

FORT SAM HOUSTON News Leader

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"HOME OF ARMY MEDICINE"

Caring for wounded warriors

Wounded warriors Staff Sgt. Oscar Guerra and Sgt. 1st Class John Carter set the pace in the ladder drills during the Agility with Prosthesis session at the Military Amputee Advanced Skills Training High Performance workshop July 23 at Brooke Army Medical Center and the Center for the Intrepid. More than 70 physical therapists, prosthetists and physicians attended the workshop July 22 to 24. *See related article, Page 3.*



Photo by Jen Rodriguez

Meet and greet



Photo by Cheryl Harrison

Angelina Crews, 3, reaches for Zoe during the Sesame Street performance Monday at Fort Sam Houston Army Community Service. The Sesame Workshop and United Service Organization partnered to bring "The Sesame Street experience for Military Families" to installations across the country. The free, traveling tour offered resources for military families with young children, who were experiencing the effects of deployments of parents. *See related article and more photos, Page 18.*

Army nurse leaders discuss new residency program

By Jeff Crawley
Fort Sam Houston Public Affairs Office

A new program for Army nurses who are recent college graduates will help bridge the gap between their academic training and the demands of the clinical environment and prepare them for deployment.

The one-year Army Nurse Residency program begins Oct. 6 with more than 100 newly commissioned second lieutenants performing residency at nine Army medical centers.

Fifteen Army nurse leaders and subject matter experts met at a summit to discuss the program's objectives and

outcomes Aug. 5 to 6 at the Stilwell House. Topics ranged from I.D. badges to nursing core competencies and everything in between.

The residency will create better nurses who are ready to take care of Soldiers, said Lt. Col. Marvella Bailey, chief of Hospital Education at the Carl R. Darnall Army Medical Center at Fort Hood, Texas.

"It will build their confidence and, hopefully, increase retention in the Army Nurse Corps," Bailey said.

The program is for new graduates with less than six months of acute care

See RESIDENCY PROGRAM P4

INSIDE

TAKING CARE
OF SOLDIERS



Army begins uniform modification program for wounded warriors

PAGE 4

TALENTED
TEEN



Military teen stays grounded despite fame

PAGE 5

NEW PROGRAM



Children 'Start Smart' at Fort Sam Houston

PAGE 16

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

San Antonio Hiring Heroes Career Fair preparation

The Hiring Heroes Career Fair will be held Sept. 23 from 9 a.m. to 3 p.m. at the Sam Houston Club.

The following workshops, seminars and job fair preparation classes are being offered to help people prepare for the upcoming Hiring Heroes Career Fair:

Transition Assistance Program 2 1/2 day Workshop – The comprehensive TAP class, courtesy of the Army Career and Alumni Program, teaches the entire spectrum of the job-search process — networking, resumes, interviewing and salary negotiation skills. The workshop will be held Aug. 27 to 29 from 8 a.m. to 4 p.m. in Building 2263, Room B-100, Stanley Road. For reservations, call ACAP at 221-1213. The workshop is open to all ACAP clients.

Federal Job Application Development – These classes are courtesy of the Office of Personnel Management. Learn tips on completing the federal application, where to find federal jobs, and go “live” inputting your application into USAJOBS. Sign up at the Warrior and Family Support Center on the second floor of the Powless Guest House. Classes will be held Aug. 14 and 28, and Sept. 4, 11 and 16 from 1:30 to 4 p.m. Reservations are required. The classes are reserved for Warriors in Transition and their Family members only.

Job Fair Preparation Class – This class is

courtesy of the Army Career and Alumni Program and will offer tips on how to “work” a job fair, final list of employers and jobs offered, plus a resume review. The class will be held Sept. 3 from 9 to 11 a.m. in Building 2263, Room B-100. For reservations, call ACAP at 221-1213. The class is open to all ACAP clients.

Small group/individual counseling – The counseling is courtesy of the Army Career and Alumni Program and the Office of Personnel Management. Counseling is available in the Soldier and Family Assistance Center on a first-come, walk-in basis Aug. 20 and 27, and Sept. 3, 10 and 17. Civilian resume counseling with Tinisha Lomax will be held from 1 to 2:30 p.m., and federal assistance with Kim Goffar from 2:30 to 4 p.m. Priority will be given to Warriors in Transition and their Family members. Similar assistance is available Aug. 15 and 22, and Sept. 5 and 12 in the ACAP Center, Building 2263, Room B099 for any ACAP client. To reserve a workstation, call 221-1213.

‘Last Chance Resume & Federal Job Application Workshop’ – The workshop is courtesy of experienced mentors. One-on-one help will be offered to build or fine-tune resumes and applications. Same-day classes will be presented



on resumes, federal applications, how to work a job fair, reasonable accommodations, veteran's preference, and dress for success. The workshop will be held Sept. 22 from 9 a.m. to 4 p.m. at the Sam Houston Club on a walk-in basis.

People are urged to prepare their resumes well before Sept. 23. Planning ahead, creating a resume, having it reviewed by ACAP or OPM counselors, and attending a TAP workshop are all part of a comprehensive approach to future success after military service. The ability to present talents, skills and experience to prospective employers is a life-long skill.



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News Briefs

SFAC moves to new location

The Soldier and Family Assistance Center has moved from the basement of Brooke Army Medical Center to 3941 Okubu Barracks Road, off Roger Brooke Road. For more information, call 916-7322.

Bulk item pick up

Lincoln Military Housing now offers bulk item pick up for on-post housing residents. Residents can place bulk items out by 7:30 a.m. every Friday and the items will be removed at no charge to the resident. The bulk item dumpster located at Building 3882 is no longer available for resident use.

Giant Voice, exercise today

A computer-based, radio-operated emergency warning system, or Giant Voice, is programmed to release emergency messages during normal duty hours to the general populace at Fort Sam Houston. The Giant Voice will be sounded throughout today from 8 a.m. to 4 p.m. as part of the Garrison Staff Exercise. All announcements will be prefaced with “exercise, exercise, exercise.” For any questions about the staff exercise, call the Installation Operations Center at 221-2782. The Giant Voice test is sent out the third Wednesday of each month at 9 a.m. The following dates are scheduled for Giant Voice tests: Aug. 20, Sept. 17, Oct. 15, Nov. 19 and Dec. 17. For more information, call Michael McCarthy at 221-0714.

Back-to-School Bash

The Patch Shoppette, located on the corner of Patch and Harney roads, will host a Back-to-School Bash Aug. 28 from 2 to 6 p.m. in the shoppette's side parking lot. The event will include food, music, games, fingerprinting and a visit from McGruff the Crime Dog. For more information, call Diana Hines, shoppette manager, at 225-3589.

Mandatory ethics training

Soldiers and civilian employees must take one hour of ethics training as directed by the secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

- Acquisition ethics Aug. 28 at 10 a.m.
- Political ethics Oct. 22 at 1 p.m.
- Acquisition ethics Dec. 11 at 1 p.m.

Ethics training can also be taken online at http://www.dod.mil/dodgc/defense_ethics/ethics_training/2007_AET/index.htm. For more information, call 221-2373 or 221-0485.

See NEWS BRIEFS P4

Taking care of Soldiers:

Caregivers learn new techniques for wounded warrior care

Story and photos by Jen Rodriguez
Brooke Army Medical Center



Physical Therapist Matt Parker, of the Center for the Intrepid, helps the Military Amputee Advanced Skills Training High Performance workshop participants warm up with a series of exercises, before going through a set of drills with the wounded warriors July 23 at the CFI.

More than 70 physical therapists, prosthetists and physicians gained a better understanding of how to actively care for wounded warriors outside of the Army community after attending a workshop July 22 to 24 at Brooke Army Medical Center and the Center for the Intrepid.

