

FORT SAM HOUSTON News Leader

“HOME OF ARMY MEDICINE”

Fitting tribute Fort Sam remembers fallen heroes, honors their children

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

When Marine Sgt. Aaron N. Cepeda Sr. lost his life in combat in Iraq on May 7, 2005, his Family also lost a son, husband and father.

In honor of the sacrifice they were not asked, but had to make, Cepeda's children were presented a Gold Medal of Remembrance Monday during a Memorial Day ceremony at the Fort Sam Houston National Cemetery.

The Cepedas were among five Families to be honored with the medal, which is presented to children of fallen servicemembers from Operations Enduring and Iraqi Freedom.

“It's hard for the children to go up there, but it lets them know that their dad is remembered,” said

Aaron Sr.'s mother, Diana Cepeda. “As a mother, it lets me know that my son gave a lot for this country, but he won't be forgotten.”

Wearing white T-shirts emblazoned with their father's face, Cepeda's children, 8-year-old Aaron Jr. and 4-year-old Journee, accepted the medals from U.S. Senator John Cornyn.

“You should be proud that beneath the shadow of evil and in the face of danger, your parents did not run, but they stood up for what they believed in,” Cornyn said, directing his remarks to all of the Families of fallen servicemembers in attendance. “While I know of no words, no matter how heartfelt, that could ever heal the hurt, I hope these Families will find comfort in

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U.S. Senator John Cornyn greets Ella Cepeda and Diana Cepeda (far left) before presenting the Gold Medal of Remembrance to Ella's children, 8-year-old Aaron Jr. and 4-year-old Journee, Monday during the Memorial Day ceremony at the Fort Sam Houston National Cemetery. The medal honors children who lost a parent in service to the nation. Their father, Marine Sgt. Aaron N. Cepeda Sr., died in Iraq on May 7, 2005. The Cepedas honored his memory by wearing a picture of him on their T-shirts.

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Special performance

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, sings the National Anthem accompanied by the San Antonio Symphony at the annual Tobin Endowment Concert at MacArthur Field. Approximately 3,000 people attended the third annual concert that ended with a spectacular fireworks display and booming cannon fire as the orchestra performed the “1812 Overture.”

Photo by Esther Garcia

Fort Sam pays homage to military spouses

By Minnie Jones
Fort Sam Houston Public Information Office

Although Military Spouse Appreciation Day was officially recognized this year on May 9, Fort Sam Houston paid homage to military spouses Tuesday at Army Community Service with an open house.

The purpose of the open house was to highlight some of the benefits and programs that

the ACS has to offer to military spouses and their Families.

“We held this event to say thank you to all the military spouses here at Fort Sam Houston. Spouses are the key to retention in the Army,” said Rhonda DeVries, director, Deployment and Mobilization, ACS.

Enjoying light refreshments, about 50 spouses came to the

See **SPOUSES P7**

VISIT NEWS LEADER ONLINE: WWW.SAMHOUSTON.ARMY.MIL/PAO/DEFAULT.HTML



Parking lot construction

The contractor is scheduled to begin Phase IV of the Stanley Road parking lot construction project Monday. Phase IV begins at the north side of the currently closed Worth Road and will extend to the middle of that parking lot, which ends on the south side of Old Austin Road. The area will be roped off Saturday, which will open the Phase III area for parking.



Photo by Elaine Wilson

Military and civilian leaders break ground for a telephone core communications switch node facility May 22 at a site on Garden Avenue. The new node will expand telephone and data-switching capabilities by more than 10,000 lines.

Fort Sam upgrades communication capabilities

By Lori Newman
Special to the News Leader

Post leadership broke ground for the Fort Sam Houston telephone core communications switch node facility May 22 on Garden Avenue.

Col. Wendy Martinson, U.S. Army Garrison commander, hosted the groundbreaking ceremony.

"The amount of construction on Fort Sam Houston is simply amazing – and we are just getting started," said Martinson.

The new telephone switch node, part of the Base Realignment and Closure initiative, will expand the telephone and data capabilities at

Fort Sam Houston by adding more than 10,000 lines.

The current telephone infrastructure supports 33,000 lines. The addition of the new switch will initially increase capabilities by 6,720 lines to support the transformation activities occurring on Fort Sam Houston.

"This facility will be the node for all of the new Medical Educational Training Center instructional facilities, the dormitories, the dining facility, the METC headquarters, two barracks for the 32nd Medical Brigade and much more," said Martinson.

See COMMUNICATION P9



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News Briefs

IH-35 lane closures

Crews will close Interstate Highway 35 Southbound and Northbound two left lanes from a half-mile south of Pine to Walters Streets from 9 p.m. to 5 a.m. through Tuesday in order for crews to remove the concrete traffic barriers in the center median. Crews will begin work on the southbound lanes first.

The two left lanes of northbound IH-35 from New Braunfels Avenue to Walters Street will be closed from 8 p.m. Friday to 5 a.m. Monday. The contractor will be drilling drill shafts in the median of the main lanes. The entrance ramp from New Braunfels Avenue will also be closed.

FSHISD budget, proposed tax rate meeting

The Fort Sam Houston Independent School District will hold a public meeting today 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.

Town Hall meeting

U.S. Army Garrison Commander Col. Wendy Martinson will hold a town hall meeting to discuss Base Realignment and Closure and other transformation projects, issues with proposed construction "bubbles," and timelines. The meeting will be held Tuesday from 3 to 4 p.m. at Army Community Service, Building 2797 on Stanley Road, for U.S. Army Garrison and tenant personnel whose last name begins with N through Z. For special needs or accommodations, call Jackie Schlatter at 221-1765 or e-mail jackie.schlatter@us.army.mil.

Free CPR class

The Fort Sam Houston community is invited to the American Heart Association Family and Friends Cardiopulmonary Resuscitation Course June 5 starting at 8 a.m. at the Jimmy Brought Fitness Center. Each class is two-and-a-half hours long and certificates will be awarded upon completion. For more information or to sign-up, e-mail 1st Lt. Kristen Shear at Kristen.shear@amedd.army.mil by Friday.

BAMC Trauma Center verified as Level 1

The trauma center at Brooke Army Medical Center has been verified as a Level 1 trauma center by the Committee on Trauma of the American College of Surgeons. This achievement recognizes the trauma center's dedication to providing optimal care for injured patients. The designation is effective through May 2010. Established by the American College of Surgeons

See NEWS BRIEFS P4



Resident conductor Ken-David Masur and the San Antonio Symphony entertain the crowd with favorite patriotic tunes such as "America the Beautiful" and musical selections such as "Yankee Doodle" and the "Saturday Night Waltz," Sunday at the Tobin Endowment Concert.

