

# FORT SAM HOUSTON News Leader

“HOME OF ARMY MEDICINE”

## Fort Sam salutes ‘selfless’ volunteers

By Cheryl Harrison  
Fort Sam Houston Public Information Office

A Volunteer of the Year Recognition ceremony was held May 7 at the Sam Houston Club in an effort to single out individuals and groups who have gone above and beyond the realm of giving, not only of their time, but dedication and commitment to seeing a job get done and done well.

Army Community Service hosted the awards ceremony, heralding the people who have given of themselves to undertake a service or duty. An award in the form of local artist Elias San Miguel’s framed rendition of the Fort Sam Houston Quadrangle and clock tower was presented by Maj. Gen. Russell Czerw, com-

manding general, Fort Sam Houston and Army Medical Department Center and School, with the assistance of Paul Mathews, Directorate, Morale, Welfare and Recreation.

Czerw said, “So many of you give of your time and talents and I continue to be in awe of your commitment to this community. You are an integral part of this installation. Selfless service is one of our key values.

“You have given of your time, your Families’ time for others, and that truly is selfless service. I’m not sure there is a check big enough to capture the contributions volunteers make. We can’t put a price tag on your time.”

“In conclusion, I’d like to leave you with a quote by

See **VOLUNTEERS P18**



Photo by Cheryl Harrison

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, receives a symbolic check in the amount of nearly \$10 million from Floyd Davison, chief, Army Community Service, at the Volunteer Recognition Ceremony May 7 at the Sam Houston Club. The check represents the dollar value of volunteer service hours provided to the Fort Sam Houston community in the past year.

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## Roads close due to construction

The first Medical Enlisted Training Campus construction site will be fenced in May 26. The site will accommodate the construction of two, five-story medical instructional facilities. The construction area will require some roads to be closed for the duration of the construction. The roads that will close May 26 are Hardee Road from Scott to Forage Road; Forage Road from Hardee to just north of the Sam Houston Club, Building 1395; and Patch Road from Hardee to the northern most entrance to the Shoppette, Building 890. Residents of Harris Heights will exit Forage Avenue onto Hardee Road and then go eastbound.

VISIT NEWS LEADER ONLINE: [WWW.SAMHOUSTON.ARMY.MIL/PA0/DEFAULT.HTML](http://WWW.SAMHOUSTON.ARMY.MIL/PA0/DEFAULT.HTML)

# AMEDD to host Safety Day Tuesday

The Army Medical Department Center and School, with support from U.S. Army North, U.S. Army South, U.S. Army Garrison, Brooke Army Medical Center and the 470th Military Intelligence Brigade, will host a Fort Sam Houston Safety Day event Tuesday from 12 to 4 p.m. at MacArthur Parade Field.

All AMEDDC&S and Fort Sam Houston tenant organizations and their Families are invited to attend. Safety Day is designed for units to promote and emphasize safe operations, vehicle maintenance, summer hazards and safe driving. Vendors will display the latest personal protective and safety equipment and interactive activities.



Photo by Cheryl Harrison

A vendor shows a patron a variety of personal protective equipment at the Safety Day event last year.

## News Leader

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## News Briefs

### SAEDA, OPSEC training

A Subversion and Espionage Directed Against the U.S. Army and Operations Security training will be held today from 10 a.m. to 12 p.m. in Evans Theater, Building 1396 on Garden Avenue. People must bring their common access card and arrive no later than 9:30 a.m. to sign in. People are required to attend the training once per fiscal year. For more information, call the Garrison Security Office at 221-1906, 221-1859 or 221-9500.

### Military prayer breakfast

The 28th Annual Texas Christian Military Prayer Breakfast will be held Saturday at 7:30 a.m. at the Sam Houston Club, Building 1395, Chaffee Road. The speaker will be Lt. Gen. Robert Van Antwerp, commander, U.S. Army Corps of Engineers. The breakfast is open to everyone. Tickets are \$15. For more information or reservations, call 509-4685 or e-mail adorseyl@satx.rr.com.

### Asian Pacific American Heritage Month

U.S. Army South will sponsor several events in celebration of Asian Pacific American Heritage Month. An Expo will be held May 24 from 11 a.m. to 5 p.m. in the commissary parking lot. For more information, call Sgt. 1st Class Megan Grant at 295-6800. To request reasonable accommodations for a disability, call 221-0218.

### Free symphony concert

The Tobin Endowment will sponsor the Tobin Endowment Concert presented by the San Antonio Symphony May 25 at 8 p.m. at MacArthur Parade Field at the corner of New Braunfels and Stanley Roads. Activities begin at 6 p.m. with an instrument petting zoo, live entertainment by the Tailpipes, face painting and food. A fireworks display will follow the concert. The event is free and open to the public. For more information, call 554-1010 or visit www.sasymphony.org.

### Memorial Day Ceremony

The Fort Sam Houston National Cemetery will host a Memorial Day Ceremony May 26 at 9 a.m. The ceremony includes a musical prelude by the Army Medical Command Band, choral selections by the Alamo Metro Chorus and a presentation of military and civic leader wreaths. The guest speaker will be U.S. Senator John Cornyn. Cornyn will also present Gold Medals of Remembrance to children of fallen servicemembers. For more information, call 820-3891.

See NEWS BRIEFS P4

# It's a girl!

## Fort Sam Houston firefighter delivers baby

By Cheryl Harrison

Fort Sam Houston Public Information Office

It began as a typical Saturday, but ended with quite a surprise for Fort Sam Houston firefighter and paramedic Capt. Adam Martinez and local resident Jennifer Smith.

At around 8:30 p.m. April 26 a call came into the Fort Sam Houston Fire Department from San Antonio Emergency Medical Service dispatch, informing those on duty that there was a 36-year-old female in active labor at a residence on Fort Sam Houston.

Assistant Chief Matt

Spreitzer, Martinez and additional first responders headed to the address on Engine 1. While en route, Martinez told the crew to get the emergency obstetrical kit ready.

When the responders arrived at the residence of the mother-to-be they were shepherded into the house by the patient's mother and shown the way into the living room, where a very pregnant Smith was sitting in a chair.

Smith informed her unplanned guests that her contractions were about two minutes apart and she was a few days shy of her 39th week of an uncomplicated and healthy pregnancy. She also

See BABY P5



Courtesy photo

Capt. Adam Martinez and baby Amber Smith pose together for the first time since Amber's arrival into the world April 26. Following a 911 call to the Fire Department, Martinez responded and delivered the baby at a home on post in an emergency situation for Jennifer Smith, the mother.

## IRR Soldiers can request delays, exemptions

WASHINGTON — Recent headlines have indicated some Soldiers in the Individual Ready Reserve do not fully understand the process by which to request a delay or exemption from service, should they consider themselves non-deployable.

The U.S. Army Human Resources Command explains there is a formal process for those Soldiers who feel a need to submit such a request.

Mobilization orders for IRR Soldiers contain an 800 number a Soldier may call to initiate a request for a delay or exemption, where they will be instructed on how to submit their request. More than 50 percent of those who submit requests for delays or exemptions are approved.

Requests for delay or exemption need not be submitted by government officials on behalf of the Soldier. All requests are treated with the same care and consideration. A Soldier who submits a delay or exemption request will not be mobilized until their case is adjudicated.

As a matter of routine, that Soldier will receive an administrative delay if their case cannot be adjudicated before their scheduled report date. Army

"I know it is not easy to leave their jobs and their Families behind. The sacrifices they make to serve their country are greatly appreciated."

Maj. Gen. Sean J. Byrne  
Commander of the Individual Ready Reserve

Human Resources Command will notify the Soldier by phone and in writing of an administrative delay. That administrative delay will allow for a thorough review of information and documents provided by the Soldier. Administrative delays are not unusual "special favors." They are granted in accordance with standard operating procedures that exist to ensure a Soldier's situation is carefully and completely considered. Instructions on the appeals process are provided to Soldiers who disagree with the findings of the Delay and Exemption Board.

Almost 72,000 Soldiers serve the nation today in the IRR with about 6,500 of those Soldiers currently serving on active duty. These trained, experienced professionals stand ready to individually augment Army units fighting in the Global War on Terrorism.

Every Soldier who joins the military

incurs an eight-year service obligation. A "Certificate of Release or Discharge from Active Duty," or Department of Defense Form 214, releases a Soldier from active duty, but does not release the Soldier from a total eight-year obligation. Soldiers may serve two or

four years on active duty, and are then transferred to the Reserves to fulfill the remainder of their obligation. The IRR is one of several Reserve programs a Soldier can enter.

"Soldiers in the IRR are a great asset to our military. They have contributed in the past, and will continue to make significant contributions to our military in the future," said Maj. Gen. Sean J. Byrne, commander of the IRR. "I know it is not easy to leave their jobs and their Families behind. The sacrifices they make to serve their country are greatly appreciated."