The Military Amputee Advanced Skills Training High Performance workshop was designed to provide education for rehabilitative professionals who actively care for veterans who are amputees as well as amputees from Operations Enduring and Iraqi Freedom. The workshop drew participants from the military, civilian and private sectors.

Workshop participants were trained to use the therapeutic and prosthetic-fitting techniques developed within the Armed Forces Amputee Patient Care Program “through hands-on experience with the program that we use here at the CFI for physical therapy and prosthetic care,” said Maj. Stuart Campbell, officer-in-charge of CFI physical therapy and workshop presenter.

Campbell said the participants



Wounded warrior Staff Sgt. Nathaniel Reed goes all out in guarding a workshop participant, during a basketball demonstration between warriors and participants at Fort Sam's Jimmy Brought Fitness Center July 24.

gained “a greater understanding of the total rehab process that our wounded warriors complete and the importance of team work between rehab professionals, and the ability to clearly communicate with each other.”

A field of experts, who have been on the front lines of rehabilitation and prosthetic care for service members injured in conflict, taught the interactive workshop, which began with a day of presentations at BAMC's fourth floor auditorium.

By the second day, participants were divided into groups and required to dress in workout clothes for a series of round-robin laboratory sessions, to include agility drills and floor exercises, with the warriors. The day wrapped up with a game of water volleyball and a presentation given by the three warriors tackling waves in the Flowrider.

“I don't think they (the attendees) understood the level of intensity and the level of function that the wounded warriors work at,” Campbell said. “During the interactive activities, the rehab professionals got a better idea of the level of function that they can expect from the wounded warriors that they will be seeing.”

In turn, wounded warriors were able to observe health care professionals learning about them and preparing to continue their care at the highest level possible, he said.

The final day concluded with the Sport Performance Enhancement Training and Special Considerations for the Amputee Athlete in running, cycling, basketball and golf at the Jimmy Brought Fitness Center here.

Featured guests included Paralympic Champion Brian Frasure; Ironman Champion Sarah Reinertsen; Dave Leeka, a Marine Corps Vietnam veteran; triathlete and author Paul Martin; and world-record hand cycle triathlete Carlos Moleda. The guests held demonstrations in the various sports arenas with the wounded warriors.

During a wheelchair basketball exercise, workshop participants and warriors headed for the court, switching places from the wheelchair to standing basketball to experience various techniques in using sports as therapy.

“Make the sport (basketball game) therapeutic,” said John Ferguson, CFI chief prosthetist. “Go all out in the game; make it their therapy. The warriors are going to go out no matter what. You have to do more than walk around in nice clothes.”

Ferguson said there are many ways to get people active. Reiterating the importance of the MAAST-HP workshop, he suggested a few.

“Keep them (amputees) engaged in a sport they like,” he said. “There are resources in your community; tap in and use them.”

News Briefs

from P3

On-post housing available

Lincoln Military Housing has four-bedroom homes available for W1 to O-3, and two-bedroom homes for E-1 to E-6. Soldiers who would like to apply for housing need to bring their orders assigning them to Fort Sam Houston, latest end-of-month Leave and Earnings Statement, Defense Enrollment Eligibility Reporting System enrollment documentation, and ID card to Building 367. For more information or availability, call LMH at 270-7638 or e-mail ftsam-houstonquestions@lpsi.com.

Gate relocation

The Binz-Engleman Access Control Point will close the evening of Aug. 29 through the morning of Sept. 1 while contractors relocate the ACP to Schofield Road, near the fire station. The gate relocation will also affect access onto S-33 Road. People will no longer be able to access S-33 from Schofield Road starting Sept. 1. The gate relocation is a necessary measure to accommodate Base Realignment and Closure-related construction along Schofield Road.

Parking lot closure

The parking lot west of the McWethy Clinic, Building 1279, will be closed in mid-August while contractors add a new parking lot around the present parking area. The increased parking area will be built north of the parking lot. The construction should take about 90 days, weather permitting.

DLI offers free language materials

The Defense Language Institute has launched a new Web site that offers hundreds of language survival kits and other materials free of charge to deploying service members. The survival kits include pocket-size booklets with audio CDs in more than 30 languages, ranging in topics from public affairs, cordon and search, to medical terminology. Language materials can be viewed, downloaded and ordered at www.dlilc.edu under the Products tab. Users must register and receive a DLI Foreign Language Center account before placing an order.

Taking care of Soldiers:

Army begins uniform modification program for wounded warriors

By Devon Hylander
Army G4

WASHINGTON — The Army recently began a new program that offers uniform modifications — at no cost to wounded Soldiers — through the Army and Air Force Exchange Service.

The Wounded Warrior Clothing Support Program officially began in May at Walter Reed Army Medical Center for Soldiers who have been injured in combat.

Wounded Soldiers can have their uniforms uniquely modified according to their injuries. This program not

only makes the lives of injured Soldiers easier, officials said, but serves to restore a sense of pride and dignity they rightfully deserve when wearing their uniform.

"This program is great because it takes care of our Soldiers," said Maj. Gen. Vincent Boles, assistant deputy chief of staff, Army G-4. "The team of individuals responsible for bringing this program to life saw a need and made it happen. Now our wounded warriors can wear their uniforms with pride, dignity and comfort."

Walter Reed and Brooke Army Medical Centers were

"The team of individuals responsible for bringing this program to life saw a need and made it happen. Now our wounded warriors can wear their uniforms with pride, dignity and comfort."

Maj. Gen. Vincent Boles
Assistant Deputy Chief of Staff, Army G-4

chosen to be the first facilities to implement this program because they care for a large percentage of Soldiers injured in combat, officials said. Soldiers who receive treatment at other medical facilities can take advantage of the program through their local AAFES stores.

One of the more common uniform modifications includes adding zippers to the seams of trousers and coat sleeves, giving a Soldier access to a prosthetic. Other modifications might include elastic blousing or Velcro closures on the bot-

See UNIFORM P7

RESIDENCY PROGRAM from P1

nursing experience, said summit leader Col. Kathy Dunemn, chief of Nursing Science at the Army Medical Department Center and School.

Previously, new Army nurses performed a mixture of an orientation and preceptorship, which varied greatly in length between medical facilities.

"In some places it was only three months long," Dunemn said.

The new four-phase residency program begins with in-processing and a tour of the nurse's respective facility, Dunemn said. Next, the nurse will learn organizational rules and information management programs. The last phases consist of clinical practice, working independently and learning deployment skills.

"The clinical skills are going to be emphasized — definitely connecting the didactic that they need to know and enhancing their critical thinking skills," she said.

Between 100 and 140 nurses currently in the medical specialties officer basic course at the AMEDDCC&S will begin their residencies soon after graduating in early October, Dunemn said.

Spirited discussion dominated the summit as the leaders fine tuned the program's objectives.

"We are still pulling things together, but we are coming to an end finalizing the initial product," said Bailey, who has been an Army nurse for 18 years. "That's



Photo by Jeff Crawley

Lt. Col. Kathy Carson (far right), chief of the Clinical Institute for Hospital Education and Staff Development at Womack Army Medical Center at Fort Bragg, N.C., makes a point during the Army Nurse Residency program summit Aug. 6 at the Stilwell House. The Army Nurse Corps is establishing a one-year residency program for its new nurses.

not to say we won't have to tweak it in the future."

One nurse commented that the residency's requirements were based on established nursing educational guidelines and not the wishes of a few individuals.

And, Dunemn said she planned for the Army Nurse Residency program to become nationally accredited.

The residency will be similar to what civilian hospitals use, Dunemn said.

Several years ago, civilian hospitals identified the need for nurse residency programs as a conduit from their academic experience to the work environment.

Another purpose was for better retention and recruiting of nurses, she said.

