

# FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

## Celebrating Labor Day



Photo by Esther Garcia

Fort Sam Houston representative Spc. Shaquisha Stewart (left), South Plains District Veterinary Command, and secretary, Better Opportunities for Single Soldiers, is joined by Air Force Staff Sgt. Brandis Van Iterson, Air Intelligence Surveillance Agency; Air Force Tech. Sgt. Taneshia Lucas, Lackland Air Force Base; and Air Force Senior Airman Vikas Kumar, Randolph Air Force Base, at the annual Kendall County Fair Parade in Boerne, Texas. The annual Labor Day weekend fair includes a parade on Main Street, rodeo, entertainment, carnival and exhibits.

## Ready Army launches at Fort Sam

By Jeff Crawley  
Fort Sam Houston Public Affairs Office

Ready Army, an emergency preparedness campaign, is under way and aimed at Soldiers, their Families, Army civilians and contractors to prepare them for all hazards and to encourage them to – Get a kit. Make a plan. Be informed.

The Armywide campaign expands upon the national Ready campaign from the Department of Homeland Security.

"Ready Army is tailored for military Families," said Brad Barrett, Fort Sam Houston Garrison emergency manager and coordinator for the campaign. "There is additional information about how Family members can take care of themselves when a member is deployed or when they're moving into a new location about the hazards there."

Ready Army materials such as emergency preparedness fact sheets, Family

See **READY ARMY P4**

## Voice an opinion

### Program offers customers new ways to submit feedback

By Elaine Wilson  
Fort Sam Houston Public Affairs Office

A new Army program is offering garrison customers new avenues to let their voices be heard, whether it's to recognize outstanding service, bring forth a concern or make a recommendation.

The Customer Management Services program is a three-part

process that enables garrison leadership to capture and analyze customer feedback to improve installation programs and services.

The program was developed at Fort Jackson, S.C., piloted at three installations and implemented about a month ago at 36 installations throughout the Army's Installation Management Command.

"The goal of the process is

improved performance, readiness, retention, recruiting and work-life balance on Fort Sam Houston," said Russell Matthias, customer service officer, Plans, Analysis and Integration Office, who is implementing the new program for the garrison.

The program includes a three-

See **FEEDBACK P7**

## Tim McGraw concert

Free tickets for a Tim McGraw outdoor concert, to be held Sept. 11 at MacArthur Field, between Reynolds and Allen roads off Stanley Road, will be available Sept.



4 on a first-come, first-served basis to service members, their Families and authorized Department of Defense personnel. The tickets will be distributed from 10 a.m. to 6 p.m. at the Jimmy Brought Fitness Center on Wilson Road, at the MacArthur Johnson Track Field across from Army Community Service on Stanley Road, and across from the Directorate of Morale, Welfare and Recreation, Building 124, on Stanley Road. Each person may receive up to four tickets. Advance food and beverage tickets will be on sale at this time.

A ticket will be required to enter the concert area. The concert will begin at 7 p.m. with opening act Katie Rae Davis. Pre-concert activities begin at 12:30 p.m., and gates to the concert area will open at 6 p.m.

Pre-concert activities will include an assortment of fun for the whole Family with games, face painting, food, drinks and entertainment by the Army Medical Command Band at 3 p.m.

No coolers, cameras, recording devices, glass, weapons or pets will be allowed in the concert area. Backpacks and hand-carried bags will be searched and metal detectors (wands) will be conducted on all personnel entering the concert area.

## Limited post access for McGraw concert

Beginning at 1 p.m. on Sept. 11, access to the post will be limited to Department of Defense ID cardholders. Visitors without a DoD ID card who have a need to enter the post must be met at the gate by personnel with a DoD ID card.

Concert goers without a DoD ID card must be accompanied by a sponsor with a DoD ID card. Gate guards will conduct random vehicle searches. The Brooke Army Medical Center gate off IH-35 will not be affected.

E-MAIL NEWS LEADER AT: [NEWS.LEADER@CONUS.ARMY.MIL](mailto:NEWS.LEADER@CONUS.ARMY.MIL)

# Stopping stigma is start of mental health

By Kelly Forsy  
U.S. Army Center for Health  
Promotion and Preventive Medicine

If you injure your arm while performing your duties, you go to the medical treatment facility to get help. A doctor assesses your wound,

provides immediate treatment, instructs you on how to care for the wound, and schedules a time for you to come back so that he can reassess how you are doing.

This is an accepted procedure for obtaining help for a physical injury; however,

seeking help for an emotional or mental wound, such as depression or post-traumatic stress disorder, is often met with stigma.

The Army/Department of Defense Suicide Prevention Week is Sept. 7 to 13. During this time and throughout the year, we need to encourage people who show signs of mental or emotional pain to get needed help, rather than perpetuate wrong or negative attitudes.

Stigma, which means "shame or disgrace," has four components, according to the Mayo Clinic:

- Labeling someone with a condition.
- Stereotyping people who have that condition.
- Creating separation, devaluation of the person (us vs.

them) and loss of support.

- Discriminating because of their condition.

Why does this stigmatizing behavior exist and persist?

The answer is as complex as the mental-health condition itself. Stigma is often caused by not truly knowing what a mental-health disorder is. Often, an individual's only experience with a mental condition comes from a movie or TV show in which the mental condition was inaccurately portrayed. Many feel that a mental condition is different from a medical or physical condition. They assume that those with a mental condition have brought it on themselves, that the condition is "all in their head" or that they are

See MENTAL HEALTH P6

Weekly Weather Watch						
	Sept. 4	Sept. 5	Sept. 6	Sept. 7	Sept. 8	Sept. 9
San Antonio	Mid 90s Sunny	Mid 90s Mostly Sunny	Mid 90s Partly Cloudy	Mid 90s Partly Cloudy	Mid 90s Partly Cloudy	Mid 90s Partly Cloudy
Kabul Afghanistan	86° Clear	80° Partly Cloudy	77° Clear	82° Clear	84° Partly Cloudy	84° Clear
Baghdad Iraq	118° Partly Cloudy	118° Clear	118° Partly Cloudy	114° Partly Cloudy	109° Partly Cloudy	111° Clear

(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))

## News Leader

### Editorial Staff

Army Medical Department Center and School and Fort Sam Houston Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Mary Garr

Public Affairs Officer

Phillip Reiding

Editor/Writer

Elaine Wilson

Staff Writers

Minnie Jones

Olivia Mendoza

Jeff Crawley

Layout Artist

Lori Newman

### News Leader office:

1212 Stanley Road  
Building 124, Suite 4  
Fort Sam Houston, Texas  
78234-5004, 210-221-0615,  
DSN 471-0615  
Fax: 210-221-1198

### News Leader Advertisements:

Prime Time Military Newspapers  
2203 S. Hackberry  
San Antonio, Texas 78210  
Phone: 210-534-8848  
Fax: 210-534-7134

### News Leader e-mail:

[news.leader@conus.army.mil](mailto:news.leader@conus.army.mil)

### News Leader online:

[www.samhouston.army.mil/pao/default.html](http://www.samhouston.army.mil/pao/default.html)

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) by close of business Friday.

