires a minimum of 180 student instructional days, unless a district is granted a waiver from the Texas Education Agency. A school district in Texas is permitted to waive student instructional days for professional development days. After the site-based decision making committees of FSH Elementary and Cole Jr./Sr. High School conducted a needs assessment for staff development, a request was submitted to the TEA for a waiver. The TEA approved a three-day waiver for both campuses and was included in the 2004-2005 calendar.

Under Senate Bill 108, signed into law in 2001, school districts can hold classes for students no earlier than the week in which Aug. 21 falls, with Sunday considered the first day of the week. Fort Sam Houston ISD will begin school Aug. 16.

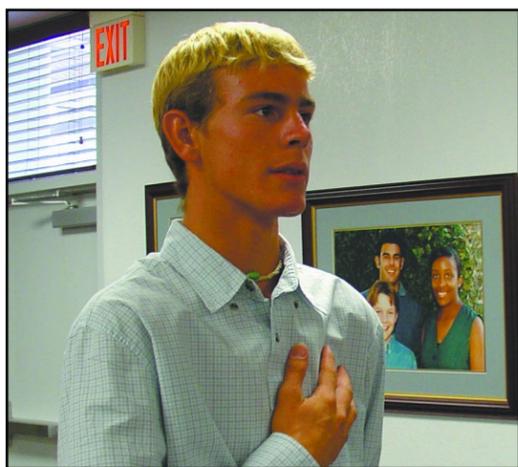


Photo by Gloria Davila

At the July 29 FSHISD Board of Trustees' meeting, Cole senior Bryce Kinsey leads the board and the audience in the Pledge of Allegiance. Bryce is the new drum major for the mighty Cougar band and is an extremely talented musician who plays piano, clarinet, guitar, and bass guitar. "Affliction" is the name of Bryce's rock band.

Welcome back from the superintendent



Gail E. Siller, Ph.D.
Superintendent of Schools

We are delighted to welcome both our new and returning students to the Fort Sam Houston Independent School District this year! Many exciting programs and activities are planned for our students to keep them challenged and engaged in learning.

I encourage your family to get involved and stay connected with your child's school. Talk to your child's teacher about the best ways to support your child throughout the year. It truly takes a partnership between the school and family to help a child succeed and grow to his or her potential.

Thirty years of research show that when children can count on their families and community, in addition to their teachers, for involvement in their education, it makes a significant difference in their level of learning. Our fac-

ulty and staff appreciate the supportive parents and community that we have.

It has been said, "achievement is largely the product of steadily raising one's level of aspiration and expectation." Our theme this year is "High Expectations – the Right Track to Success." Our teachers and staff are committed to helping our students achieve their academic goals, be prepared for state and national assessments, and providing a quality education for your children.

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

Gail E. Siller, Ph.D.
Superintendent of Schools

Important dates for students and parents

Thursday, Aug. 5, 8:30 to 11 a.m. and 1 to 3 p.m. - Registration for new 7th and 10th graders attending Cole will be conducted by appointment. Call 368-8734 for an appointment.

Friday, Aug. 6, 8:30 to 11 a.m. and 1 to 3 p.m. - Registration for new 8th and 11th graders attending Cole will be conducted by appointment. Call 368-8734 for an appointment.

Monday, Aug. 9, 8:30 to 11 a.m. and 1 to 3 p.m. - Registration for new 9th and 12th graders attending Cole will be conducted by appointment. Call 368-8734 for an appointment.

Thursday, Aug. 12, 6:30 p.m. - Orientation for all Cole 7th and 8th graders and their parents will be held in the Moseley Gym. Also, orientation for new students to Cole in grades 9th through 12th will be held in the Cole Cafeteria.

Friday, Aug. 13, 3 to 4 p.m. - FSH Elementary students "Meet Your Teacher" and visit classrooms.

Monday, Aug. 16, 8 a.m. - First day of school.

Thursday, Aug. 19, 6 p.m. - Fort Sam Houston Elementary School Open House.

Tuesday, Aug. 24, 6 p.m. - Fort Sam Houston Elementary School Open House.

Thursday, Aug. 26, 6:30 p.m. - Robert G. Cole High School (Grades 9 – 12) Open House.

Back to School Guide

FSH Elementary School Information	Page 18
Elementary Bus Schedule	Page 19
School Supply Checklist	Page 20
Cole High School Information	Page 23
High School Bus Schedule	Page 23
High School Football Schedule	Page 23
School Policies	Page 24



Key Telephone Numbers

Fort Sam Houston Independent School District	
Administration Building	368-8700
Superintendent	368-8701
Associate Superintendent	368-8703
Business	368-8705
Technology	368-8707
Operations (Maintenance / Transportation)	368-8719
Fax	368-8741
Fort Sam Houston Elementary School	
Receptionist	368-8800
Principal	368-8803
Assistant Principal for Instruction	368-8804
Assistant Principal for Student Services/Attendance	368-8805
Counselor's Office	368-8806
Fax	368-8809
Fax	368-8801
Military Special Education Cooperative	
Fax	368-8771
Fax	368-8776
Robert G. Cole Junior/Senior High School	
Receptionist	368-8730
Principal	368-8733
Assistant Principal for Instruction	368-8774
Assistant Principal for Student Services/Attendance	368-8742
Counselor's Office	368-8736
Fax	368-8734
Fax	368-8731

Fort Sam Elementary prepares to celebrate first day of school

Fort Sam Houston Elementary faculty and staff view the first day of school as a celebration of exciting things to come. Teachers, paraeducators, secretaries, support staff, and administrators are busy planning for all students to enjoy successful experiences at school.

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

- Elementary staff members wait for the buses to roll in, ready to welcome all students with a wave and smile. Young students and those new to the school may also be escorted to their class.

- All entrances to the school are supervised so that everyone receives a warm, friendly welcome. Students may enter the school grounds from the front of the school or from the entrances bordering Nursery Road. For reasons of safety and security, students may not enter the grounds from Williams Road.

- Ramps/wings are painted different colors to help young children locate their room.

- Adults will be at the entrance to each ramp to escort children to their classroom.

Parents are encouraged to enroll their children before the first day of school to ensure a smooth and successful beginning for their children. New students can regis-

ter Monday through Friday between the hours of 7:30 and 3 p.m.

During the course of the first few days, students will take home important information for parents to review and in some cases to return to the school. The Parent-Student Handbook and Student Code of Conduct will require signatures. Please read and review these important documents carefully with your child and return the paperwork by the date requested.

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

Students should not arrive at school before 7:15 a.m. Youth Services on post provides before and after school programs. Parents who need this service can call 221-3502.

Pre-kindergarten and kindergarten students will be given name tags on the first day of school. Students are asked to wear their nametags at least the first week of school. This will help faculty and staff members keep a watchful eye on these young children.

The 2004 – 2005 school year will be an exciting year as both the school and community work together. Through our efforts, we can continue to provide a quality education for all students.

Elementary students invited to meet teachers early

Fort Sam Houston Elementary School teachers and administrators invite all students and parents to visit the campus to meet teachers and visit classrooms on Aug. 13 from 3 to 4 p.m.

Class rosters will be posted on the front doors of the school building indicating which teacher and classroom each student has been assigned for the 2004 – 2005 school year. Parents and students are encouraged to attend this event.

"This is a wonderful opportunity for students to get acquainted with their teacher and see their room before the first day of school on August 16," states Jayne Hatton, Fort Sam Houston Elementary School principal. "This hopefully helps to alleviate some first day jitters about the new teacher and new classroom."

Comprehensive curriculum offered by FSH elementary

Fort Sam Houston Elementary School's curriculum provides comprehensive, well-balanced learning experiences for students that are developmentally appropriate. The state-mandated Texas Essential Knowledge and Skills form the core of the curriculum; however, additional enrichment activities are included to extend learning opportunities.

All students are assigned to heterogeneous homerooms with class sizes limited in grades K – 4 to twenty-two students. The fifth and sixth grades are completely departmentalized and group students heterogeneously. Specialists in music, art, drama, and physical education provide instruction to all students on a regularly scheduled basis. Additionally, individual teachers schedule library time and computer classes for their students' use.

The Pre-kindergarten program is available for four-year-old children who meet the following eligibility criteria: must be limited English speaking or are from a family whose income is at or below subsistence level. The goal of this half-day program is to provide intensive language development within the context of a balanced curriculum.

The school library is a fully equipped resource and media center, which serves our entire faculty and staff and student body. It provides a balanced collection of print and non-print media and computer software. In addition to this collection, there is a rich array of supportive services, which includes assistance in the use of letterpress, dry mount press, book binding equipment and video equipment. The library also is a key teaching station with teachers scheduling a time for their class to go to the library. The librarian serves as the campus contact person for the distribution of materials from the regional education service center and the local educational public broadcast television station.

In grades Pre-K through 6 the use of computers in the classroom is an integral part of the school curriculum, providing students with experiences in drill and practice, tutorial, problem solving, and simulation. In addition, students come to the computer lab where they also learn work processing, data filing, and graphic utilities. Students also attend classes in the multimedia lab. Opportunities include use of software correlated to the curriculum.

Special programs help elementary students achieve full potential

There are numerous special programs and services available to help Fort Sam Houston Elementary School students achieve their potential. Two certified counselors serve the guidance and counseling needs of the students through classroom meetings, small group sessions and individual counseling. The goal of the school is to provide a school climate in which each child may live comfortably and confidently and function successfully.

A special partnership program between the Army and the school is provided for selected "at-risk" students. Adult mentors are provided by the Army community and tutor the students for one hour per week in any academic area. The mentors are selected and trained through the post chaplain's office.

A strong drug-free program at the elementary school is integrated throughout the entire curriculum and school. The health curriculum addresses the negative effects of the use of alcohol, tobacco, marijuana, and other drugs, with special emphasis on illegal drugs. In the

social studies curriculum, emphasis is placed on personal, social, and civic responsibilities. The counseling department also is an active participant in the education of our students about this important subject.

Students who attend Fort Sam Houston Elementary School experience rich and varied activities and classes, as a wide variety of instructional arrangements and programs are required to meet their specific learning needs. The Accelerated Learning Center is designed for those students who are identified as at-risk, mildly disabled, gifted and talented, limited English proficient, and those whose previous educational experiences are inconsistent with Texas requirements. This team approach ensures that all identified students receive needed services to improve their academic performance.

Gifted and talented programs are available for students in grades K-6 who have demonstrated exceptional proclivity toward excellence or the potential to excel in general intellectual ability. These students require educational

experiences and programs beyond those normally provided in the regular school program. Children are referred for this program by their parents or teachers. Eligibility for the program is based on test results and rankings on a student profile matrix.

An exemplary fine arts program is provided for those students showing exceptional talent in the areas of art, music and theatre arts. Eligibility for the programs is based on individual test results and rankings on a student profile matrix.