Sounds of summer San Antonio Symphony performs at Fort Sam

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

Arriving carrying blankets, lawn chairs and umbrellas, more than 3,000 people gathered at MacArthur Field early to stake out their favorite spot on the grass to listen to the sounds of summer by the San Antonio Symphony led by resident conductor Ken-David Masur.

Sponsored by the Tobin Endowment, the 3rd annual Memorial Day weekend concert at Fort Sam Houston began with pre-concert activities that included entertainment by the Tailpipes performing 50s and 60s-era music. Children's activities included face painting and an opportunity for children to try out the different musical instruments on display.

The Sam Houston Club and the Bowling Center were ready for the concert preparing thousands of hamburgers, hot dogs, chicken fajita tacos, fruit cups and more for the hungry crowd.



Camille Jackson, 12 years old, tries out the French horn at the instrument booth prior to the start of the San Antonio Symphony concert Sunday. The booth allowed attendees to try out several instruments on display while members of the orchestra were on hand providing advice and guidance on the use of the instruments. Jackson attends middle school and plays the French horn in her school's band.

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, accompanied by the San Antonio Symphony, opened the concert with his rendition of the National Anthem.

Highlights of the concert, which was broadcast live on KLRN by Time Warner, included patriotic favorites such as "Texas Our Texas," "America the Beautiful," the "Armed Forces Medley," and "Stars and Stripes Forever." In celebration of this year's summer Olympics in China, the symphony paid tribute to all athletes performing "The Olympic Spirit" written by John Williams for the Seoul Summer Olympics in 1988.

The concert included various musical selections by composers John Philip Sousa's "The Washington Post," Aaron Copeland's "Saturday Night Waltz," and a medley of great American songs arranged by Arthur Harris such as "When Johnny Comes Marching Home," "Camptown Races" and

See SYMPHONY P9



Matthew Carrillo, 8 years old, checks out his Spiderman face he received at the face-painting booth, one of several activities for children prior to the start of the concert.

News Briefs

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In 1987, the verification program promotes the development of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients. This spectrum encompasses the pre-hospital phase through the rehabilitation process.

Wreath-laying ceremony

A wreath-laying ceremony will be held in memory of retired Sgt. Maj. of the Army Leon L. Van Autreve and fallen comrades June 13 at 5:15 p.m. at the Fort Sam Houston National Cemetery. For more information, call 221-3635.

Smoking Quitline

The San Antonio Military Medical Center Smoking Quitline will be available to active duty and reserve personnel starting this summer. The quitline is a telephone counseling service that will offer two different intervention formats to help individuals quit using tobacco. The program will include telephone counseling and nicotine replacement therapy at no cost to the participant. The quitline is a joint effort between the military, University of Tennessee, and the National Heart Lung and Blood Institute. For more information, call Karen LeRoy at 292-3504 or e-mail kleroy1@utmem.edu or Dr. Angela Tonozi at atonozi@utmem.edu.

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 extremefamilycasting@gmail.com. For nomination criteria and application guidelines, visit <http://abc.go.com/prime-time/extremehome/index?pn=apply>.

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.

Garrison explores options to ease commute to work

Post community invited to take VIA transit survey

As gas prices continue to soar and construction detours and parking limitations continue unabated, Fort Sam Houston drivers are feeling the impact on their wallets and their patience. Fort Sam Houston U.S. Army Garrison, in partnership with VIA Metropolitan Transit and the City of San Antonio, are working together to find possible alternatives to take the hassle out of daily commutes to work.

The garrison is offering Fort Sam Houston drivers the opportunity to consider alternative means of transportation through the launching of a VIA-sponsored transit survey. The surveys may be

taken by all Fort Sam Houston residents, employees, Soldiers and their Family members. The survey canvasses the participant's desires pertaining to possible bus, shuttle, bicycle, and van pooling initiatives that could significantly relieve frustrations on the San Antonio freeways and on the installation roadways and parking lots.

The survey will be available until June 11. People can fill out a hard copy at all Fort Sam Houston gas stations, Main Post Exchange, the Clothing Sales Store and at the front desk at Army Community Service, on Stanley Road. Mail responses to:

**Headquarters, U.S. Army Garrison
Plans, Analysis, and Integration Office
ATTN: Ray Mendoza
1206 Stanley Road, Bldg 122 (Stop 1)
Fort Sam Houston, TX 78234-5001**

People can also fill out a survey online at <http://www.samhouston.army.mil/paio/index.htm>, or, on the Intranet, at <https://fsh-intranet.amedd.army.mil/>. If taking the survey online, e-mail responses to ray.mendozajr@us.army.mil.

For more information, call Ray Mendoza at 221-2969 or at e-mail ray.mendozajr@us.army.mil.

VIA Survey

Fort Sam Houston expects a parking shortage, and has expressed interest in VIA service in the future. Would you please help us make a good decision by answering these questions?

Please check the answers which fit you best.

1. Are you:

- Military, living off post
 Military, living on post
 Civilian

1.1 If you live on post, would you use the bus to travel to downtown San Antonio? Yes No

2. What is your unit/organization of assignment?

3. What building do you start your work or duty day at?

4. What days do you work at Fort Sam Houston?

Please check all that apply:

- Monday-Friday Saturday
 Sunday

5. What time do you report for duty/work?

- Before 0600 (please fill in time: ____:____)
 0700-0800
 0600-0700
 After 0800 (please fill in time: ____:____)

6. What time do you depart for home?

- Before 1600 (please fill in time: ____:____)
 1630-1730
 1600-1630
 After 1730 (please fill in time: ____:____)

7. How do you usually travel to and from your work at Fort Sam Houston? Please check R one answer.

- Walk Drive your car Ride in someone else's car, or car pool Ride the bus and walk onto post Other: _____

8. If you have ridden the bus to Fort Sam Houston in the past, why did you stop riding?

9. Do you need your car during the work day?

- Yes No

If yes, where do you drive to during the work day?

If a post shuttle were available would you use that instead? Yes No

10. What is your home zip code? _____

11. If bus service was convenient to your home and to the gate at Fort Sam Houston, and your trip required a transfer to the post's internal shuttle, how likely would you be to ride the bus to Fort Sam Houston at least half the time?

- Very likely Somewhat likely
 Not very likely Would not ride
 Don't know

12. If there were a convenient Park and Ride location near you, and a dedicated "express bus" or Fort Sam Houston gate to home bus from there, how likely would you be to ride the bus to the gate at Fort Sam Houston at least half the time?

- Very likely Somewhat likely
 Not very likely Would not ride
 Don't know

13. What would be the most convenient location for your bus to arrive at Fort Sam Houston? Mark one.

- BAMC
 Walters Access Control Point
 Binz-Ingleman Access Control Point
 Harry Wurzbach Access Control Point
 New Braunfels and E. Grayson

14. Considering where you live, where would be a good location for a Park and Ride, where you could park and catch the bus to Fort Sam Houston?

