



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Feb. 22, 2007

Briefs . . .

Traffic safety classes

Local Hazards Training and Intermediate Traffic Safety Training classes will be held today and March 8 and 22 from 8 to 11 a.m. at Building 4196 in the Public Works Scheduling Room. Local Hazards Training is required for Army personnel newly assigned to an Army installation, and Intermediate Traffic Safety Training is required for Soldiers under age 26 newly assigned to an Army installation. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

Hospital Corps Anniversary Social

The U.S. Army Medical Department Hospital Corps will sponsor an Anniversary Social Friday at 4:30 p.m. at the Army Medical Department Museum. The guest speaker for the event will be retired Command Sgt. Maj. Sandra Townsend. Dress is casual. The cost is \$5. For more information, call Sgt 1st Class Dantzler at 221-7732 or e-mail raquel.dantzler@amedd.army, or call Sgt 1st Class Reid at 295-4442 or e-mail tiffany.reid@amedd.army.mil.

BAMC Blood Drive Month

Brooke Army Medical Center blood drives will be held Wednesday in the BAMC Medical Mall. For more information, call Sammie Edwards, armed services blood donor recruiter, at 295-4655 or 295-4989.

ID Card Section compliance

The Department of Defense will initiate an ID card facility lock down Wednesday to validate that the ID Card Section is 100 percent in compliance and is no longer accepting DD Form 1172-2 (Application for Department of Defense Common Access Card DEERS Enrollment) as a means for eligible DOD contractors to obtain a Common Access Card. The ID Card Section will continue regular operations during that time. For more information, call Joe Gathers at 221-0623 or Helen Smith at 221-0819.

Rampage tickets available

Tickets for the Rampage ice hockey team's Military Appreciation Night Friday are available at the Morale, Welfare and Recreation ticket office in the Sam Houston Club. Ticket prices are \$12 and \$16, which includes a free food voucher. For more information, call 226-1663.

Lincoln at Your Service

Effective March 1, Lincoln Military Housing will change their service request number to a local number. The new Lincoln at Your Service number will be 210-CALL-LMH or 210-225-5564. In the meantime, residents can still call 1-888-578-4141 for service requests.

FRG basic leadership training

The Army Community Service Basic Family Readiness Group Leadership Training and Workshop will be held March 3 from 9 a.m. to 2 p.m. in Building 2797, Stanley Road. This training is required for FRG leaders and unit liaisons. Training will cover revised regulations and policies, with an opportunity to exchange "best practices." For more information or to make reservations, call 221-0946.

See BRIEFS on Page 3



Photo by Olivia Mendoza

Looking for 'losers'

Felipe Serratos and wife, Enriqueta, stretch together at the MacArthur Field track in a mutual effort to stay healthy and fit. "We come out about every other day, both of us together. We motivate each other," Felipe said. Fitness seems to be a trend on post these days. A "Biggest Loser" weight loss and fitness competition will start at Fort Sam Houston March 2. The post community is invited to participate. For details, see Pages 14 and 15.

Fort Sam's best honored at Leadership Call

By Cheryl Harrison
Fort Sam Houston Public Information Office

Four outstanding Soldiers from Fort Sam Houston were honored during leadership call Feb. 15 in Blesse Auditorium. The Fort Sam Houston NCO of the Year, Fort Sam Houston Soldier of the Year, Army Medical Department Center and School Drill Sgt. Of the Year, AMEDDC&S NCO of the Year and the AMEDDC&S Soldier of the Year were introduced to key leaders from the post community.

Maj. Gen. Russell Czerw, AMEDDC&S and Fort Sam Houston commander, greeted the gathering with a reminder about cell phone usage when driving without headsets on post, but quickly turned the subject matter to the four Soldiers waiting on the sidelines for their due recognition.

"I'm going to turn this part of the program over to Command Sgt Maj. Burke. He is going to introduce some outstanding, dedicated, motivated, highly energetic Soldiers who have made a commitment to be the best that they can be," said Czerw.

"This is the third year that the competition was conducted for an installation-wide Soldier and NCO of the year, open to all major subordinate commands on the installation. It also has the highest level of Soldier competition on post and is equivalent to a four-level competition. The competition also identifies the 2007 ambassadors for Fort Sam Houston," said Command Sgt. Maj. Tim Burke, AMMEDDC&S and Fort Sam Houston.

Four Soldiers were recognized for the five honored awards. One superb Soldier was presented two of the honors.