IRR Soldiers may also be involuntarily mobilized in time of national crisis, such as in support of the Global War on Terror. To give a historical perspective, about 14,000 IRR Soldiers were mobilized and deployed for Operation Desert Storm.

(Source: U.S. Army Human Resources Command)

## News Briefs

from P3

### Military Spouse Appreciation Day

The 2008 Military Spouse Appreciation Day will be celebrated with an open house May 27 from 2 to 4 p.m. at Army Community Service, Building 2797, in the auditorium. This event is to honor the husbands and wives of servicemembers for the significant sacrifices they make for freedom's cause and to show them that they are an integral part of the success of the armed forces. The event includes goodie baskets and a slideshow featuring ACS programs. Refreshments will be served. For more information, call 221-2705.

### Extreme Makeover: Home Edition

ABC's Extreme Makeover: Home Edition is seeking a military Family for an upcoming episode. Families must own their own single-Family home and be able to show producers how a makeover will make a difference in their lives. Soldiers must self-nominate by June 23. Interested Families should e-mail a short description of their Family story to [extremefamily-casting@gmail.com](mailto:extremefamily-casting@gmail.com). For nomination criteria and application guidelines, visit <http://abc.go.com/prime/time/xtremehome/index?pn=apply>.

### Visit 'Dot-Mil-Docs'

Click in to "Dot-Mil-Docs," which broadcasts on BlogTalkRadio every Thursday at <http://www.blogtalkradio.com/Dot-Mil-Docs>. The program, hosted by the Department of Defense, features Military Health System topics ranging from advances in medical research to traumatic brain injury, suicide and adjustment from deployment. To tune in to this informative weekly program or to set a reminder for the show, visit [www.blogtalkradio.com/Dot-Mil-Docs](http://www.blogtalkradio.com/Dot-Mil-Docs). Future programs will offer an opportunity for listeners to call and ask questions.

### Preventive health screening

Women 40 and older need to have an annual mammogram. Regular mammograms save lives by finding breast cancer early. Brooke Army Medical Center has a new self-referral system for this valuable screening tool. Beneficiaries may self-refer to the Woman's Imaging Center if they meet the following criteria: they are not experiencing any symptoms of the breast and their primary care manager is within the Great Plains Regional Medical Command. To schedule a mammogram, call 916-3726 or 916-4229.

### Construction impacts pedestrians

Joggers and hikers should avoid the recently paved haul road that runs just outside the Brooke Army Medical Center perimeter fence due to increased traffic by construction crews and equipment. The road runs along the west and north sides of the BAMC campus and connects Binz-Engleman Road and Petroleum Drive.

# 'Click It or Ticket'

## Campaign enforces safety belt laws

Fort Sam Houston Law Enforcement will support state and local law mobilization during the "Click It or Ticket" campaign, held May 19 to June 1, as law enforcement agencies have stepped up enforcement of the state's safety belt and child safety seat laws, issuing citations to unbelted drivers and occupants.

This campaign is highly valuable to Fort Sam Houston since safety belts can help prevent countless tragedies. In fact, safety belts prevented 15,700 fatalities in 2005, as well as saving \$67 billion in associated economic costs.

"Click It or Ticket" is designed to remind vehicle occupants to make the conscious decision to buckle up each time they get into a vehicle, whether as the driver or a passenger. For those drivers who choose not to wear a safety belt during this intensified enforcement period, being cited may result in an unwelcome fine, but it's better than paying with their life.

"Wearing a safety belt is the simplest and least expensive way to reduce deaths and serious injuries," said Traffic Officer Steven Harris.

Unfortunately, one in five people nationwide still do not buckle up, and in the United States, a traffic accident occurs every five seconds. Across the nation young males, nighttime drivers and passengers, rural residents, teens and pickup truck drivers suffer the most injuries and fatalities because they are less likely to use safety belts, although they are the nation's highest risk drivers.

"The leading cause of death and serious injury for all military personnel is motor vehicle crashes," said Harris. "We want these drivers and passengers to stop risking their lives by simply choosing not to wear a safety belt in their personal motor vehicles."

While it's imperative to buckle up because it's the law, it is also important to be a positive influence on fellow servicemembers. Drivers should use a safety belt every time they get into a vehicle — whether to drive across the state or only a few miles — day or night. "Click It or Ticket."

(Source: Director of Emergency Services)



## Taking care of Soldiers

# Army reducing stigma of psychological care

By Jacqueline Hames  
Army News Service

"We've gone away from the term 'mental health' to either behavioral health or psychological health, trying to reduce the stigma."

Col. Elspeth C. Ritchie  
Psychiatry Consultant to the Army's surgeon general and  
Director of the Proponency for Behavioral Health

WASHINGTON, D.C. — In the Army's recent fight to reduce the stigma of seeking and receiving treatment for combat stress, the latest weapon is telepsychiatry.

A leading Army doctor talked about the psychological effects of war May 6 to psychiatrists from around the world at the Washington Convention Center. The lecture was part of the 161st American Psychiatric Association annual meeting.

Col. Elspeth C. Ritchie, psychiatry consultant to the Army's surgeon general and director of the Proponency for Behavioral Health, discussed the importance of caring for Soldiers throughout their deployment cycle.

"Another thing that we are doing a lot of is telemedicine — telepsychiatry — that can be very effective in certain circumstances," Ritchie said.

Telepsychiatry puts the therapist and patient into a secure, one-on-one, Web-based videoconference. It can also be conducted over the phone with no video feed, but with phone connections sometimes unreliable in theater, Ritchie said face-to-

face consultations are preferred.

However, telemedicine projects psychological health services into remote locations, Ritchie said, enabling more Soldiers to have access to quality care.

Ritchie's lecture, titled the "Psychological Effects of War: From the Battlefield to the Home Front and Back Again," emphasized the need to reduce the stigma of behavioral health.

"Yes, it does exist," Ritchie said, noting the prevalence of stigma throughout the Army and civilian worlds.

One of the simplest ways of reducing stigma is to change the way psychological health is talked about.

"We've gone away from the term 'mental health' to either behavioral health or psychological health, trying to reduce the stigma," Ritchie said.

Awareness and support of both the Soldier and the Family includes

psychological preparation before and during deployment as well as easy access to quality treatment before, during and after deployment, Ritchie explained. Helping Family, friends and fellow Soldiers better understand the needs individuals have with behavioral health issues all help to reduce stigma, she said.

The Army is managing to reduce stigma through educational products, Ritchie said. Products for children and families, including educational DVDs, help them understand what a Soldier is going through and how to cope with any problems that may occur when the Soldier returns.

Ritchie emphasized access to quality psychological care throughout the deployment cycle is important. Caring for the Soldier's needs includes treatment from medical professionals as well as the support of other Soldiers and leadership in the field, she explained.

### BABY from P3

informed the crew that this was her third child.

During training, emergency medical technicians teach future EMTs that if a woman is near full term pregnancy, having had previous children, with contractions less than five minutes apart, to be prepared for imminent delivery and birth.

As Smith answered medical questions her contractions were then at 90 seconds apart and Martinez's objective was to help make Smith as comfortable as possible and prepare her for the fact that she was going to deliver the baby at home, with the assistance of the EMTs and firefighters in her living room.

Meanwhile, Spreitzer had gone outside to wait for the ambulance to arrive.

Inside the house things were hopping. The baby wasn't waiting for ambulances or for anything. And by the time the ambulance had arrived a baby girl had been delivered to Smith by Martinez.

Debbie Hamilton, paramedic with American Medical



Courtesy photo

(From left) Ed Morales, firefighter/emergency medical technician; Capt. Adam Martinez, firefighter/paramedic; Jennifer Smith, with baby Amber Smith; and Jason Stumbaugh, firefighter/EMT, gathered Saturday at the Fort Sam Houston Fire Department for a family gathering and cookout. Smith stopped by to introduce the new baby and to say thank you to the crew who helped bring her daughter into the world safely. The pictured firefighters are three of the four responders to the 911 call to the Smith home. Not pictured is Anthony Merriweather, firefighter/EMT.

Response's ambulance crew, assisted Martinez with cutting the umbilical cord and the baby girl was safely escorted into the world. Amber Smith's official birth date and time was recorded as 8:50 p.m. April 26.

Baby Amber weighed a healthy 9 pounds according to her mother. Both mother and daughter are doing fine. Amber's father is the military member and presently

deployed. He heard the good news of the arrival of his new daughter shortly after her birth.

As far as delivering babies Martinez said, "In 16 years of being an EMT and paramedic, this is my first, and it was a 'textbook delivery.' It was a first for the entire crew and I'm glad that our firefighters handled the situation in a calm, cool and collective manner."