Comprehensive special education services are available for eligible disabled students who require provision of special services in place of or in addition to instruction in the regular classrooms. Students served include those from birth to age 21 who are auditorally or visually disabled, and those aged three to 21 who are physically disabled, mentally challenged, emotionally disturbed, learning disabled, autistic, or multi-handicapped.

Daily schedule set at elementary school

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

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

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

Monday, Tuesday, Thursday, and Friday

Pre-kindergarten and Pre-school program for students with disabilities:

Morning session	7:45 – 11 a.m.
Afternoon session	11:45 a.m. – 3 p.m.

Kindergarten - 4th Grade	7:45 a.m. – 3p.m.
5th and 6th Grades	7:45 a.m. – 3:30 p.m.

Wednesday ONLY

Pre-kindergarten and Pre-school program for students with disabilities:

Morning session	7:45 – 10 a.m.
Afternoon session	11:45 a.m. – 2 p.m.

Grades Kindergarten - 4th Grade	7:45 a.m. – 2 p.m.
5th and 6th Grades	7:45 a.m. – 2:30 p.m.

Two bus systems used to transport FSH students

The Fort Sam Houston Independent School District makes school bus transportation available to all students living two or more miles from school. This service is provided on district yellow buses at no cost to students. Bus routes and any subsequent changes are posted at the school. Further information may be obtained by calling 368-8720.

Fort Sam Houston Post U.S. Army Transportation provides transportation in white buses for all elementary school students residing in Harris Heights and

Watkins Terrace. If further information is needed for Post Transportation, call their office at 221-5172 or 221-5016.

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

– Follow the driver's directions at all times.



– Enter and leave the bus in an orderly manner at the designated bus stop nearest home.

– Keep books, band instruments cases, feet, and other objects out of the aisle.

– Refrain from defacing the bus or its equipment.

– Refrain from putting head, hands, arms, or legs

out of the window, holding any object out

of the window, or throwing objects within or outside of the bus.

– Refrain from smoking or using any form of tobacco.

– Upon leaving the bus, wait for the driver's signal before crossing in front of the bus.

– When students ride in a District van or passenger car, seat belts must be used at all times.

Discipline for misconduct on buses will be in accordance with the Student Code of Conduct; bus riding privileges may be suspended.

FORT SAM HOUSTON ELEMENTARLY BUS SCHEDULE 2004- 2005

Yellow Buses

AREA STOPS	BUS DEPARTS FOR	ROUTE #
	FT. SAME ELEMENTARY	
Fisher House (Cole and Elem)	7:09 a.m. Bus 6	
Guest House (Cole and Elem)	7:10 a.m. Bus 6	
FSH Campground (Cole and Elem)	7:18 a.m. Bus 6	

Infantry Post (Shelter)	7:30 a.m. Bus 12	1
Infantry Post (Shelter)	7:30 a.m. Bus 19	1

Gorgas Circle (Qtrs 1016)	7:25 a.m. Bus 1	2
Gorgas Circle (Qtrs 1009)	7:26 a.m. Bus 1	2
Graham & Worth	7:28 a.m. Bus 1	2
Graham & Harney	7:30 a.m. Bus 1	2
Graham & H.T. Allen (Shelter)	7:34 a.m. Bus 1	2

S16W & Graham (Officers' Club)	7:20 a.m. Bus 11	
Artillery Loop (Qtrs 176)	7:21 a.m. Bus 11	2
Artillery Post (Qtrs 165)	7:22 a.m. Bus 11	2
Artillery Post (Qtrs 101)	7:23 a.m. Bus 11	2
Artillery Post (Qtrs 109)	7:24 a.m. Bus 11	2
Artillery Post (Qtrs 115)	7:26 a.m. Bus 11	2
Staff Post (Stanley & Staff)	7:28 a.m. Bus 11	2
Hancock Road (Qtrs 2283)	7:29 a.m. Bus 11	2

REA STOPS	BUS ARRIVES	ROUTE #
Afternoon Grades K-4 (3:00 Dismissal)(Wed. 2:00p.m.Dismissal)		
School's Southeast Parking Lot (Departs 3:05 p.m.) (Wed. 2:05 p.m.)		

Infantry Post (Shelter)	Bus 11	1
Guest House	Bus 11	1

Gorgas Circle (Qtrs 1016)	Bus 15	2
Gorgas Circle (Qtrs 1009)	Bus 15	2
Graham & Worth	Bus 15	2
Graham & Harney	Bus 15	2
Graham & H.T.Allen (Shelter)	Bus 15	2
S16W & Graham (Officers' Club)	Bus 15	2
Artillery Loop (Qtrs 176)	Bus 15	2
Artillery Post (Qtrs 165)	Bus 15	2
Artillery Post (Qtrs 101)	Bus 15	2
Artillery Post (Qtrs 109)	Bus 15	2
Artillery Post (Qtrs 115)	Bus 15	2
Staff Post (Stanley & Staff)	Bus 15	2
Hancock Road (Qtrs 2283)	Bus 15	2
FSH Campgrounds	Bus 15	2

AFTERNOON GRADES 5-6 (3:30 Dismissal) (Wed. 2:30 p.m.)		
School's Southeast Parking Lot (Departs 3:35 p.m.)(Wed. 2:35 p.m.)		

Infantry Post (Shelter)	Bus 11	1
Guest House	Bus 11	1

Gorgas Circle (Qtrs 1016)	Bus 3	2
Gorgas Circle (Qtrs 1009)	Bus 3	2
Graham & Worth	Bus 3	2
Graham & Harney	Bus 3	2
Graham & H.T.Allen (Shelter)	Bus 3	2
S16W & Graham (Officers' Club)	Bus 3	2
Artillery Loop (Qtrs 176)	Bus 3	2
Artillery Post (Qtrs 165)	Bus 3	2
Artillery Post (Qtrs 101)	Bus 3	2
Artillery Post (Qtrs 109)	Bus 3	2
Artillery Post (Qtrs 115)	Bus 3	2
Staff Post (Stanley & Staff)	Bus 3	2
Hancock Road (Qtrs 2283)	Bus 3	2
FSH Campgrounds	Bus 3	2

BUSES WILL LOAD IN THE SOUTHEAST PARKING LOT OFF NURSERY ROAD WED. DISMISSAL TIME IS 2:00 P.M. AND 2:30 P.M.

Post Bus Transportation - White Buses FHS Elementary School Bus Schedule 2004-2005

Morning Schedule

BUS # 1 WATKINS TERRACE

Depart Motor Pool	7:10 a.m.
McMurray Rd. Stop # 6	7:20 a.m.
McMurray Rd. Stop # 7	7:22 a.m.
McMurray Rd. Stop # 8	7:24 a.m.
Arrive At School	7:28 a.m.

Depart The School	7:30 a.m.
McMurray Rd. Stop # 6	7:33 a.m.
McMurray Rd. Stop # 7	7:34 a.m.
McMurray Rd. Stop # 8	7:36 a.m.
Arrive At School	7:40 a.m.
Depart The School	7:42 a.m.

BUS # 2 WATKINS TERRACE

Depart Motor Pool	7:10 a.m.
Forbush Rd. Stop # 3	7:20 a.m.
McMurray Rd. Stop # 4	7:22 a.m.
McMurray Rd. Stop # 5-6	7:24 a.m.
Arrive At School	7:28 a.m.

Depart The School	7:30 a.m.
Forbush Rd. Stop # 3-4	7:34 a.m.
McMurray Rd. Stop # 5-6	7:36 a.m.
Arrive At School	7:42 a.m.
Depart The School	7:44 a.m.

BUS # 3 WATKINS TERRACE

Depart Motor Pool	7:10 a.m.
Forbush Rd. Stop # 1	7:20 a.m.
Forbush Rd. Stop # 2	7:22 a.m.
McMurray Rd. Stop # 5&8	7:24 a.m.
Arrive At School	7:28 a.m.

Depart The School	7:30 a.m.
Forbush Rd. Stop # 1-2	7:34 a.m.
McMurray Rd. Stop # 3-4	7:36 a.m.
McMurray Rd. Stop # 5-6	7:37 a.m.
McMurray Rd. Stop # 7-8	7:38 a.m.
Arrive At School	7:42 a.m.
Depart The School	7:44 a.m.

Bus # 4 PATCH /CHAFFEE

Depart Motor Pool	7:10 a.m.
Schaffer Rd. Stop # 1	7:12 a.m.
Chaffee Rd. Stop # 2	7:14 a.m.
Chaffee Rd. Stop # 3	7:26 a.m.
Arrive At School	7:22 a.m.

Depart The School	7:24 a.m.
Schaffer Rd. Stop # 1	7:32 a.m.
Chaffee Rd. Stop # 2	7:33 a.m.
Chaffee Rd. Stop # 3	7:35 a.m.
Arrive At School	7:40 a.m.
Depart The School	7:42 a.m.

BUS # 5 HARRIS HEIGHTS

Depart Motor Pool	7:10 a.m.
Foulois Rd. Stop # 1-2	7:15 a.m.
Birkhead Rd. Stop # 3	7:17 a.m.
Lang Rd. Stop # 4	7:18 a.m.
Forage Rd. Stop # 6 & 8	7:20 a.m.
Arrive At School	7:24 a.m.

Depart The School	7:26 a.m.
Foulois Rd. Stop # 1-2	7:32 a.m.
Birkhead Rd. Stop # 3	7:34 a.m.
Lang Rd. Stop # 4	7:35 a.m.
Forage Rd. Stop # 6 & 8	7:36 a.m.
Arrive At School	7:40 a.m.
Depart The School	7:42 a.m.

BUS # 6 HARRIS HEIGHTS

Depart Motor Pool	7:10 a.m.
Ingram Rd. Stop # 5	7:15 a.m.

Forage Rd. Stop # 6	7:17 a.m.
Birkhead Rd. Stop # 7	7:18 a.m.
Forage Rd. Stop # 8	7:19 a.m.
Arrive At School	7:23 a.m.

Depart The School	7:25 a.m.
Ingram Rd. Stop # 5	7:30 a.m.
Forage Rd. Stop # 6	7:31 a.m.
Birkhead Rd. Stop # 7	7:32 a.m.
Forage Rd. Stop # 8	7:33 a.m.
Arrive At School	7:37 a.m.
Depart The School	7:39 a.m.

Afternoon Schedule

BUS # 1 WATKINS TERRACE

BUS # 2 WATKINS TERRACE

BUS # 3 WATKINS TERRACE

Depart Motor Pool	2:40 p.m.
Arrival At School	2:50 p.m.
Depart School	3:00 p.m.

Forbush Road	
McMurray Road	
Return To School	

Depart The School	3:30 p.m.
-------------------	-----------

Forbush Road	
Forbush Road	
McMurray Road	
Return To Motor Pool	

BUS # 4 PATCH/CHAFFEE

Depart Motor Pool	2:40 p.m.
Arrive At School	2:50 p.m.
Depart The School	3:00 p.m.