The Fort Sam Houston NCO of the Year and AMEDDC&S NCO of the Year were awarded to Staff Sgt. Russell Burnham, Training Support Company, 32nd Medical Brigade.

"My offer is to take my assigned unit to the next level by communicating effectively, and helping others to leave the Army better than we found it. Competing in Soldier and NCO competitions is just a logical step in that process. The competition is always fun, challenging and helps me to become a better leader, Soldier and human," said Burnham.

See HONORED on Page 4

Ceremony to commemorate first military flight

Fort Sam Houston will celebrate the 97th anniversary of Lt. Benjamin Foulois' first military flight March 2 at 11 a.m. at the main flagpole on Stanley Road. Two vintage Stearman aircraft will perform a fly-over during the ceremony.

Military aviation was born at Fort Sam Houston March 2, 1910, when Foulois made the first flight in Army Aircraft #1, a Wright bi-plane. Foulois started the flight at 9:30 a.m. and ended at 9:37 a.m., attaining the height of 200 feet and circling the area at a speed of 30 mph. This pre-

mier flight became known as the birth of military flight, and Foulois became known as the "father of U.S. military aviation."

Oliver "Ollie" R. Crawford, a member of the Order of the Daedalians and a former World War II fighter pilot, will be the keynote speaker at the March 2 ceremony, which will be hosted by The Stinsons Flight No. 2, Order of the Daedalians and the Jack Dibrell/Alamo Chapter of the Army Aviation Association of America. The public is invited. The inclement weather site is the Sam Houston Club.



Maj. Gen. Benjamin D. Foulois was the Army's first pilot and a founding father of airpower.

Courtesy of Air Force Association

Workshops prepare wounded warriors for career fair

A series of specialty classes and workshops will take place next month to help service members prepare for the Hiring Heroes Career Fair, which will be held March 27 at the Sam Houston Club, 1395 Chaffee Road. All service members wounded in support of Operations Iraqi and Enduring Freedom are welcome to attend.

The following Career Fair preparation classes will be offered:

Three-Day Transition Assistance Program Workshop

This workshop will be held March 7 to 9 from 7:45 a.m. to 4 p.m. in the Army Career and Alumni Program classroom, 1706

Stanley Road. The workshop includes resume writing, interviewing, negotiating and an array of job search concerns. The workshop is presented by the Texas Veterans Commission. For reservations, call 221-1213.

Civilian Resume Development

This class will be held March 7 and 21 from 6 to 8 p.m. at the Soldier and Family Assistance Center in the second floor of the Powless Guest House. Gabriele Dias, Army Community Service, will teach. For reservations, call 221-0516.

ACAP's Job Fair Prep Class

This class will be held March 12 from 9 to 11 a.m. in the ACAP classroom, 1706

Stanley Road, and will include how to work a job fair, a list of employers and jobs review, last chance resume critique and assistance. For reservations, call 221-1213.

Federal Application Development

Kim Goffar, Office of Personnel Management, will teach this class followed by live, online input. Classes will be held March 7 from 1 to 4 p.m. at Army Community Service, Bldg. 2797; and March 12 from 1 to 4 p.m. at the ACAP Center, 1706 Stanley Road. For reservations, call 916-6284.

Marketing Yourself for a Second Career Seminar

The seminar will be presented by retired Col. Dick Crampton, Military Officers Association of America, March 13 from 9 to 11:30 a.m. at Blesse Auditorium in Willis Hall, Building 2841 on Stanley Road. No reservations are required.

Civilian Resume Review and Assistance Workshop

ACAP will present this workshop March 14 and 21 from 1 to 4 p.m. in the ACAP classroom, 1706 Stanley Road. For reservations, call 221-1213.

For more information, call the ACAP Center at 221-1213 or visit the center at 1706 Stanley Road.

Fort Sam Houston News Leader

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**Army Medical Department
Center and School and
Fort Sam Houston Commander**
Maj. Gen. Russell Czerw
Garrison Commander
Col. Wendy Martinson
Public Affairs Officer
Phillip Reidingen
Editor/Writer
Elaine Wilson
Staff Writer
Cheryl Harrison
Layout Artist
Lori Newman

Fort Sam employees asked to conserve energy

By Elaine Wilson

Fort Sam Houston Public Information Office

Just like at home, Fort Sam Houston employees should remember to conserve energy, whether it's shutting off the lights or turning up the thermostat in their office buildings.