The Army Nurse Corps plans to use the residency program as a retention and recruiting tool, too, Dunemn said. Recruiters have been espousing the program to potential Army nurses. The new nurses in the current officer basic course knew they would be required to complete a residency before they signed up, she said.

The next step is for the nurse leaders and experts to put together the program's learning objectives and final touches and to have it ready for implementation in less than two months, Dunemn said.

Military teen stays grounded despite fame

By Elaine Wilson
Fort Sam Houston Public Affairs

Spensha Baker has been making a joyful noise since she was 7 years old and belting out Gospel music in front of her bedroom mirror.

Eight years and countless performances later, the military teen is still singing, but for a slightly larger audience these days.

The daughter of Master Sgt. Wayne and Marcy Baker has sung for everyone from Soldiers at Fort Hood, Texas, to the president of the United States. Her powerful voice and inspirational music has wowed national audiences all across America. At just 12 Spensha landed a record deal with Geffen Records. She is the first Christian artist signed to the mega and prestigious label.

"I love being an inspiration to both the young and old," said the 15-year-old singing sensation, who is currently on the road with her mother promoting her newly released album, "OutLoud." "I've been truly blessed with these gifts and opportunities to share with the world what God has given me."

Her father said he had no idea where she got her talent, since "nei-

ther me nor her mother could sing."

"She's never had voice lessons or formal voice training. Her voice is an absolute gift from God," said Wayne, the installation senior career counselor at Fort Sam Houston.

While her parents were in awe of her natural ability from the start, Spensha didn't gain outside acclaim until she graduated from singing at home to starring in a Christmas play at her preschool. At age 7, she belted out a Whitney Houston song and "floored everyone," her father said.

When Spensha was 9, the Baker Family moved to Fort Hood, and the budding talent gained the attention of their new church worship leader, who worked with her one-on-one to foster her gift. At age 10, she garnered a spot on Inspiration Network's Christian Artist Talent Search, and made it to second place.

"We knew she was incredibly talented and were curious about where her talent could take her," said Marcy, who began searching the Internet for auditions and competitions for Spensha.

At age 11, Spensha earned a spot on the CBS hit show Star Search, along

with current American Idol runner-up David Archuleta. Spensha advanced to the final episode for a shot as the junior singer champion but wound up in second place.

"After Star Search was over, Spensha was crying because she had lost, but then Ron Fair (chairman of Geffen Records) looked her in the eye and told her she was going to be a superstar," Wayne said. Fair called soon after and offered Spensha a contract with Geffen Records.

"A record deal was never my goal, I just always wanted to cultivate my craft," Spensha said.

Spensha released her album, a contemporary Christian mix, nationwide Aug. 5, and embarked on a whirlwind promotional tour. Wanting to pay tribute to her military roots, she and her Family dedicated "OutLoud" to Soldiers and their Families.

"My mom was in the Army for 13 years and my father has been in for 22," Spensha said. "I love the Army and wanted to thank Soldiers and their Families for all their tremendous sacrifices."

See MILITARY TEEN P10



Courtesy photo

Family member Spensha Baker sings the national anthem before the start of a Dallas Cowboys game at Texas Stadium during the 2005 season. Spensha, a sophomore at Judson High School in Converse, Texas, has performed for numerous audiences including Soldiers and President George W. Bush. She is the daughter of Fort Sam Houston Installation Senior Career Counselor Master Sgt. Wayne Baker and wife, Marcy.

Prepare to vote



Photo by Jeff Crawley

Spc. Gustavo Rosario, of D Company, 187th Medical Battalion, 32nd Medical Brigade, gets voter registration information from the 187th's Voting Assistance Officer Capt. José Carranza Friday at the Rocco Dining Facility. A VAO is available from 11:30 a.m. to 1 p.m. weekdays throughout August at the voter registration booth in the foyer of the dining facility. Voter registration and information materials are also available on a desk during breakfast and dinner hours.

UNIFORM from P4

tom of trouser legs. Various modifications can be made to shirt sleeves and the knee area of trousers. Additional fabric can also be added inside the uniform where injuries are sensitive or prosthetics cause more wear and tear. Modifications can be made to any Army uniform.

The process of getting a uniform modified is similar to filling a medical prescription, officials said. A Soldier will work with his or her occupational or physical therapist, who will write a prescription for the changes. This prescription is written on a Personal Clothing Request, DA Form 3078. It will specify the measurements and describe what types of modifications need to be made. Soldiers will then take this prescription and their uniform to an AAFES designated location to turn in

the items. The modifications will be made and the uniform returned within three to five days.

Through the program, Soldiers also have the opportunity to get commercial footwear designed specifically for prosthetics. The heel of a standard Army boot is too high for use with a prosthetic and causes amputees to lean forward. The custom boots this program provides minimize that effect, allowing Soldiers to wear the full uniform as it is intended to be worn. Customized athletic shoes are also available.

Just like customizing their uniform, Soldiers need a prescription to obtain special footwear, and they also need their commander's signature on the prescription. The boots and athletic shoes can be purchased by either the medical facility or the local commander.



Photo by Olivia Mendoza

Angel Moya, seamstress, Army and Air Force Exchange Service alterations shop sews a name tag onto a wounded warrior's Army Combat Uniform jacket Aug. 12 at the Military Clothing Sales Store.



Housing Update

Lincoln Military Housing hosted a Pool Party Luau Event July 17 at the Watkins Terrace Community Center for Fort Sam Houston Family Housing residents residing in the Watkins Terrace, Wheaton Graham, Dickman, Gorgas Circle, Hancock, Infantry Post, Artillery Post and Staff Post housing areas.

The winners of the door prizes were David Hendrickson, Jessica Hegarty, Toni Maawac, Bernadette Quimby, Jason March, Tina Moore and Chris Still. Each winner received a beach bag loaded with summer-related items.

Upcoming activities for housing residents include:

Back-to-School Party

A Back-to-School Party will be held Aug. 14 from 2 to 6 p.m. at the Youth Center Splash Pavilion in Watkins Terrace. LMH will serve hot dogs and pass out back-to-school goodie bags with school supplies while supplies last. Transportation will be provided from the Harris Heights Community Center for Harris Heights and Patch Chaffee resi-

dents; and from Building 367 for Infantry Post, Wheaton Graham and Dickman residents. Pickup will start at 1:30 p.m. and continue every hour until 5:30 p.m.

Pizza Night

A Pizza Night will be held Aug. 21 from 5:30 to 7:30 p.m. at the Harris Heights Community Center for Harris Heights, Patch Chaffee and Marvin R. Wood residents; and Aug. 22 from 8 to 11 p.m. at the Watkins Terrace Community Center for Watkins Terrace, Gorgas Circle, Wheaton Graham, Infantry Post, Hancock, Artillery Post and Staff Post residents. LMH will provide pizza and a movie. To reserve a seat for the Harris Heights event, call 824-9587 by Aug. 19. To reserve a seat for the Watkins Terrace event, call 832-8104 by Aug. 20.

Crime prevention

LMH will hold a meeting to discuss crime prevention Aug. 27 from 5:30 to 6:30 p.m. at the Harris Heights Community Center for Harris Heights, Patch Chaffee, Marvin R. Wood, Gorgas Circle, Wheaton

Graham, Infantry Post, Hancock, Artillery Post and Staff Post residents; and Aug. 28 from 5:30 to 6:30 p.m. at the Watkins Terrace Community Center for Watkins Terrace residents. During the meetings, residents will have the opportunity to talk with an LMH representative about their first official Ista Energy Bill.

Military Spouse Appreciation Day

LMH will sponsor a Military Spouse Appreciation Day Aug. 27. Throughout the day, LMH will hand out carnations to military spouses in Building 367 and at each community

center.