Schafter Road	
Chaffee Road	
Return To School	

Depart The School	3:30 p.m.
-------------------	-----------

Schafter Road	
Chaffee Road	
Return To Motor Pool	

BUS # 5 HARRIS HEIGHTS

BUS # 6 HARRIS HEIGHTS

Depart Motor Pool	2:40 p.m.
Arrive At School	2:50 p.m.
Depart The School	3:00 p.m.

Foulois Road	
Birkhead Road	
Lang Road	

Ingram Road	
Forage Road	
Birkhead Road	

Forage Road	
Return To School	

Depart The School	3:30 p.m.
-------------------	-----------

Foulois Road	
Birkhead Road	
Lang Road	

Ingram Road	
Forage Road	
Birkhead Road	

Forage Road	
Return To School	
Return To Motor Pool	

All buses will stop at ALL bus stops in each area. Each Wednesday is ONE-HOUR EARLY DISMISSAL.

Students need to be at their bus stop prior to the scheduled time.

Buses will load in front of school by FLAGPOLE.

School Supply Checklist

Fort Sam Houston Elementary School
3370 Nursery Road
San Antonio, TX 78234

Phone: (210) 368-8800 Fax: (210) 368-8801
Suggested List of School Supplies for 2004-2005

Pre-Kindergarten

- 1 Box of Tissues
- 1 School bag (large enough to hold papers and a library book; no book bags with wheels)
- 1 package of safety pins
- 4 Elmer's School glue (not "gel" or "no run" glue)
- 1 Pocket folder (solid color)
- 1 box Ziploc bags (quart or sandwich)-boys
- 1 package small paper plates - girls
- 2 glue sticks

Kindergarten

- 3 Elmer's School Glue - 4 oz. (not "gel" or "no run" glue)
- 1 Scissors - Fiskar round-tip
- 1 Construction paper (variety pack 9" x 12")
- 1 Backpack (no wheels) - with student name on it (large enough to hold papers & library book)
- 1 Pkg. Crayola Brand Water Color Paint set- 8 colors
- 3 Pkg. Crayola Classic markers (fat ones)
- 1 Box Ziploc sandwich bags - boys
- 1 Box Ziploc quart bags - girls
- 2 Box Crayola crayon - 16 count
- 2 Box Kleenex - 200 count
- 2 Folders - solid color - 2 pocket; no brads

NO SUPPLY BOXES PLEASE

Grade 1

- 2 Spiral notebooks
- 24 Yellow pencils (No. 2)
- 2 Elmer's Glue - 4oz. Bottle or 4 glue sticks
- 1 Pink Pearl eraser
- 2 Box Crayola Crayons - 24 count

- 1 Pkg. Crayola Classic Markers (Wide tip)
- 1 Scissors - Fiskar
- 1 Box Kleenex - 200 count
- 3 Folders with pockets
- 1 Composition Book with sewn binding (not spiral)
- 1 Package baby wipes
- 1 Box plastic Ziploc sandwich bags - boys
- 1 Pkg. Crayola Water Color Paint set - 8 colors
- 1 Pkg. Paper plates - girls

Grade 2

- 1 Small pencil sharpener/lid
- 3 Spiral notebooks - wide ruled (80 pages)
- 36 Yellow pencils - #2 (No Eagle Brand)
- 2 Box Crayolas - 24 count
- 1 Scissors - Fiskar sharp point
- 1 Box Kleenex - 200 count
- 2 White school glue - 8 oz.
- 12 Pocket folders with brads (assorted colors)
- 1 Plastic 12" ruler (centimeters and inches)
- 1 Pkg. Construction Paper (9" x 12") assorted color- 50 sheets/no tablets
- 2 Pkg. Crayola brand markers
- 1 Back Pack
- 1 Pkg. Ziploc quart or gallon size freezer bags -boys
- 1 Package of wipes - girls
- 1 Plastic box for supplies (no shoebox size)
- 1 Pkg. manila (cream) paper
- 2 Pink Pearl erasers
- 2 Package of wide ruled notebook paper

Grade 3

- 24 Yellow pencils - #2 (NOT Eagle)
- 1 12" ruler - inch and metric
- 2 Boxes Crayola crayons - 24 count
- 1 Elmer's glue - 8 oz.
- 2 Box Kleenex - 200 count
- 1 Pkg. Wide Spaced notebook paper
- 1 Scissors - Fiskar with sharp point
- 7 Pocket Folders with brads
- 4 Spiral notebooks - 70 page
- 1 Roll paper towels
- 1 Pkg. Assorted construction paper 9" x 12" (No tablets)
- 2 Pink Pearl erasers
- 1 Quart Freeze Lock baggies - boys
- 1 Hand sanitizer - girls
- 2 Red checking pen

No Notebooks, Trapper Keepers or Trapper Keeper Folders
Do not put names on any supplies

Grade 4

- 30 Yellow pencils (#2) not Eagle or mechanical
- 1 12" ruler
- 1 Box Crayola crayons - 24 count
- 1 Elmer's glue - 8 oz.
- 2 Box Kleenex - 200 count
- 3 Pkg. Wide Spaced notebook paper
- 1 Pkg. Crayola fine point markers - 8 colors
- 1 Scissors - Fiskar sharp point
- 10 Pocket Folders with brads
- 8 Spiral Notebooks - 70 page
- 1 Roll paper towels
- 1 Box colored pencils - 12 count
- 1 Baby wipes
- 4 Highlighters
- 1 Blank video tape
- 1 Box Quart Freeze Lock Baggies
- 2 Red pens

No Notebooks, Trapper Keepers or Trapper Keeper Folders

Grade 5

- 1 Zipper pencil case
- 24 Pencils (#2)
- 5 Highlighters
- 2 Checking pens - red
- 1 Box colored pencils - 12 count
- 1 3" 3-Ring Binder
- 1 Box Crayolas - 16 count
- 2 Box kleenex - 200 count
- 1 Pkg. of re-enforcements
- 1 Box Crayola Brand markers (fine point)
- 5 Folders with 3-brads and pockets
- 2 Pkgs. Tab Dividers with pockets
- 5 Spiral Notebook - 70 pages
- 5 Packages Wide line paper
- 2 Pink Pearl Eraser
- 1 Glue stick
- 1 Roll paper towels

NO Backpack

Grade 6

- 1 Crayola Brand markers (fine point)
- 1 Scissors (sharp point)
- 2 Box of Kleenex
- 5 Pencils (#2) No Mechanical Pencils
- 1 Package black or blue pens
- 4 Spiral notebooks
- 1 Ruler (inches & metric)
- 1 Pkg. colored pencils
- 1 Glue stick
- 2 Pkg. wide-line notebook paper
- 1 Package multi-colored highlighters
- 1 3" 3-Ring Binder - zippered
- 2 Tab Dividers with pockets
- 1 3-ring pencil pouch

Supplies must be replenished throughout the year



Photo by Gloria Davila

Students are always a vital part of the monthly meetings held by the FSHISD Board of Trustees. Board members are kept abreast of educational programs, student and employee awards, and other activities and events occurring in the district. Here, during the April board meeting, Board Members Jesus Torres and Dr. CEM Maxwell are guided by kindergarten students on how to use the Classroom Performance System, a computer program designed to assess a student's mastery of a skill or concept immediately.

Nearly 75% of all cycling deaths are due to head injuries.



Parents can access district policies online

The policies governing the operation of Fort Sam Houston Independent School District are available online at the following two Web site addresses: www.fort-sam-houston.k12.tx.us (access "Other Links" then click on "Policy on Line") or access www.tasb.org/policy/pol/private/015914

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

"Providing an electronic alternative to FSHISD parents and the military community is

essential to part of a communication system to which we are committed," states Dr. Gail Siller, superintendent of schools. "When needing information or an answer to a question, parents can quickly access the policies that govern all procedures and actions taken by the district."

Policies are labeled either LEGAL or LOCAL. The LEGAL policies track the language of the U.S. and Texas Constitutions, federal and state statutes, State Board of Education rules, the Texas Administrative Code and other regulations.

Policies designated LOCAL are those that have been approved by the local Fort Sam Houston Board of Trustees and are deemed essential to effective district governance and management and particular to this district. Local policies that

are preceded by a LEGAL policy in the same code generally expand on, or qualify, the legally referenced provisions. Other LOCAL policies stand alone, portraying the school board's stated intentions in areas not otherwise addressed by law.

"To fully understand district policy, parents are encouraged to read both the LEGAL and LOCAL policies together," stated Siller. "Otherwise, important information may be missed."

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

Nurturing your children's self-esteem

How students feel about themselves influence how they function in school, at home, and in society. Helping shape our children's self-esteem takes commitment and knowledge of effective parenting techniques.

What is self-esteem? - Self-esteem is the process of setting a value on yourself, appreciating your worth, knowing you are a valued person, and having a quiet sense of self-respect.

Individuals with high self-esteem:

- Are able to appreciate and respect the worth of others
- Are confident of their own competence
- Believe they matter to others

- Have fewer illnesses and worries
- Are generally happier and more successful
- Are able to deal with crises
- Are able to make better and more responsible decisions

People with low self-esteem:

- Avoid doing things for themselves
- Have difficulty accepting compliments
- Have difficulty accepting responsibility for their actions
- Tend to have accepted labels like dumb, stupid or ugly
- Feel distant from those around them
- Set themselves up for failure and expect to be cheated

- Need almost constant verification and validation from others

Finally, people who have an exaggerated sense of self-esteem

- Have an inflated ego, can do no wrong

Usually talk about themselves and their accomplishments a lot

Usually are masking feeling of inferiority or need for approval

What can parents do?

Emphasizing three variables – security, significance, and confidence – will help children feel secure. Parents can work toward building their children's self-esteem by following these guidelines:

- Believe in yourself as a par-

ent and adult. A parent who radiates inadequacy tends to perpetuate the cycle of low self-esteem in his or her children.

- Provide unconditional love for your children. Your children should have no doubt that you love them.

- Communicate clearly and be an active listener.

- Be honest and admit if you make a mistake or don't understand something.

- Display respect to your children. Show your children that you believe in them.

- Honestly accept your children's limits and gifts.

- Nurture your children's strengths by finding their talents

and helping them to develop them.

- Help your children become successful. Assist them in finding things they can do well and allow them to become involved in these activities.

- Help your children understand that they can learn from a less-than-sterling performance. Less-than-successful does not mean failure.

- Help strengthen your children's weak areas.

By concentrating on security, significance, and confidence, parents can raise healthy, happy, and successful children.

Source: Article from Texas Association of School Board's Texas Express, June 2004.

Texas testing schedule for 2004-2005

Texas has in place a statewide assessment program that currently includes the Texas Assessment of Knowledge and Skills (TAKS), the State-Developed Alternative Assessment (SDAA), and the Reading Proficiency Tests in English, (RPTE).