"Executive Order 13423 has mandated that all federal installations cut energy costs by 3 percent annually," said Charles Neumann, resource efficiency manager, Directorate of Public Works. "The easiest way to start is for people to turn off the lights in unused areas of their office building."

Always on the look out for opportunities to save energy, Neumann has driven throughout post and noticed numerous outside lights on in the middle of the day. "People just aren't thinking about energy conservation."

This general lack of conservation concern is leading to million dollar-plus monthly electric bills for Fort Sam Houston, a high-dollar amount for a belt-tightening Department of Defense.

"Turning off a light switch may seem like a small thing, but you're not just saving energy, but saving the cost of a light bulb and the labor to change that light bulb," Neumann said. "It also looks a lot better to the community. Here we are with budget concerns, and yet we aren't even showing any concern for our rising utility costs."

Along with shutting off lights, Neumann recommends employees avoid overcooling or overheating rooms and to check to make sure unused rooms aren't being heated or cooled. "It's a challenge to properly heat and cool all of these old, historic buildings, but we ask that people attempt to conserve as much as possible."

While employees are responsible for conserving lights, heating and cooling, post leaders are working to ensure the lighting and air conditioning systems are as efficient as possible. "We've switched to compact fluorescent bulbs and T-8 lights and upgraded heating and cooling systems," Neumann said.

In the past, it was hard to pinpoint the buildings with energy waste since there was only one meter for all build-

ings. However, once the post switched to privatized electricity and gas, meters were installed on each building. "There's accountability now," Neumann said. "We can use the data for improvements."

Along with electricity, Neumann said another hot topic is water conservation, an area where the post has already made some progress. "We're retrofitting buildings with low-flow toilets, shower heads and aerators on sinks," he said. "Little changes can have a big payback."

Additionally, some areas of the post, like the golf course and cemetery, use recycled water for irrigation, which are examples of "great conservation efforts," Neumann said.

Whether water or electricity, Neumann said all employees should keep conservation in mind. "We always welcome ideas or input regarding conservation," he said, adding that if a work order is required, such as with a faulty autocell or ac unit, it should be generated through the designated building managers.

For more information, contact your building manager or call Neumann at 215-6560.

Coast Guard flies critical blood donations to BAMC

Story and photo by Petty Officer 1st Class Adam Eggers

Coast Guard Air Station Houston

HOUSTON — A bomb explodes. The force of the detonation sends you flying backward and you land, with a thud, on your back. You hear the faint sounds of people yelling and screaming, some running in your direction. Dazed, you try to stand up, but a burning sensation washes over you. You now realize why they're running toward you; you've been hit.

As events like this play out nearly everyday, the need to provide injured Soldiers, Marines, airmen and sailors with blood is critical. To help meet that need, Coast Guard Air Station Houston, in conjunction with the Armed Forces Blood Program, held a blood drive Saturday at Ellington Field.

A flight crew from Coast Guard Air Station Houston flew the donations directly to Brooke Army Medical Center in an HH-65C Dolphin helicopter. An HU-25

Falcon jet from Air Station Corpus Christi and a Coast Guard Auxiliary airline also flew blood donations.

"It's an honor," said Coast Guard Capt. Norman Schweizer, commanding officer of Air Station Houston. "The blood needed to get there (BAMC) as soon as possible because of the perishability. We were happy to help in any way we could. It was the right thing to do."

The nearly 90-minute flight to BAMC gave the Coast Guard crew a chance to reflect on the mission they were conducting.

"It means a lot," said Lt. Justo Rivera, one of the pilots on the flight, "Knowing it's going to the men and women fighting over there in Iraq, getting shot at every day."

Although transporting blood is not normally a Coast Guard mission, it is fitting with the service's main goal: saving lives.

"Our mission is to save lives, it's what we do," said Petty Officer 2nd Class James Guidry, flight mechanic, "And to be able to help injured members of our military family, it's special."



Coast Guard Capt. Norman Schweizer lands an HH-65C Dolphin helicopter Saturday at Brooke Army Medical Center. The helicopter was transporting a large amount of donated blood.

Briefs

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AKO training

Army Knowledge Online Hands-On Training will be held March 13 from 8:30 to 11:30 a.m. and 1 to 4 p.m. For more information, call Julie Gueller at 221-6203.