## News Briefs

### Bone marrow drive

In support of the Department of Defense Marrow Donor Program, U.S. Army Garrison Fort Sam Houston will conduct a Bone Marrow Campaign Sept. 8 to 12. Units on post will sponsor on-site drives throughout the week, culminating with a postwide bone marrow drive Sept. 12 from 9 a.m. to 4 p.m. at the Post Exchange. To register for the donor program, participants will need to fill out paperwork and provide four swabs from the inside of their cheek. For more information, call Frank Tapia, Directorate of Plans, Training, Mobilization and Security, at 221-0679 or e-mail [frank.tapiajr@us.army.mil](mailto:frank.tapiajr@us.army.mil).

### AMEDD bone marrow campaign

The Army Medical Department Center and School will conduct a Bone Marrow Donor Campaign pre-screening Sept. 9 and 11 from 1:30 to 4 p.m. in various locations. Medical Capabilities Integration Center and Academy of Health Sciences will pre-screen in Blesse Auditorium, Willis Hall. The 32nd Medical Brigade, NCO Academy, AMEDD Personnel Proponent Directorate and Medical Command Band will pre-screen within their organization. The coordinating and special staff will pre-screen in the G-3/5/7 conference room, 322A, Aabel Hall. The pre-screening is open to military members, civilian employees, their Family members and contractors. The age limit for this donor campaign is 18 to 61 years of age. For more information, visit [www.dodmarrow.com](http://www.dodmarrow.com) or call Master Sgt. Carlisie Jones, G-3 NCO in charge, at 221-6860, or e-mail [carlisie.jones@amedd.army.mil](mailto:carlisie.jones@amedd.army.mil).

### Suicide Awareness Expo

The Fort Sam Houston Army Substance Abuse Program will sponsor a postwide Suicide Awareness Expo Sept. 9 from 9 a.m. to 2 p.m. at the Army Community Service center, Building 2797 on Stanley Road. The Fort Sam Houston community is encouraged to attend and learn about helping resources. The event is open to the public and information booths will be available. For more information, call 221-0133 or 221-1254, or e-mail [steve.henry2@us.army.mil](mailto:steve.henry2@us.army.mil).

### Gazebo concert

Brig. Gen. James Gilman, commanding general, Great Plains Regional Veterinary Command and Brooke Army Medical Center, will host a concert Sept. 21 at 6 p.m. at the gazebo on Staff Post Road. The public is invited to bring lawn chairs and blankets, and enjoy the sounds of the U.S. Army Medical Command Band.

See NEWS BRIEFS P4

# Fort Sam going to seven-digit dialing

Fort Sam Houston employees will have to dial the full seven digits of telephone numbers when calling other offices on post beginning Nov. 6. The dialing procedure affects all phones services at Fort Sam Houston, Brooke Army Medical Center, Camp Bullis and Camp Stanley.

The change comes because of a new telephone system here as well as a Defense Information Service Agency requirement for all DoD installations to have the same telephone-dialing procedures, said Jane Schlinke, telephone manager at the Directorate of Information Management.

"Anytime you pick up the phone to call another number on post it's just like dialing from home, you dial the entire number," Schlinke said.

To Call	Dial
221 number	221-XXXX
295 number	295-XXXX
916 number	916-XXXX
808 number	808-XXXX

Note: The XXXX represents the last four digits of the telephone number.

To make a local outside call, dial 99 + the seven digit local number. Previously, 9 was used to get an outside line.

To make a DSN call, dial 94 + the seven digit DSN number. Previously, 88 was used to access DSN.

To make an FTS2000 call, dial 97 + 1 + area code + seven digit number. Previously, 91 was used to make FTS calls.

PIN codes or authorization numbers will no longer be needed to make DSN calls.

- The DSN for 221-numbers is 471.
- The DSN for 295-numbers is 421.
- The DSN for 916-numbers is 429.
- The DSN for 808-numbers is 420.

Telephone users should review and edit all speed-dial lists on their telephones, fax machines, video-teleconferencing units and Call Centers. Also, customers with the call-forwarding variable should be aware that edits may be necessary, especially on Integrated Services Digital Network sets with call forwarding variable feature buttons. Dialing the post emergency number, 911, and operator assistance, 0, has not changed.

For more information about dialing procedures, call Schlinke at 221-0612 or e-mail [elizabeth.schlinke@us.army.mil](mailto:elizabeth.schlinke@us.army.mil).

(Source: Fort Sam Houston DOIM Telephone Services)

## Talking points

# Handheld radios reprogrammed next week

Fort Sam Houston has installed a new Land Mobile Radio repeater site to enhance coverage for the installation. Motorola radio users will need to have their radios reprogrammed to receive the frequencies from this new site.

"It's kind of like a cellular service, whatever tower is closest will receive that signal and be transmitted through that," said Jane Schlinke, telephone manager at the Directorate of Information Management. "We want them to be able to utilize the new system to enhance their service."

Units with LMRs that have not been programmed since June 23, 2008, need to have their radios reprogrammed. This is for Motorola XTS 2500/3000/5000 and XTL 5000 models only, Schlinke said. This will be the last opportunity for LMR users to have their radios reprogrammed.

LMR users can take their radios to Building 2225, Hancock Road, Door D, from Sept. 8 to 12. Door D is on the out-

side of the building and does not require security code access.

Motorola technicians will only add new frequencies and not change anything else on the radio, such as talk groups, Schlinke said. The procedure takes only a few minutes per radio. "It's painless, really," she said.

Technicians will go to Camp Bullis to reprogram LMRs there. LMR users should contact Schlinke to let her know they will be bringing their radios in for reprogramming.

Schlinke said that she will work with any LMR users that have special considerations, such as needing a spare radio while their shops' radios are being reprogrammed.

To schedule radios for reprogramming or for more information, call Schlinke at 221-0612 or e-mail [elizabeth.schlinke@us.army.mil](mailto:elizabeth.schlinke@us.army.mil).

(Source: Fort Sam Houston DOIM Telephone Services)



Photo by Jeff Crawley

Units with Land Mobile Radios that have not been programmed since June 23, 2008, need to have their radios reprogrammed. This is for Motorola XTS 2500/3000/5000 and XTL 5000 models only. The reprogramming will allow the radios access to a new repeater site on the installation.

## News Briefs

from P3

### Housing office changes location

Lincoln Military Housing is changing its on-post housing office location. Starting Sept. 15, residents requiring service or information for on-post Family housing should go to the resident community center location that services their respective rank and bedroom requirement as indicated below:

#### Lincoln Resident Center

Building 407, Dickman Road  
Office: 270-7638

Fax: 270-7699

Ranks: O-1 to O-6 requiring two, three or four bedrooms.

#### Harris Heights Community Center

3751 Patch Rd.  
Office: 824-9587

Fax: 270-7699

Ranks: E-1 to E-6 requiring two bedrooms and E-7 to O-3 requiring three or four bedrooms.

#### Watkins Terrace Community Center

5840 Frazier Rd.  
Office: 832-8104

Fax: 270-7699

Ranks: E-1 to E-6 requiring three or four bedrooms.