As mandated by the 76th Texas Legislature in 1999, the Texas Assessment of Knowledge and Skills was administered beginning in the 2002-2003 school year. The TAKS measures the statewide curriculum in reading at Grades 3-9; in writing at Grades 4 and 7; in English Language Arts (ELA) at Grades 10 and Exit Level (Grade 11); in mathematics at Grades 3-Exit Level; in science at Grades 5,10, and Exit Level; and social studies at Grades 8, 10, and Exit Level. The Spanish TAKS is administered at Grades 3 through 6.

In 1999, the Texas Legislature enacted the Student Success Initiative, which requires students to pass selected TAKS tests in order to be eligible for promotion to the next grade level. Third-grade students must pass the reading portion of the third-grade exam in order to be promoted to fourth grade. They have three opportunities to pass the Grade 3 reading test. In 2004-2005 Grade 5 students are required to pass both the TAKS reading and mathematics tests in order to be promoted to the

sixth grade. In 2007-2008 this requirement extends to Grade 8 students. Satisfactory performance on the TAKS English Language Arts (ELA), the mathematics, social studies, and science tests at Grade 11 (Exit Level) is now a prerequisite to receiving a high school diploma.

The SDAA is administered on the same schedule as TAKS and is designed to measure annual growth based on appropriate expectations for each student as decided by the student's admission, review, and dismissal (ARD) committee. It assesses special education students in Grades 3-8 who are receiving instruction in the Texas Essential Knowledge and Skills (TEKS) but for whom TAKS is an inappropriate measure of their academic progress. This test assesses the areas of reading, writing, and mathematics. Students are assessed at their appropriate instructional levels, as determined by their ARD committees, rather than at their assigned grade level

The RPTE tests are designed to measure annual growth in the English reading proficiency of second language learners, and are used along with English and Spanish TAKS to provide a comprehensive assessment system for limited English proficient (LEP) students. LEP students in Grades 3-12 are required to take the RPTE until they achieve a rating of advanced.

Testing dates for the 2004-2005 school year include the following:

Test Date	TAKS	SDAA	TAAS
2004: Sept. 13-Sept. 24	Field Test: Fall Study	Field Test: Fall Study	
Oct. 19 Oct. 20 Oct. 21 Oct. 22	Retests: Exit Level ELA Exit Level Math Exit Level Social Studies Exit Level Science		Retests: Exit Level Writing Exit Level Math Exit Level Reading
2005: Jan. 18-Feb. 1	TAKS Field Tests: Grade 4 Writing Grade 7 Writing Grade 9 Reading Grade 10 ELA Exit Level ELA	SDAA II Field Tests: Grade 4 Writing Grade 7 Writing Grade 10 ELA Grades 3-9 Reading Grades 3-10 Math	
Feb. 22	Grade 4 Writing Grade 7 Writing Grade 9 Reading Grade 10 ELA Exit Level ELA Exit Level ELA (retest)	Grade 4 Writing Grade 7 Writing	Exit Level Writing (retest)
Feb. 23	Grade 3 Reading Grade 5 Reading Exit Level Math (retest)	Grade 9 Reading Grade 10 ELA	Exit Level Math (retest)
Feb. 24	Exit Level Social Studies (retest) Make-up session for Grade 10 ELA		Exit Level Reading (retest)
Feb. 25	Exit Level Science (retest)		
March 21 – April 8	Reading Proficiency Tests in English (RPTE) (includes make-up sessions) LEP Students Field Tests: Selected Grades and Subjects English Language Proficiency Observation Protocols		
April 5	Grade 5 Mathematics		
April 18	Grade 10 Science Exit Level Science Exit Level Science (retest for graduating seniors only)		
April 19	Grades 3-4 Math Grades 6-8 and 10 Math Exit Level ELA (retest for graduating seniors only)	Grades 3-10 Math	Exit Level Writing (retest)
April 20	Grades 4 Reading Grades 6-8 Reading Exit Level Math Grade 3 Reading (retest) Grade 5 Reading (retest) Exit Level math (retest for graduating seniors only)	Grades 3-8 Reading	Exit Level Math (retest)
April 21	Grade 5 Science Grade 8 Social Studies Grade 9 Mathematics Grade 10 Social Studies Exit Level Social Studies Exit Level Social Studies (retest for grad. seniors only)		Exit Level Reading (retest)
May 17	Grade 5 Mathematics (retest)		



Photo by Gloria Davila

FSH Elementary sixth graders dance and cheer for the audience during the "I'm Ready for TAKS" pep rally in April. Students in grades 3, 4, 5, and 6 were encouraged and supported by the whole school to do their best on the TAKS.

New school nutrition guidelines

Fort Sam Houston ISD students and staff will be adhering to the new nutrition guidelines set for 2004-2005. The new Texas Public School Nutrition Policy for all public schools became effective August 1, 2004, according to Texas Agriculture Commissioner Susan Combs. The policy limits the number of grams of fat and sugar Texas school children may have each week and allows a phase-in period to eliminate deep-fat frying in food preparation for meals and for à la carte and snack items. In addition, portion sizes for food items such as chips, cookies,

bakery items, and frozen desserts at elementary, middle, and high schools are limited.

Foods of Minimal Nutritional Value, including soda water, water ices, chewing gum, and certain candies, cannot be sold or given away to FSHISD students on school premises by school administrators or staff (principals, coaches, teachers, etc.), student groups, parents or parent groups, or any other person, company, or organization. As defined by federal rule, "foods of minimal nutritional value" provide less than 5 percent per serving of the recommended daily intake for each of

eight nutrients: protein, niacin, riboflavin, thiamine, calcium, iron and vitamins A and C.

The policy does not ban vending machines from schools, but it does mean that the machines may have to be restocked with more nutritious products, unplugged or locked during meal times so that they are unavailable to students, or relocated to non-foodservice areas of the school. A school can lose up to \$1.20 at breakfast and \$2.19 at lunch in federal reimbursements for each meal lost to a competitive food sale.

The nutrition policy attempts to limit consumption of foods of

minimal nutritional value that may contribute to obesity.

Fourteen percent of American children, ages 6 to 11, are overweight and at risk for future health complications. Eduardo Sanchez, Texas Department of Health Commissioner, states, "Childhood obesity and obesity-related problems are reaching epidemic levels in Texas. If we don't act now to tackle these problems, both individual Texans and the state will be faced with a health care crisis of enormous proportions."

"We at Fort Sam Houston ISD intend to follow closely the nutri-

tion policy set by the Department of Agriculture," states Dr. Gail Siller, Superintendent of schools. "We want to promote and encourage a healthier lifestyle in our students, so that they become healthy adults."

The nutrition policy does not prohibit students from bringing restricted foods, such as a carbonated beverage, in their lunch bags. The foods can also be sold in any areas where a federal reimbursable meal is not served or eaten.

Detailed information can be found at <http://www.agr.state.tx.us> under Food and Nutrition.

FSHISD offers free or reduced school meals for families who qualify

The Fort Sam Houston Independent School District has announced its policy for providing free and reduced-price meals for children served under the National School Lunch Program and the School Breakfast Program. The household size and income criteria identified in this article will be used to determine eligibility for free and reduced-price benefits.

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

Application forms are being distributed to all households with a letter informing households of the availability of free and reduced-price meals for their children. Families new to the district or not receiv-

ing an application can obtain one at the nearest FSHISD school.

To apply for free and reduced-price meals, households must fill out the application and return it to the school. A new application must be completed each year of eligibility. Applications may be submitted anytime during the school year. School officials may verify the information households provide on the application at any time during the school year.

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

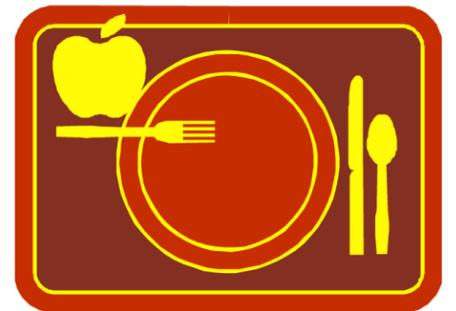
Meals are served every school day. Students in K-6 can prepay or purchase their meal at the cost of \$1.50 per lunch and 80 cents per breakfast. Students in grades 7-12 can prepay or purchase their meal at the cost of \$1.75 per lunch and 90 cents for breakfast.

The following is the newly revised

chart of federal annual income qualifying guidelines for the free and reduced-price meal program:

Family Eligibility Income Chart		
Household Size	Annual Free	Annual Reduced
1	\$12,103	\$17,224
2	\$16,237	\$23,107
3	\$20,371	\$28,990
4	\$24,505	\$34,873
5	\$28,639	\$40,756
6	\$32,773	\$46,639
7	\$36,907	\$52,522
8	\$41,041	\$58,405
9	\$45,175	\$64,288
10	\$49,309	\$70,171
11	\$53,443	\$76,054
12	\$57,577	\$81,937
For each additional family member add: +\$4,134 +\$5,883		

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



Parent-Teacher Organization supports students

The Fort Sam Houston Elementary School Parent-Teacher Organization (PTO) has been busy preparing for the 2004-2005 school year. The president of the incoming 2004-2005 board is Dawn Vanderlin.

Each Friday is "Spirit Day" at the elementary school. Students are encouraged to wear something green or gold on that day. The PTO will be selling "spirit wear" throughout the year. Watch for flyers listing sizes and prices for the school T-shirts.

The PTO will also sponsor several fund raising events throughout the year. All monies collected benefit the students at the school. The PTO has purchased laser disc players, playground equipment, keyboards, die cut materials, a poster machine, and a portable speaker system to be used at school-sponsored events. These are just a few of the items that have been purchased over the last few years.

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

Agendas teach organization skills

Fort Sam Houston Elementary School students in first through sixth grade will continue to use an "agenda" or daily planner for the 2004-2005 school year. This decision is the result of feedback from teachers, parents and students who reported benefits from the use of agendas.

Agendas teach students organizational skills they can use throughout their lives. Additionally, agendas provide parents with current information about homework, class projects and general school news or events. They also provide a means for teachers and parents to communicate in writing on a regular basis.

"Parents play a key role in the successful use of agendas," Principal Jayne Hatton noted. "A powerful message is sent to the students when parents review and sign agendas daily. Additionally, parents model important organization skills through the use of their own calendars or daily planners."

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

Minimum State Vaccine Requirements for Texas School Entrance/Attendance:

DTP:

- Students 6 years of age and younger require at least four doses of DTP, DT, Dtap, or Td with at least one dose on or after the 4th birthday.

- Students 7 years of age and older require at least three doses of DTP, DT, Dtap, or Td with at least one dose on or after the 4th birthday and within the last ten years.

Polio:

- All students require at least three doses of polio with at least one dose after the 4th birthday

MMR (Measles, Mumps, Rubella):

- Students under 5 years of age require one dose of MMR on or after the 1st birthday.

- Students 5 years of age and older require two doses of MMR with the first dose received on or after the 1st birthday.

Hepatitis A:

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

Hepatitis B:

- Three doses for all stu-

dents born on or after September 2, 1992

- Students born between September 2, 1988 and September 1, 1992 will be required to have three doses by the 12th birthday.