Mayor Meeting

An LMH Mayor Meeting will be held Aug. 28 from 10:30 to 11:30 a.m. at the Harris Heights Community Center. Village mayors should attend this meeting. To become a village mayor, call LMH at 270-7638 or visit a Community Center.

For photos and upcoming activities, residents can visit www.sam-houstonlpc.com. For more information on housing events, call LMH at 270-7638.

(Source: Residential Communities Initiative)

July Survey of the Month

Maria D. Emory

August Yards of the Month

13 Staff Post

104 Artillery Post

618 Infantry Post

456 Graham

1013 Gorgas Circle

3127 Ingram Path

2801 Marvin R. Wood

5967-A Buckner Court



MILITARY TEEN from P5

Although busy with her album promotional tour, Spensha also managed to find time to audition and score a starring role in an upcoming Tyler Perry production called "Georgia Sky."

"She wants to cultivate her acting skills as well as her natural singing talents," Wayne said.

So much fame at a young age can lead to a troubled path, as evidenced by today's young stars in the tabloid headlines. But Spensha's parents believe their military

background and church roots will keep their daughter's feet firmly planted on the ground.

"Spensha knows her gifts are not for her, but for the world," Wayne said. "We encourage her to be an example for young teens that they can do the right things and still be cool."

On the road, Marcy said the key is to treat Spensha like she does at home.

"We'll be traveling and she'll ask me to hold her water bottle. I tell her to hold her own," said Marcy. "Spensha carries her own bags, and

while back home, she does the dishes, takes out the trash and feeds the dog. We treat her like a normal 15-year-old."

In a few weeks, Spensha will be back off the road and ready to start her sophomore year at Judson High School. Her classmates may be somewhat surprised to hear Spensha's summer highlights.

"Most of my classmates don't know about my career," she said. "I try to keep my career and school separated."

By doing so, Spensha's parents hope she can avoid most of the high school drama.

"Spensha knows her gifts are not for her, but for the world."

*Master Sgt. Wayne Baker
Spensha's father*

"We just want Spensha to go to a school and be a happy teenager; we want her to enjoy her youthfulness," Wayne said.

Marcy joked that Spensha was like a real life Hannah Montana, a TV character who also keeps her superstar identity under wraps. "When someone sees Spensha on TV, she plays it off and says it wasn't her. We don't want her

to be under the microscope."

The secret may be tough to keep this year with Spensha poised on the brink of singing and acting fame. But Spensha said she is ready for anything.

"I've learned to surround myself with positive people who believe in me," she said. "My advice to others is to learn from your mistakes and believe in yourself."

AAFES offers \$500 shopping sprees for a song

DALLAS – The Army and Air Force Exchange Service is issuing a casting call for aspiring entertainers to perform a rap or jingle that could net them a \$500 shopping spree and a chance to be heard on worldwide TV and radio networks.

Open to authorized shoppers age 18 and older, AAFES' rap/jingle contest is a chance for every adult member of the military community to show off their talents by writing and performing an original jingle

or rap song, up to 30 seconds in length.

Submissions to the rap/jingle contest can be about any one of the following four themes:

- What AAFES means to the entrant;
- The benefit AAFES provides military shoppers;
- The savings found at base and post exchanges — information about the AAFES “value story” is online at <http://www.aafes.com/docs/valuestory.htm>; or

• What the AAFES “Community Connection” means to the military community — background on the “Community Connection” is available at http://www.aafes.com/Patriot_Family/home.asp.

“Ultimately, 12 of the best entries will be incorporated into AAFES' marketing efforts throughout 2009,” said AAFES' Chief Marketing Officer Mat Dromey. “Each of

the 12 winners will receive a \$500 AAFES shopping spree and stand an excellent chance of hearing their song next time they visit the BX or PX.”

Submissions will be judged on style and creativity, suitability to be an AAFES official jingle, overall performance, and the ability to tie-in with AAFES' “Community Connection” and “Value Story” themes.

People can enter online at www.aafes.com, via e-mail at PatriotFamily@aafes.com or by mail through Oct. 6. For more information about the AAFES rap/jingle contest, including entry form and a selection of approved backing tracks, visit http://www.aafes.com/Patriot_Family/rapjingle.asp.

(Source: AAFES news release)



Did you know?

Did you know that during World War II blood typing was not part of a Soldier's physical?

At that time, the Army first gave inductees a physical; identification tags, with only name and serial number; classification testing; a uniform; an assignment; insurance and allotment forms; and a series of orientation films and lectures, including one on "Sex Morality," before their blood was ever typed.

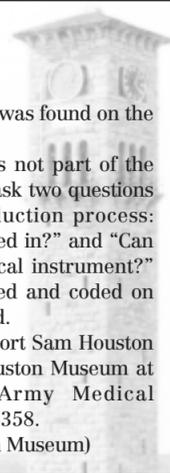
After that lengthy procedure, inductees were given inoculations for tetanus and typhoid and then their blood was finally typed. The blood type and inoculation information was then entered on the ID tags. In the service-

man's records, the blood type was found on the Immunization Register.

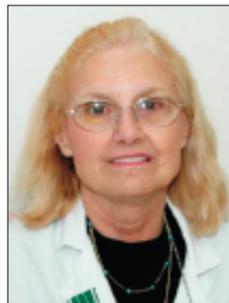
Although blood typing was not part of the initial process, the Army did ask two questions at the beginning of the induction process: "Which sports are you qualified in?" and "Can you sing, act or play a musical instrument?" This information was recorded and coded on the Soldier's Qualification Card.

For more information on Fort Sam Houston history, call the Fort Sam Houston Museum at 221-1886 or the U.S. Army Medical Department Museum at 221-6358.

(Source: Fort Sam Houston Museum)



Civilian Salute



Dr. Gea Miller

By Jen Rodriguez
Brooke Army Medical Center

Dr. Gea Miller, Brooke Army Medical Center's service chief for the Pediatric Clinic, was awarded the Commander's Award for 30 years of civilian service to the Department of Pediatrics during a presentation July 25.

Col. Carlos Angueira, deputy commander for Clinic Services at BAMC, presented the award. Col. Ronald Prauner, chief of the Department of Pediatrics, and Lt. Col. Douglas Lougee, assistant chief, also assisted in the presentation.

"I've always wanted to be a doctor, since I was 6 years old," said Miller, a native of Pieve di Cadore, Italy.

Miller said she was surprised to be honored for what she loves most, "my children."

Miller's career highlights include serving as a clinical professor in San Antonio and clinical instructor at the University of Texas, multiple Army awards and commendations, and several Faculty of Excellence Awards from the San Antonio Military Pediatric Center.

Part of Miller's 30 years of service included a military career of 13 years. She served in the Army from 1980 to 1993, when she was honorably discharged as a lieutenant colonel.

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Children 'Start Smart' at Fort Sam Houston

By Jennifer Morris
Fort Sam Houston MWR

Children at Fort Sam Houston are learning lifelong lessons about fitness, nutrition and health at the Child Development Center.

The Start Smart Sports Development Program, for children ages 3 to 5, is a physical and nutritional education class that involves the CDC, School Age Services and Child and Youth Services.

"We took an Armywide program and tailored it to meet the needs of our local youth," said Jane Crow, CDC director. "We expanded the program using our local resources to help make it an even greater success."

Jill Marcott initiated the program at Fort Sam Houston and developed a lesson plan and

curriculum. With CYS' full support, Marcott started up the program and became the CDC's Start Smart teacher and coach.

"Jill is being recognized by Family and Morale, Welfare and Recreation Command staff, and she will do a presentation for all of the regions on how she made this work. We're the only region, according to FMWRC, that has really taken the program and made it a huge success," said Brenda Berry, chief, CYS.

Marcott leads the preschool classes in an hour of fitness, health and sports education each day during the week. She has the children perform traditional Start Smart activities, such as dribbling modified soccer balls and hitting soft baseballs off child-friendly tees, as well as cardiovascular exercises.