# Army announces new service uniform

By C. Todd Lopez  
Army News Service

WASHINGTON — Out with the old, in with the blue. The Army has made it official; the green service uniform, which has defined the service since the mid-1950s, is on the outs.

In place of the green uniform will be a variation of the blue uniform, something many Soldiers already own. Official word on the new "Army Service Uniform," or ASU, was released Aug. 20 in a message to all Army activities. The message defines the wear policy and the "bridging" strategy for transition to the new uniform.

"It's a culmination of transformation efforts that started in 2004," said Sgt. Maj. of the Army Kenneth O. Preston, of the new ASU. "We had three 'Class A' style uniforms, all the same style jacket, with just a different color — the policies on how we

wore accoutrements on them were different. We asked the question — if we wear one only, which would it be? And the blue uniform was the most popular of the three."

The new ASU coat, similar to the existing blue coat, will be made of a wrinkle-resistant material and will have a more "athletic" cut.

Other changes to the uniform include authorization of a combat service identification badge to recognize combat service, overseas service bars authorized on the jacket sleeve for both enlisted Soldiers and officers, the wear of distinctive unit insignia on the shoulder loops of the blue coat for enlisted Soldiers, authorizing paratroopers to wear the black jump boots with the blue ASU, and the decision to transition to a new short sleeve and long sleeve white shirt with shoulder loops.

It is also permissible for

enlisted Soldiers to wear both overseas service bars and service stripes on the new blue ASU coat. Officers and Soldiers in the grade of corporal and above will additionally wear a gold braid on their slacks to indicate leadership roles.

"That is kind of a rite of passage as you transition from being a (junior) enlisted Soldier to a noncommissioned officer," Preston said of the gold braid.

New items for the ASU will be available in military clothing sales after July 2009.

Soldiers will be expected to possess the entire uniform by July 2014. The two key components of the uniform, the coat and slacks, are expected to cost around \$140, with modifications bringing the total cost to \$200. Enlisted Soldiers will receive an increase in their annual uniform allowance to help offset the cost of the uniform.



The new Army Service Uniform is based on the Army's current dress blue uniform and will replace the white, blue and green service uniforms. Paratroopers are authorized to wear the black combat boots with the new ASU.



The new Army Service Uniform is based on the Army's current dress blues and will replace both the Class A and B green uniforms. Soldiers will be expected to own the complete ASU by July 2014.

Photos by Sgt. Maj. Phil Prater

# Eisenhower's granddaughter revisits history at Fort Sam

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

The relative of a former president and renowned wartime general visited the house her grandfather lived in at Fort Sam Houston more than 65 years ago.

Mary Eisenhower, granddaughter of Gen. Dwight D. Eisenhower, toured the two-story Georgian revival-style home on Artillery Post Road here Saturday.

"It means so much to me to see this house," said Mary, who was in town to attend a friend's wedding. "My grandmother and I were very close. Being here makes the stories come alive."

Her grandfather lived in the quarters with his wife Mamie in 1941 while serving as the

chief of staff, 3rd Army. He was called away to the War Department and then overseas after Pearl Harbor was attacked by Japan on Dec. 7, 1941.

Mary grew up on the Eisenhower family farm outside of Gettysburg, Pa., hearing stories of San Antonio from her beloved grandparents. She credits Fort Sam Houston, in part, to her existence.

The famous general first came to Fort Sam Houston in September 1915, after he was commissioned as a second lieutenant. After two weeks at Fort Sam Houston, he met Mamie Geneva Doud at a mixer. Mamie's family was from Denver and spent the colder months at a second home in San Antonio. The

See EISENHOWER'S P11



Mary Eisenhower, granddaughter of former president Dwight D. Eisenhower, tours the home her grandparents lived in at Fort Sam Houston during the early 1940s. The two-story home, located on Artillery Post Road, is a popular spot for history buffs visiting the post.

## Binz-Engleman Gate moves

The Binz-Engleman Gate has moved and is now just east of the Fort Sam Houston Fire Station on Schofield Road. The gate remains open 24/7 and it can handle over-sized vehicles and visitor access. The move has made it easier for construction crews and equipment to get to work sites behind the fire station. Motorists entering the post from Binz-Engleman, who need to get to Fort Sam Houston Elementary School, Salado Park or the Army Travel Camp can turn right onto Garden Road. From Garden, motorists can turn right onto W.W. White Road or continue north and turn right onto William Hardee Road. These are high pedestrian areas. Both White and Hardee roads intersect Williams Road, where motorists should turn left. Once on Williams, drivers can turn right at Biesenbach Drive at the elementary school. Biesenbach intersects Nursery Road. At Nursery, motorists can turn right and then left at S-33E Road to get to Salado Park and continue to the RV recreational camp.

Photo by Jeff Crawley

## READY ARMY from P1



emergency plan guides, emergency kit checklists, parent/teacher guides, children's material, posters, public service announcements and brochures are available through Army Knowledge Online at <https://www.us.army.mil/suite/page/464795>. People who cannot access AKO can get emergency preparedness information at [www.ready.gov](http://www.ready.gov).

Ready Army brochures will be available at the Post Exchange; posters will be displayed in high-traffic areas and preparedness information will be incorporated into newcomer's orientations and staff

briefings, Barrett said. Materials will also be distributed to children in the Fort Sam Houston Independent School district.

"There are bookmarks, magnets, little games, those sorts of things," Barrett said.

Barrett said that Hurricane Gustav was an incredible reminder that communities need to be ever vigilant of disasters.

"The intent of Ready Army is to sustain preparedness year-round," he said. "As we move into different seasons and as people move around, there are different hazards."

**MENTAL HEALTH from P2**

faking it to be excused from duty.

Due to lack of knowledge and understanding, people are scared to interact with someone with a mental-health condition. So, they respond to that person in a defensive manner, which can involve teasing, ridicule, ostracizing and abuse. These negative behaviors indicate a lack of knowledge.

The truth is that mental conditions are not scary. They result from a complex interaction among genetics, biology and the environment, which are the same contributing factors to many chronic medical and physical conditions.

Stigma against mental-health conditions is harmful to everyone. Stigma can prevent an individual with a mental-health condition from seeking help. This is very dangerous

because, as with a physical-health condition, when treatment is sought at the first signs of a mental-health condition, the condition will respond better to treatment. Treatment will be quicker and the person will return to health and duty feeling stronger and more resilient than before.

Stigma also affects the health of a unit. The time and energy spent stigmatizing the person with the mental-health condition would be better spent focusing on the mission and health needs of the unit. Stigma also causes a division among Soldiers, which impairs their ability to successfully complete a mission.

The procedure for treatment of a mental-health condition is similar to the procedure for treating a wound described earlier.

Soldiers who are feeling depressed or with symptoms

of PTSD, to include flashbacks, nightmares and increased startle response, should go to a behavioral health professional. The health professional will assess the condition; provide immediate treatment in the form of talk therapy and, if needed, medication; instruct the Soldier in how to care for the condition; and schedule a time for a follow-up visit to reassess the condition.

Remember, the earlier the treatment, the quicker the recovery. Stop the stigma. Encourage a friend to get help today.