Army Emergency Relief kick off

The Annual Army Emergency Relief Fund Campaign will be conducted Army-wide March 1 through May 1. At Fort Sam Houston, the campaign period will be April 1 through May 1. The kick-off meeting for project officers and key personnel will be held March 14 at 10 a.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. Details for conducting the campaign will be discussed and campaign materials will be distributed at that time. Names of selected project officers and key workers should be reported to the AER office no later than March 1. For more information, call the AER office at 221-1612.

Housing update

Senior NCO three and four bedroom homes are available for immediate occupancy in Harris Heights. For more information, call 270-7638.

Notification for veterans

Social Security may credit veterans with \$160 a month in earnings for military service from Sept. 16, 1940, through Dec. 31, 1956. For more information, visit the Military Service and Social Security Web site at <http://www.socialsecurity.gov/pubs/10017.html>.

Applicants will be asked for their DD Form 214 along with information about their Reserve or Guard service.

Black History Month documentary

The Fort Sam Houston Museum is showing the 55-minute documentary, "The Tuskegee Airmen—They Fought Two Wars." The documentary will run continuously throughout February in honor of Black History Month. For more information, call 221-1886.

BAMC tax center

The Brooke Army Medical Center Military Tax Assistance Center is open to assist active duty, retirees, and Reserve and National Guard service members on orders for more than 30 days. The tax center is open Mondays through Fridays from 9 a.m. to 4 p.m., and is located on the fifth floor of BAMC in Room 513-19 (Pediatrics Ward). For more information or to make an appointment, call 916-1040. Walk-in service is available on a first-come, first-served basis for 1040EZ filers only.

Fort Sam tax center

The Fort Sam Houston Military Tax Assistance Center is open Tuesdays through Fridays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 2 p.m. and closed Sundays and Mondays. The center is located behind the Legal Office in Building 133. Tax returns will be completed on an appointment-only basis, with the exception of 1040EZ filers, who can walk in. For more information or to make an appointment, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

Army unit's deployment accelerated

WASHINGTON — The 3rd Infantry Division Headquarters, based in Fort Stewart, Ga., will deploy to Iraq sooner than originally scheduled, Department of Defense officials announced Friday.

The unit was scheduled to begin its deployment in June, but will now begin its deployment in March. The headquarters was identified for deployment Nov. 17.

The headquarters will provide command and control, intelligence, surveillance and reconnaissance capabilities in support of Baghdad security operations, said Lt. Col. Mark Ballesteros, a DoD spokesman.

This three-month acceleration affects about 1,000 service members.

"Force levels in Iraq continue to be conditions-based and are determined upon the recommendations of military commanders in Iraq and in consultation with the Iraqi government," Ballesteros said.

In January 2005, the 3rd Infantry Division became the first Army division to serve a second tour in Iraq. The division headquarters took control of Multinational Division Baghdad, with headquarters at Camp Liberty and with responsibility for the greater Baghdad area. The division redeployed to Fort Stewart and Fort Benning, Ga., in January 2006.

(Source: American Forces Press Service)

Post Pulse: How are you planning for your financial future?



"I am going to college for radiology and my husband owns a company."

Elizabeth Westberry and son Brenden



"I have municipal service and teacher retirement and Social Security."

Isidor Ayala



"I'm into Thrift Savings Plan, big time and of course civil service and military retirement."

Preston Nichols



"I have long-term insurance."

Janice Jackson

Program encourages troops to save money, reduce debt

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON — A new Defense Department program encourages service members to become better money managers by paying off or avoiding credit card debt and starting savings accounts, a senior official said Feb. 15.

"Military Saves" is an ongoing, DoD-wide program that also sponsors money management seminars titled, "Moneywise in the Military," held at military installations across the country, said Leslye A. Arsht, deputy undersecretary of defense for military community and family policy.

"We want financial planning and financial strategies to become a part of everyday life" for service members and their families, Arsht said.

Each seminar features the insights of money management expert Kelvin Boston, host of the PBS television series, "Moneywise," as well as other sessions that discuss the proper use of credit, savings and investment strategies, home ownership and other topics.

The first "Moneywise in the Military" seminar, held in September at Walter Reed Army Medical Center in Washington, D.C., attracted more than 200 service members and military spouses, Arsht said.

Participants "listened to experts give them tips and strategies to use to start this kind of (financial) planning that would put them on this positive path to managing their money in a proactive way," Arsht said. "Many service members went away saying they learned a lot of things they didn't know."