"She's teaching them life

skills," Berry said. "It's the complete package."

One program Marcott started for Start Smart is "Walk to Read," during which children take a half-mile educational walk to the Keith A. Campbell Memorial Library. During these walks, Marcott discusses physical fitness, as well as the plant and animal life they encounter along the way. Upon arrival, children are read sports-related literature and are encouraged to check out books.

The children also walk to a local pizza parlor to make their own healthy whole-wheat pies.

"We walk them, emphasizing cardiovascular," Marcott said. "We walk about a mile round trip and then the children make their own pizza that emphasizes health with the whole-wheat dough."

Marcott has also partnered with the Fort Sam Houston Bowling Center to take the children bowling once a month, as well as the Equestrian Center where the children learn about the different muscle groups and the various tasks involved in the care and riding of horses.

"Not only are they learning everything about taking care of horses, they're processing information about themselves," Crow said. "They learn about a horse's muscles and compare them to their own. It makes the lessons come to life."

In conjunction with the Olympics, the children in the Start Smart program are designing Olympic T-shirts and participating in role-playing games modeled after various Olympic events. And this fall, the children will be introduced to golfing.



Courtesy photo

Jill Marcott coaches children in T-ball at the Child Development Center. Marcott is the CDC's teacher and coach for the Start Smart Sports Development Program.

Berry said she hopes the program will instill a lifelong desire for proper nutrition and a healthy lifestyle in the children.



Missions' Military Appreciation Night

The San Antonio Missions baseball team will host a Military Appreciation Night Aug. 20. Game time is 7:05 p.m. at Nelson W. Wolff Stadium. Vouchers for the game may be picked up at the Keith A. Campbell Memorial Library, Jimmy

Brought Fitness Center, Hacienda Recreation Center and MWR Ticket Office. The vouchers must be redeemed for tickets at the San Antonio Missions Box Office, which is open Monday through Friday from 10 a.m. to 4 p.m., and game days from 10 a.m. throughout the game. Ticket vouchers can be upgraded to better

seats for a minimal fee. For more information, call 221-2606 or visit www.footsamhoustmwr.com.

Post soccer team

Coaches and players are needed for the Fort Sam Houston soccer team. Tryouts will be held Aug. 18 through 23 at 6 p.m. at Leadership Field. Coaches should send resumes by Aug. 15 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Health and Wellness Fair

MWR's Community Recreation Division is hosting a Health and Wellness Fair Aug. 20 from 10 a.m. to 1 p.m. at the Jimmy Brought Fitness Center. Come by for a cholesterol screening, diabetes screening and information on injury prevention, breast cancer awareness and much more. The event is free and open to the public. For more information, call 221-1234.

Aug. 25 through 29 at 6:30 p.m. at the Jimmy Brought Fitness Center. Coaches should send resumes by Aug. 22 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

5K Fitness Run/Walk

A 5K Fitness Run/Walk will be held Aug. 30 at 9 a.m. at the Jimmy Brought Fitness Center. The event is free and open to the public. T-shirts are only \$10 at the event. For more information, call 221-1234.

Men's basketball team

Coaches and players are needed for the Fort Sam Houston men's basketball team. Tryouts will be held

B Company, 187th Med. Bn. wins Brigade Soccer League Championship

The Brigade Soccer League Championship was held Aug. 5. B Company, 187th Medical Battalion, competed against A Company, 264th Medical Battalion. B Co., 187th Med. Bn. won the championship with a final score of 4-0. Pfc. Sweatman, B/187th, scored all their goals. A/264th played a hard fought game, but Sweatman took control and scored four goals in a 15-minute span to lead his team to victory. Lt. Col. Michael Hershman, commander, 187th Medical Battalion, presented the awards. Congratulations to both teams and to all the teams that participated in the tournament.



Aaryn Roop, 6, and Bre Bell, 7, play with Elmo light up toys at the Sesame Street show Monday at the Fort Sam Houston Army Community Service.



Volunteers Rosemary Janavarus, Child Development Center operations clerk, Hilda Zuniga, CDC lead program assistant, and Victoria Mendez, School Age summer hire program assistant, help set up for the "Sesame Street Experience for Military Families" Sunday at Fort Sam Houston Army Community Service.



Spc. Robert Jackson, holds his son Nolan during the Sesame Street performance Monday at the Fort Sam Houston Army Community Service. His other son Connor, 3, watched as Elmo, Cookie Monster, Zoe, Rosarita and Grover danced and sang.



The furry cast of the Sesame Street Experience, Cookie Monster, Elmo, Rosarita, Zoe and Grover, dance and sing their way across the stage Monday at the Fort Sam Houston Army Community Service. The Sesame Workshop and United Service Organization partnered to bring "The Sesame Street experience for Military Families" to installations across the country. The free, traveling tour offered resources for military Families with young children, who were experiencing the effects of deployments of parents.

'Sesame Street' characters entertain, educate military Families

Story and photos by Cheryl Harrison
Army Community Service, Marketing

With all the construction going on around Fort Sam Houston, not many people would have imagined a transformation happened inside the Army Community Service center as well.

But workers, cast members and ACS volunteers and staff built a street on the stage inside the auditorium Sunday morning. Not just any street, but one the majority of children and adults would easily recognize — Sesame Street.

Sesame Workshop, the nonprofit organization behind Sesame Street, and the United Service Organization partnered to bring "The Sesame Street Experience for Military Families" to 43 installations across the country.

"The tour travels for four months and is for military Families only," said Kelly Mariska, tour manager. "The 'Talk, Listen, Connect' theme helps kids learn to cope with a deployed parent and how to adapt to a Family member being away. Also, it deals with their emotions when that per-

son returns home."

The free, traveling tour held performances Sunday and Monday at the ACS. The 60-minute experience consisted of a 25-minute mini-show and opportunities for military Families to connect with outreach organizations.

Show preparations started with a set up that resembled an extreme makeover. What once looked like an auditorium started to look like something right off Broadway. Spotlights went up, enormous speakers were stacked and tested, a backdrop was hoisted, the scene was set and then the magic began. Tables were loaded with free information, stickers, magnets and postcards, not to mention twirling toys depicting Sesame Street favorite Elmo.

As the excitement of the day's event began to build, the cast began warm-ups to the unforgettable tune of "Do you know the way to Sesame Street?" As the limber actors practiced their steps, one could only sit back and wonder, is that Grover or maybe Zoe? But only time and costumes could answer that question. Perhaps the imagination of a child would help.

Even the cast and crew's bus driver went to work hooking up spotlights. Lewis the driver, as he is known, said, "I am the least hardest working person here. I only drive the bus, but help out when I can."

Antwaun Steele, a St. Louis native, took a few minutes to rest from his warm-up routine. "I have been with the touring company since 1996. Performing has always been a part of my life, but it is the look on the children's faces that energizes me," he said.

Steele, a dancer and performer, leads a double life. His co-workers, the cast and crew know him as Antwaun; the children he entertains know him as Cookie Monster.

The first show was Sunday at 3 p.m. Sesame Street fans began lining up outside the building at about noon. Once the public was allowed inside, the auditorium filled quickly. The full house was not disappointed.

Monday's performance didn't disappoint the audience either. With about 614 Child Development Center children, Warriors in Transition, Family Child Care providers, as well as hundreds of children with parents, friends and Family, the

crowd enthusiastically awaited the appearance of their favorite TV characters.

Grover, Zoe, Rosarita, Cookie Monster and, of course, Elmo entertained the wide-eyed children with songs and dance depicting ways to handle their feelings.

"I enjoyed the singing and dancing," said Sandra Salinas.

Salinas' 3-year-old nephew Noah Salinas exclaimed, "I saw Elmo!"