## Unit voting assistance officers on Fort Sam

Command	Name	E-mail address	Point of contact
U.S. Army Garrison Fort Sam Houston	Linda Green	linda.h.green@us.army.mil	295-8516
U.S. Army North	Ikechukwu Alumanah	ikechukwu.alumanah@us.army.mil	221-2426
U.S. Army North	Maj. Patrick Budjenska	patrick.budjenska@us.army.mil	295-5868
Medical Command	Capt. Bridget Washington	bridget.a.washington@us.army.mil	221-8383
Medical Command	Capt. Tamiko Campbell	tamiko.m.campbell@us.army.mil	295-2871
Army Medical Department Center and School	Lt. Col. Scott Fischer	scott.fischer@us.army.mil	221-5105
Installation Management Command West	John Towry	john.towry@us.army.mil	295-6443 or 295-2261
470th Military Intelligence Battalion	Maj. Gerardo Lebron	gerardo.l.lebron@us.army.mil	295-6443
Brooke Army Medical Center	Master Sgt. Joseph Mandell	joseph.edward.mandell@us.army.mil	916-2776
BAMC Warrior in Transition Battalion	2nd Lt. Caro Rivera	caro.rivera@amedd.army.mil	916-6867
San Antonio Recruiting Battalion	Tommie Quarterman	tommie.quarterman@us.army.mil	295-0419
701st Military Police Battalion	Staff Sgt. Rolland Edgell	rolland.edgell@lackland.af.mil	671-5575
5th Recruiting Brigade	Capt. Amadeo Villanueva	amadeo.villanueva@usarec.army.mil	221-2315
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U.S. Army Medical Information Technology Center	Capt. Jason Weir	jason.rw.weir@us.army.mil	295-3245
Defense Readiness Training Institute	Lt. Leslie Shipp	leslie.shipp1@conus.army.mil	221-2458 Fax 221-9339
25th Military Police Detachment (Criminal Investigation Division)	Spc. Roberto Vazquez	roberto.m.vazquez@us.army.mil	221-1763
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San Antonio and Marine Military Entrance Processing Station	Capt. Alice Garcia	alice.marielucille.garcia@mepcom.army.mil	295-9258
120th Infantry Brigade	Maj. Angelia Ward	angelia.ward@usar.army.mil	221-9400 or 221-2377
12th Brigade ROTC	Maj. Jorge Velazquez	jorge.velazquez@us.army.mil	295-2621 Fax 295-2018
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208th Regional Support Group	Capt. Lynda Garretson	lynda.garretson@usar.army.mil	221-4717 Fax 221-4721
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Army Contracting Agency	Master Sgt. Belinda Winstin	belinda.winston@us.army.mil	295-5903

## Lincoln Military Housing resident activities

Lincoln Military Housing wants to thank all the residents who live in Fort Sam Houston family housing for their support in making the housing community so great.

LMH hosted several events over the past two months. The winners of the events and upcoming activities include:

LMH provided residents with free seeds and a chance to register for a Garden Pack during March. The winners of the Garden Pack were Leona Tolle, Yvette Stephens and Sgt. 1st Class Terrence Lattimore.

During April LMH gave away Fiesta Packs containing five tickets to one of the many Fiesta events such as the Oyster Bake and a Parade Pack, an official Fiesta tote bag, an official Fiesta T-shirt, piñata, maracas, beaded necklaces and more. The winners were Col. Duane Hill, Maj. David Wiersma, Maj. Americus Gill, Capt. Patrick Lunkenheimer, Sgt. 1st Class Tamika Stinson and Master Sgt. Donald Lamberth.

The residents of Wheaton Graham Village showed their appreciation for LMH April 25 by hosting an appreciation luncheon. All LMH employees were present.

LMH hosted a Renovation Contest May 6 for residents that will be affected by the upcoming renovation sched-

ule. The winners of the Renovation Contest are Spc. Christopher Willey, Capt. Curtis Smith and Capt. Scott O'Brien, who each received \$100 Visa gift cards.

LMH hosted a Mother's Day Luncheon May 8 at the Sam Houston Club for all mothers who reside in Fort Sam Houston family housing. Children submitted poems about their mother for a chance to win their mother a spa gift certificate. The winner's poems were read at the luncheon. The winners are Pam Herele, Steph Schell and Woveen Mack.

LMH will host a Resident Utility Program Townhall Meeting May 28 at the Harris Heights Community Center from 5:30 to 6:30 p.m. and at the Watkins Terrace Community Center May 29 from 5:30 to 6:30 p.m. All family housing residents are encouraged to attend the meetings.

LMH will host a Father's Day bowling event June 13 from 2 to 5 p.m. at the Fort Sam Houston Bowling Center for post residents. There will be a limit of three games per family; pizza and drinks will be served. Reservations are required for the bowling event. Residents can reserve a

See **ACTIVITIES P13**



March Survey of the Month  
Alice Ota

April Survey of the Month  
Raymond Good

April Yards of the Month  
6501-A Farr Circle  
825 Patch  
563 Graham  
622 Infantry Post

May Yards of the Month  
6101-B Decker Circle  
825 Patch  
409 Dickman  
679-B Infantry Post



Photo by Jen Rodriguez

Sgt. 1st Class Le'Keisha Harris, Brooke Army Medical Center's equal opportunity adviser, presents Dr. George Fodor, a Holocaust survivor and active participant of the Holocaust Memorial of San Antonio, with a BAMC commander's coin April 29 in the medical mall. Fodor was the guest speaker during the BAMC observance of the Holocaust Days of Remembrance.

## Holocaust survivor recalls past

At the age of 12, George Fodor, his mother and 6-year-old sister were taken to slave labor camps rather than death camps, and survived the Holocaust.

"We were taken in boxed cars," he said. "I always felt there was never enough to eat."

They were fed cabbage and turnips, which Fodor said he doesn't care for today. Also, there was no medical help in sight or disinfectant.

His father, grandparents and numerous family members were all killed by the Nazis.

As a part of the Holocaust Memorial, Fodor teaches students about the dangers of evil incitement, hatred and extremism, and attempts to fight the lies of Holocaust deniers.

"This is not fiction," he said. "It's documented in history. It happened."

Today, Fodor dedicates his work to the memory of his father, other family members, and the 6 million Jews who were killed by the Nazis during the Holocaust.

(Source: Brooke Army Medical Center Public Affairs)

# Soldiers celebrate Asian Pacific American heritage

By Ben Paniagua  
Hacienda Recreation Center

About 100 Advanced Individual Training and Initial Entry Training Soldiers from the 32nd Medical Brigade celebrated Asian Pacific American Heritage Month at the Hacienda Recreation Center May 7.

The theme of the month is Leadership, Diversity, Harmony – Gateway To Success. The Soldiers were treated to an evening of enter-

tainment, food, guest speakers, prizes and fun.

Command Sgt. Maj. Iunsiasohua Savusa, command sergeant major for U.S. Army Europe and 7th Army, gave a speech on the accomplishments and contributions of Asian Americans and Pacific Islanders. The Soldiers in the audience were in awe of the command sergeant major, who fills one of the most important positions in the U.S. Army.

"I thought it was great and

I really enjoyed the speech by Command Sgt. Maj. Savusa," said Pfc. Martine Albertus, A Company, 264th Medical Battalion. "It was very informative."

The highlight of the evening was a performance by Team Impact from Dallas. Their performance, by Siolo Tawaefa and Randall Harris, demonstrated not only the strength that a human being

is capable of possessing but also the strength that the mind can achieve when a person is pursuing a goal. What started out as a show of endurance by World Champion weight lifter Harris turned out to be a motivational exhibition on what wonders a human being can achieve by knowing that they can if they stay focused and pursue making their mind strong. The

performance left the audience spellbound.

"I had fun. It was really cool. It was great how the entertainment was presented," said Pvt. Tracy Mize, A Company, 264th Medical Battalion.

The Soldiers were treated to catered Chinese food consisting of egg rolls, fried rice

See ASIAN PACIFIC P10



Photo by Paul Kotchman

Command Sgt. Maj. Iunsiasohua Savusa (fourth from left) with Soldiers who assisted with the Asian Pacific American Heritage Month celebration.

**ASIAN PACIFIC from P9**

and fortune cookies along with fruit punch. Door prizes of \$25 Army and Air Force Exchange Service gift cards were presented to Soldiers answering questions correctly in a trivia contest held by Mistress of Ceremonies Staff Sgt. Janie Lindsey, from the 264th Medical Battalion.

The program was made possible by the Directorate of Morale, Welfare and Recreation Sponsorship Office of MWR Marketing and presented by the Hacienda Recreation Center in partnership with the equal opportunity adviser of the 32nd Medical Brigade. Sponsors for the program included the MILES Program, MWR, Eisenhower Bank, Sprint, DeVry University, Gallop &



Photo by Paul Kotchman

Team Impact's Randall Harris shows Soldiers the possibilities of human strength as he breaks a Louisville Slugger bat over his leg.