Hib:

- At least one dose for students 15 months through 4 years of age.

Varicella (Chicken Pox):

- Students born on or after September 2, 1994 require one dose on or after the 1st birthday or a parent or physician-validated history of varicella illness.

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

For questions or information, call the elementary school at 368-8800.

Provisional Enrollment

All immunizations should be completed by the first date of attendance. The law requires that students be fully vaccinated against the

specified diseases. A student may be enrolled provisionally if the student has an immunization record that indicates the student has received at least one dose of each specified age-appropriate vaccine required by this rule. To remain enrolled, the student must complete the required subsequent doses in each vaccine series on schedule and as rapidly as is medically feasible and provide acceptable evidence of vaccination to the school. A school nurse or school administrator shall review the immunization status of a provisionally enrolled student every 30 days to ensure continued compliance in completing the required doses of vaccination. If, at the end of the 30-day period, a student has not received a subsequent dose of vaccine, the student is not in compliance and the school shall exclude the student from school attendance until the required dose is administered. (Texas Administrative Code §97.66) Excerpt taken from http://www.tdh.state.tx.us/immunize/docs/school/require_k-12.pdf

Cole's curriculum prepares students for real world challenges

Serving grades seven through twelve, Robert G. Cole Jr./Sr. High School provides a diverse curriculum that prepares thoughtful, active citizens who can function productively in a technology-rich, free enterprise society.

Accredited by the Texas Education Agency, Cole earned exemplary status, the highest rating, for 2002-2003 and 2003-2004 in the Texas Public School Accountability System. Cole has

been designated a National Exemplary Secondary School by the U.S. Department of Education twice. This is the highest honor a public or private school can obtain. "Recognition and appreciation of excellence is believed to be the prime motivator of both students and teachers at Cole," states Principal Dr. Roland Rios. "We always strive to achieve quality and excellence and thereby preparing students to

be productive and contributing members of society."

Sequential courses in major areas such as English language arts, mathematics, science, and social studies are available in college preparatory subjects. Challenging pre-advanced placement and advanced placement courses are available as well. Resource programs meet the needs of special population students. Additionally, Cole has a

Marketing Education program and a number of dual credit courses available through St. Philip's College.

The school year, which begins Aug. 16 and concludes May 27, consists of two semesters. The school day consists of seven class periods that meet five days a week. Course credit is awarded in terms of Carnegie units: one credit per two-semester course. Additionally, seniors must pass

the state-mandated exit level exam.

This year, Cole students will be graded in nine-week grading cycles. This change from a six-week grading cycle will help students by giving them ample opportunity and time to enhance their learning. It will also assist transfer students from other installations as it will give them more time to transition into a new school before grades are assessed.

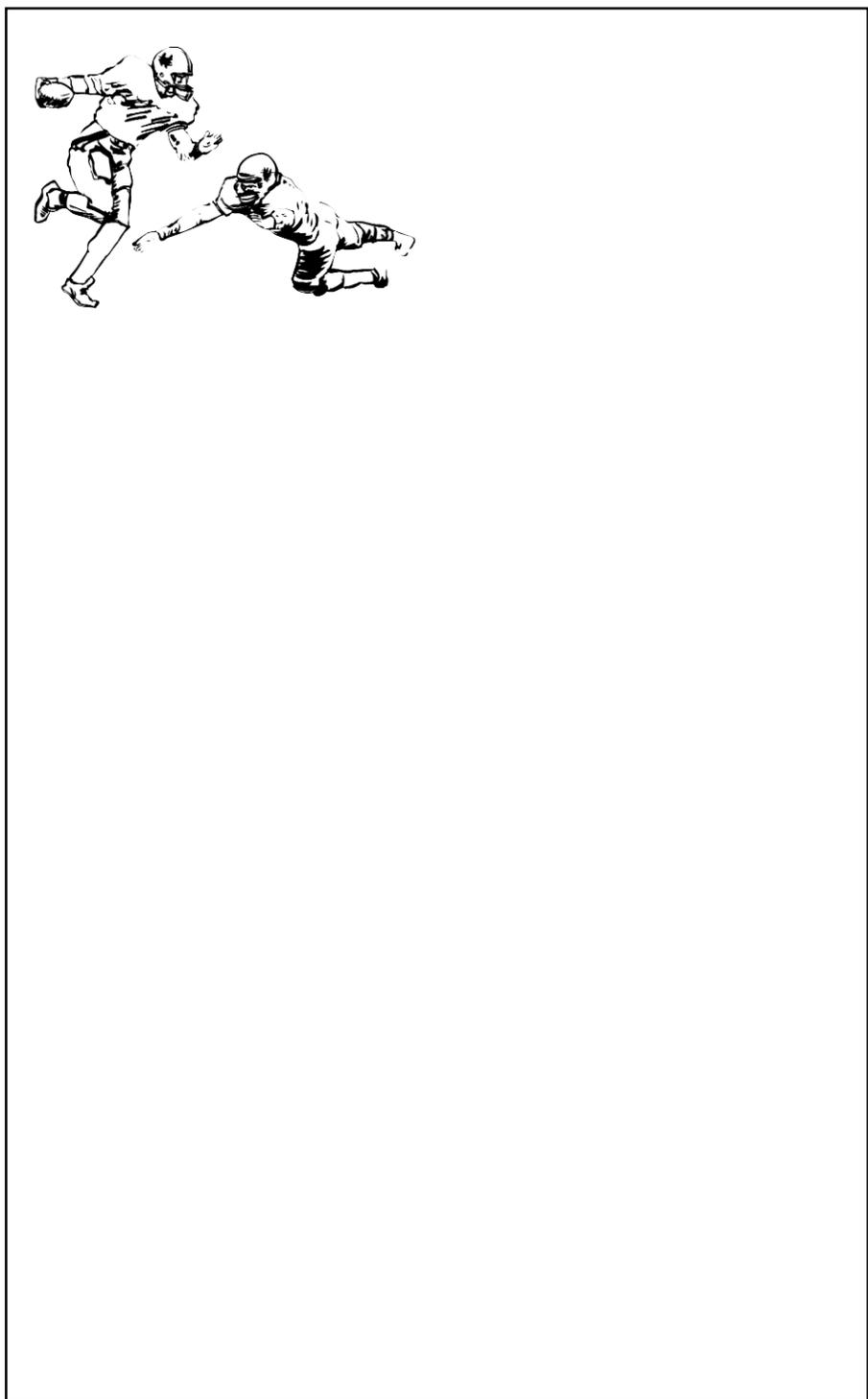
Cole's elective classes enhance curriculum choices

Students at Robert G. Cole Jr./Sr. High School are given the opportunity to select a variety of elective courses in addition to core subjects required by the state for high school graduation. At the seventh and eighth grade levels, students may select electives from the following: Art, beginning band, intermediate band, choir, general music, speech, and physical education. In addition, eight graders can take Latin, German, Spanish, and Middle School Family and Consumer Sciences.

High school students have a myriad of elective choices: language arts electives (journalism, practical writing, etc.); advanced math and science electives (aquatic science, Math Models with Applications, etc.); social studies electives (psychology, sociology, and Art History); business course electives (keyboarding, record keeping, accounting, etc.); technology application electives (Desktop Publishing, Multimedia, Computer Science, Video Production); Marketing Education

electives (Retailing, Coop, Sports and Entertainment Management); fine arts electives (Theater, Art, Choir, Band, etc.); Second languages (Latin, German, and Spanish); Home Economics Education (career studies, Interior design, etc.) and Military Science (JROTC I-IV).

In addition to enhancing curriculum through elective classes, students may also elect to participate in exciting educational challenges. At the high-school level, students may participate in the Academic Decathlon competition. Cole proudly produces teams that have advanced to the state-level competition and have placed in the top five consistently. Students at both the high school and middle school levels can compete in academic competition through the state University Interscholastic League (U.I.L.). Students competing in U.I.L. can participate in a variety of events including calculator applications, spelling, prose interpretation, journalism, and more.



Robert G. Cole Jr./Sr. High School Bus Schedule 2004-2005

Area Stops	Bus Departs For Cole	A.M. Bus Bus No.	P.M. Bus Bus No.
Infantry Post	7:00 a.m.	19	
Infantry Post	7:08 a.m.	16	16
Fisher House	7:09 a.m.	7	16
Guest House	7:10 a.m.	7	16
FSH Campgrounds	7:18 a.m.	7	16
S16W and Graham (Officers' Club)	7:10 a.m.	10	10
Artillery Loop (Qtrs 176)	7:12 a.m.	10	10
Artillery Post (Qtrs 165)	7:13 a.m.	10	10
Artillery Post (Qtrs 101)	7:14 a.m.	10	10
Artillery Post (Qtrs 109)	7:15 a.m.	10	10
Artillery Post (Qtrs 115)	7:16 a.m.	10	10
Staff Post Road	7:20 a.m.	10	10
Hancock Road (Qtrs 2283)	7:22 a.m.	10	10
Gorgas Circle (Qtrs 1009)	7:10 a.m.	15	1
Graham and Harney	7:13 a.m.	15	1
Graham and H.T. Allen (Shelter)	7:16 a.m.	15	1
Chaffee and Harney	7:08 a.m.	3	8
Harris Heights/Patch and Foulois	7:14 a.m.	3	8
Harris Heights/Foulois and Forage	7:15 a.m.	3	8
Chafter and Taylor	7:02 a.m.	12	12
Chaffee and Lawton (Shelter)	7:05 a.m.	12	12
Chaffee and Harney	7:08 a.m.	12	12

Note: Bus departs Cole Jr./Sr. High School at 3:28 p.m. - All grades

Non-discrimination notices for FSHISD

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

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

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

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

For information about a person's rights or grievance procedures, contact Dr. Gloria Davila, Associate Superintendent, Title IX Coordinator, and Section 504 Coordinator, at Fort Sam Houston Independent School District, 1902 Winans Road, phone number (210) 368-8703.

Student Code of Conduct outlines student behavior requirements

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

"The District's Student Code of Conduct is included in the Student-Parent Handbook every year," states Dr. Gail Siller, Superintendent of Schools. "I encourage parents and students to read and review the Code. It provides information for parents and students regarding expectations for behavior and describes the consequences for misconduct."

The Code has been adopted by the FSHISD Board of Trustees and endorsed by the Garrison Commander. It is displayed at each campus in the administrative offices.

Teachers and principals may impose campus or classroom rules in addition to those found in the Student Code of Conduct. These rules may be posted in classrooms or given to the student and may or may not constitute violations of the Student Code of Conduct. Parents will not necessarily be informed of classroom infractions, but will be informed of any Code of Conduct violation.

Each FSH student is expected to do the following:

- Demonstrate courtesy and respect for others.
- Behave in a responsible manner.

- Attend all classes, regularly and on time.

- Be prepared for each class; take appropriate materials and assignments to class.

- Be well groomed and dressed appropriately, as articulated in the FSHISD student handbook.

- Obey all campus and classroom rules.