15. Why would you not take the bus to Fort Sam Houston?

What do you think of these four alternative ways to get to work? Please answer questions 17 through 21 below.

16. How acceptable to you would car pooling be, as a way of getting to work? In a car pool you would take turns driving with one to three others.

- I car pool now
 I would certainly do it now if I had someone to go with
 I might do it if _____
 I would never do it because _____
 I am not sure

17. How acceptable to you would van pooling be as a way of getting to work, if a government voucher would pay for the van? In a van pool you would pay about \$15-20 a month for gas to ride to work with others from your part of town. One member of the van pool would drive.

- I car pool now
 I would certainly do it now if I had someone to go with
 I might do it if _____
 I would never do it because _____
 I am not sure

18. How acceptable to you would riding the bus be, as a way of getting to work if the government were to pay the cost of a monthly bus pass?

- I take the bus to work now
 I would certainly do it now if the bus was more convenient or improved
 I might do it if _____
 I would never do it because _____

- I am not sure

19. How acceptable to you would driving to a remote parking lot be, as a way of getting to work? You would drive to a parking lot about three miles from Fort Sam Houston, and a shuttle bus would take you to the installation gate.

- I would certainly do it
 I might do it if _____
 I would never do it because _____
 I am not sure

20. Which of those four choices would you prefer if you could not drive directly to work?

Please mark your first choice, second choice, and third choice, marking one box in each column below.

- | | First choice | Second choice | Third choice |
|-------------------------------|--------------------------|--------------------------|--------------------------|
| Riding the bus | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A car pool | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A van pool | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Drive to a remote parking lot | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Supplemental Bicycle Questions

1) Do you own a bicycle? Yes No

2) How often do you ride a bicycle for each of the following purposes?

- Recreational/fitness
 Never Rarely Sometimes Usually
- Commute to work
 Never Rarely Sometimes Usually
- Commute to school
 Never Rarely Sometimes Usually
- Shopping/errands
 Never Rarely Sometimes Usually

3) How many miles is your typical ride? _____

4) What facilities do you prefer to ride your bicycle?

- Separate bike paths or trails Sidewalks
 Marked bicycle lanes On roads with cars

5) How do each of the following conditions affect your choice for riding a bicycle more often?

- Lack of bicycle facilities (trails, lanes, routes)
 No affect Some Very much Extremely
- Afraid of motor vehicles/drivers
 No affect Some Very much Extremely
- Destinations too far/takes too long
 No affect Some Very much Extremely
- Difficult intersections
 No affect Some Very much Extremely
- Weather
 No affect Some Very much Extremely
- Lack of bicycle parking
 No affect Some Very much Extremely
- Lack of shower/locker facilities
 No affect Some Very much Extremely
- Other (provide example): _____



Members of the Sergeants Major Association and Sergeant Audie Murphy Club and guests salute during a retreat ceremony May 15 at the home of Rita Van Autreve following a ceremony renaming the SMA to Sergeant Major of the Army Leon L. Van Autreve Sergeants Major Association.

Sergeants Major Association assumes Van Autreve's name

Story and photo by Esther Garcia
Fort Sam Houston Public Affairs

Murphy Club.

Van Autreve was an active member of the Sergeants Major Association. It comprises active and retired command sergeants major and sergeants major from all Army components, as well as equivalent members from the Air Force, Navy and Marine Corps.

"Therefore, it is fitting that our organization be named after this man who gave so much to us, our organization and our country," said Sgt. Maj. Jeffery Lavender, president, Sergeants Major Association. The ceremony included a reading of Van Autreve's biography by retired Sgt. Maj. Danielle Lewis, vice president, the ceremony included members of the Sergeants Major Association, active and retired, such as Army North Command Sgt. Maj. George Nieves; Army Medical Department Center and School Command Sgt. Maj. Howard Riles; Sgt. Maj. Aaron Arch, AMEDD Personnel Proponent Directorate; and members of the Sgt. Maj. of the Army Leon L. Van Autreve Sergeant Audie

The ceremony included members of the Sergeants Major Association, active and retired, such as Army North Command Sgt. Maj. George Nieves; Army Medical Department Center and School Command Sgt. Maj. Howard Riles; Sgt. Maj. Aaron Arch, AMEDD Personnel Proponent Directorate; and members of the Sgt. Maj. of the Army Leon L. Van Autreve Sergeant Audie

The ceremony included a reading of Van Autreve's biography by retired Sgt. Maj. Danielle Lewis, vice president,

See VAN AUTREVE'S P7

Spot of tea?

Warriors, Families enjoy tea time at BAMC

Story and photos by Jen Rodriguez
Brooke Army Medical Center Public Affairs

An unknown author once wrote, "Tea is a cup of life."

For one day, more than 175 tea enthusiasts sat up properly and indulged in ornate cups of tea and decadent sandwiches with cakes and cookies during the annual Casual Country Tea Party sponsored by volunteers from New York, New Jersey and Texas.

Led by tea coordinator Deborah Boneli for the third year, the tea party May 16 was once again a success in honoring warriors, their family members and caregivers.

The parties were held at the Center for the Intrepid in the morning, and then again in the afternoon at the Brooke Army Medical Center dining facility.

Teacups, saucers, teapots and all the trimmings were supplied solely by volunteer donations. Music was provided by Emery Davis and Bob Gulino.

According to Emilie Barnes, author of "If Teacups Could Talk," the act of preparing and serving tea



A Blue Star Mothers volunteer from Canyon Lake pours tea for Spc. Razan Sied May 16 at the Center for the Intrepid morning tea party while Chaplain (Maj.) Howard Fields looks on.

encourages conversation. The little spaces in time created by teatime rituals call out to be filled with conversation. Even the tea itself – warm and comforting – inspires a feeling of relaxation and trust that fosters shared confidences.

So for one day, many BAMC lives were touched with the time to reflect on life over a cup of tea.



Spc. Randy Moore has the attention of two Blue Star Mothers during the tea party May 16 at the Center for the Intrepid. At Moore's first tea, the warrior had a special request for cold tea, which the volunteers quickly provided.

Lunchtime visitor

U.S. Congressman Lamar Smith (second from left) visits with Junior ROTC cadets from Harlingen High School at the Rocco Dining Facility Friday. Pictured at far left is Harlingen JROTC Instructor Lt. Col. Edwin Kellem, and at far right, Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School. The congressman was at the dining facility visiting Soldiers in training at the AMEDDC&S, but took time out to talk to the seniors, who were touring Fort Sam Houston to learn about Army careers and benefits.