Associates, Texas Veterans Century 21 and Central of Foreign Wars, BioTest, Catholic.

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

**IT CAN HAPPEN.**

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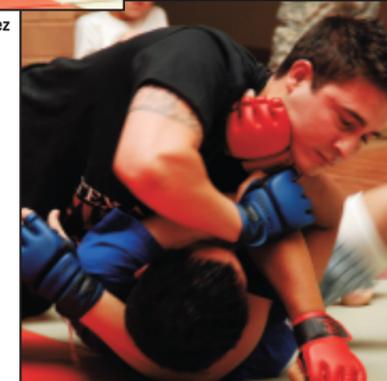
# 'Fight Club'



Photos by Jen Rodriguez



Texas Mixed Martial Arts Fight Gear and Haymakers MMA Training Center give a demonstration of submission wrestling, takedowns, sparring, and kick-boxing for Soldiers, Brooke Army Medical Center staff, Family members and visitors May 8 in the hospital medical mall during the kick off of the BAMC Asian Pacific American Heritage Month observance. BAMC's celebration continues today from 11:30 a.m. to 12:30 p.m. with food samples and entertainment provided by a Filipino Dance group in hospital's medical mall. The guest speaker will be Tamaki Masuda, Japanese-American liaison for San Antonio. The events are hosted by equal opportunity leaders.





# National Women's Health Week

## Exercise can help people look, feel younger

The 9th annual National Women's Health Week is celebrated this year from May 11 to 17. During this week, women are empowered across the country to get healthy by taking action.

At Brooke Army Medical

Center, an information booth will be set up in the medical mall through Saturday.

The nationwide initiative encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life.

Exercise doesn't stop the clock on aging, but it seems to slow it down. Evidence continues to mount that exercise provides many benefits to help people look and feel younger.

According to the March issue of the Mayo Clinic

Women's HealthSource, there are many benefits of regular exercise, to include:

### Provides energy

A lack of energy is largely a result of inactivity. Endurance exercises such as walking, swimming, jogging, biking and rowing improve stamina and energy. After just a few weeks in a walking program, most people find they have more energy for activities such as gardening or traveling.

### Encourages well-being

There is considerable evidence that regular physical activity can help reduce stress, manage mild-to-moderate depression and anxiety, improve sleep, boost mood and enhance the overall sense

of well-being.

### Takes off pounds and keeps them off

Exercise burns calories. Burning more calories than consumed can reduce body fat. And exercise raises metabolism during the activity and after. In the long term, both factors help maintain weight loss.

### Promotes firm bodies

A regular strength-training program can help maintain muscle mass and tone and counteract the effects of gravity and aging.

### Boosts immune system

Researchers have found a link between regular physical activities and improved immune functions. During moderate exercise, immune cells circulate more quickly through the body and are better at destroying viruses and bacteria.

### Prevents disease

Regular aerobic exercise reduces the risk of heart disease by reducing body fat, lowering blood pressure and raising "good" cholesterol levels. A regular strength-training program increases muscle mass, preserves bone, and improves strength and balance. Those benefits, in turn, make it easier to perform daily activities and help prevent falls and osteoporosis.

### Improves mental function

A number of studies have found that women who are physically active score better

See EXERCISE P13



### EXERCISE from P12

on mental function tests than sedentary women.

### Increases overall life expectancy

A number of studies have found that women who participate in regular physical activity live longer than their more sedentary peers. Physical activity doesn't have to mean

formal exercise. Engaging in purposeful physical activities, such as cleaning or walking a pet, has been shown to lengthen life.

For more information on exercise and health-related issues, visit the Mayo Clinic Web site at <http://www.mayoclinic.com> or <http://www.womenshealth.gov/whw/> for more information on National Women's Health Week.

(Source: BAMC Health Promotion Department of Preventative Medicine)

### ACTIVITIES from P7

spot at the Harris Heights and Watkins Terrace Community Centers or the Housing Office in Building 367.

LMH has permanently changed the times and venues for the Monthly Mayors Meeting. The meeting will be held the fourth Thursday of each month from 10:30 to

11:30 a.m. at the Harris Heights Community Center. May's meeting will feature guest speaker Sarah Young, from the Family Advocacy Program, who will conduct a 30-minute presentation.

The 25th Annual National Night Out is approaching. The event will be held Oct. 7 for Texas only. Residents who wish to hold events will need to reg-

ister to receive a National Night Out Kit filled with "how-to" materials. For more information, call LMH at 270-7638.

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

(Source: Residential Communities Activities)



# Sports

## Swimming lessons

Morale, Welfare and Recreation will offer Red Cross swimming lessons throughout the summer to youth under age 16. Each eight-day session is \$40 per child, which includes the swimming lessons, a class picture, a swim lesson T-shirt and a certificate of completion. Lessons are conducted in two-week sessions held Monday through Friday from 9 to 9:45 a.m. and 10 to 10:45 a.m. The first session begins June 9; the last session begins Aug. 4. Register weekdays from 11 a.m. to 7 p.m. at the Aquatic Center, Building 3300. For more information, call 221-1234 or 221-4887.

## Boxers wanted

Boxers are needed for upcoming matches. Boxers must be registered and training 30 days prior to an event. People interested in participating in future events, call the Intramural Sports Branch at 221-3185 or e-mail ear.t.young@us.army.mil. For more information, call 221-3185.

## Basketball camp

Final applications are being evaluated for the Ten-Star All-Star Basketball Camp. Boys and girls ages 10 to 19 are eligible to apply. College basketball scholarships are possible for players selected to the all-American team. There is also summer camp available for boys and girls ages 6 to 18 of all skill levels. For more information, call 704-373-0873 or visit [www.tenstarcamp.com](http://www.tenstarcamp.com).

## Intramural golf standings

### May 5

Team	Points
<b>Hogan Division</b>	
Garrison	109.5
USAISR	105.5
Dawg Pound #1	98.5
BAMC #1	73
MEDCOM #1	72.5
DCDD	70
ARNORTH	58
DCMT #1	57
DMRTI	47.5

### Daly Division

MWR	103
264th Med. Bn.	91
AMEDDC&S	90.5
GPRMC	85.5
BAMC #2	84
MEDCOM #2	83.5
DCMT #2	73
Dawg Pound #2	58
DCMT #3	45.5

## Intramural flag football standings

### May 8

Team	Win	Loss
DENTAC	2	0
470th MI	1	1
418th Med. Log.	1	1
14th MI Bn.	0	2

## Intramural spring softball standings

### May 8

Team	Win	Loss
4th Recon.	7	1
264th Med. Bn.	4	2
ARNORTH	3	2
USARSO	4	3
USAG	4	4
USAMITC	0	5
Silver Sluggers	0	5

**VOLUNTEERS from P1**

Winston Churchill. 'We make a living by what we get, we make a life by what we give.' It is my hope that you who volunteer will someday be paid in kind with volunteerism for something you may need."

Brian Dougherty, Army Volunteer Corps coordinator at ACS, said, "Having recently relocated here from Hawaii, I have never seen such volun-

teer spirit anywhere else in the Army. My hat is off to Fort Sam Houston. Volunteering is an investment in our lives, in our community and in our country. It isn't just a nice thing to do, in many cases it is a necessity. Thank you."

There are a number of reasons to volunteer: volunteers' hours are logged and the experience they get while giving of their time can be used on a resume for future employment;

in some situations, free child-care is provided for the volunteer's children; volunteering creates a network of friends; it is an opportunity to meet people; it gives individuals a reason to get out of the house; and it builds self-esteem.

For more information about where to volunteer, call Dougherty at 221-2418 or Tania O'Hara, assistant volunteer coordinator, at 221-9181.



Jack Gibbs, from Hempstead, Texas, dishes up homemade vanilla ice cream at a barbecue held Tuesday for wounded Soldiers at the Warrior and Family Support Center. Ranchers from all over Texas, as well as local folks, volunteered their time and barbecue skills to feed about 600 Soldiers and their Families as well as the doctors and nurses that care for the wounded warriors.



Photo by Olivia Mendoza

Retired Army Sgt. Maj. Charles Shelby rearranges the many certificates, awards and plaques on display behind the information desk at Army Community Service, Building 2797. Shelby has volunteered at ACS for nearly 20 years. He is on hand to give out information, answer phone calls and direct people to the many services offered.



Photos by Jen Rodriguez

Brooke Army Medical Center Volunteer Max Balderas of the Kernel Club verifies the popcorn order of Jonnel Player, squadron leader administrative assistant of the Warrior Transition Battalion, and her daughter, Jazzlin Gayden, 15, in the BAMC medical mall. The Kernel Club was named as one of the BAMC Volunteer Groups of the Year. Proceeds from the popcorn sales go to fund health care, educational and rehabilitation items used by more than 20 health care departments at BAMC.