A few teens were spotted among the crowd but didn't want to appear too enthusiastic about seeing the furry celebrities.

"My mom made me come," said 13-year-old Marcus Pratter. "I kind of wanted to come and I kind of didn't."

Pratter's buddy, 13-year-old Brodrick Hill, from Fort Hood, Texas, wasn't as shy about his feelings. "I loved Elmo when I was a little kid."

Whatever the reasons, or the expectations, the capacity crowd left the auditorium with a smile on their faces.

For more information about the traveling tour as well as schedules, visit www.sesamestreet.org/tlc.



One-year-old Nathan Priebe and his mom, Karolina Priebe, are greeted by Chelsea Bellanger, America's Miss 2008, Monday at the performance of Sesame Street at the Fort Sam Houston Army Community Service. Bellanger, daughter of Pam Bellanger, ACS Family Employment Readiness Program manager, represents the National American Miss Pageant, which is dedicated to celebrating America's greatness and encouraging its future leaders.



Children get into the spirit by singing and clapping as they watch muppets Elmo and Grover dance and sing their way across the stage Monday at the Fort Sam Houston Army Community Service. The Child Development Center brought about 60 children to see the live "Sesame Street Experience for Military Families" performance.



Antwaun Steele, a member of the Sesame Street cast warms up before the Sesame Street performance Sunday at Fort Sam Houston Army Community Service. Steele portrayed the Cookie Monster in the show.



Amanda Moran, of Military One Source, helps Cassandra Chavez, 11, and her brother José, 9, put beading kits into a bag Sunday at Fort Sam Houston Army Community Service. The table was one of many with giveaways and information at the Sesame Street Experience event held Sunday and Monday at ACS.



Cash and Carry Sale

The next MWR Cash and Carry Sale will be held Sept. 3 from 9 a.m. to 3 p.m. at Building 4192, Bay A on Wilson Road. The event is conducted

on a first-come, first-served basis. Cash and personal checks with picture ID are acceptable forms of payment. All property must be removed from the warehouse at the time of the sale. All sales are final. Property is sold as is, where is. The following used items are available for sale: used TV armoires, desk chairs, wall mirrors, wall mount headboards, VCRs, computer desk with hutch, recliners, lounge chair with ottoman, executive chairs, used golf clubs and bags, 7.2-cubic refrigerators, small replica furniture items from the post child care center and more. There is no prior viewing of sale property. All

property listed is to be issued to Non-Appropriated Fund Activities for continued use and may not be available on the sale dates. For more information, call 221-4449/4950.

Recreation and Leisure

2008 Military Long Drive

The MWR Long Drive Championship, presented by 7-Up, will be held Aug. 17 at 1 p.m. at the Fort Sam Houston Golf Club. This one-day program is a qualified Long Drivers of America event and is open

to active-duty service members, Reserve, National Guard, retirees and Family members 18 years and older with a valid military ID card. All competitors will compete in an open division. Women will be spotted 65 additional yards on their qualified drives. Prizes will be awarded for first through third place finishers. The top long drive competitors at each of the four geographical zones who record the longest drives will win an all-inclusive trip to compete in the military division at the RE/MAX Long Drive Championship in Mesquite, Nev. The participant who hits the longest qualified drive during the

Military Division of the RE/MAX Long Drive championship will win \$10,000 and be featured on the ESPN coverage of the event. Competitors in the MWR Long Drive Championship will pay \$10 per try (six balls). Contestants can compete more than once pending time availability. For more information, call 222-9326 or visit www.mwrpromotions.org.

Bowling Center hours

The Fort Sam Houston Bowling Center has new hours through the beginning of September. The facility will be open Wednesdays from 11 a.m. to 9 p.m., Thursdays 1 to 9 p.m., Fridays from 5 p.m. to 12 a.m., Saturdays from 1 to 10 p.m., Sundays from 2 to 8 p.m. and closed Mondays and Tuesdays. For more information, call 221-4740.

National Bowling Week

The Fort Sam Houston Bowling Center will celebrate National Bowling Week Aug. 23 to 30 with a variety of activities and prizes.

See MWR P21

MWR from P20

Cosmic Night will be held Aug. 23. Family Day will be held Aug. 24, and the first 100 customers will receive one scratch-off card each. Clock-Out-and-Rock will be held Aug. 27 from 5 to 9 p.m., and the first 100 customers will get one scratch-off card each. Retiree Night will be held Aug. 28, retirees can bowl for only \$1 each. Ladie's Night will be held Aug. 29 from 5 to 9 p.m. The first 100 women bowlers get one scratch-off card each. Come close out National Bowling Week with a Back-to-School Bowling Bash Aug. 30. Each scratch-off card guarantees a prize. For more information, call 221-4740.

Bow Hunter Education

A bow hunter education class will be held Aug. 16 and 17. The class is mandatory for archery hunters who hunt on Camp Bullis and must be completed before hunting. The cost is \$15 per student and is limited to 25 students per class. For more information, call 295-7577.

3-D archery shoot

The next 3-D archery shoot will be held Aug. 23 and 24. Registration is 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three participants in each class. The cost is \$15 per person on Saturday. The cost per person Sunday is \$15 for competitive and \$10 for non-competitive shoot. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Bench press contest

MWR will hold a bench press contest Sept. 27 at 10:40 a.m. at the Jimmy Brought Fitness Center. Weigh-in is from 9:30 to 10:30 a.m. The entry fee is \$20 and includes a T-shirt for all participants. For more information, call 221-1234.

Dining and Entertainment

MWR Ticket Office

Stop by the MWR Ticket Office for discounts on summer fun. The summer hours are Tuesday through Friday from 10 a.m. to 5 p.m., Saturday 10 a.m. to 2 p.m., closed Sunday and

Monday. Come by for discount tickets on local and out of state locations. For more information, visit www.fortsam-houston.mwr.com or call 226-1663 or 224-2721.

Sam Houston Club

Old School R&B and Soul Night

Come to the Sam Houston Club for Old School R&B and Soul Night Aug. 15 from 9 p.m. to 1 a.m. Cover is \$7 per person or \$10 per couple. Come groove to the rhythms of the live band Music For Ya' Soul. Stop by for drink and draft specials. Doors open at 8:30 with no cover until 9 p.m. Hors d'oeuvres will be served from 10:30 to 11:30 p.m.

Latin Night

Spice up your weekend with Latin Night Aug. 30 from 9 p.m. to 1 a.m. at the Sam Houston Club. Cover is \$7 per person or \$10 per couple. Come groove to the rhythms of the Latin band the Latin Four. Stop by for drink and draft specials. Doors open at 8:30 with no cover until 9 p.m. Hors d'oeuvres will be served from 10:30 to 11:30 p.m.

18 years and older welcome. Patrons 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 224-2721/2722.

Army Community Service

Mandatory checkbook maintenance

A mandatory checkbook maintenance class will be held Aug. 14 from 2 to 4 p.m. at Army Community Service, Building 2797, Training Room 1. The class is required for personnel referred by the command for abusing and misusing check-cashing privileges. All personnel can attend this class. For more information, call 221-2705.

Understanding Your Credit Report

An Understanding Your Credit Report class will be held Aug. 19 from 2 to 4 p.m. at Army Community Service, Building 2797, Training Room 1. The class consists of pulling your individual credit report, reviewing, correcting and updating the report. For more information, call 221-2705.