For online mental health resources, visit Battlemind at <https://www.battlemind.army.mil/>, Army Behavioral Health at <http://www.behavioralhealth.army.mil/>, Military OneSource at [www.militaryonesource.com](http://www.militaryonesource.com), or Mayo Clinic at <http://www.mayoclinic.com/health/mental-health/MH00076>.

**SUICIDE AWARENESS PREVENTION DAY**  
**SHOULDER TO SHOULDER:**  
**NO SOLDIER STANDS ALONE**  
 Sept. 9  
 9 a.m. to 2 p.m.  
 TOPICS COVERED:

**Opening Remarks: Maj. Gen. Russell Czerw**  
**PTSD: Veteran Affairs**  
**Depression: Dr. Anita Mancini-Mitchell**  
**Warning signs and symptoms**

**Participating organizations will be available to discuss concerns and provide information:**

United Way, Crisis Line/Deputy Mobile Outreach Team  
 Provost Marshal  
 Fort Sam Army Substance Abuse Program  
 Veteran Affairs  
 Family Advocacy Program  
 Fort Sam Houston chaplains  
 San Antonio Counsel on Alcohol and Drug Abuse  
 San Antonio State Hospital

**Location: Army Community Service**  
**Building 2797**  
**2010 Stanley Road**

**Open to all military, DoD civilians**  
**and spouses**

For more information, call 221-0133 or 221-1264

**FEEDBACK from P1**

tiered process: Interactive Customer Evaluation, Community FIRST and Corporate and Constituent Assessments.

The first process is one that many garrison employees may already know by its common name — ICE. The ICE system offers customers a way to provide feedback to any service provider on post using ICE comment cards or filling out a survey online; visit <http://ice.disa.mil>, click on Army CONUS, then scroll down to Fort Sam Houston. A response is provided to the customer within 72 hours after receipt of the survey.

“The ICE automated system allows customers to rate products and services and offer immediate feedback to all service providers,” Matthias said. “The feedback can be used to help improve the quality of service to customers and identify issues that affect their well-being.”

Some areas where customers can rate include: facility appearance, employee attitude, timeliness of serv-

ice, and whether or not the product met the needs of the customer.

The second tier in the three-part process is Community FIRST, which stands for Feedback, Issues, Resolutions, Solutions, Today. In this process, focus groups meet quarterly to identify issues on Fort Sam Houston. Each focus group comprises a different constituent, which can include: Warriors in Transition, Families, Soldiers, retirees, Department of Defense employees, veterans and surviving spouses.

“Every quarter, a focus group will meet to bring forth issues and concerns,” Matthias said. “We’ll take that input and bring it to the garrison leadership to resolve.”

The garrison will try to resolve the issues at the lowest level, whether it’s at a directorate or customer service provider level.

“The goal is quick resolutions,” Matthias said. “Once an issue is brought forth, the goal will be to have it resolved within 30 days.”

Some issues may be identified as better suited for the Fort Sam Houston

Army Family Action Plan annual forum. AFAP provides a way for the Army community to let Army leadership know what works, what doesn’t, and what they think will fix it. Some issues are resolved at the installation level, while other, more far-reaching topics, are brought to the major command, region and Army-level forums each year.

The last tier of the process is corporate and constituent assessments. Garrison employees will be invited to fill out an assessment online in late October.

“The garrison commander will review the feedback and use it to allocate resources to improve garrison programs,” Matthias said.

The program is new, but Matthias said he has high hopes that positive results can be gained.

“We want to increase the feedback received, positive or otherwise, and find quick resolutions to issues,” Matthias said. “Through employee participation, we can work together to improve and enhance garrison programs.”

Matthias said he is available to speak

to groups or organizations about the program. For more information, call Matthias at 221-2543 or e-mail [Russell.matthias@us.army.mil](mailto:Russell.matthias@us.army.mil).

**How are we doing?**

**ICE**

Do you have a compliment?  
 Did someone go out of their way for you?

You can make a suggestion on how  
 to improve a process!

USE THE  
 INTERACTIVE CUSTOMER EVALUATION - I.C.E.  
 WEBSITE

<http://ice.disa.mil>



Photo by Gregory Ripps

## Register to vote

Sgt. Carmen Aragon (right) provides information to Staff Sgt. Daniel Woerheide as he fills out a voter registration card Aug. 26 in the lobby of Building 1000. Members of the 470th Military Intelligence Brigade volunteered to take turns manning the voter registration table in honor of Women's Equality Day, which honors women being granted the right to vote in the United States. Sgt. 1st Class Megan Grant, unit equal opportunity adviser, said 75 people registered to vote that day.

# 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:

**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 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.

**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 walk-in basis Sept. 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 Sept. 5 and 12 in the ACAP Center, Building 2263, Room

B-99 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 for future success after military service. The ability to present talents, skills and experience to prospective employers is a lifelong skill.

## Doing their part



Courtesy photo

Soldiers from Headquarters and Headquarters Company, U.S. Army Garrison, collected and delivered school supplies to students at the Highland Park Elementary School in San Antonio. The supplies were donated by Fort Sam Houston community members. "I would like to thank everyone who donated school supplies in support of our efforts," said 1st Sgt. Wendy Carter, HHC, who organized the community-service project. Pictured are HHC Soldiers and Highland Park school staff: (from left) Sgt. 1st Class Randel Perez; Sara Arriaga, principal's assistant; Manuel Caballero, principal; Sgt. Derrick Balderas; and Staff Sgt. Howard Bell.

### EISENHOWER'S from P5

couple married July 1, 1916, and had two sons: Doud Dwight, who died from scarlet fever as a child, and John Sheldon Dowd, Mary's father.

"If not for Fort Sam Houston, I doubt I'd be here," Mary said. "She (grandmother) used to talk about San Antonio with a sparkle in her eye."

As Mary toured the exterior of the home, she admired the architecture and the size of the home and remarked

that her grandmother "must have loved it here."

Touring the house stirred old memories for Mary, who recalled her favorite stories of her grandfather.

"When I was 7, I had a friend who was the same age, but with a heart defect," Mary said. "At that age, I didn't know she was sick. She died."

Mary said she was sitting on the porch at the farm feeling down while her grandfather was watching his favorite TV show, "Green Acres."

"He came over, sat down

next to me and put his arm around me, and asked me if I was alright," she said. "I put my head on his chest and heard his heartbeat. I remember feeling so secure."

Her grandfather had a memorable laugh, Mary said, as she remembered a time when she made him laugh "all the way from his big toe to his mouth."

"I loved to watch granddad paint at the farm," said Mary, who greatly admired her grandfather's talent as an artist. "One day he put his

paintbrush down and said, 'You don't have a painting of mine. You may not want one, but take any one in the room.'

"He had one at the easel. He had just finished signing his name. It was a landscape," she said. "I told him I wanted that one. He laughed his big laugh, and said to his wife, 'Mamie, she picked the one you didn't like.' It's in my living room to this day."

Her grandfather died March 28, 1969, but his legacy lives on in his granddaughter. Mary is the chief executive

officer of People to People International, an organization the general created that fosters bonds outside of the government through programs that include everything from student exchange to landmine eradication.