- Respect the rights and privileges of other students and of teachers and other district staff.

- Respect the property of others, including district property and facilities.

- Cooperate with or assist the school staff in maintaining safety, order and discipline.

- Avoid violations of the Student Code of Conduct.

Both Jayne Hatton, FSH Elementary

Principal, and Dr. Roland Rios, Cole Jr./Sr. High School Principal, agree that communication with parents is critical when regarding student misbehavior. "Violations of the Code of Conduct are documented by teachers," states Ms. Hatton. "We communicate problems with a student's parent or guardian in a timely manner, so that they are kept informed and can help the student address the issue."

At Fort Sam Houston ISD, high expectations are set for student behavior. "Education in this community represents a significant commitment of financial and human resources," states Dr. Siller. "The benefits a student derives from this investment depend very much on the student's attitude toward learning and the student's adherence to high standards of behavior."

FSHISD's dress code requirements for 2004-2005

The new 2004-2005 school year for Fort Sam Houston ISD students will begin Aug. 16.

Students and parents are encouraged to keep the requirements of the district's dress code in mind as they prepare and plan for the new school year. FSHISD school personnel remind parents and students of the following dress code requirements that are in effect for 2004-2005.

The purpose of having a dress code is to teach students' proper grooming and hygiene, to prevent disruption and to minimize safety hazards. Because fads in dress and grooming are subject to sudden, and sometimes radical, change, campus administrators reserve the right to rule on

dress and grooming in matters that involve decency, cleanliness, safety, bizarre, disruptive, or extreme modes of dress for school.

General Guidelines:

- Wear clean, neat clothing that is not a health or safety hazard.
- Belts must be worn if pants, skirts, skorts, etc. have belt loops (applies to students in grades 5 - 12 only).
- Shirts, blouses or tops must be properly tucked in (applies to students in grades 5 - 12 only).
- Skirts, shorts, skorts and dresses must be no shorter than three (3) inches above the top of the kneecap when the student is standing.

- Shorts and pants must be worn at waist height.

- Safe, appropriate shoes must be worn.

- Hair must be neat and clean.

- Shoulder straps on clothing must be worn on the shoulder.

Prohibited Items:

- Any pictures, emblems, or writing on clothing that is gang-related, lewd, offensive, vulgar, violent, or obscene

- Any pictures, emblems, or writings that advertise or depict tobacco products, alcoholic beverages, drugs, or any other substance prohibited under policy FNCF

- Any clothing or grooming that may reasonably be expected

to cause disruption of or interference with normal school operations

- Unconventionally colored, multi-colored, or spiked hair

- Body piercing jewelry except for rings, studs, or other traditional jewelry worn in the ear

- Gym shorts or biker shorts

- Warm-up suits, sweat pants, and wind pants except during P.E. classes (applies to students in grades 5 - 12 only)

- Body stockings without a top and shorts, etc. covering the body stocking

- Baggy clothing more than one size larger than student's normal size

- Saggy pants or shorts
- Extremely tight, short,

unclean torn, tattered, or revealing clothing

- Cutoffs and/or unhemmed, frayed shorts

- Apparel exposing the bare midriff, front, back, or side,

- whether hip or underarm

- Halter-tops, fish net tops, crop tops, see-through blouses, or tank tops

- Bare feet

- Unsafe or inappropriate shoes, including house shoes, shower shoes, steel-toed boots or shoes

- Hats, caps or bandanas with the exception of JROTC or those that meet the medical needs of students

- Hair curlers

Student admission policies outlined

The military reservations of Fort Sam Houston and Camp Bullis comprise the Fort Sam Houston Independent School District. Children of military personnel residing on these reservations are eligible to attend kindergarten through grade 12. Two campuses serve these students: Fort Sam Houston Elementary School, 3370 Nursery Road, includes pre-kindergarten through grade 6; and Robert G. Cole Junior / Senior High School, 1900 Winans Road, serves grades 7 through 12.

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

By law, the district requires evidence that a student is eligible to attend its schools at the time of admission and that all residency requirements have been met. No non-resident students are permitted to attend Fort Sam Houston schools, except under special circumstances listed below:

- A student has a sponsor (parent) assigned to the Fort Sam Houston housing list with an "anticipated move-in date" for quarters within the current regular instructional school year (August 16, 2004 - May 27, 2005).

- All students who have and maintain a record of good conduct and attendance and whose parents move off post during a semester due to a permanent change of station, or of their own volition and expense, or because of retirement from active duty, are permitted to remain in

attendance until the end of the school year in which they move.

- Additionally, students in grade 7 - 12 who move off post during a semester and who wish to continue their education at Robert G. Cole Junior / Senior High School after moving off post may do so on a tuition basis. Each student must have a completed application for transfer on file annually to ensure eligibility for state revenue.

- A student who has a family member who is a patient undergoing continuous treatment at Brooke Army Medical Center may attend district schools upon the request of a major command.

- A student who is the child of a school district employee is allowed to attend district schools on a tuition basis.

For those Fort Sam Houston families who have still not been assigned quarters on the Installation by Aug. 16, the first day of school for the 2004 - 2005 school year, eligibility for students to attend district schools must be established. To do this, contact the Installation Housing Office for an Admission Request Form. The Housing Office delivers this completed form to district personnel. A current "anticipated move-in date" no later May 27, 2004 must be included in order for your student to attend a Fort Sam Houston school. Additionally, a new transfer application form, which may be obtained from either campus, must be completed as well prior to enrollment. If you have any questions on admission policies, please contact Kathy Hayson at 368-8701.

Shoppers save money on Aug. 6-8

For the sixth year, Texas shoppers will not have to pay state and local sales taxes during the state's annual tax holiday. The holiday for clothing and footwear begins at 12:01 Friday Aug. 6 and ends at midnight on Sunday, Aug. 8. The holiday exempts most clothing and footwear priced under \$100 from sales and use taxes, which save shoppers about \$8 on every \$100 they spend.

Information to remember about the sales tax holiday include:

- The tax holiday occurs every year on the first Friday, Saturday, and Sunday of August. Qualifying items are exempt from state sales taxes, but exemption from local sales tax is up to individual cities. This year, since no cities opted out of the holiday, qualifying items will be fully exempt from tax throughout Texas.

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

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

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

This and other lists of detailed information can be found at <http://www.window.state.tx.us> under Sales Tax Holiday.

FSHISD board president attends Hispanic Chamber of Commerce institute



Courtesy Photo

Dr. Gail Siller, FSHISD Superintendent, presents Keith Toney the San Antonio Hispanic Chamber of Commerce certificate for attending the Bexar Presidents' Institute in July.

FSHISD Board President Keith Toney attended the inaugural Bexar Presidents Institute on July 9-11 in Kerrville, Texas. The institute was sponsored by the San Antonio Hispanic Chamber of Commerce and targeted for school board presidents of the 16 school districts in Bexar County.

The institute is designed to improve student achievement by helping school board presidents be effective reform leaders. It will provide both new and continuing board presidents with ongoing education in good governance and the unique leadership skills required to be an effective board president and leader of reform.

"The institute was a perfect opportunity for the Bexar County school

board presidents to build a personal and professional network," stated Keith Toney. "In addition, we discussed ideas and strategies for the common issues and common challenges we all face and how best we can deal with them."

The Center for Reform of School Systems was given the grant from the SAHCC to develop and present the Institute. The Institute provided a rigorous curriculum of case studies, peer consultations, lectures, and skill building lessons.

"This was a significant and worthwhile endeavor for the school board presidents of Bexar County," exclaims Keith Toney. "The ones who will get the ultimate benefit will be the students of Bexar County."

MWR Recreation and Fitness

MWR Post Garage Sale - The post garage sale will be held Saturday, Aug. 7 from 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot, on the corner of Harry Wurzbach and Stanley Road. To participate in the garage sale as a seller you must have a valid DoD identification card. To register or sign up, call 221-2926/9904/2523 or visit the Web site: www.fortsamhoustonmwr.com/rfd/GarageSale.asp. Call the Outdoor Equipment Center at 221-5224 to reserve tables, chairs and canopies. The sale is open to the public.

Bench Press Contest - The next bench press contest will be held Aug. 7. Weigh in is from 9:30 to 10 a.m. Start time is 10:30 a.m. Register now for this competitive event. Cost is \$20 and all participants receive a T-shirt. To download a registration form at www.fortsamhoustonmwr.com follow the recreation and fitness link to the "fitness for your life program" or visit the Jimmy Brought Fitness Center.

Archery Lessons at the Equipment Center - Individual and group archery lessons are now available through the Outdoor Equipment Center. Instruction is provided at various levels of experience from novice to expert. A parent must accompany children. Also patrons must wear full shoes and no oversized shirts or shorts/trousers. For information, call Skip Dawson at 221-5225.

60 Days of Fitness - A motivating fitness and weight loss program to help you safely lose 15 pounds in 60 days using a point system. This self-paced program

requires you to workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will attend two 30-minute weight loss classes. Cost for the program is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.

Intramural Softball (Male, Female and Coed) - A coaches meeting will be held Aug. 6, 1 p.m., at the Jimmy Brought Fitness Center. The season starts Aug. 16. For information, call Earl Young at 221-1180.

Intramural Flag Football - A coaches meeting will be held today at 1 p.m., at the Jimmy Brought Fitness Center. The season starts Aug. 16. For information, call Earl Young at 221-1180.

Post Soccer Team - Coaches and players are needed. Tryouts are at scheduled for Aug. 16-20, 6 p.m. at the Hacienda Field. Coaches should submit resumes to: Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234.

For information call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Post Men's Basketball Team - Coaches and players are needed. Tryouts are scheduled for Aug.

30-Sept. 2 at 6:30 p.m. at the Jimmy Brought Fitness Center. Coaches should submit resume to: Earl Young, 1212 Stanley Rd. Bldg. 124, Ste 20, Fort Sam Houston, TX 78234 by Aug. 15. For information call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Keep Your Heart Healthy - A free 5K fun run/walk will be held Saturday, Aug. 28 beginning at 10 a.m. outside the Jimmy Brought Fitness Center. Participants will receive a free T-shirt. For information, call 221-2020.

Health and Wellness Fair - Stop by the Jimmy Brought Fitness Center for the Health and Wellness Fair Tuesday, Aug. 31 from 10 a.m. to 2 p.m. Event highlights include cholesterol and diabetes screening, proper weight training, nutrition information and much more. Free food, raffles and prize giveaways will be available.

New Pilates Class - A new Pilates class is now offered at the Jimmy Brought Fitness Center every Tuesday and Thursday at 4:45 p.m.

MWR Ticket Office

Ticket Sales - Tickets are available for Fiesta Texas, Splashtown, Schlitterbahn, SeaWorld, Disney, Universal Studios- Orlando and Hollywood, and Texas Aquarium.

Disney Cruise Line - Packages are available at great military discount prices.