Photo by Annelise Gonzalez

SPOUSES from P1

auditorium for the event. They had an opportunity to browse the different tables at the center, and talk with several employees and ACS directors who were on hand to answer questions regarding the various programs offered by ACS.

ACS is dedicated to maintaining readiness for military families by offering a host of services that range from responsive family advocacy and prevention, information and referral, outreach, financial, employment and relocation. "We consider ACS one-stop shopping for services," said DeVries.

Kirsi Kisner is a military spouse and homemaker, whose husband is assigned to Camp Bullis. She has used several services offered at ACS.

"I've taken several classes here and I hope that people will take full advantage of all of the services they have to offer, because it helps you navigate through military life so much better. The more you know the easier it is for you.

They (classes) also help you cope with so many issues," said Kisner.

"We want to make sure that Families are linked up with the services that the ACS provides. We want to make sure they know that there is a place to go for their various needs," said DeVries.

Tuesday's event also included a PowerPoint presentation outlining all of the services that the ACS provides to military families.

Military Spouse Appreciation Day is an opportunity for the services to salute military spouses who help support the military mission. Their support and care of the Family is paramount while the servicemember is away so they can concentrate on the mission at hand.

In 1984, President Reagan proclaimed the Friday before Mother's Day of each year to be Military Spouse Appreciation Day in recognition of the "countless personal sacrifices" that military spouses have made in support of the Armed Forces from the earliest days of the Continental Army.

VAN AUTREVE'S from P5

Sergeants Major Association; a reading of a poem about the Noncommissioned Officer Corps by Sgt. 1st Class Tammy Crawley, president, SAMC; a retreat ceremony; presentation of flowers to Rita Van Autreve and her family; and a presentation of a T-shirt with the words Sergeant

Major of the Army Leon L. Van Autreve Sergeants Major Association.

Rita Van Autreve said she was honored for the dedication and thanked everyone for keeping her husband's memory alive.

The ceremony concluded with an invitation to enjoy refreshments in the Van Autreve home.



Photo by Minnie Jones

A military spouse reviews handouts at an Army Community Service table during a Military Spouse Appreciation Day open house, Tuesday. Military Spouse Appreciation Day honors military spouses from all branches of service. The day featured exhibits from various programs offered at ACS and refreshments. Employees and directors were on hand to provide information about the services they provide.

COMMUNICATION from P2

The new node will be located in the vicinity of the new METC campus to provide service for the campus as well as other transformation projects. It will provide the capability to swing telephone lines from overused or expanded areas into the new facility.

Once completed, the telephone switch node will provide telephone and data service for the entire area between Schofield Road, Hardee Road and Scott Road, including Buildings 2840 and 2841; as well as the Army Medical Department Center and School.

The new switch node will also allow Fort Sam Houston to upgrade the entire garrison telephone system to support an enhanced 911 emergency communications capability, expand the current voicemail system and add a state-of-the-art Telephone Management System.

Martinson commented on the fact that communication is really a very simple principle – you have a sender and you have a receiver. That has not changed since man first started painting on cave walls.

But, what is incredible is how communication has improved, she said.

“We now communicate in seconds and minutes around the world ... we perform surgery on battlefields and we teach our Soldiers in remote locations while they are performing battlefield missions or helping people during humanitarian missions,” said Martinson.

“All this because of our communication technologies,” the colonel continued.

Martinson congratulated Hal Marsh and the Directorate of Information Management workforce on managing the burden while executing the mission.

“I know you are all dedicated to the burden of the communications missions that at times seems heavier than we can manage and we all appreciate the services you provide that we cannot do without, said Martinson in closing.

The contract for the new telephone core communications switch node was awarded March 14 to General Dynamics Information Technology. Oversight and management of the project will be provided by Project Management Defense Communications and Switched Systems.

SYMPHONY from P3

“Yankee Doodle.”

A fan of the San Antonio Symphony and seasoned ticket holder for all the concerts, Gloria Montesclaros said, “It was great, wonderful, excellent for the young and future generations to be able to see.”

The concert ended with a spectacular display of fireworks and booming cannon fire by the Fort Sam Houston Salute Battery while the orchestra, joined by members of the Army Medical Command Band, performed Tchaikovsky “1812 Overture,” the “National Emblem March,” the “American Patrol March” and “Stars & Stripes Forever.”



John Fryman, manager for the Bowling Center, prepares hundreds of hot dogs for the crowd attending the Memorial weekend concert. Along with the Sam Houston Club, other goodies available for the crowd included hamburgers, fruit cups and much more.



Candy Reyes with her children Candyce and Sevastian and friend Rochelle Ritchey relax on a blanket as they wait for the San Antonio Symphony to perform.

'Operation See Victory'

Free sports eye injury prevention campaign offered Saturday

Airmen, Marines, Sailors and Soldiers are never sent into today's battlefield without proper military combat eye protection. Why would we send children onto the sports field without proper sports eye protection?

Heading a soccer ball, nailing a blistering baseball pitch and driving the lane in a basketball game make for some exciting sports moments. But for young athletes who play sports without eye protection, these same thrilling moves can mean eye injuries and permanent vision impairment.

According to Prevent Blindness America, nearly 90 percent of all sports eye injuries are preventable. Yet for young athletes, sports eye protection is often at the bottom of a coach's or parent's priority list if it is there at all.

Some sports eye injury statistics reveal that:

- 43 percent of all sports eye injuries occur in children under age 15.
- Every 13 minutes a U.S. emergency room treats a sports-related eye injury.
- 32 percent of these emergency room

"Parents are often quick to ensure their children are equipped with helmets, knee and elbow pads and even mouth guards. However, many fail to address the needs of eye protection for the same players."

Paul Berman

Chairman of the Coalition to Prevent Sports Eye Injuries

visits result in a permanent loss of sight.

"Parents are often quick to ensure their children are equipped with helmets, knee and elbow pads and even mouth guards. However, many fail to address the needs of eye protection for the same players," said Paul Berman, chairman of the Coalition to Prevent Sports Eye Injuries.

To help address the need for sports eye protection, Maj. Adrienne Ari, chief of Brooke Army Medical Center Optometry and residency director, along with Capt. David Meltzer, BAMC optometry resident, will present "Operation See Victory," a sports eye

injury prevention campaign Saturday from 9 a.m. to noon at the Fort Sam Houston Youth Services Baseball Complex.

Operation See Victory is an official K.I.D.S. (Keeping Injury Down in Sports) program of the American Optometric Association.

Ari and Meltzer will offer free information about how to reduce sports-related eye injury, fun promotional prizes, and an opportunity to win a sports eye protection device for a child.

In the meantime, keep these tips in mind when it comes to purchasing sports eye protection:

Use sports eye protector devices that meet or exceed the recommended American Society for Testing and Materials standard for the sport.