The second "Moneywise in the Military" seminar was held Jan. 31 on Fort Dix, N.J., and it drew more than 400 service members and military spouses. The Navy will kick off its "Military Saves Week" activities by holding a "Moneywise in the Military" event in San Diego on Saturday.

The Defense Department's "Military Saves" program also offers a Web site, www.militarysaves.org, where service members can access financial management information and register for a money management plan, Arsht said.

When service members are distracted by financial problems, it negatively affects military readiness, Arsht pointed out. The state of a service member's personal finances also affects security clearances, she added.

However, service members with money problems shouldn't feel embarrassed or afraid to step forward to obtain help that's free and readily available through military channels, Arsht said.

"All the command wants is for everyone who is in the

service to be successful, and having debt and worry keeps you from that," Arsht said. "Everyone along the command chain recognizes that this is a problem. (But) people make mistakes and make bad choices."

"You can work to fix it. And then, once you work to fix it, you can put yourself on a path to financial success that will keep you from doing that again," Arsht said.

The "Military Saves" program officially kicks off during "Military Saves Week," which is Feb. 25 through March 4, Arsht said. "Military Saves" is part of a national initiative called "America Saves," she said, that urges Americans to become better stewards of their personal finances.

David S.C. Chu, undersecretary of defense for personnel and readiness, initiated planning for the "Military Saves" program more than a year ago, Arsht said.

The program's goal is for service members to become better managers of their personal finances, and in doing so avoid money-related problems and worries that can distract them from performing important national security missions, Arsht said.

"We want financial planning and financial strategies to be part of everyday life," she said. "You start now and keep doing it and it becomes a habit."

For more information, visit <http://www.americasaves.org/national/military.asp>.

Training provides forum for retention issues

By **Spc. Jason A. Merrell**
470th Military Intelligence Brigade

United States Army South hosted a quarterly meeting of Fort Sam Houston's Army career counselors and retention professionals Feb. 9 in Building 1000.

The training was established by Sgt. Maj. Gary Schoolfield, Fort Sam Houston senior career counselor, to enhance career progression, competence and overall teamwork among career counselors assigned to Fort Sam Houston. The theme of this quarter's meeting was "Changing

the way we approach conflict."

"This command was excited to have the opportunity to host the second quarter retention training," said Master Sgt. Therman Jones, USARSO command career counselor. "We all learned that there is always room to grow, and this training enabled us to do just that — grow as professionals."

Meeting attendees included counselors from USARSO, 5th Recruiting Brigade, Brooke Army Medical Center, Great Plains Region, 470th Military Intelligence Brigade, Installation Retention Office and

the 32nd Medical Brigade.

Kicking off the meeting was an award presentation that recognized Fort Sam Houston's career counselors of the year, Sgt 1st Class Cynthia Kling, USARSO, and Staff Sgt. Robert Zamora, 32nd Medical Brigade.

"There is no more difficult job in the Army than bringing people in," said Col. John P. Cook, 32nd Medical Brigade commander. "And with that, there's no more important job than retaining them."

The training proved to be both invaluable and enlightening as Soldiers were

instructed on several different retention issues, including a very detailed class by Michael McMillion, an acclaimed speaker, on managing conflict.

"Career counselor training is the cornerstone to ensuring that the Army retention program constantly improves," said Schoolfield. "By bringing the career counselor community of Fort Sam Houston together, this allows an open forum to discuss recommendations and problems needing to be forwarded to Headquarters (Department of the Army) or addressed locally."

Honored

Continued from Page 1

Spc. Travis Harris, of the 201st Military Intelligence Battalion, 470th MI Brigade, was named the Fort Sam Houston Soldier of the Year.

"I guess the best thing that I could say is sometimes boards are tough; however, the rewards range from personal pride to competence in your basic Soldier skills. They're a great way to reinforce what we need to know to be Soldiers. The prizes aren't bad either," said Harris.

The top drill sergeant from the 187th and 232nd Medical Battalions competed for the title of Drill Sergeant of the Year. This year's winner will compete for the honor of top Drill Sergeant in the Army.

Presented as the AMEDDC&S Drill Sergeant of the Year, Staff Sgt. Willie Henard, of A Company, 264th Medical Battalion, said, "I just want to say that it was an honor being selected as the Drill Sergeant of the Year. I could not have made it this far alone. I want to thank my wife, Sandra, and all my drill sergeant battle buddies from A Company, 264th. I will do my best to represent the (Medical

Command) at the (U.S. Army Training and Doctrine Command) board in June. Thanks."