Disney Resorts - All U.S. active military receive a 40 percent discount on rooms at all Disney Resorts now through Sept. 29. For reservations, call (407) 939-7424 and mention "Package Code EVU."

Concert Tickets - Tickets are now still available for Julio Iglesias concert on Sept. 30 and Johnny Mathis concert on Oct. 3.

2005 Entertainment Coupon Books - The 2005 Entertainment Coupon Books will be on sale Aug. 17, the cost is \$20 per book.

For additional ticket information and prices, call 226-1663.

Sealed Bid Auction of NAF Property and Equipment

Non-appropriated Funds will accept sealed bids for a mobile home, 3-bedroom trailer. The trailer is 66 ft. by 14 ft. with one bath and is approximately 20 years old. The purchaser will be responsible for disconnecting existing utilities, installing a trailer towing tongue and removing the trailer from the Canyon Lake Recreation premises. The trailer may be viewed between 8 a.m. and 6 p.m. daily.

Sealed bids will be accepted in the NAF Financial Management Office located in Bldg. 124 (first floor), 1212 Stanley Road, until close of business Aug. 11. Bids will be opened at 8 a.m. on Aug. 12. For more information, call the Fort Sam Houston Recreation Area at 1-(830) 964-3387.

AAFES associates recognized for heroic acts after rocket attack

Four Army & Air Force Exchange Service civilians have been recognized for heroism in the line of duty during a ceremony at the Logistics Support Area Anaconda Post Exchange.

Jack Lauff from AAFES headquarters in Dallas, Barbara Brown from Eglin Air Force Base, Fla., Regina Koenig from Fort Drum, N.Y. and Irene Panter from Hill AFB, Utah were working in the Anaconda main store June 16 when a rocket struck near the exchange causing numerous injuries.

The rocket round that exploded directly in front of the main store building was one of three 127mm rockets that hit the camp.

According to the certificate presented by Brig. Gen. James E. Chambers, the 13th Corps Support Command and LSA Anaconda Commanding General, Brown, Lauff, Koenig and Panter assisted the wounded, "without regard to their own safety or personal risk."

After the rocket hit, all four AAFES associates scrambled to administer first-aid

and assist with bringing casualties and store customers into the safety of the hardened Post Exchange building.

Three Soldiers were killed and 23 service members and civilians were injured as a result of the attack.

According to General Chambers, some of the casualties owe their recovery to the AAFES associates. "The ability to reach and take care of people is a human quality not everyone has," he said.

Currently, there are more than 450 AAFES associates in Operations Enduring and Iraqi Freedom who volunteer to deploy to places like Afghanistan and Iraq for at least six months.

"It is difficult to comprehend the commitment and courage of AAFES volunteers who go to contingency operations," said AAFES' Commander Maj. Gen. Kathryn Frost. "Like the troops, deployed AAFES associates live and work under a constant threat in order to deliver the exchange service benefit to dangerous locations throughout the world."

AAFES operates 54 contingency locations for troops in Operations Enduring and Iraqi Freedom.



Fort Sam Houston Officers' Club

Lunch is served from
11:00 A.M. TO 1:00 P.M.
LUNCH BUFFET
\$5.95/\$4.95 for Club Members



August 2004

We cater special events.
Call 224-4211 ext. 118
Kathy would be more than happy to assist you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Brunch 1000-1330	2 Lasagna Grilled Pork Chops with Apple Sauce	3 GOLDEN FRIED CHICKEN Liver w/Onions	4 Gary's Smokehouse Ribs Roast Turkey with Dressing	5 MEXICAN FOODS Cheese Enchiladas Chicken Pot Pie Joe's Beans	6 Fish Fry Southern Fried Fish Tangy Teriyaki Wings TGIF 4:00 pm - 7:00 pm	7 224-4211
8 Club Closed	9 Country Fried Steak Bratwurst w/Red Cabbage	10 GOLDEN FRIED CHICKEN Meatloaf with Mushroom Gravy	11 Gary's Smokehouse Ribs Baked Chicken	12 MEXICAN FOODS Beef Taco Bar King Ranch Chicken Joe's Beans	13 Fish Fry Southern Fried Fish Burger Bar TGIF 4:00 pm - 7:00 pm	The Club is open for special functions only
15 Sunday Brunch 1000-1330	16 Cabbage Rolls Chicken Ala King in Puff Shells	17 GOLDEN FRIED CHICKEN Smothered Steak	18 Gary's Smokehouse Ribs Schnitzel Fried Potatoes	19 MEXICAN FOODS Chicken Fajitas Sliced Roast Beef Joe's Beans	20 Fish Fry Southern Fried Fish Egg Rolls Fried Rice Seafood Buffet 1730-2000 TGIF 4:00 pm - 7:00 pm	
22 Club Closed	23 Stuffed Bell Peppers Ham Steak	24 GOLDEN FRIED CHICKEN Brisket	25 Gary's Smokehouse Ribs Homestyle Beef Stew	26 MEXICAN FOODS Beef Enchiladas Chicken Fingers w/French Fries Joe's Beans	27 Fish Fry Southern Fried Fish Meatballs TGIF 4:00 pm - 7:00 pm	
29 Club Closed	30 Sausage & Peppers Spaghetti w/Meatsauce	31 GOLDEN FRIED CHICKEN Beef & Broccoli	Need a room for your guests? Call 224-4211 \$45.00/night 10 suites available			



Fort Sam Houston NCO Club August 2004

Monday	Tuesday	Wednesday	Thursday	Friday
2 Club Closed Every Monday	3 GOLDEN FRIED CHICKEN Roast Beef with Mushroom Gravy Chef's Special	4 Southern Food Fried Catfish Cajun Pork Chops	5 FRIED CHICKEN/BBQ RIBS EVERY THURSDAY	6 Fried Fish Baked Fish Gumbo Chef's Special
9 Club Closed Every Monday	10 GOLDEN FRIED CHICKEN Baked Ham with Pineapple Sauce Chef's Special	11 Too Hot For Your Mama - Chicken (Mild Avail) Spicy Beef	12 FRIED CHICKEN/BBQ RIBS EVERY THURSDAY	13 Fried Fish Baked Fish Popcorn Shrimp Chef's Special
16 Club Closed Every Monday	17 GOLDEN FRIED CHICKEN Baked Chicken Chef's Special	18 CHICKEN FAJITAS BEEF ENCHILADAS TACO BAR	19 FRIED CHICKEN/BBQ RIBS EVERY THURSDAY	20 Fried Fish Baked Fish Salmon Croquettes Chef's Special
23 Club Closed Every Monday	24 GOLDEN FRIED CHICKEN Meatloaf with Brown Gravy Chef's Special	25 Lemon Chicken Sweet & Sour Pork Veg. Lomein Egg Rolls Chinese Food	26 FRIED CHICKEN/BBQ RIBS EVERY THURSDAY	27 Fried Fish Baked Fish Gumbo Chef's Special
30 Club Closed Every Monday	31 GOLDEN FRIED CHICKEN Breaded Pork Cutlet Bratwurst & Red Cabbage Chef's Special	<p>Lunch is served from 11:00 A.M. - 1:00 P.M. ALL YOU CAN EAT BUFFET \$5.95/\$4.95 for Club Members Includes: Beverage, Soup &</p>		



Be aware of the dangers of rabies

By Capt. Will Cann
Preventive Medical Resident
Madigan Army Medical Center

Rabies is a severe viral disease that affects the central nervous system. It is transmitted by a bite or lick onto broken skin or mucous membranes. The incubation period for rabies is typically between 20 and 90 days, although incubation periods as short as four days and as long as six years have been documented.

In the United States, rabies is extremely rare with only one to six human cases reported annually. From 1980 through December 2000, there were 42 human rabies cases reported in the U.S. Worldwide, at least 50,000 humans develop rabies each year. Rabies is universally fatal.

Reporting animal bites

All animal bites are reportable. There are three main reasons for reporting animal bites: to assist in the diagnosis of human and animal cases of rabies; to identify contacts of a human rabies case and thus provide counseling about post-exposure prophylaxis; and to facilitate

the capture and confinement of potentially rabid animals.

When an animal-bite victim is seen at a military hospital, the attending physician should contact Veterinary Medicine and complete a Department of Defense Form 2341. This form is submitted to Veterinary and Preventive Medicine for review and action as needed. Veterinary Medicine will determine whether or not animal quarantine is necessary. Clinicians may contact Preventive Medicine to discuss the need for treatment or post-exposure prophylaxis.

Nature of the encounter

True exposure to rabies requires transfer of the infected animal's saliva to a mucous membrane or through the skin. Contact with fur, feces, urine or blood is not an exposure. Exposure is often difficult to identify with bat encounters. Bats found in confined spaces with a patient should be strongly considered an exposure. This is especially the case when the patient has been sleeping or otherwise unaware.

Provoked versus unprovoked bites

Provoked bites occur when humans try to engage or handle an animal. An unprovoked animal bite has a greater risk of rabies transmission.

Locating the animal

If the animal is available, it can be tested, observed or quarantined. A healthy dog, cat or ferret that bites a person should be confined and observed daily for 10 days.

Treatment with post-exposure prophylaxis (vaccine) can be withheld until animal observation or testing confirms the presence or absence of rabies. Trained professionals may be needed to capture and restrain the animal. It is most appropriate to let the veterinarian determine what to do with the potentially rabid animal. Do not destroy the animal.

Preventive measures and treatment

Safe and effective treatment following potential rabies exposure should begin immediately after the exposure. Scrub the site of any animal bite with soap and

water and perform deep irrigation for open wounds. The physician should check the tetanus vaccination status of the victim. If potential rabies exposure has occurred, a one-time administration of rabies immunoglobulin and five doses of human diploid-cell rabies vaccine should be given in the arm on specific days after exposure.

Pre-exposure vaccination

This is recommended for travelers who are planning to be more than 30 days in an area of the world where rabies is a constant threat. It is also recom-

mended for any person whose occupation involves frequent risk of rabies exposure, such as bat handlers, veterinarians, employees in veterinary clinics, and laboratory workers where rabies test specimens are handled.

Preventive Medicine and Veterinary Medicine work together to monitor and evaluate the risk of rabies exposure and the need for treatment with post-exposure prophylaxis.

Adapted from the Madigan Army Medical Center, Wash., Mountaineer.

Vaccination Clinic for dogs and cats, Aug. 14



Veterinary Services announces a Saturday Vaccination Clinic for pet dogs and cats on Saturday, Aug. 14 from 8 a.m. to noon, by appointment only.

Note: In accordance with Army Regulation 40-905, Legal Owners must be present with a valid DEERS Identification Card to receive services for their pets, or agent must present power of attorney and copy of owner's ID card.

For more information, call 295-4260

Que Pasa?



Community events

Dana Peak Park Walk, Aug. 8

The Trotting Texas Turtles Volksmarch Club will host a 10K walk and optional 5K walk at Dana Peak Park in Killeen, Texas on Sunday, Aug. 8. For information, call Karl or Beverly Kittenger at (254) 547-1403, or e-mail at: walkabout@hotmail.com, or check out the club's Web site at: www.walktx.org/ttt2.html.