"Grandfather founded People to People on Sept. 11, 1956 to peaceably combat the Cold War," Mary said. "He said, 'If people will get together, so will nations.' It seems prophetic in a way; we need that now today more than ever.



Photo by Esther Garcia

## Having a ball

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, throws the ball during the first pitch ceremony at Nelson Wolff Stadium Sunday in San Antonio prior to the start of the double header baseball game for the San Antonio Missions against the Corpus Christi Hooks. The San Antonio Missions won both games, 3-0 and 6-4.

## Aloha



Courtesy photo

Members of the Fort Sam Houston Spouses' Club do the hula dance during the club's welcome luau Friday at Dodd Chapel. Club membership is open to spouses of all ranks and services. To join, contact Membership Chairwoman Barbara Bryant at bryantten@aol.com or call 828-1985.



# Sports

### 2008 Club Championship

The Fort Sam Houston Golf Club will conduct its annual Club Championship Sept. 27 and 28. This 36-hole stroke play event is open to all members, active-duty military, Family members, Department of Defense employees and contractors assigned to Fort Sam Houston. The event will be played on the newly renovated La Loma Grande and Salado Del Rio courses, with a shotgun start at 8 a.m. both days. The Club Championship will be flighted by handicaps and will have a Championship Flight, Open Flight, Seniors, Super-Seniors, Ladies and Junior Flights. Golfers interested in competing may register in their respective flights in the Golf Course Pro Shop now through Sept. 25 from 7 a.m. to 7 p.m. The registration fee is \$35 for members and \$60 for non-members. This includes green fees, if applicable, prizes and an awards banquet following the tournament. For more information, call 222-9386.

### 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.

### Bowling leagues

Sign up now to participate in the fall bowling leagues at the Fort Sam Houston Bowling Center. Fall leagues begin in September. For more information on leagues, call 221-4740.

### Intramural fall flag football standings

#### Aug. 26

Team	Win	Loss
BAMC Pharmacy	1	0
BAMC	1	0
DENTAC	0	1
32nd TSC	0	1
USAG	0	0
USARSO	0	0
D Co., 187th Med. Bn.	0	0

### Intramural fall softball standings

#### Aug. 28

Team	Win	Loss
USARSO	2	0
USAG	1	0
264th Med Bn	0	1
ARNORTH	0	1
MEPS	0	1
4th Recon.	0	0
1/141st Inf.	0	0
418th Med. Log.	0	0
BAMC Pharmacy	0	0

### News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/pao/default.html>. For more information, call 221-0615 or 221-1031.

# WNBA stars inspire children, honor role model

By Elaine Wilson  
Fort Sam Houston Public Affairs

Aspiring basketball players from military Families throughout San Antonio hit the court here Aug. 22 to shoot hoops with two WNBA stars.

San Antonio Silver Stars center Ruth Riley and Detroit Shock forward Taj McWilliams-Franklin helped more than 30 children hone their basketball skills during a clinic at the Jimmy Brought Fitness Center. The clinic was presented by United Service Organizations, the WNBA and Booz Allen Hamilton.

"I'm an Army brat and my husband is ex-military," said McWilliams-Franklin, who has played pro basketball for nine years. "I'm always available to help aspiring players. I love to help keep kids involved."

During the basketball clinic, children worked on dribbling, shooting and passing. The Fox, the Silver Stars' mascot, also made a special visit to the gym.

"I'm having fun," said 13-year-old Jasmine Valadez. "It's great. I'd love to play for the WNBA some day." Jasmine's mother, Veronica, found out about the clinic through the USO and immediately signed up her daughter, who is an avid player.

"Jasmine's into sports. She plays basketball for her junior high," she said. "Her team went undefeated last year."

Sgt. 1st Class Dwayne Dozier, from the Fort Sam Houston Staff Judge Advocate office, and his daughter Morgan also attended the clinic. "My daughter loves basketball and wants

to play for the WNBA," he said.

"I'm having a great time," Morgan said. "I like meeting new people. I'm getting better, too."

Riley had a few words of wisdom for the aspiring players.

"The kids are great; they're having a lot of fun. To play (at a professional level) takes hard work and devotion, but it's just as important to be devoted to school and getting good grades," she said. "At the same time, dream big."

Along with the clinic, a luncheon was held at the Sam Houston Club to honor Family member Jackie Parsons, winner of the WNBA/USO Inspiring Women Essay Contest.

Parsons was named an "Inspiring Woman" based on an essay written by her husband, Air Force Lt. Col. Larry Parsons, from Randolph Air Force Base, Texas.

"She's amazing," said the colonel, referring to his wife. "She's overcome a lot of hardship in her life, but instead of asking for help, she goes out and helps others."

Jackie is finishing her Ph.D. in counseling despite battling ovarian cancer and raising seven children.

She was also honored at the WNBA Inspiring Women Luncheon at the Palace Hotel in downtown San Francisco in July, along with Robin Roberts, an ABC News "Good Morning America" co-anchor, who is battling breast cancer.

"Winning was an absolute surprise," Jackie said. "It was amazing to fly to San Francisco and meet Robin Roberts. We also met the women's Olympic (basketball) team."

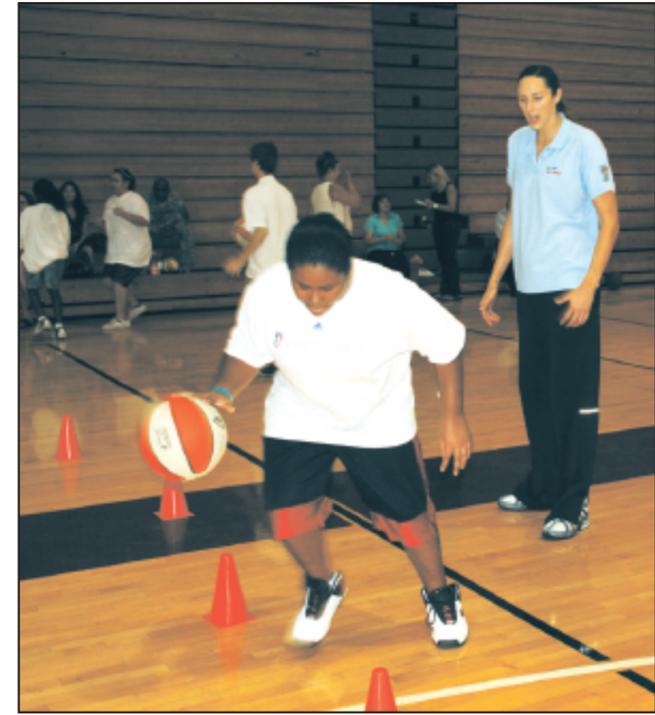
The Inspiring Women events celebrate motivational women who are role models and ignite the dreams and aspirations of women, according to a USO news release. Parsons was selected because her life inspires and motivates people.



Detroit Shock center Taj McWilliams-Franklin hones Justin Dahlberg's dribbling skills during a basketball drill.



Photos by Olivia Mendoza



San Antonio Silver Stars center Ruth Riley teaches an aspiring basketball player how to move across the court with the ball.