There are many vendors of sports eye protection including eye care professionals, optical shops, stores with sporting goods sections and Internet retailers. Remember to verify if the protector can accommodate prescription lenses if vision correction is needed.

For outdoor sports, insist on 100 percent UVA and UVB protection. Additionally, transition or tinted lenses add comfort by decreasing light transmission to a more tolerable level.

For both indoor and outdoor sports, anti-reflective coatings add comfort by reducing glare.

For water and snow sports, consider polarized lenses to reduce surface glare.

Also, consider a sports band or retention strap to ensure the frame stays in place.

Eye protection is quickly becoming a normal part of sports gear nationwide. Not only is it cool to wear, it can also ensure young athletes enjoy sports for years to come.

So help young athletes avoid the sidelines; add sports eye protection to their game.

(Source: U.S. Army Center for Health Promotion and Preventive Medicine)

Wounded Warriors tough out triathlon



Photos by Elaine Wilson

(Above) Master Sgt. Dan Robles completes a 500-meter swim at the post's outdoor pool. Robles was one of several participants in a triathlon Friday for wounded warriors sponsored by the Center for the Intrepid. "I had a great time," Robles said. "I swim a lot so that part was fun." The triathlon comprised a 2-mile run, 500-meter swim and 10-mile bike ride.

(Left) First Sgt. Christopher Self crosses the finish line of the 2-mile run segment of a triathlon for wounded warriors sponsored by the Center for the Intrepid. Self finished the triathlon in 1 hour, three minutes and 12 seconds. He said the triathlon was challenging. "I tried to get it under an hour but I lost time in my transitions."



Master Sgt. Dan Robles takes a moment to relax after his 500-meter swim and before suiting up for a 10-mile bike ride. Maj. Stuart Campbell, officer-in-charge of physical therapy at the Center for the Intrepid, organized the triathlon for wounded warriors. "It gives them an idea of where they are at in their recovery and gives them a reason to keep going," Campbell said of the triathlon.



Cpl. Terry Lingman uses a hand cycle to complete a 10-mile bike ride. His case manager, Lourdes Leandry, brought her parents to the event and they cheered Lingman on from lawn chairs on the sidelines. Operation Comfort and the City of San Antonio Parks and Recreation donated the hand cycles for the wounded warriors to use during the triathlon.



Sgt. Liilina Binning tires toward the end of the triathlon's 10-mile bike ride but keeps a positive attitude, joking with Ben Darter, riding alongside her, and the bystanders at the event.

Kirk Simendinger, prosthetist from the Center for the Intrepid, assists Spc. Mark Roseberry with his prosthesis so he can start the 10-mile bike ride.



Sports

5K Fitness Run/Walk

The Jimmy Brought Fitness Center will hold a 5K fitness run/walk Saturday at 9 a.m. The free event is open to Department of Defense ID card holders. T-shirts are available for \$10. For more information, call 221-1234 or 221-2020.

Intramural Golf Standings

| Place | Team | Points |
|-----------------------|---------------|--------|
| Hogan Division | | |
| 1st | Garrison | 179.5 |
| 2nd | USAISR | 162 |
| 3rd | Dawg Pound #1 | 148.5 |
| 4th | MEDCOM #1 | 147 |
| 5th | DCMT #1 | 128 |
| 6th | DCDD | 124 |
| 7th | ARNORTH | 124 |
| 8th | BAMC #1 | 106 |
| 9th | DMRTI | 61 |

Daly Division

| | | |
|-----|----------------|-------|
| 1st | MEDCOM #2 | 164 |
| 2nd | BAMC #2 | 158 |
| 3rd | 264th Med. Bn. | 151.5 |
| 4th | GPRMC | 140 |
| 5th | MWR | 138.5 |
| 6th | AMEDDC&S | 133.5 |
| 7th | Dawg Pound #2 | 133 |
| 8th | DCMT #2 | 91.5 |
| 9th | DCMT #3 | 0 |

Intramural Spring Softball Standings

| Team | W | L |
|---------------------|---|----|
| 1st 264th Med. Bn. | 8 | 2 |
| 2nd ARNORTH | 7 | 2 |
| 3rd 4th Recon. | 7 | 3 |
| 4th USARSO | 7 | 4 |
| 5th USAG | 5 | 6 |
| 6th USAMITC | 1 | 8 |
| 7th Silver Sluggers | 0 | 10 |

Intramural Flag Football Standings

| Team | W | L |
|---------------------|---|---|
| 1st DENTAC | 6 | 0 |
| 2nd 418th Med. Log. | 4 | 2 |
| 3rd 470th MI | 1 | 5 |
| 4th 14th MI Bn | 1 | 5 |
| 5th BAMC | 0 | 0 |

Spouses' Club awards seven scholarships

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

Seven students were awarded scholarships from the Spouses' Club during the club's Scholarship, Welfare and Officer Installation Luncheon at the Sam Houston Club May 20.

Four high school students from Robert G. Cole High School, one undergraduate student from University of Alaska Fairbanks, and a military spouse from University of Texas at San Antonio received scholarship money to attend a university of their choice.

This year's Welfare distribution went to the "It's Not Easy Being Green" conference, Warrior and Family Support Center, Boy Scout Troop 23, Children's Association for Maximum Potential, Threads of Love and Military Child Education Coalition.

"We are excited to award seven scholarships to students who are goal

oriented and our selected Welfare distribution in which we all worked hard to raise monies," said Marcella Garcia, president of the Spouses' Club. "We end our annual Spouses' Club luncheon by recognizing all the hard work and dedication that was put in. Our members have definitely added support and much effort in meeting our goals to serve our military community."

The Spouses' Club is committed to serving the community by raising funds that benefit Soldiers' Families and post organizations that serve the military community. It's an opportunity and place to meet and connect with other military spouses in the local area.

It is the perfect fit for all stages and ages of Army life and new or seasoned Army spouses, whether working full-time, part-time or at home.

Garcia said, "I want to get the word out to all the Army spouses of all ranks

out there to come out and join our club to make another year a success. Together we can do this by helping one another, children and other organizations that need assistance."

Members who join the Spouses' Club meet once a month, receive monthly newsletters, meet for social gatherings, and sponsor activities such as Bunco, tours, book club, quilting and outings.

In closing, "Next year we are going to have a welcome Luau kick-off to show new spouses and interested members that we are here to support each other and we can all have fun in helping raise money for scholarships and welfare," said Garcia.

Finally, a ceremony for a new Spouses' Club board was conducted



Benjamin Guerrero Jr., Lukas Sheridan, Emily Gilman, Emily Roberts and Patrick Newcomer received scholarships from the Fort Sam Houston Spouses' Club at the Sam Houston Club May 20. Not pictured are Lacy Christisen and Jennifer Koranyi.

and the executive board awarded volunteers, raffled table centerpieces and a handmade quilt to the club members.