Austin Sertoma Club's Pease Park Walk, Aug. 14

The Austin Sertoma Club will sponsor the annual Pease Park volkswalk in Austin, Texas on Saturday, Aug. 14. The 10KM (6.2 mile) and optional 5KM walks will start at the south entrance of Pease Park on the corner of Parkway and Kingsbury.

The start time for the walk is between 7:30 and 11:30 a.m., finish by 2:30 p.m. To reach the walk from Lamar Blvd., take Enfield Road and turn right onto Parkway. Registration will be at the corner of Parkway and Kingsbury. For information, contact Daphne Hamilton at (512) 266-8341 or e-mail her at daphne.hamilton@att.net.

ASMC Luncheon, Aug. 23

The Alamo Chapter of the American Society of Military Comptrollers invite all members and non-members to attend the August luncheon hosted by Headquarters, AFCEE on Aug. 23 from 11 a.m. to 1 p.m. at the Brooks Consolidated Club, Brooks Air Force Base. Guest speaker is Ian Smith, chief, Housing Directorate, AFCEE, who will speak about privatization. RSVP to your respective ASMC representative no later than Aug. 16. For information, call Wayne Wanner at (210) 221-7029.

OCSC Welcome Coffee at historic Stilwell House, Aug. 24

The Officer & Civilian Spouses' Club will host a Welcome Coffee at the historic Stilwell House on Tuesday, Aug. 24 at 10 a.m. Plan now to attend and to greet the newcomers. We will kick off the year with information about our programs and organizations at Fort Sam Houston. Our friendly, enthusiastic, members will make you feel right at home. OCSC membership is open to all active duty and retired officers' spouses, civilians and spouses GS-7 and above, and to active or retired female officers. For more information, call Ann Swiderski at 212-7913. We hope to see you there!

Volunteer

ASMC to help community Aug. 7

The American Society of Military Comptrollers will sponsor a community service activity (in coordination with

Habitat for Humanity) on Aug. 7. We need 70 volunteers to do touch up work at seven homes in the San Antonio area. Contact Michele Buckley at (210) 536-3563 or drop her an e-mail at michele.buckley@brookes.af.mil

BAMC Auxiliary to host Welcome Brunch, Aug. 19

The Brooke Army Medical Center Auxiliary will host a Welcome Brunch Aug. 19 at 11 a.m. in the historic Stilwell House on Fort Sam Houston. The Auxiliary is a fun social and services organization that helps support BAMC, the military community, Soldiers and family members.

There are fun events planned throughout the year for those who want to have fun, but for those that want to meet a service need, we have many community projects during the years. Membership is open to adults age 18 or older, with military or DoD affiliation, active duty or retired. For information or to R.S.V.P. for the brunch, call Kim Taylor at (210) 566-6526.

Botanical Center Children's Fall Garden Program begins Aug. 28

It is time for the fall session of the children's Garden at the Botanical Gardens to begin. This is a great opportunity for children 8-13 to learn about basic vegetable gardening from experienced gardeners. Each child has their own garden plot in which to grow and harvest vegetables to take home. The program is located at the Botanical Garden Center at 555 Funston and is sponsored by the Men's Garden Club and the San Antonio Botanical Society.

The Fall session starts on Aug. 28 and meets every Saturday from 9 to 11 a.m. until early November. Participants must come every week. The registration fee is \$5. Registration is at the Botanical Center. For more information, call 207-3255.

Auditions for "Grace and Glorie" at the Harlequin, Aug. 30-31

The Harlequin Dinner Theatre will hold open auditions Aug. 30 and 31 from 7 to 8:30 p.m. both nights for the Neil Simon comedy "Grace and Glorie," with Bruce E. Shirky directing. Those who come to auditions should enter Fort Sam Houston through the Walters Street gate.

There are roles for two women; other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew.

Performances will be held Wednesday through Saturday evenings from Oct. 13 through Nov. 6. For information, call the Harlequin Dinner Theatre at (210) 222-9694.

SHARE seeks host families for international students

SHARE is looking for host families for international exchange students for the

upcoming school year. The students speak English; are covered by medical insurance and have spending money for their personal expenses. Host families provide a bed, meals, as well as friendship, understanding, and a genuine desire to share the American way of life.

Traditional two-parent families (with or without children), single parents or adults, and retired couples have enjoyed hosting one of our bright students. For information, call Yvette Coffman at 1-800-941-ERDT (3738) or visit www.sharesouthwest.org.

Cultural Homestay International seeks host families

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit www.chinet.org.

Education

Digital Battle Command Information Systems Training, Aug. 23 - 26

Force XXI Battle Command Brigade and Below (FBCB2) is part of Army Battle Command Systems. It is a digital, battle command information system that provides on the move, real time and near real time C2 tactical combats. This is the same system that Soldiers are using in Kuwait, Afghanistan, and Iraq. This training is open to all AMEDD Soldiers to include AMEDDCS instructors. Training for this course will start Aug. 23 - 26 at Willis Hall, Bldg. 2841, room 2105C. If you are interested in attending, contact Marvin Danzy at 221-4361 or e-mail at marvin.danzy@amedd.army.mil. The FBCB2 Web site is <http://fbc2.monmouth.army.mil>.

DRMO Disposal

Do you have a disposal questions? Visit our Web site at www.drms.dla.mil and click on generator/installation. The Web site is full of information to assist you with disposal turn-ins. If you are interested in attending a generator meeting to learn the "dos and don'ts," send e-mail to Cynthia.Gutierrez@dlamail. To schedule an appointment, call 221-3682 and leave a message. For questions on RTD, call 221-3651.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

Direct commissioning program

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an

Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

Meetings

SACAA seeks new members

The San Antonio Caribbean American Association was formed in April, and the goal is to promote a working knowledge of the diverse and common elements of culture, the fostering of cultural awareness, the understanding, and appreciation of cultural heritage and the provision of a social atmosphere of togetherness. For information call Mater Sgt. Perry at 310-0123, Cassandra Reefer at 659-9150 or Pauline Coleman 659-7258.

The Seventh Annual Force Health Protection Conference, Aug. 9-12

The Seventh Annual Force Health Protection Conference will be held in the Albuquerque, N.M., Convention Center Aug. 9 through 12. Presenters will be on hand with a full set of the latest tools for protecting the health of service members everywhere. Check the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link <http://chppm-www.apgea.army.mil/fhp/> for details and to register for this important conference.

USAWOA - Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, contact CW2 Matthew Watterson at 295-8773 or at matthew.watterson@us.army.mil

Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Command Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

BOSS seeks single Soldiers

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

Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

For Sale: GE electric stove, black, self-cleaning oven, with manual and warranty, \$250; wood bench in good condition, \$100 obo. Call 216-9268.

For Sale: ACE personal trainer home study set with manual, 2 study guides, sample test, flashcards and cassettes \$100; sells for \$299 on ACE Web site. Call 392-5290.

For Sale: Full size wood and wrought iron headboard, footboard and rails with Sealy Posturepedic mattress set in fantastic condition, \$200. Call 392-5290.

For Sale: Four ft. by 8 ft. utility trailer in excellent condition, new tires, \$500. Call (210) 822-8580 or (210) 601-3210.

For Sale: Kenmore upright freezer, white, \$100; solid wood large roll top desk, \$300; green and cream checkered sofa sleeper, \$300; large plush green chair with ottoman, \$200; solid wood table with leaf, \$150. Call Kevin or Kristin at 223-2508.

For Sale: Three-piece living room set, sofa sleeper, rocker recliner, loveseat, \$700; Stepper exercise machine, \$35. Call (210) 277-1657.

For Sale: 1999 Fourwinds Class "C" motor home, 31 ft., 38K miles, air shocks, awning, back up camera, warranty till

2008, generator, queen bed, 19 in. TV/VCR/DVD combo, Tow dolly included, \$29,900 obo. Call Myron, (210) 221-1750 or (210) 658-1151.

For Sale: Golf Set MacGregor MAC 1, woods 1-3-5-7, irons 3-SW all graphite shafts, with light bag, \$200. Call 885-9998.

For Sale: Two 90 in. velour couches \$300 each; overstuffed love seat, \$250; 35in. TV entertainment center, \$100. Call (210) 269 4363 and ask for Al or (210) 658-6126 after 6 p.m.

For Sale: Solid wood sewing machine cabinet, \$100; king size (2 piece) box spring with metal frame, \$100; 6 ft. by 8 ft. beige area rug with tassels, \$20. Call 481-3846.

For Sale: Moving boxes with packing material, \$25 for all; twin mattress, \$10; Futon mattress, \$5. Call (210) 590-9530.

For Sale: Fisher Price child's desk, all plastic, drawers, lamp, shelves and adjustable level chair, \$50; World War II Airborne paratrooper jacket, M1942 style, never used, \$140. Call 945-9905 and leave message.

For Sale: Complete set of chrome rims with tires, size 22 in., limited edition, with key lock and lug nut, \$1,700. Call Sgt. 1st Class Watts at 221-4558 or cell 488-2615.

For Sale: Three-bedroom, 2-bath, 1,948 sq. ft., house located at 5214 Stormy Dawn, San Antonio, NEISD, Stahl Elementary, Driscoll Middle School, Madison High School, \$130,000. Call Russell Wood at 916-1971.

For Sale: Three-bedroom, 2 1/2 bath, home in Oakwell Farms gated community near Fort Sam Houston, 2,600 sq. ft., with study, master down, covered patio, community pool and tennis courts. Call (210) 8244770.

For Sale: 1990 Honda Hawk NT 650, immaculate condition, rate sought after sport bike, V-Twin, single swing arm, low mileage, accessories, \$2,900, negotiable. Call (210) 822-9561.

For Sale: Dining room table and 8 chairs, extends to seat 12, \$400; single bed set frame, box spring, mattress and headboard, \$100; metal desk, \$35; wood bookshelf, \$35; Whirlpool washing machine, \$75.

For Sale: Saratoga Lexington Select spa 80' x 84', \$3000/BO. Three piece cream sectional with matching corner table, \$75. Call 566-1390.

Free to a good home: Five-year-old female orange tabby cat, spayed. Call 218-3907 or 673-9846.



Career Clips



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, Bldg. 2264 or call 221-1213.

Human Resource Manager - San Antonio. Direct the human resources activities within the center including training and updating center staff on company personnel policies, procedures, and regulations and monitoring and evaluating human resources systems.

Patient Services Technicians - San Antonio. Exhibit proficiency in all of the following: Blood collection by veni-puncture and capillary technique from patients of all age groups, urine drug screen collections. Maintain logs/records, organizational skills, proficiency with numbers, research information, time management.

Assistant Manager - San Antonio. Responsible for overseeing and executing all client services, administrative and technical services, ensuring rapid response and high satisfaction levels. Assists manager with all aspects of day-to-day operations, sales, marketing, and profitability of the center.