Photo by Cheryl Harrison

Brisket, sausage, coleslaw, beans, peach and blueberry cobblers, and delicious homemade ice cream were on the menu for a barbecue held at the Warrior and Family Support Center Tuesday. The feast was given voluntarily in honor of the wounded warriors by ranchers from all over Texas, as well as local folks wanting to just say thanks. Mike Gibbs, from the Rawhide Cattle Company out of Fort Davis, Texas, headed up the barbecue plans because as he said, "It was important to do this up right. We are expecting to feed 500 to 600 recovering Soldiers, their Families, doctors and nurses."



Brooke Army Medical Center Volunteer of the Year Sebe Terrell maintains the civilian records for the Department of Pharmacy as well as maintains the competency assessment files for each employee and volunteer. On a weekly basis he files 1,500 civilian prescriptions in numerical sequence. Terrell also maintains and updates critical alert rosters so the 160 staff members can be recalled to duty during a crisis.

Brooke Army Medical Center Volunteer of the Year Jim Eubank, of the Department of Ministry and Pastoral Care, talks with Vivian Pixton, wife of retired Brig. Gen. Allan Pixton, in the BAMC recovery waiting room. When volunteering in the medical staff and provide appropriate information to Families, friends and visitors awaiting their loved ones' return from surgery. All the while, they tirelessly respond to spiritual needs through their listening skills, prayers, hospitality and referrals to staff chaplains.



**The 2008 Volunteers of the Year include:**

**Individual Awards**

- Linda Davis – Warrior and Family Support Center
- Ted Rogers – Family and Morale, Welfare and Recreation Youth Services "Adult" Volunteer
- Michael Sloan – FMWR Youth Services "Youth" Volunteer
- Sebe Terrell – Brooke Army Medical Center Retiree Activities Group
- Alberta Prasek – Spouses Club
- Rene Rodriguez – Fort Sam Houston Catholic Community Volunteer
- Retired Maj. Starling "Al" Gordon – Fort Sam Houston Protestant Volunteer
- Patty Laboy – FSH Parent Teacher Organization, Elementary School
- Ellyn Gilbert – Brooke Army Medical Center Auxiliary
- Jim Eubank – Military Officers Association of America, BAMC Department of Ministry
- Dot Wise – Retired Officers' Wives

- and Widows Club
- Sgt. Milfred Williams – Better Opportunities for Single Soldiers
- Retired Col. David Patrick – Military Officers Association of America-Alamo Chapter
- Amy Newcomer – Cole Cougar Pride Club
- Emily Wallace – Army Community Service
- Suzanne Lesch – American Red Cross
- Maryann Rodriguez – FMWR Outdoor Recreation
- Lt. Col. David Sees – Boy Scout Troop 23 Adult Volunteer
- Marcia Barber – 201st Military Intelligence Battalion
- Sigrid Reitstetter – IMPACT-Inspiring Miracles: Parents and Children Together
- Jennifer Middleton – Harlequin Dinner Theatre
- Grace Blancett – Fisher House
- Carol Husband – U.S. Army South

- Richard Well – Boy Scout Troop 23 Youth Volunteer
- Family Awards**
- The Timothy Kalvaitis Family – Chapel Community Family
- Lt. Col. Randall Thompson Family – Boy Scout Troop 23
- The David Wessies Family – Protestant Family
- Group Awards**
- Brooke Army Medical Center Kernel Club
- Camp Bullis Outdoor Recreation Program
- Better Opportunities for Single Soldiers program
- Boy Scout Troop 23
- Warrior and Family Support Center
- Eagle Scout Awards**
- Eagle Scout Taylor Lee Richardson
- Eagle Scout Franklin David Thompson

Volunteers at Fort Sam Houston Recreation Area, RV Park, Jim Tuma, Richard Fry (pictured) and Billy Hindmarsh have been hard at work assisting camp staff with the installation of 22 patio covers for the cottages. The hard work took two weeks to complete. The volunteers' wives got into the act planting shrubs and native flowers. The dedication and hard work by the volunteers enhanced the park's appearance making it not only an enjoyable place to be but one of natural beauty.



Photo by David Maple

**BAMC honors volunteers**

By Jen Rodriguez  
Brooke Army Medical Center

In a military community where people are called to serve their country, more than 400 Brooke Army Medical Center volunteers continuously give their time and service year after year.

Brig. Gen. James Gilman, commander of Great Plains Regional Medical Command and BAMC, called BAMC volunteers' contributions a transition from career of service to life of service.

"Our volunteers have life experiences that give them the wisdom to understand the importance of being valued in this way while healing. They have the time and desire to truly listen to the deeper meaning of each person's life experiences," said Jessica Veilleux, BAMC chief of Volunteer Services.

Veilleux said "Healing involves both excellent health care and confidence that they are being treated by a caring community that values them as a Soldier, parent or friend."

During National Volunteer of the Week, April 27 to May 3, 15 BAMC organizations honored BAMC volunteers by designing picture boards to recognize their service and sacrifice in support of the military community. Also, organizations held recognition events and presented their individual volunteers a pin to wear on their vests.

For the entire week, displays were set up in the medical mall.

Veilleux said being recognized by the staff the volunteers serve is the highlight of the Volunteer Recognition week.

"They enjoy this the most," Veilleux said.

BAMC Auxiliary, American Red Cross, Department of Ministry and Pastoral Care, and BAMC Retiree Activities Group make up the hospital volunteers.

This year's BAMC Volunteers of the Year are: Jim Eubank, of the Department of Ministry and Pastoral Care; Ellyn Gilbert, of the BAMC Auxiliary; Sebe Terrell, of BRAG; and Suzanne Leach, of the American Red Cross.

Veilleux said Eubank, Gilbert, Terrell and Leach will go on to compete against all Volunteers of the Year winners from every military volunteer organization in San Antonio.

The Kernel Club (Lou Cottrell, Clyde Lewis, Alda Martinez, Linda Hauptii, Christen Jensen, Tony Meyer, Ruth Fritz, Max Balderas and Rosemarie Bonilla) was also named BAMC Volunteer Group of the Year.

"The Kernel Club volunteers are truly a magnet of goodwill and camaraderie," said Veilleux. "Everyone is dedicated to their mission. They often ignore when their shift ends, popping popcorn until the last child, parent or warrior is served.

"Munching popcorn provided by friendly volunteers is as familiar as a cozy day at home eating popcorn with Family," she said.

The Kernel Club pops fresh popcorn daily in the medical mall, where BAMC staff and visitors make a donation for the popcorn. Popcorn sales are about \$200 per day. Last year, the Kernel Club raised \$42,000.

In turn, the popcorn proceeds are given to the BAMC Auxiliary, who asks the BAMC staff what's needed to further serve the patients.

During the Welfare Reception held in April, BAMC Auxiliary members distributed requested items such as educational pamphlets, clothes for burn survivors, DVDs for diversion from unspeakable pain, and clothes for warriors air evacuated to BAMC because of severe burns to more than 20 health care departments. Items were purchased solely from the popcorn proceeds.

Some of the recipients of the Kernel Club donations included the Department of Surgery, Tumor Registry Service, Pediatric Clinic, Ambulatory Nursing, Tobacco Cessation Program and the Breast Cancer Management Program, just to name a few.

According to Veilleux, this level of recognition represents the quality of service, dedication and commitment of the BAMC volunteers.

## School

### Fort Sam hosts Camp C.O.P.E.

The Fort Sam Houston Independent School District will host Camp C.O.P.E. at Robert G. Cole Middle School Saturday. The camp is designed to help children ages 4 to 18 cope with the effects of war and deployments through age-appropriate activities in small groups of their peers. Sesame Street characters are expected at the event. Check in begins at 8 a.m. at Robert G. Cole Middle School; the program concludes at 4 p.m. Breakfast and lunch will be provided for the children. Parents with questions about the program can contact school counselors Kimberli Johnson at 368-8808, Linda Reed at 368-8817, Julie Coffey at 368-8739 or Victoria Wood at 368-8738. Registration forms are available by calling 214-991-COPE or visiting [www.campcope.org](http://www.campcope.org). Completed registration forms should be faxed to 214-824-3777.

### Notice of public meeting to discuss budget, proposed tax rate

The Fort Sam Houston Independent School District will hold a public meeting May 29 at 10 a.m. in the Professional Development Center located at 1908 Winans Road, San Antonio. The purpose of this meeting is to discuss the school district's budget. Public participation in the

discussion is invited.

### Comparison of proposed budget with last year's budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

- Maintenance and operations - 7 percent increase.
- Total expenditures - 7 percent increase.