See MWR P22

MWR from P21**FRG Support Assistant training**

A Family Readiness Group Support Assistant Training will be held Aug. 19 to 20 from 8 a.m. to 4 p.m. at Army Community Service, Building 2797. As an integral part of the Family Readiness Team, the FRSA plays a key role in assisting the efforts of Commanders and FRG volunteer leaders in their support of Soldiers and their Families. The training will orient and inform FRSAs about the roles and responsibilities of their position. Register by Aug. 15 at 4 p.m. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

FRG Key Caller Training

A Family Readiness Group Key Caller Training will be held Aug. 19 from 10 a.m. to 12 p.m. at Army Community Service, Building 2797. This training defines the responsibilities of the FRG Key Caller and provides information on performing this

role. The registration deadline is Aug. 15 by 4 p.m. To register or for more information, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Pre-, Post-deployment Planning Training

A Pre- and Post-deployment Planning Training will be held Aug. 19 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. The registration deadline is Aug. 15 by 4 p.m. To register or for more information, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Care Team Training

A Care Team Training will be held Aug. 20 from 1:30 to 3 p.m. at Army Community Service, Building 2797. The training will focus on the Care Team's responsibilities and provide guidance on how to handle issues volunteers will face such as dealing with

Family's reactions. This training is recommended for casualty assistance officers, casualty notification officers and Battalion Care Team volunteers. The registration deadline is Aug. 18 by 4 p.m. To register or for more information, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Mandatory first-term financial readiness

A mandatory first-term financial readiness class will be held Aug. 20 and 27 from 9 to 11 a.m. at Army Community Service, Building 2797, Training Room 1. For more information, call 221-2705.

Identity theft

An identity theft class will be held Aug. 21 from 2 to 4 p.m. at Army Community Service, Building 2797, in Training Room 1. The class consists provides information on how not to become a victim, and how to recognize and what to do if you become a victim. For more information, call 221-2705.

Child and Youth Services**Parent Advisory Council**

A Child and Youth Services Parent Advisory Council meeting will be held Aug. 19 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 221-4871/1723.

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 for students in kindergarten through fifth grade, two local emergency designees with addresses and telephone numbers, a

health assessment/sport physical within the last year that is valid for the entire season, required Social Security numbers from all Family members, sponsor's Leave and Earnings Statement, spouse's W2 form, and activity fee. For more information, call 221-1723/4871.

Volunteers for youth sports

Anyone interested in volunteering for youth sports can contact the Youth Sports Program at 221-5513/3502 or Central Registration at 221-1725 for more information on the registration process. Background checks are required.

SKIES

The Schools of Knowledge, Inspiration, Exploration and Skills offers instructional programs for youth in step and hip hop dance, hitting and pitching, martial arts, tennis and piano. Upcoming fall classes include: cooking, drivers' education, gymnastics (tumbling), tutoring, football and basketball camps, and drum lessons. For more information, call 221-4871 or 471-9548.

Army Child Care in Your Neighborhood

Army Child Care in Your Neighborhood care options provide parents and guardians the same peace of mind as Family Child Care and the Child Development Center. Participants in the ACCYN program must meet standards comparable to those required in on-post care, which includes ongoing training for various national accreditations and credentials. For more information on ACCYN, call Central Registration at 221-4871/1723 or visit www.fortsamhoustonmwr.com.

Parents invited to visit new district Web site

Fort Sam Houston Independent School District has a new Web site designed to provide parents with up-to-date information about the district and its schools.

The new site can be found at www.fshisd.net. People who previously bookmarked the old address at www.fort-sam-houston.k12.tx.us will need to update their bookmarks.

The new Web site uses eChalk, a national leader in school Web site development, and allows teachers and administrators to collabora-

tively create a dynamic and up-to-date site.

During the summer months, FSHISD faculty participated in staff development to help assure a smooth transition to the new Web site. They will be hard at work over the next few weeks getting their class sites up and ready.

Each campus and the district office will maintain a site. The sites use a pull-down menu system and are divided into main areas such as About Our School; Staff Directory;

Offices; Policies & Procedures; School Resources; and Clubs & Organizations. Users are able to "subscribe" to the calendar feature on each site and events can be downloaded to their PDAs or cell phones.

A new feature at the district site is "PCS Central" billed as the "one-stop Web site for military Families on the move." It provides valuable information for Families

transitioning into the district. Also new is the ability to have the Web pages translated into another language. This feature is located at the bottom right-hand corner of the district home page.

The new site is intended to be a joint community effort, so feedback and suggestions are encouraged. An e-mail link to the Web master is available on the new site.

**Immunization requirements**

State law and district policy require medically validated up-to-date records of immunizations to be on file for all students. To view a list of required immunizations, visit www.fshisd.net.

Dress code for students

The Fort Sam Houston Independent School District prides itself on high academic and behavioral expectations. The district believes that school performance and future success are enhanced by appropriate dress and good grooming. The dress code is in effect for students while attending school functions or school-sponsored activities on or off school property. For detailed information on dress codes, visit www.fshisd.net.

Religion

Back-to-School Bash

The Installation Chaplain's Office will sponsor a Back-to-School Bash Aug. 23 at the Dodd Field Chapel at 1721 Dodd Boulevard. Events run from 9:30 a.m. to 2 p.m. and include activities for elementary school children and workshops for middle and high school students. Programs include songs and prayers, school safety and games and giveaways. Lunch will be provided. A back-to-school dance for sixth through 12th graders will be held from 7 to 10 p.m. featuring pop music with a Gospel message. Parents can attend information sessions on Youth and their Music, Goal Setting and enjoy an evening coffee house at 7 p.m. Register at www.samhouston.army.mil/chaplain. For more information, call Brian Merry, director of Religious Education at 221-5006.

Sales tax holiday takes place this weekend

For the 10th year, Texas shoppers will get a break from state and local sales taxes. The state's annual tax holiday will take place Aug. 15 to 17.

The holiday exempts most clothing and footwear priced under \$100 from sales and

use taxes, which saves shoppers about \$8 on every \$100 they spend.

Parents and students should review school district's dress code before purchasing clothes to be worn at school to ensure compliance with dress and grooming requirements.

Backpacks priced under \$100 to be used by elementary and secondary students are exempt. A backpack is defined as a pack with straps one wears on the back. The exemption does not apply to items reasonably defined as luggage, briefcases, athletic/duffle/gym bags, computer bags, purses or framed backpacks.

Clothing and footwear used primarily for athletic activities or for protective

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

Tax-Free items include:

- Baby clothes
- Backpacks for use by elementary and secondary students
- Belts with attached buckles
- Boots – cowboy, hiking
- Caps/hats – baseball, fishing, golf and knitted
- Coats and wraps

The holiday exempts most clothing and footwear priced under \$100 from sales and use taxes, which saves shoppers about \$8 on every \$100 they spend.

- Diapers – adult and baby
 - Dresses
 - Gloves (generally)
 - Gym suits and uniforms
 - Hooded shirts and hooded sweatshirts
 - Hosiery
 - Jackets
 - Jeans
 - Jerseys – baseball and football
 - Jogging apparel
 - Neckwear and ties
 - Pajamas
 - Pants and trousers
 - Raincoats and ponchos
 - Robes
 - Shirts
 - Shoes – sandals, slippers, sneakers, tennis and walking
 - Socks (including athletic)
 - Shorts
 - Suits, slacks and jackets
 - Sweatshirts
 - Sweatsuits
 - Sweaters
 - Swimsuits
 - Underclothes
 - Work clothes and uniforms
- For more information, visit <http://www.window.state.tx.us/taxinfo/taxpubs>, or call 1-800-252-5555.



Community

Events

Free school supplies

Operation Homefront Texas is lending a hand to military Families with school-age children by giving away backpacks and school supplies. Registration is now open to military members (E-6 and below) whose children are between the ages 5 to 17 (kindergarten to high school). Registration will be open until all slots are filled. Once registered, an e-mail confirmation will be sent with the date, time and address of distribution. To register or donate school supplies, visit the backpack registration link at www.operationhomefront.net/forms/backpack_submission_form.asp?Chapter_ID=44 or e-mail texas@operationhomefront.net.