San Antonio Silver Stars center Ruth Riley teaches a clinic member some dribbling techniques.



Frank Lopez (far left), junior WNBA clinician, catches a pass while Jasmine Valadez, daughter of Veronica Valadez, and the San Antonio Silver Stars mascot, the Fox, watch for pointers.



Detroit Shock center Taj McWilliams-Franklin (far left) and San Antonio Silver Stars center Ruth Riley teach a few of the younger clinic members how to pass a basketball.



More than 30 military children from throughout San Antonio, two WNBA players and the San Antonio Silver Stars mascot, the Fox, participated in a basketball clinic sponsored by United Service Organizations, the WNBA and Booz Allen Hamilton Aug. 22 at the Jimmy Brought Fitness Center here.



# Regimental Riders promote safe, fun riding

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

The Regimental Riders are revving up a safety message on post.

The mission of the organization, formerly called the Fort Sam Rough Riders, is to promote safe motorcycle riding and community awareness in and around San Antonio. The club fosters a positive atmosphere for motorcycle riders while also supporting charitable organizations within the community.

The not-for-profit private organization comprises active-duty and retired military, veterans, Department of Defense civilians, DoD contractors and Family members within the Fort Sam Houston and San Antonio communities.

The 56 Regimental Riders range in age from 26 to 66 years old. Anyone who has a motorcycle, likes to ride and enjoy scenic locations throughout Texas is welcome to join the Regimental Riders club.

Sgt. 1st Class Denny Archibek, who works at Brooke Army Medical Center in the optical lab, is the motorcycle mentorship coordinator and safety officer for the Regimental Riders. His job is to educate riders on proper safety on the road. As a mentor, he pairs

novice and experienced riders.

New riders are mentored for six months before becoming a full club member. New riders learn how to maintain their motorcycle, conduct daily checks, and the ins and outs of riding on the road. Although all participants are invited to join the organization, membership is not a requirement for mentorship.

"There are a lot of bikers that are not fully aware or informed how to make safe turns without injuring themselves and can total their bike before even enjoying the experience of riding," Archibek said. "My job is to help them learn how to be protected, manage their bike and how to react in situations that may occur."

In response to a memorandum sent out in Dec. 28, 2005, by former chief of staff of the Army, Gen. Peter Schoomaker, the Regimental Riders answered the call to become a part of an "Army-wide network of motorcycle clubs" that could "foster relationships between riders and create a supportive environment of responsible motorcycle riding, while serving as a force multiplier." The Riders have been instrumental in carrying out the vision through participation in the quarterly safety train-



**Clothing**  
Long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle. A brightly colored outer upper garment should be worn during the day and a reflective upper garment during the night.

**Helmets & Eye Protection**  
Helmets should be certified by the manufacturer to meet or exceed DOT standards and must be properly fastened under the chin. A face shield or impact-shatter resistant goggles or wrap-around glasses that meet ANSI Z87.1.

**Sturdy Footwear**  
Leather boots or over-the-ankle shoes should be worn.

ing for members at U.S. Army South and BAMC in support of their motorcycle safety program and policies.

The training consists of checking tires and brakes, vehicle inspections, formation riding, hand signals, weather preparation and the operators to maximize their skills and prevent accidents.

The Regimental Riders emphasize the importance of personal protective equipment such as eye protection, helmet, appropriate clothing and gear, garment visibility and sturdy foot wear on and off duty, whether affiliated with the military or not.

It is mandatory for anyone riding on a federal installation to follow the PPE requirements. Service members and DoD civilians on duty status are required to wear it off post as well, in accordance with DoD instruction 6055.4.

"Other organizations do not stress so much about helmets, but we do in our club. The Regimental Riders are

**See RIDERS P17**

## RIDERS from P16

required to wear a helmet while riding. Not only may it save their life, but they also represent the club and our motto 'Safety Riding,' Archibek said. "I love to ride my bike, so I'd rather ride today safe to ride tomorrow."

Other requirements to ride on post include the completion of a Motorcycle Safety Foundation course, which results in an MSF card. The card is required to be visible at all times when riding on post.

Three courses are offered through the MSF that have been endorsed by DoD and the Army Combat Safety Center. These safety courses are the basic and experienced riders' courses and the newly fielded sports bike riders' course.

As an Installation Management Command program and part of the Army Traffic Safety, all MSF courses are free to military and DoD civilian personnel.

Along with safety, club members also focus on community service, said James Stubblefield,

president, Regimental Riders.

"Not only do we ride for enjoyment, but we also ride for our wounded warriors and local charity groups. When we go out and ride for our troops, we promote the importance of safety in our club and at the same time have fun riding," said Stubblefield, management service specialist for the Command Surgeon Office at U.S. Army South.

"Regimental Riders, while working hand and hand with DoD and the joint services, have participated with several

installations in setting up and promoting mentorship programs," Stubblefield said.

Club members are preparing to participate with U.S. Army Central Command and the Fort McPherson and Fort Gillem, Ga., military communities in a Joint Service Motorcycle Safety Event Sept. 25 and 26, Stubblefield said.

"This event is an avenue to bring together Soldiers and leaders and the motorcyclists in the community to enhance motorcycle-safety efforts," he said.

"If anyone is interested they are more than welcome to join us or come check us out first to see what we are all about," Stubblefield said. "If they do not have a buddy to ride with, we can certainly pair them up with someone."

For more information about joining the Regimental Riders, call Stubblefield at 355-8735, e-mail [president@regimentalriders.com](mailto:president@regimentalriders.com); Archibek at 295-4070, e-mail [denny.archibek@amedd.army.mil](mailto:denny.archibek@amedd.army.mil); or visit [www.regimentalriders.com](http://www.regimentalriders.com).



## Recreation and Leisure

### 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 from 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.

## Dining and Entertainment

### MWR Ticket Office

Go to the ticket office at the Sam Houston Club for discounts on summer fun. The summer hours are Tuesday through Friday from 10

a.m. to 5 p.m., Saturday from 10 a.m. to 2 p.m. and closed Sunday and Monday. Come by for discount tickets on local and out-of-state events. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 226-1663 or 224-2721.

### Sam Houston Club

#### Lunch at Sam Houston Club

Stop by the Sam Houston Club during the week for lunch. The club offers a buffet-style lunch Tuesdays through Fridays from 11 a.m. to 1 p.m. The cost is \$6.95 for members and \$7.95 for non-members. The meal includes a beverage, deluxe salad bar, soup and dessert. For more information on menus, check out the Sam Houston Club page on the MWR Web site at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-2721.

#### Karaoke Fridays

Come by the Sam Houston Club every Friday at 7 p.m. for free karaoke. Practice vocals or just come out and have fun with friends to celebrate the end of the work week. For more information, call 224-2721.

#### Auditions for Harlequin Dinner Theatre

The Harlequin Dinner Theatre will hold open auditions Sept. 22 and 23 from 7 to 8:30 p.m. The play, "Christmas Belles," a comedy by Jessie Jones, Nicholas Hope and Jamie

Wooten will be performed Nov. 5 through Dec. 13. The director will be Bruce Shirky. There are roles for four men and seven women. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. For more information, call 222-9694.