### Fund balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

- Maintenance and Operations Fund Balance(s) - \$5,000,000.
- Interest & Sinking Fund Balance(s) - \$0.

### Cole Middle School basketball camp

A Cole girl's basketball camp for students in sixth through eighth grade will be held June 9 to 12 from 9 a.m. to 1 p.m. at the new Cole High School gym. Students who pre-register by Friday will pay a \$50 per student registration fee and receive a free T-shirt. After Friday the registration fee will be \$60 per student and fees are non-refundable. Students will receive registration confirmation by mail. For more information or to register, call Tara Bates at 368-8729 or e-mail Coach Guerrero at [cguerrer@fshisd.net](mailto:cguerrer@fshisd.net).

# Federal Bar Association honors Fort Sam Houston fifth graders

By Dr. Kathy Maxwell

Fort Sam Houston Independent School District

The San Antonio Chapter of the Federal Bar Association sponsored a poster and essay competition for Fort Sam Houston Elementary fifth grade students. The competition ended May 1, which is Law Day.

Posters and 250-word essays addressed the theme, "The Rule of Law, Foundation for Communities of Opportunity and Equity," referring to our system of self-government based on fair and stable laws, lawyers and judges.

Nora Gonzalez, fifth grade social studies teacher, said, "Students have spent the year learning about American history. This partnership gave the students the opportunity to share their understanding of the American government in a fun, engaging way."

Students' work was recognized at the Law Day ceremony held Friday. Essay winners were: first place, Riley Brooks; second place



Courtesy photo

(From left) Attorneys Dawn Knepper and Mike Villarreal and fifth grade teacher Nora Gonzalez recognize essay winners (from left, middle row) McKenzie Wade, Adrian Montovani and Riley Brooks, along with poster winners (from left, front row) Haileigh Newton, Anthony Marquez and Mary Fardink.

McKenzie Wade; and third place, Adrian Montovani. Poster winners were: first place Mary Fardink; second place, Anthony Marquez; and third place, Haileigh Newton.

Gonzalez said, "We truly appreciate the sponsorship of the San Antonio Chapter of the Federal Bar Association and the work of attorneys Mike Villarreal and Dawn Knepper who organized, judged and presented the awards to students this year. \$100 was awarded for each first-place winner, \$75 for second-place winners and \$50 for third-place winners."

# Elementary teacher recognized by Trinity University

By Dr. Kathy Maxwell

Fort Sam Houston Independent School District

Fort Sam Houston Elementary School reading specialist, Mary Harrell, was recognized as the Fort Sam Houston Independent School District nominee for the Trinity Prize for Excellence in Teaching Award.

Harrell has 32 years of experience with 25 years of that experience at Fort Sam Houston Elementary School. Harrell earned her bachelor of science degree and her master of education degree from Texas State University.

"Ms. Harrell has proven herself as an outstanding teacher and leader," said Dr. Gail Siller, FSHISD superintendent. "Her professional commitment is unsurpassed whether she is helping a pre-kindergarten student with sound-symbol association or a fifth grader to increase fluency skills."

The Trinity University Excellence in Teaching Award program recognizes 21 outstanding pre-kindergarten through 12th grade teachers in the greater San Antonio

area. Sponsors of this award are Trinity University, H.E.B. and the San Antonio Express-News.

When asked why she is a teacher, Harrell said, "I believe that children can learn to read when provided engaging, interesting and satisfying work. I also believe that children need lots of encouragement from the adults in their lives to learn and be successful in reading and writing. I want to inspire children to love learning."

Harrell follows in the footsteps of her mother, Margie Lee, a former teacher and Trinity Prize nominee in 1982.

A committee composed of business and civic leaders read nomination packets submitted by the 21 distinguished educator nominees and selected two to receive the award. All nominees received a Tiffany apple and a cash prize presented



Courtesy photo

(From left) Tonya Hyde, Fort Sam Houston elementary principal; Mary Harrell, Fort Sam Houston Independent School District Trinity Prize nominee; and Dr. Gail Siller, FSHISD superintendent, attend a Trinity University reception honoring outstanding educators.

at ceremonies held May 2.

The general criteria used in selecting candidates for the Trinity Prize include: outstanding classroom performance, leadership in the school and school district, leadership in the education profession, and outstanding community service.

### Fort Sam Houston Independent School District Weekly Campus Activities – Monday through May 24

Fort Sam Houston Elementary School  
May 22

All books due to library

May 23

Spirit day

Robert G. Cole Middle and High School  
Monday

Cole "C" awards in Moseley gym, 6 p.m.

Tuesday

Eighth grade Career Exploration Class field trip to Junior Achievement Mobile Finance Park, all day

Wednesday

Eighth grade Career Exploration Class field trip to Junior Achievement Mobile Finance Park, all day

National Honor Society, Junior Honor Society and Spanish Honor Society inductions, 4:15 p.m.

May 22

End of course history exam in Mr. Cox's room, 8:30 a.m.

Middle School spring concert in Moseley gym, 7 p.m.

May 23

End of course chemistry exam in media center lab, 8:30 a.m.

**FREE**

The Tobin Endowment

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SUNDAY, MAY 25, 2008

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MACARTHUR FIELD AT THE CORNER OF  
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7:00 PM

INSTRUMENT PETTING ZOO  
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SYMPHONY CONCERT BEGINS AT 8:00 PM

FIREWORKS DISPLAY

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## Did you know?

Did you know there is one street at Fort Sam Houston named for two different individuals, but its not Binz-Engelman? Wheaton Road was named in honor of Maj. Gen. Frank Wheaton by the Second Division in 1932.

Wheaton served as a division commander in the Civil War and as commander of the Department of Texas, from 1892 to 1895.

In 1934, Fort Sam Houston named Wheaton Road in honor of both Frank Wheaton and Maj. Gen. Lloyd Wheaton, a Civil War veteran who received the Medal of Honor and served as a major general of volunteers in the war with Spain and the Philippine Insurrection.



Maj. Gen. Lloyd Wheaton



Maj. Gen. Frank Wheaton

## Asian Pacific American Heritage Trivia

1. Which Korean-born conductor was appointed the Bruno Walter resident conductor of the San Antonio Symphony in 2004?
2. Who was the first Asian and Chinese American to perform a spacewalk? What year did this event occur?
3. What island was nicknamed "Ellis Island of the West" because it was a major immigrant processing station in the early part of the 20th century?
4. Who was the first female Asian American elected to Congress and what year was this election?
5. Who is the stand-up comic who starred in "All-American Girl," the first Asian American sitcom?

Submit Asian Pacific American Heritage trivia answers to [julie.vasquez@amedd.army.mil](mailto:julie.vasquez@amedd.army.mil). A prize will be awarded to the first two people to submit the correct answers.

# Safety Factor targets single Soldiers

By N. Joan Blackwell  
U.S. Army Combat Readiness/Safety Center

**FORT RUCKER, Ala.** — The U.S. Army Combat Readiness/Safety Center and Family and Morale, Welfare and Recreation Command have teamed to launch the BOSS Safety Factor presentation, an initiative designed to build awareness of hazards that can befall single Soldiers during off-duty activities.

Off-duty accidents claimed the lives of 76 single Soldiers in fiscal 2007 and hundreds more were injured or suffered adverse mental or physical results due to engaging in careless or high-risk behavior.

"BOSS Safety Factor is specifically aimed at the young Soldiers, 18 to 25 years of age, and addresses



healthy eating and lifestyle habits that are so critical for our young men and women in uniform." said FMWRC Command Sgt. Maj. Abe Vega. "It takes a common sense approach to daily life in the Army and helps the Soldier understand how to make positive, healthy choices."

The one-hour training module, which incorporates video, photos and first-person experiences, will be shown at events hosted by the Better Opportunities for Single Soldiers organization.

"It is a tremendous opportunity to present Safety Factors at BOSS Council meetings on installations Army-wide. It also takes advantage of peer-on-peer training," said Vega.

The presentation uses the tagline, "It only takes one second to become a statistic," to drive home the message that the simplest, most mundane of activities can end in injury or death if proper care is not taken.

"Life is about decisions. Decisions dictate how we live the rest of our lives. Soldiers must understand the importance one bad decision can mean," said Vega.

Soldiers learn that in a single week, there are over a half-million opportunities for any one of them to become a statistic.

"If we knew ahead of time about accidents they would be appointments — we can certainly do a lot to prevent them," said Vega. "Safety Factor urges Soldiers to assess any activity for potential risks and hazards."

**"BOSS Safety Factor is specifically aimed at the young Soldiers, 18 to 25 years of age, and addresses healthy eating and lifestyle habits that are so critical for our young men and women in uniform."**

*Command Sgt. Maj. Abe Vega  
Family and Morale, Welfare and Recreation Command*

Employing humor, Safety Factor characterizes single Soldiers into five, at-risk "personalities:" the Barracks Rat, Sports Star, Thrill Seeker, Club Hopper and Motor Vehicle Enthusiast. Serious, fact-filled discussion follows, with the facilitator relating hazards associated with activities and behaviors typical of each personality type.