For more information or to become a member, call Marcella Garcia at 677-5187 or e-mail Marcellago642@aol.com.



Photos by Elaine Wilson

Veteran and military organizations participate in a wreath-laying presentation to honor the nation's fallen heroes at Fort Sam Houston National Cemetery.

The Joint Service Color Guard prepares to post the colors at the start of the Memorial Day ceremony.



Miguel Sanchez, from the Native American community, burns sage to cleanse, or "smudge," the area in honor of fallen servicemembers during the Memorial Day ceremony at the Fort Sam Houston National Cemetery.



Top military leaders from San Antonio, to include Lt. Gen. Thomas R. Turner II (front row, center), commanding general, U.S. Army North, salute after a wreath-laying presentation at the base of the U.S. flag.



Alex Rosel, Marine Corps League, Richard Perez and Marcos Cordova, American Legion 579, share a moment, and some memories, before the Memorial Day ceremony begins. Rosel said he never misses a ceremony. "I try to make every Memorial Day and Veteran's Day ceremony and serve those who have come before us."



(Above) U.S. Senator John Cornyn presents 7-year-old Shannon Frantz with a Gold Medal of Remembrance. Shannon is the daughter of Pvt. Robert Frantz, who was wounded in Baghdad, Iraq, when a resident threw a grenade over the wall. He died June 17, 2003. The medal recognizes and honors children who recently lost a parent in service to the nation.



(Left) Four-year-old Journee Cepeda waits to receive her Gold Medal of Remembrance, wearing a picture of her father, Marine Sgt. Aaron N. Cepeda Sr., on her T-shirt. Journee's father was killed in combat in Iraq on May 7, 2005.

TRIBUTE from P1

the courage and the honor of their loved one's service."

The medal presentation was part of a two-hour Memorial Day ceremony to honor the sacrifices of servicemembers past and present. Nearly a thousand people from the military and local communities braved sweltering heat to attend the ceremony in the shadow of seemingly endless rows of tombstones, each with a small American flag set in front.

Although too young to recognize it, the young medal recipients shared a common bond of sacrifice with the older men and women standing proudly at attention in uniforms that dated back to World War II.

Many of them had also lost loved ones and were at the ceremony to honor their memory and pay tribute to those still serving.

"I lost one of my brothers in Korea; he's buried here," said Marcos Cordova, representing American Legion 579.

"As long as I'm alive, I'll pay respect for my buddies out there," said Richard Perez, also from the American Legion.

While many veteran and patriotic organizations paid tribute by taking part in a wreath-presentation ceremony, Miguel Sanchez, from the Native American community, honored servicemembers in his own way. He moved

quietly through the crowd, waving smoke from burning sage onto wreaths to cleanse them for the ceremony.

Following a presentation of service songs and banners, the senator spoke of the memory and sacrifice of all servicemembers, including his father, who served in World War II.

"It's appropriate to be at Fort Sam Houston this Memorial Day because my father is buried here," he said. "I learned from my father's sacrifice, the depth of sacrifice that all of our military servicemembers and their Families make."

As Cornyn recalled the past, he also reminded the audience to look to the future.

"I've had the opportunity to visit Iraq and look into the faces of the next 'Greatest Generation,'" he said. "In their eyes I see your legacy, the courage, the strength and honor which has been handed down to every Soldier, Sailor, Airman and Marine by the generation that preceded them."

"The truth is while the uniforms have changed, while the battlefields have changed over time, and even the nature of the threat has changed, the strength and courage of America's military has not."

Cornyn's speech was followed by a presentation of wreaths and banners by military, veteran and civic organizations, a musical presentation by the Alamo Metro Chorus, and a performance by the U.S. Army Medical Command Band.



The Alamo Metro Chorus performs a medley of patriotic songs as a prelude to the Memorial Day ceremony.

Fort Sam Soldier needed to sing in Soldier Show

By Ben Paniagua
Hacienda Recreation Center

A talent contest to select the Soldier will be held at the Hacienda Recreation Center July 2 at 7 p.m.

Are you an active-duty Soldier stationed at Fort Sam Houston? Can you sing? The 2008 U.S. Army Soldier Show needs you.

A Soldier from Fort Sam Houston will be selected to participate in the finale of the Soldier Show July 8 at the Scottish Rite Auditorium in San Antonio.

The Soldier selected will join the cast in singing "Go the Distance" by Michael Bolton. The Soldier will perform a solo of the second verse of the song and then continue to perform the entire song with the cast.

A talent contest to select

the Soldier will be held at the Hacienda Recreation Center July 2 at 7 p.m. All Soldiers interested in participating in this event can apply by calling Ben Paniagua at 224-7250 or e-mailing ben.paniagua@us.army.mil.

Soldiers can go to www.armyentertainment.net and hear an MP3 version of the song with and without lyrics. The key of the song will not change and is the same as the original version. The Soldier must be prepared to sing the song in that key.

The Soldier chosen to represent Fort Sam Houston will meet with the 2008 cast and crew of the Army Soldier Show the day of the performance for a briefing, preparation and rehearsal.

The U.S. Army Entertainment Division is celebrating 25 years of existence with the Family and Morale, Welfare and Recreation Command in Washington, D.C., by sponsoring this unique presentation at every U S Army installation hosting the 2008 Army Soldier Show.

Fort Sam Houston Independent School District Weekly Campus Activities – Monday to June 7

Fort Sam Houston Elementary School Tuesday

Pre-kindergarten room 16 awards ceremony in classroom, 8 a.m.

Fifth grade awards ceremony in cafeteria, 8:30 a.m.

Second grade awards ceremony in cafeteria, 1:45 p.m.

Wednesday

First grade awards ceremony in classrooms, 8 a.m.

Kindergarten awards ceremony in classrooms, 10:15 a.m.

Fourth grade awards ceremony in cafeteria, 1:45 p.m.

June 5

Third grade awards ceremony in cafeteria, 1:45 p.m.

June 6

Last day of school

End of 4th nine weeks

Pre-kindergarten room 17 awards ceremony in classroom, 9 a.m.

Pre-kindergarten rooms 41 and 44

awards ceremony in classrooms, 1 p.m.

Pre-kindergarten room 18 awards ceremony in classroom, 2 p.m.

Designated day for class party

Robert G. Cole Middle and High School Monday

Fifth grade orientation, 2 p.m.

Senior awards ceremony, 9:30 a.m.

Senior barbecue at Salado park, 12 to 1:15 p.m.