Back-To-School Essay Contest

The Army and Air Force Exchange Service is offering aspiring young writers an opportunity to win great prizes. The Back-To-School Essay Contest will give students in first through 12th grades the opportunity to submit an essay of 200 words or less on "What AAFES means to me and my Family." The essay contest will run through Aug. 31. First place winners in each category will receive a computer; second place winners will be awarded a \$500 savings bond; and third place winners a \$200 savings bond. For more information, visit www.aafes.com under

the Patriot Family Connection link.

2008 Annual SAMM Conference

The Sexual Assault Medical Management Conference will be held Aug. 17 to 21 at the Doubletree Hotel in San Antonio. The conference is for designated military treatment facility sexual assault care coordinators and sexual assault clinical providers who support Soldier readiness through the multidisciplinary approach to sexual assault care and medico-legal process. For registration forms, e-mail Jennie.A.Johnson@amedd.army.mil. For more information, call Wanda Hubert at 221-7103.

'Run for the Fallen'

Run for the Fallen, a national effort to honor fallen heroes by running one mile across the country for every service member killed in Iraq and Afghanistan, will be held Aug. 24 at 7:30 a.m. at the Veteran's Memorial Plaza, downtown San Antonio, at the intersection of Jefferson and Martin streets. The 1.5-mile run begins at 8 a.m. The

event is free; walkers, bikers and Segways are welcome. For more information or reservations, e-mail runfortheallensa@satx.rr.com or visit www.runfortheallensa.org.

MOAA-AC Oktoberfest Picnic

The Military Officers Association of America-Alamo Chapter will hold its annual Oktoberfest Picnic Sept. 24 at Randolph Air Force Base, Eberle Park. Rennie Guenther and Company will provide the entertainment and The Bavarian Haus Restaurant will cater the event. The cost is \$20 per person. Reservations

are due by noon Sept. 22. For more information, call 228-9955 or e-mail moaa-ac@sbcglobal.net.

Military wives spa day

The United Service Organizations invites military wives of deployed servicemembers for a spa day the third Sunday of each month at 1 p.m. at the USO San Antonio Downtown Community Center, 420 E. Commerce St. Treat yourself to an afternoon of pampering and relaxation. Enjoy complimentary mini-facials and chair massages. Volunteers will care for children during the visit. For more information, call Julie Dahlberg at 227-9373, ext. 12 or e-mail

JDahlberg@AlamoUSO.org.

Training

AKO Training

There will be a hands-on training on Army Knowledge Online Aug. 26 from 8 to 11:30 a.m. and Aug. 28 from 12:30 to 4:30 p.m. at Willis Hall, Building 2841, Room 2105C. Forms in AKO Forms Management Content Program training will include AKO hands-on training pre-requisite, leave form templates, uploading local forms from the Army Medical Department

See **COMMUNITY P26**

COMMUNITY from P25

server, renaming forms, digital signatures, sending a form as an original, locating additional computer basic training within AKO and much more. Seats are limited and individuals must bring their common access card for training. For more information, call 221-6203. To register for training or reserve a seat, 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**Community cleanup**

The American Society of Military Comptrollers will sponsor a community cleanup project Aug. 23 from 9

a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. Students can earn a certificate for up to three hours of community service credit. For more information or to volunteer, call 977-2522.

Seeking host Families

The American Field Service Intercultural Programs are seeking host Families for students arriving in mid-August. Students are 15 to 18 years old, have health insurance and spending money, and attend local public schools. Host Families provide

a bed, meals, transportation to school and the opportunity to learn about America through participating in Family life. Families can host a student for a school year, a semester or a six-to eight-week period. For more information, call Diane Soto at 866-AFS-USA1 or e-mail dsoto@afs.org.

Meetings**Disabled American Veterans meeting**

The Disabled American Veterans, Alamo Chapter #5 and Auxiliary Unit #5 will meet Aug. 16 at 10 a.m. at Rolling Oaks Christian Church, 1750

Stahl Road, Loop 1604 at Nacogdoches Rd. behind Wal-Mart. For information, call Cmdr. Norma Gallegos at 699-6054, or Adjutant Duke Henderson at 830-624-1949 or visit www.davalamo5.org.

Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association meeting will be held Aug. 18 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd., 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, e-mail juan.gomez@us.army.mil, or Jim Gonzales 666-9818, e-mail rgonzales879@satx.rr.com.

Spouses' Club

The Spouses' Club will host a welcome luau Aug. 26 from 6 to 8 p.m. at the Dodd Chapel. For more information, call Marcella Garcia at 251-3355 or e-mail marcellag0642@aol.com.

**For Sale
Fort Freebies**

For Sale: Receiver hitch, 2 inch, fits 1994 and newer Ford Ranger, all mounting hardware and instructions, \$75 obo. Call 295-3210 or 494-8401.

For Sale: Two kittens, 11 months old, black male and white-and-grey female, cat box and food dishes, current shots and micro-chipped, prefer both cats are together, \$40. Call Dondre or Tamara Godlock at 530-1796.

For Sale: King-size bedroom set, headboard, footboard, rails, nine-drawer dresser with mirror and armoire, \$500. Call 822-2837 or 288-6697.

For Sale: Queen-size bookcase headboard, Mediterranean, \$75; brass headboard, 62 inches wide, \$60; sofa, blue with beige, \$65; Lazyboy recliner, blue velour, \$60; carved gold leaf inlaid, wooden screen, \$250. Call 490-8786.

For Sale: Dog kennel, 9 feet long by 5 feet wide by 6 feet high, \$125; Go cart, 125 cc, runs great, \$300; dog airline transporter, up to 60-pound dog, \$50; bike, \$40; Sure Step electric wheel chair, new, \$1,500. Call 290-8472.

For Sale: Wide variety of organically grown plants and flowers, roses from California, pride of Barbados, palm trees, crepe myrtles and red oaks, prices negotiable. Call 843-5524.

For Sale: Little Tykes variety climber, outdoor play center, two slides and rope climb, \$200. Call 263-9094, leave message.

For Sale: Programmable Honeywell digistat thermostat, home A/C, \$30. Call 221-3549.

For Sale: Jet 1 Pride electric wheel chair, \$650. Call 662-8767.

For Sale: Pride chair lift, new, \$1,200. Call Duane at 653-3286.

For Sale: Air dynamic covered trailer, 6 feet by 4 feet, hauled by small truck or SUV, used for light moving, \$500 obo. Call 493-2828, leave message.

For Sale: Twin captain's bed with three drawers and bookcase headboard, one drawer broken; \$90; Murray lawnmower, 20 inch, 3.5 hp, \$75. Call 379-5807.

For Sale: Oak dining room set, includes 4 feet by 6 feet table with 18-inch leaf, six chairs, china hutch 72 inches wide by 84 inches tall by 18 inches deep, \$500; Polar heart rate monitor, includes chest strap and wrist monitor, \$20; climbing tree stand with cushion seat, \$50. Call Scott at 221-4115 or 361-232-0235.

For Sale: Burberry Nova Check, small hobo tote with strap and dust jacket, 9 inches wide by 6 inches high by 2.5 inches deep, \$175; three-tier diaper cake, blue, \$30; baby shower corsage, blue, \$10; James Avery "Lord watch between..." pendant set, \$35; wood grain wall unit entertainment center, 6 feet high by 5 feet wide by 17 inch wide, \$150; Big Boy recliner, mauve, \$40. Call Toni at 550-4680.

For Sale: Eight-drawer dresser, cherry color, \$100; two toddler slides and black car, \$6 each. Call 954-3636.

For Sale: Paper shredder Power Shred, PS30, \$10; Compaq keyboard and mouse, model SDM45 40ul, Compaq color monitor, model MV540, make an offer. Call 653-5302.

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 the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.