### AFTB Level III class

Army Community Service Army Family Team Building will offer the AFTB Level III class Sept. 8 to 10 from 5:30 to 9:30 p.m. at ACS, in training room 3, Building 2797 on Stanley Road. AFTB Level III is designed to enhance professional and leadership growth opportunities. Students will cover topics such as understanding needs, leadership styles, leader-assisted problem solving, meeting management and much more. For more information or to register, call Emmy Elliott at 221-1587 or e-mail [emmy.elliott@conus.army.mil](mailto:emmy.elliott@conus.army.mil).

### Blended Families

The Army Community Service Family Advocacy Program will offer a class for blended Families Sept. 9 and 16 from 11 a.m. to noon at the Red Cross, Building 2650. The

class covers the challenges of combining two Families into one. Discussion topics include discipline, financial responsibilities, and co-parenting issues and concerns. To sign up or for more information, call 221-0349 or e-mail [thelma.t.kegley@us.army.mil](mailto:thelma.t.kegley@us.army.mil).

### Pre-, post-deployment planning

Mobilization and Deployment will hold a pre- and post-deployment planning training Sept. 16 from 8:30 to 10:30 a.m. at Army Community Service, Building 2797. This class is designed to increase the spouse's ability to face deployments, allowing easier separations and smoother reunions. Registration is required by Sept. 12 at 4 p.m. For more information, call 221-2705 or e-mail [acs.mob.dep.oy@conus.army.mil](mailto:acs.mob.dep.oy@conus.army.mil).

### Care Team training

Mobilization and Deployment will hold a Care Team training Sept. 17 from 1:30 to 3 p.m. at Army Community Service, Building 2797. The training focuses on the Care Team's responsibilities and provides 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. Registration is required by Sept. 15 at 4 p.m. For more information, call 221-2705 or e-mail [samh.acs.mob.dep.oy@conus.army.mil](mailto:samh.acs.mob.dep.oy@conus.army.mil).

### Deployment, Related Parenting Challenges

Family members of deployed Soldiers encounter many challenges and Army Community Service offers help to the military spouses left behind. The Deployment and Related Parenting Challenges offers ways to maintain a normal routine, provide children with reassurance and improve parenting skills during the separation. The class will be held Sept. 17 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. To sign up or for more information, call 221-0349 or e-mail [thelma.t.kegley@us.army.mil](mailto:thelma.t.kegley@us.army.mil).

### AFTB instructor training

Army Community Service Army Family Team Building will offer the AFTB Instructor Trainer Course Sept. 17 and 18 from 9 a.m. to 2:30 p.m. and Sept. 19 from 9 a.m. to noon at ACS, Building 2797 on Stanley Road. The three-day course is designed to enhance presentation, organization and planning skills. Classes include Speaking on Your Feet, Planning Process, Methods of Instruction, Instructional Aids and more. For more information or to register, call Emmy Elliott at 221-1587 or e-mail [emmy.elliott@conus.army.mil](mailto:emmy.elliott@conus.army.mil).

### Federal resumix class

A federal resumix writing class will be held Sept. 12 from 8:30 a.m. to noon at Army Community Service, Building 2797. Retirees, active-duty military, Family members or federal employees just wanting to update their

See MWR P19

### MWR from P18

resumix can attend the class. For more information or to register, call Pam Belanger at 221-0516 or 221-2705.

### Resume writing, dress for success

Army Community Service Family Employment Readiness will hold a general resume-writing class and a dress for success class Sept. 23 from 9 a.m. to noon at ACS, Building 2797. For more information or to register, call Pam Belanger at 221-0516 or 221-2705.

### Negotiating Conflict

The Army Community Service Family Advocacy Program will hold a class in dealing with difficult people Sept. 23 from 1 to 2:30 p.m. at the Red Cross, Building 2650. Learn how difficult people think, what they fear and why they behave as they do. This negotiating conflict class will help people reduce anxiety and stress in difficult relationships. To sign up or for more information, call 221-0349 or e-mail [thelma.t.kegley@us.army.mil](mailto:thelma.t.kegley@us.army.mil).

### Parent University Project

Parent University Project will be held Sept. 25 from 6:30 to 8:45 p.m. at the Fort Sam Houston Elementary School. The program is designed to offer parents various mini-seminar sessions lasting 45 to 50 minutes dealing with parenting, communication, deployments, baby care and more. Parents will have an opportunity to attend two sessions. Limited childcare is available; parents must pre-register by Sept. 15 by contacting Central Registration for Family childcare at 221-4871 for children from birth to 5 years old, and School Age Services at 221-4455 for children from first to fifth grade. For

more information or to register, call Army Community Service Family Advocacy at 221-0600 or 221-2705.

## Child and Youth Services

### Part-day preschool registration

Registration for part-day preschool runs through Sept. 5 at Central Registration, in Building 2797 on Stanley Road. Two sessions are available. Session one is Mondays, Wednesdays and Fridays from 9 a.m. to noon. Session two is Tuesdays and Thursdays from 9 a.m. to noon. Each session is limited to 22 children. Children must be between ages 3 and 5, toilet-trained, and not participating in a school district program. The program begins Sept. 8. To register or for more information, call 221-1723 or 221-4871.

### Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held Sept. 16 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. All CYS patrons are encouraged to attend. PAC meetings

are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

### ACT/SAT preparation

Free ACT and SAT Power-Prep software are available to all active-duty military, veterans and their Family members. Visit [www.eknowledge.com/military](http://www.eknowledge.com/military). For more information, call 221-2214.

### 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 or 221-1723 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

### Volunteers for youth sports

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



# Community

## Events

### Terrific Treehouses

A collection of original Terrific Treehouses is on display at the San Antonio Botanical Garden through Dec. 7. Each treehouse design is unique; the designs range from a magic rocket ship treehouse to a feng shui-inspired garden to a whimsical "flower fort." The San Antonio Botanical Garden is at 555 Funston Place. For more information, call 829-5100 or visit [www.sabot.org](http://www.sabot.org).

### Development Summit

The 2008 Community Development Summit will be held Sept. 15 and 16 from 7:45 a.m. to 7 p.m. and Sept. 17 from 7:45 a.m. to 1:15 p.m. at the Henry B. Gonzalez Convention Center in San Antonio. The cost is \$100 for all three days, which includes three

continental breakfasts and luncheons and two evening receptions. Single-day registration is available for \$50, which includes lunch, evening reception if applicable, and admission to all sessions during that day. Parking is provided free at the Alamodome with shuttle service to the convention center. For more information, visit [http://www.sanantonio.gov/planning/cd\\_08summit.asp](http://www.sanantonio.gov/planning/cd_08summit.asp).

### Nominations for Military Spouse of the Year

Military Spouse Magazine is seeking nominations for the 2009 Military Spouse of the Year Award sponsored by USAA. Nominees must be the spouse of a current member of the U.S. Armed Forces. The criteria for selection includes: impact on community change, volunteerism, personal sacrifice, education, career pur-

suits and other military spouse-related efforts. The MSM encourages individuals to submit a nomination for themselves or an eligible nominee. Nominations will be accepted through Oct. 8. For more information, call 703-288-8684. To submit a nomination, visit [www.msos.milspouse.com](http://www.msos.milspouse.com).