Tuesday

Senior class service project

Wednesday

Senior class trip to Mo Ranch

June 5

Senior class service project

June 6

Last day of school

End of 4th nine weeks

Graduation rehearsal at Laurie Auditorium, 9 a.m.

Graduation at Laurie Auditorium, 7 p.m.

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. The registration fee will be \$60 per student; 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.



Recreation and Leisure

Women's golf clinic

A women's beginner golf clinic will be held today from 6 to 7 p.m. at the Fort Sam Houston Golf Club. The session is \$120. For more information, call 355-5429.

Youth horsemanship camp

Registration for the 2008 Summer Youth Horsemanship Camp is under way. 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. All youth between ages 7 and 17 will learn proper riding form and how to care for a horse. The cost is \$195 per session and there is a \$25 non-refundable fee required to register for class. For more information, call the Equestrian Center at 224-7207.

Summer junior golf camp

Summer junior golf camp registration is being held for the following sessions: Monday to June 6 and June 16 to 20. Each session is held Monday through Friday from 8 to 10 a.m. The camps will instruct students on putting, chipping, etiquette, safety, irons, driver and fairway woods, and rules. Sessions are open to youth ages 7 to 16. The cost is \$70. Register early; space is limited. For more information, call James Benites at 355-5429.

Adult CPR Certification

Come celebrate National CPR Awareness Week with Fort Sam Houston, the MWR Outdoor Equipment Center and the American Red Cross. Adult CPR Certification will be held June 7 at the Outdoor Equipment Center, Building 1111, Forage Avenue. There are two sessions to choose from: 8 a.m. to 12 p.m. and 1 to 5 p.m. The cost is \$20 per person. The class is open to the public. For more information or to register, call 221-

5554 or 221-5224.

Gun hunter education class

A two-day Gun Hunter Education Class will be held June 14 and 15 from 8 a.m. to 3 p.m. at the Camp Bullis Outdoor Recreation Center. The \$15 registration fee is payable on the first day of class. Reservations are required; space is limited. The class is mandatory for rifle hunters who want to hunt on Camp Bullis. Firearms cannot be brought onto Camp Bullis. For more information or to register, call 295-7577 or 295-7529.

San Antonio Missions Baseball Military Appreciation Night

Fort Sam Houston Soldiers and Families are invited to attend the San Antonio Missions Baseball Military Family Appreciation Night June 16 at Wolff Stadium. The game begins at 7:05 p.m. Several pre-game activities will be available for the military and general public. This game is one of three military appreciation nights sponsored by the Missions in honor of the military. Ticket vouchers can be picked up beginning June 9 at the Fort Sam Houston Ticket Office located in the Sam Houston Club with a limit of four vouchers per person. The vouchers may be converted to free general admission tickets at Wolff Stadium or used to upgrade the seats with a small additional payment. For more information, call 221-2606 or 221-9904.

'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 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.fortsamhoustmwr.com.

Aquatic Center open

The Aquatic Center is open daily

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from 12 to 8 p.m. Admission is free. For more information, call 221-4887 or 221-1234.

Dining and Entertainment

Hebrew National Fantastic Promotion

Fort Sam Houston Morale, Welfare and Recreation and Hebrew National are offering the Fan-tastic Summer promotion at Mulligan's at the Fort Sam Houston Golf Course and the Strike Zone at the Fort Sam Houston Bowling Center. Buy six Hebrew National hot dogs and get one free during the Fan-tastic Summer promotion now through July 31. Submit a completed frequency card at Mulligan's or Strike Zone for the Army-wide sweepstakes drawing to win a trip to watch the New York Yankees play in one of the last games in the old Yankees stadium. The trip includes four tickets behind home plate, airfare, lodging and spending cash. Other great prizes include his and her DreamSeat recliners, a 36-inch flat screen television, digital sports camcorder with 10x zoom, Xbox 360 with ESPN baseball game, and a \$150 gift card from the www.mlb.com online shop. Visit www.mwrpromotions.com for official rules and regulations. For more information, call 221-2606.

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.

'Viva Fort Sam!'

The Hacienda Recreation Center and Better Opportunities for Single Soldiers present "Viva Fort Sam," a musical variety show, June 12 from 7 to 8:30 p.m. at the Hacienda Recreation Center, Building 1462 on Garden Avenue. "Viva Fort Sam" is the Hacienda's entry in the 2008 U.S. Army Festival of the Performing Arts. For more information, call 224-7250.

Sam Houston Club

Latin Night

Spice up the weekend with Latin Night at the Sam Houston Club Friday from 9 p.m. to 1 a.m. The cover is \$5 per person. Enjoy the sounds of DJ Papote and the rhythms of the Latin band Son Cache as well as drink and draft specials. Doors open at 8:30 p.m. with no cover until 9 p.m. Hors d'oeuvres will be served from 10:30 to 11:30 p.m. Patrons 18 years of age and older are welcome and must be 21 years old to buy or consume alcohol. The dress code is casual attire: no hats, athletic attire, shorts or T-shirts are allowed. Management reserves the right to refuse entry into the Sam Houston Club. For more information, call 224-2721 or 224-2722.

Father's Day Brunch

Celebrate Father's Day with Sunday Brunch at the Sam Houston Club June 15 from 10 a.m. to 1 p.m.

The brunch features a chocolate fondue station, complimentary champagne and an international food station. The cost is \$18.95 for nonmembers, \$15.95 for members, and \$7.95 for children 6 to 11 years old. Children 5 years old and younger eat free. Reservations are encouraged. For more information or to make reservations, call 224-2721.

Harlequin Dinner Theatre 'Picnic'

The Harlequin Dinner Theatre will present the play "Picnic" by William Inge 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.

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.

Texas Military Family Access Project

The United Way of Texas "Military Family Access Project" helps military members who have served in

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Afghanistan and Iraq and their family members connect to vital community resources and services. For more information, call School Liaison Services at 221-2214 or 295-4806 or keith.a.toney@us.army.mil.

Army Community Service**AFTB Level 1**

The Army Family Team Building Level 1 course (Army 101) will be held Monday and Tuesday from 9 a.m. to 2 p.m. at Army Community Service, Building 2797. The course offers insight on the basics of the Army. For more information, or to register, call 221-2705 or e-mail emmy.elliott@conus.army.mil.

Basics of Breastfeeding

The Basics of Breastfeeding will be held Tuesday at Army Community Service, Building 2797, and provides current information and tips to make the early days of breastfeeding a positive experience. Attendees will receive a copy of "The Womanly Art of Breastfeeding." For more information, call 221-2705.