Already producing results, the presentation seems to strike a chord with Soldiers, many of whom express a common sentiment in their feedback comments — It's a real eye opener. "Some people don't realize that they would fit into one of these categories. I realized that I do and it was a wake-up call for me," said one viewer.

A series of tri-fold brochures expands the Safety Factor message by making it available to Soldiers in their barracks, dayrooms and break areas.

For more information on the BOSS Safety Factor presentation, visit <https://crc.army.mil>.



## Recreation and Leisure

### Women's golf clinic

A beginners women's golf clinic will be held today, May 22 and 29 at the Fort Sam Houston Golf Club. All sessions are held from 6 to 7 p.m. Each session is \$120. For more information, call 355-5429.

### Youth Horsemanship Camp

Registration for the 2008 Summer Youth Horsemanship Camp is being held for children between ages 7 and 17. There are eight, five-

day sessions to choose from; each session is Monday through Friday from 9 a.m. to 3 p.m. The first session begins June 9 and the last begins Aug. 4. Learn proper riding form and how to care for a horse. The cost is \$195 per session and there is a \$25 non-refundable registration fee required to register for class. For more information, call 224-7207.

### Summer Junior Golf Camp

Sessions are open to children between ages 7 and 16 for summer junior golf camps. Students learn putting, chipping, etiquette, safety, irons, driver and fairway woods, and rules. Choose from two, five-day sessions that run Monday through Friday from 8 to 10 a.m. The cost is \$70. Register early; space is limited. For more information, call James Benites at 355-5429.

### 'An American Girl' contest

The Keith A. Campbell Memorial Library will hold "Kit Kittredge: An

American Girl" contest through June 29. Anyone between ages 6 and 16 and an authorized patron of MWR facilities can register during each visit to the library with a limit of once per day. The winner of the drawing will be awarded a "Kit Kittredge: An American Girl" book set. While at the library, visit the computer room and log onto [www.armymwr.com](http://www.armymwr.com) to enter the online contest and drawing to win the grand prize, which includes a \$1,000 shopping spree at an American Girl store nearest to the winner's location. For more information, call 221-4702 or visit [www.fort-samhoustonmwr.com](http://www.fort-samhoustonmwr.com).

## Dining and Entertainment

### Coushatta Casino Resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from

the Sam Houston Club June 10 at 7 a.m. and return June 11 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Patrons must be at least 21 years old and possess valid photo identification at all times. Make reservations at the ticket office by June 1. For more information, call 226-1663 or 224-2721.

### Harlequin Dinner Theatre

#### 'Picnic'

The Harlequin Dinner Theatre will present the play "Picnic," by William Inge Wednesday through June 21. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. The doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

### Auditions: 'A Month of Sundays'

The Harlequin Dinner Theatre will hold open auditions May 26 and 27 from 7 to 8:30 p.m. for "A Month of Sundays," a comedy by Bob Larbey. William Champlin will be directing. There are roles for three men and three women, as well as other volunteers such as assistant director, stage manager, light and sound technicians, and props and stage crew. Performances will be Wednesday through Saturday evenings from July 9 through Aug. 9. For more information or directions, call 222-9694.

### MWR Ticket Office

The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are available for local attractions as well as theme parks such as Disney World and Universal Studios. For more information, visit [www.fort-samhoustonmwr.com](http://www.fort-samhoustonmwr.com) or call 221-

See MWR P26

**MWR from P25**

1663 or 224-2721.

**Child and Youth Services****Summer camp registration**

Summer camp registration for School Age Services and Middle School/Teen will take place at Central Registration, Building 2797, from 8 a.m. to 5 p.m., after 4 p.m. will be by appointment only. Registration will be ongoing until slots are filled. Patrons must be registered with Child and Youth Services. Children with special needs will require a meeting prior to registration. For more information and a list of required documents, call 221-4871 or 221-1723.

**Parent Advisory Council**

A Child and Youth Services Parent Advisory Council meeting will be held Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about

upcoming events. For more information, call 221-4871 or 221-1723.

**Helping Us Grow Securely playgroup**

Join the weekly fun and interactive playgroup "H.U.G.S." for parents with children 5 years old and younger Tuesdays from 9 to 11 a.m. at Dodd Field Chapel. For more information, call 221-2705.

**Saturdays at School Age Services**

School Age Services is open the second and fourth Saturdays of every month from 2 to 6 p.m. Children from first to fifth grades can have a fun-filled afternoon at School Age Services, Building 1705, Winans Road. For more information, call 221-4466.

**Central Registration**

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide a current shot record (kindergarten through fifth grade), two local emergency designees, a health assessment/sport physical within the last year

(sport physicals must be valid for the entire sports season), child's Social Security number, sponsor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

**FCC providers**

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

**CYS needs instructors**

Child and Youth Services seeks instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

**SKIES Unlimited classes**

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

1630; or call 221-1723 or 221-4871.

**Army Community Service****Deployment, related parenting challenges**

Family members of deployed Soldiers encounter many challenges. Army Community Service will offer help to the military spouses left behind by teaching them ways to maintain a normal routine, provide children with reassurance, and improve parenting skills during Family separation. The training will be held today from 11 a.m. to 12:30 p.m. at Red Cross, Building 2650. To register, call 221-0349 or e-mail thelma.t.kegley@us.army.com.

**Learn Army 101**

Learn the basics of the Army in Army Family Team Building Level I to be held today from 5 to 9 p.m. at Army Community Service, Building 2797. For more information or to register, call Emmy Elliott at 221-2705 or e-mail emmy.elliott@conus.army.mil.

**Sibling rivalry**

Army Community Service is offering a sibling rivalry class Monday from 11 a.m. to 12:30 p.m. at Red Cross, Building 2650, to help parents learn skills to deal with sibling conflicts and how to encourage good feelings between siblings. To register, call 221-0349 or e-mail thelma.t.kegley@us.army.com.

**Deployment planning**

Pre- and post-deployment planning training will be held Tuesday from 8:30 to 10:30 a.m. at Army Community Service, Building 2797. This training is designed to increase the spouse's

ability to face deployments with resilience and strength, allowing easier separations and smoother reunions. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Key Caller training**

Army Community Service will offer a Family Readiness Group Key Caller training Tuesday from 1 to 3 p.m. at Army Community Service, Building 2797. This training will define the responsibilities of the FRG Key Caller and provide information on performing this role. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Care Team training**

The Care Team training class will be held Wednesday from 1:30 to 3 p.m. at Army Community Service, Building 2797. The class focuses on the Care Team's responsibilities and provides guidance on how to handle issues the volunteers will face, such as dealing with the reactions of Families. This training is recommended for casualty assistance officers, casualty notification officers and Battalion Care Team volunteers. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Battlemind training**

The next Battlemind training for Families will be held May 28 from 9 to 10 a.m. at Army Community Service, Building 2797. This training is part of the Battlemind Training System and will focus on helping Soldiers and Families prepare for deployment. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Community****Events****'Climbing the Ladder'**

The Federal Employed Women will host "Climbing the Ladder" Thursday at 11:30 a.m. at the Sam Houston Club. The guest speaker is Cynthia Sanders, director of contracting, 311th Human Systems Wing, Brooks City-Base. Everyone is invited to attend. For more information, call Rosalyn Wise at 373-8798.

**Cash and carry sale**

The Directorate of Morale, Welfare and Recreation will hold a cash and carry sale today and Friday from 9 a.m. to 3 p.m. in Building 4192, Bay C, on a first-come, first-served basis. The following items are available for sale: TV armoires, night stands, 30-inch round activity tables, desk chairs, wall mirrors, wall mount headboards, VCRs, computer desk with hutch, recliners, lounge chair with ottoman, executive chairs, golf clubs and bags, 7.2-cubic-foot refrigerators and many more items. Cash and personal checks with photo ID will be accepted. All property must be removed from the warehouse at the time of sale. All sales are final and property is sold as is. For more information or directions, call the DMWR Warehouse at 221-4449 or 221-4950.

**Donate blood**

People are invited to donate blood Friday from 10 a.m. to 3 p.m. at the Post Exchange parking lot (mobile

blood unit). For more information, call 295-4655.

**King William historic district walk**

The Randolph Roadrunners Volksmarch Club will host a 10K and 5K walk Friday from 4 to 6 p.m. at the Beethoven Maenerchor Halle und Garten, 422 Pereida Street. For more information, call Nancy or Tony Paulson at 658-8324, e-mail nantony6@hotmail.com or visit www.geocities.com/randolphroadrunners/.