## Training

### Forms training

Beginning Oct. 1, the Army Medical Department E-Forms will be eliminated and all forms will need to be done in Enterprise Web AMEDD Electronic Forms Support System within the AMEDD domain. Training opportunities are available, but not required, in Willis Hall, Building 2841, in Room 2105C, except as noted. The training schedule is:

### Forms using Army Knowledge Online for NCO Evaluation Reports and Officer Evaluation Reports

Sept. 8 from 1 to 4 p.m.

### AKO

Sept. 16 from 1 to 4 p.m.

### EWA forms training

Sept. 11 from 8:30 to 11:30 a.m.  
Sept. 11 from 1 to 4 p.m.  
Sept. 15 from 8:30 to 11:30 a.m.  
Sept. 15 from 1 to 4 p.m.  
Sept. 18 from 1 to 4 p.m. in Room 2105B.  
Sept. 30 from 8:30 to 11:30 a.m.  
Sept. 30 from 1 to 4 p.m.

Seating is limited. To register, e-mail [julie.gueller@amedd.army.mil](mailto:julie.gueller@amedd.army.mil). Participants must bring their common access card with them for the training. For more information, call 221-6203.

## Meetings

### Comptrollers meet

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to attend its luncheon Sept. 10. The social begins at 11 a.m. with lunch at 11:30 a.m. at the Fort Sam Houston Golf Club. Guest Speaker Ed Noack, Air Force Center for Engineering and the Environment comptroller, will present, "The Air Force Center for Engineering and Environment's Budget - How it Works." For reserva-

tions, call Don or Cyndi Heath at 655-5317 by Sept. 8.

### Spouses' Club

The Fort Sam Houston Spouses' Club will host a luncheon and bingo Sept. 16 at 11 a.m. at the Sam Houston Club. A fine-jewelry sale by the James Quality Jewelers from Bangkok, Thailand, will be held in the ballroom from 10:30 a.m. to 2 p.m. The sales event is open to the public and a percentage of the sales will be donated to the Spouses' Club Welfare and Scholarship funds. For more information or reservations, call Marcella Garcia at 677-5187 or e-mail [marcella.garcia@us.army.mil](mailto:marcella.garcia@us.army.mil).

### Preservation Society meeting

The Society for the Preservation of Fort Sam Houston will meet Sept. 18 at noon at the Stilwell House on Infantry Post Road. Refreshments will be served at 11:30 a.m. Joan Gaither, president of the organization and staff writer for the Military Spouse Magazine, will be the guest speaker. For more information, call Gaither at 824-1917.

# For Sale Fort Freebies

**For Sale:** Lowrey organ, with bench and sheet music, \$190; computer desk, 63 inches by 23 inches, \$30. Call 657-5137.

**For Sale:** 2006 Sunray deluxe redwood playground, with three swings, slide, covered observation deck, trapeze and climbing wall, good condition, \$500. Call 527-9368, leave a message.

**For Sale:** AKC Afghan hound, 3 years old, black-and-tan, \$250; golden retriever, 3 years old, \$100. Call 566-8292.

**For Sale:** Two used professional sport bikes - one blue Novara Randonee and one red Novara Strada, both need refurbishing; cost new around \$495, will sell for \$100 each. Once refurbished (pro bike shop estimate is between \$200 to

\$250, less if you do the repairs) each bike will approximate the value of a new, \$1,000 bike. Bottom line, for a \$300 to \$350 investment, ride the equivalent of a \$1,000 bike. 1992 Magnum conversion van, loaded. \$2,395 obo. Call 659-6741.

**For Sale:** Go-Go Ultra four-wheel scooter with deluxe seat and basket, new from the Scooter Store, \$700. Call 837-6442.

**For Sale:** Dog kennel, 10 feet long by 5 feet wide by 6 feet high, \$125; electric wheelchair, thumb driven, brand new, \$1,300. Call Clyde at 290-8472.

**For Sale:** Mattress, spring air back supporter, king-sized, no box spring, paid \$1,100, will sell for \$500; ceiling fan with light fixture, 42-inch, \$25; Pentair pool cleaner for

### Submission guidelines:

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

in-ground pool, excellent condition, \$300. Call 697-9261 or 363-4056.

**For Sale:** Kirby G5 vacuum cleaner with all attachments, manuals and demonstration video and several replacement bags, belts replaced in 2005; excellent condition; \$200. Call 210-455-3146.

**For Sale:** Brown, king-sized post bedroom set: headboard, footboard, rails, box springs, mattress not included, nine-drawer dresser with mirror and armoire, \$500 obo for all. Call 822-2837 or 288-6697.

**For Sale:** Programmable Honeywell digistat thermostat for home A/C, cost \$100, will sell for \$30. Call 221-3549.

**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, excellent condition, \$175; three-tier diaper cake, blue, \$30; James Avery "Lord watch between ..." pendent set, \$35; wood-grain wall-unit entertainment center, 6 feet high by 5 feet wide by 17 inches wide, \$150; Sofa sleeper and loveseat, \$225. Call Toni at 550-4680.

**For Sale:** Razor scooter, two seater, pink, new, \$125. Call 464-6761.

**For Sale:** Hooked on Phonics master reader deluxe edition for ages 7 and up, goes new for \$200, asking \$100 obo; two red electric scooters, \$50 each. Call 592-9059 or 288-4435.

### Fort Sam Houston Independent School District

#### Weekly Campus Activities - Sept. 8 to 13 Fort Sam Houston Elementary School

**Sept. 8**  
Iowa Test of Basic Skills - grades first to fifth, 8:30 to 10:30 a.m.

**Sept. 9**  
Iowa Test of Basic Skills - grades first to fifth, 8:30 to 10:30 a.m.

**Sept. 10**  
Iowa Test of Basic Skills - grades first to fifth, 8:30 to 10:30 a.m.

**Sept. 11**  
Iowa Test of Basic Skills - grades first to fifth, 8:30 to 10:30 a.m.

**Sept. 12**  
Iowa Test of Basic Skills test for Grades first to fifth, 8:30 to 10:30 a.m.

**Sept. 13**  
Spirit Day

**Robert G. Cole Middle/High School**

**Sept. 8**  
Cole Cougar Pride Club meeting in Media Center, 5:30 p.m.

**Sept. 9**  
Senior parent meeting in Media Center, 6:30 p.m.

**Sept. 10**  
Varsity volleyball at Sabinal, 6:30 p.m.

**Sept. 11**  
Cole Senior Parent Salad/Potluck, 5 to 6:30 p.m.

**Sept. 12**  
Open house in Cole gym, 6:30 p.m.

**Sept. 13**  
Junior varsity football vs. Marion at Cole, 6 p.m.

**Sept. 14**  
Varsity volleyball tournament at Tilden, TBA

**Sept. 15**  
Varsity football at Marion, 7:30 p.m.

**Sept. 16**  
Varsity volleyball tournament at Tilden, TBA