Stress management

The next stress management class will be held June 10 from 11 a.m. to

12:30 p.m. at Red Cross, Building 2650. The class is structured to help increase ability to recognize signs of stress and the affect it has on our lives. It also provides coping strategies to help make informed decisions. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Single parenting

A single parenting class will be held June 16 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. The single-parent Family creates a new set of challenges and concerns that are unique. The class discusses issues such as changing roles, co-parenting, dating, financial responsibilities and many other topics affecting Families. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Commanders training

The Family Advocacy Program Commander and Senior Leader Training course is available for new commanders, first sergeants and senior leaders the second Thursday of every month from 8 to 10 a.m. at Army Community Service, Building 2797. The training needs to be completed within 45 days upon assumption of the positions. To register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Community

Events**Soccer tryouts**

The Alamo Heights Fort Sam Houston Soccer Club will hold tryouts for Under 15 to U18 boys and girls today from 7 to 8:30 p.m. and Friday 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.

Inks Lake walk

The Selma Pathfinders Volksmarch Club will host a 10K and 5K walk Saturday and Sunday from 7 a.m. to 12 p.m. at Inks Lake State Park, 3630 Park Road 4, West Burnet, Texas. For more information, call Phyllis Eagan at 496-1402 or e-mail papre1947@yahoo.com.

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.alamochapterusa.org. For more information, call retired Col. Brad Freeman at 383-2728.

Juneteenth celebration

The Juneteenth Coalition Board invites everyone to participate in the 2008 Juneteenth activities June 19 at 10 a.m. The Juneteenth Freedom Parade will begin at Palmetto and Wyoming at the Buffalo Soldiers Camp Ground. For more information, call Oscar Vicks at 289-7683.

Scholarships available

The Air Force will award 25 college-bound students \$1,000 scholarship toward 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.

Training**Enterprise Web training**

Hands-on training on Enterprise Web Army Medical Department Electronic Forms Support System will be available on the following days:

- Monday from 8 to 11:30 a.m. and 12:30 to 4 p.m. at Brooke Army Medical Center Information Management Division classroom, lower level.
- Tuesday from 8 to 11:30 p.m. and 12:30 to 4 p.m. at BAMC IMD classroom, lower level.
- June 10 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at BAMC IMD classroom, lower level.
- June 11 from 8 to 11:30 a.m. at BAMC IMD classroom, lower level.
- June 17 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at Army Medical Department Center and School, Building 2841, Room 2105C.
- June 18 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at AMEDDC&S, Building 2841, Room 2105C.
- June 23 from 8 to 11:30 a.m. and

12:30 to 4 p.m. at AMEDDC&S, Building 2841, Room 2105C.

For more information or reservations, call Julie Gueller at 221-6203 or e-mail Julie.Gueller@amedd.army.mil.

Army e-Learning Program

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

Volunteer**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. Once completed, mail the form to U.S. AED Attention: Ronald Burgwyn, P.O. Box 439, Fort Belvoir, VA 22060.

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.

Meetings**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.

Community Center pools open

Lincoln Military Housing has opened the Harris Heights and Watkins Terrace Community Center pools. Pool use is for Fort Sam Houston family housing residents or resident

guests only. A resident or occupant must accompany guests at all times and no more than two guests per home are permitted at the pools at one time. Resident or occupant identification may be requested by LMH at any time to assure that only residents and their guests are using the pool. LMH asks that residents observe the rules posted at the pools, which include:

- Pools hours are from 9 a.m. to 8:30 p.m. The pools are closed Monday, Thursday and Friday mornings. Lifeguards are not on duty; the use of the pool is at the resident's own risk.
- For health reasons, children under age 14 must be accompanied and supervised by a parent, guardian, or a suitable and responsible representative at all times. A suitable and responsible representative is defined as a person authorized by a parent, guardian, or legal custodian age 18 and older.
- Only bathing suits are permitted in the pool. Street



clothes or cutoffs are not allowed; the strings from cutoffs will clog the filter system.

• Large flotation devices, rafts, boogie boards, beach balls and toys are not permitted in the pool. Life safety flotation devices — life jackets or "floaties" — are permitted; however, these do not guarantee safety.

• Running, jumping, throwing, diving or horseplay is prohibited. No alcohol or glass objects are allowed in or around the pool area at any time.

For more information, residents can visit LMH's interactive Web site at www.sam-houstonlpc.com. For more information, call LMH at 270-7638.

(Source: Residential Communities Initiative)

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 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: Set of four 22-inch rims and tires, new, six lug patterns, fits Chevy's and GMC's, \$1,800. Call 325-9873.

For Sale: 1995 Sea Doo SPX with trailer, new tires, SBT motor, battery, Solas impeller, wear ring, and more, \$2,200 obo. Call Chris at 829-8235.

For Sale: 1999 Mitsubishi Eclipse,, red, good condition, 70,500 miles, \$6,500. Call 541-5624.

For Sale: 1992 Ford Custom van, loaded, \$3,395. Call 659-6741.

For Sale: Yamaha Bb Student Trumpet with hard and soft case, good condition, \$375; oak dining room set, includes table with 18-inch leaf, six chairs, china hutch, \$675; Singer sewing machine, \$50. Call Scott at 483-3497 or 361-232-0235.

For Sale: Caldera spa, hexagon, 14 jets, whirlpool, energy efficient

and cover, \$1,895 obo. Call 659-5560.

For Sale: Black plastic cargo liner for Volvo station wagon, \$25. Call 481-1981 or see picture on Craigslist under auto parts.

For Sale: Golf clubs, Titleist 680 irons, 3-PW, \$500. Call 215-6509.

For Sale: Step 2 swing set, ages 3 and up, includes slide, small playhouse and two swings, two years old, excellent condition, \$300. Call 592-6234.

For Sale: Stroller with car seat attached, \$50; Guitar hero, \$60; PlayStation 2 and Xbox games, \$10 each. Call 954-3636.

For Sale: Bedroom set, \$450; Nintendo Wii sports console, \$275. Call 896-8563.

For Sale: 1999 Mercury Tracer, four cylinder, four-door sedan, new

tires, all services up-to-date, 156K, \$2,700. Call 682-7972 after 5 p.m.

For Sale: 2004 Ford Mustang convertible, V6, two-door, loaded, 46K, new tires with extended warranty, \$12,000; baby crib with mattress, \$30; rowing exerciser, \$50. Call 666-0502 after 6 p.m.

For Sale: Miniature pinscher, female, three years old, up-to-date shots/medications, lovable and housebroken, \$200. Call 704-560-8134.

Garage Sale: Saturday from 8 a.m. to 2 p.m. at 6131 Decker Circle, Fort Sam Houston, Watkins Terrace neighborhood. Lots of baby items, toys and boy clothes.

Garage Sale: Saturday from 8 a.m. to 3 p.m. at 5803 Valparaiso Way, off of Haussman Road (I-10 and University of Texas San Antonio Boulevard).