**Free drag racing tickets**

Tina Stull, race car driver, Racing and Interstate Batteries, will give away 2,000 tickets to military members and their Families for admission to the National Hot Rod Association Lucas Oil Drag Racing Series - Division 4 racing event Friday to Sunday at the Houston Raceway Park, 2525 FM 565, Baytown, Texas. Gates open at 9 a.m. For more information or to get tickets, e-mail Tina Stull at tstullracing@aol.com or visit www.tinastullracing.com.

**Newbie paintball tournament**

The Lackland Outdoor Adventure Center will host a paintball tournament Saturday from 8:30 a.m. to 5 p.m. People ages 13 and older are eligible to enter. The cost is \$75 per team with five people per team, which includes all rental equipment. Teams must use field paint. There will be trophies for first, second and third place teams. The first place team will receive free rental equipment and field use for one year. Second place will win free rental equipment and field use for six months; and third place wins free rental equipment and field use for three months. For more information, call 925-9112.

**Tour de Cure**

The American Diabetes Association Tour de Cure 2008 will showcase a one or two day ride from San Antonio to Austin via San Marcos Saturday and Sunday. Registration begins at 6:30 a.m. at the Pearson (formally Harcourt Assessment). For more information on registration or volunteering, call 829-1765, ext. 6126 or e-mail Erica Rougeau at erougeau@diabetes.org.

**Small business seminar**

The Veterans Business Outreach Center and Army Career and Alumni

Program will hold a small business seminar on Preparing a Loan Package, Consumer Credit Counseling Services Monday from 9 to 11 a.m. and a Consumer Credit seminar Tuesday from 9 to 11 a.m. in Building 2263, Room B101. The seminars are open to veterans, reservists and active-duty members. For more information or to register, call 956-292-7555 and for directions, call 221-1213.

**Tops in Blue**

Tops in Blue will perform at Randolph Air Force Base, Texas, Tuesday at 8 p.m. between Hangars 4 and 5. There will be bleacher seating as well as folding chairs. Seating is on a first-come basis. Guests may bring blankets and portable chairs and beverages will be available for purchase. Doors will open no earlier than 45 minutes prior to show time. The highly acclaimed 2008 edition of Tops in Blue "Deja Blue" will feature hot Latin sounds, All-American country music, and hits from the top of the charts as well as music from movies and Broadway shows.

**Soccer tryouts**

The Alamo Heights Fort Sam Houston Soccer Club will hold tryouts for Under 12 to U14 girls May 27 and 28 from 6 to 7:45 p.m.; U12 to U14 boys May 28 and 29 from 6 to

7:45 p.m.; U15 to U18 boys and girls May 29 from 7 to 8:30 p.m. and May 30 from 6 to 7:30 p.m. at the Fort Sam Houston game field. For more information, visit www.ahfsh.org or e-mail training@ahfsh.org.

**Golf tournament**

The Alamo Chapter-Association of the U.S. Army will sponsor the "For the Soldier" golf tournament June 9 at 1 p.m. at the Fort Sam Houston Golf Course. The tournament will help the chapter's continuing efforts to provide support to the Soldiers and community programs. To sign-up teams or enter individually, visit the Fort Sam Houston Golf Course or www.alamochapterausa.org. For more information, call retired Col. Brad Freeman at 383-2728.

**Scholarships available**

The Air Force will award 25 college-bound students \$1,000 scholarship towards tuition. Current Air Force Club members, their Family members and grandchildren, who are eligible, can write an essay as their entry for scholarship consideration. Complete program information and rules are available at the Gateway Club at Lackland Air Force Base. All entries must be submitted to the Gateway Club no later than July 1.

**See COMMUNITY P28**

# For Sale Fort Freebies

## Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

**For Sale:** Two-inch receiver hitch, fits 1994 or newer Ford Ranger, all mounting hardware and instructions, \$75 obo. Call 295-3210 days or 494-8401 evenings.

**For Sale:** Coffee table and two end tables, hand carved in Germany, glass tops, \$300; three-piece light oak wall unit, lighted shelves, \$250. Call 496-7571.

**For Sale:** Black refrigerator with ice maker, \$250; white refrigerator, \$200; electric stove, \$100. Call 273-3257.

**For Sale:** 2003 Mercedes Benz CLK 430 convertible, black opal with gray leather interior, 45,300 miles, power windows and locks, cruise control, tilt steering wheel, AC, CD player, automatic transmission, \$27,500 obo. Call Linda at 275-1424.

**For Sale:** Toys, infant to toddler, good condition, price negotiable. Call 268-5176.

**For Sale:** Twin-size child's loft bed, space for deck underneath, \$65; Combi Savvy Soho stroller with acoustic canopy, lightweight, compact and comfortable, \$50. Call 832 0386.

**For Sale:** Color TV, 27-inch with remote, \$30; dark walnut entertainment center, \$30, or \$50 for both. Call 821-5479.

**For Sale:** 2005 GMC Sierra, SLE package, V8, long bed with liner, 22K miles, factory warranty, \$15,998. Call 212-7884.

**For Sale:** Dell computer monitor, 17-inch, \$20; Optique V115 computer monitor, 21-inch, \$50; toilet-tank, bowl and seat, \$70; cedar fence boards, five for \$1; Sharp home entertainment system, \$60. Call 927-6114 or 887-1856.

**For Sale:** 1992 Ford custom van, loaded, \$3,495. Call 659-6741.

## COMMUNITY from P27

### Meetings

#### Disabled American Veterans meeting

The Disabled American Veterans, Alamo Chapter #5 and Auxiliary Unit #5 will hold chapter elections Saturday at 10 a.m. at the Rolling Oaks Christian Church, 1750 Stahl Road, Loop 1604 at Nacogdoches Road behind Wal-Mart. For more information, call Cmdr. Albert Erazo at 651-7303.

#### Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association meeting will be held Monday at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Road, near Loop 410. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 295-6596 or e-mail [juan.gomez@us.army.mil](mailto:juan.gomez@us.army.mil), or Jim Gonzales at 666-9818 or e-mail [rgonzales879@satx.rr.com](mailto:rgonzales879@satx.rr.com).

#### Retired Officers' Wives, Widows luncheon

The San Antonio Retired Officers' Wives and Widows luncheon will be held May 27 at 11 a.m. at the Sam Houston Club. New officers will be installed and newcomers are invited to join. For more information or to make reservations, call Arline at 822-6559.

#### Spouses' Club

The Spouses' Club of the Fort Sam Houston area will host a luncheon Tuesday at 11 a.m. at the Sam Houston Club. The installation of the 2008-2009 executive board, as well as award and donations,

will be conducted. The cost for lunch will be \$14. Members and nonmembers are invited to attend. Membership is open to all ranks and all spouses. Limited childcare slots are available. For more information, call Sigrid Reitstetter at 226-8806 or e-mail [sigrid.reitstetter@us.army.mil](mailto:sigrid.reitstetter@us.army.mil).

### Training

#### PureEdge forms training

MyForms Forms Management Content Program will conduct a Noncommissioned Officer and Officer Evaluation Record training using PureEdge Forms Tuesday from 12:30 to 4:30 p.m. at Willis Hall, Building 2841, Room 0501 (AESTC Room), and May 22 from 12:30 to 4:30 p.m. at Willis Hall, Building 2841, Room 2105A. For more information, call Julie Gueller at 221-6203.

#### Cardiopulmonary resuscitation class

The American Heart Association Family and Friends Cardiopulmonary Resuscitation course will be held June 5 at 8 a.m. at the Jimmy Brought Fitness Center. Family members, friends and members of the Fort Sam Houston community are welcomed. The class is two-and-a-half hours long and certificates will be awarded upon completion. For more information and to sign-up by May 30, e-mail 1st Lt. Kirsten Shear at [Kristen.shear@amedd.army.mil](mailto:Kristen.shear@amedd.army.mil).

#### NCO Wives Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. For more information, call Angie Luna at 333-0821 or 386-8265.

### Volunteer

#### Host Families needed

American Field Service USA seeks Families to host international high school students as well as teachers from around the world. AFS volunteers support Families and students during their stay. Host Families provide a bed, meals and guidance. For more information, call Diane Soto at 866-237-8721 or e-mail [dsoto@afs.org](mailto:dsoto@afs.org).

#### Drivers needed for Soldier Show

Drivers are needed to help keep the U.S. Army Soldier Show on the road throughout its 25th anniversary tour. Active duty, Reserve and National Guard Soldiers with a valid Class A driver's license are preferred. Drivers are committed for two years and will be attached to the Army Entertainment Division at Fort Belvoir, Va. To apply, forms are available online at [www.armymwr.com](http://www.armymwr.com). Once completed, mail the form to U.S. AED Attention: Ronald Burgwyn, P.O. Box 439, Fort Belvoir, VA 22060.