The AMEDDC&S Soldier of the Year award went to Spc. Jeremy Schlegel, 323rd U.S. Army MEDCOM Band.

Schlegel's wife Donna proudly said, "I feel very proud of him. He worked very hard."

"I am very proud of this, thank you," said Schlegel.

Soldiers and NCOs had to prove themselves during the rigorous competition. Beginning with the Army Physical Fitness Test, the competition included a written examination, essay, Common Test Training, day and night land navigation, the obstacle course and an oral board conducted by sergeants major from across the installation.

Each of the Soldiers was recognized by sponsors representing Eisenhower Bank; Association of the United States Army; Army and Air Force Exchange Service; Government Personnel Mutual Life Insurance; Bank of America; Morale, Welfare and Recreation; Kim's Alterations and Cleaning; San Antonio Federal Credit Union; Government Employee Insurance; and Successories of Texas, as well as others.



Photo by Cheryl Harrison

Four outstanding Soldiers are hailed as the best of the best during a recognition ceremony held at Blesse Auditorium Feb. 15. The winners are (from left) Staff Sgt. Russell Burnham, Spc. Travis Harris, Staff Sgt. Willie Henard and Spc. Jeremy Schlegel. Command Sgt. Maj. Tim Burke, Army Medical Department Center and School and Fort Sam Houston; Tammany Williams, "Successories of Texas;" and Maj. Gen. Russell Czerw, AMEDDC&S and Fort Sam Houston commander, were also in attendance.

Low prices meet their match at AAFES

The Army and Air Force Exchange Service's "We'll Match It!" initiative has been updated to allow authorized shoppers to compare prices between the exchange and "warehouse clubs."

"Previously, AAFES didn't match 'warehouse clubs' as their shelf prices are offset by required membership fees," said Fort Sam Houston's Post Exchange General Manager Darryl Porter. "Military families made it clear that while they understood the PX does not charge fees, they still considered it to be the original 'members only' club. Honoring 'warehouse club' prices is just another example of AAFES adapting to meet the expectations of those it serves."

It is only through proactive surveying and review that AAFES can ensure its prices are routinely lower than the competition. But even with consistent monitoring, today's competitive retail landscape requires AAFES to rely on its price-matching program to guarantee that, in the event the PX doesn't have the lowest price, authorized customers will always receive the best price.

"We'll Match It!" works in two ways:

- Shoppers who see a price differential of less than \$10 can tell the cashier who will match it on the spot.
- Customers who report a price difference of greater than \$10 need only to bring a current local competitor's ad to receive the reduced price.

"AAFES is committed to having low prices. 'We'll Match It!' is simply a last line of defense in our desire to be the military shopper's first choice."

Darryl Porter
General Manager, Fort Sam Houston's Post Exchange

In either "We'll Match It" scenario the merchandise being compared must be identical.

"AAFES is committed to having low prices," Porter said. "'We'll Match It!' is simply a last line of defense in our desire to be the military shopper's first choice. After AAFES conducts national surveys and our associates compare local prices, military families at Fort Sam Houston have this price-matching mechanism to make sure no one missed anything."

Since AAFES has a dual mission to provide quality merchandise and services at competitively low prices and generate earnings to supplement Morale, Welfare and Recreation programs, there are exceptions to the "We'll Match It!" program. Except for the Exchange Catalog and

aafes.com, the PX cannot accept challenges from any catalog or Web site. Other exclusions include special offers or promotions, free-with-purchase offers, limited quantity offers, bundled promotions, special financing, "gimmick" promotions, special order automotive parts, gasoline, automotive labor or service, double and triple coupons, clearance items, flat percentage off items and vending items.

The "We'll Match It!" policy applies to all AAFES retail stores at Fort Sam Houston including the shoppette, Class VI store and the Car Care Center.

Along with price matching, AAFES also offers a 30-day price guarantee on any item originally purchased from the PX and subsequently sold at a lower price by AAFES or another local competitor (excluding unauthorized dealers).

In the past 10 years, AAFES has contributed more than \$2.4 billion to Army, Air Force, Marine Corps and Navy MWR/Services programs. These funds are used in support of Youth Services, Armed Forces Recreation Centers, post functions and other quality of life initiatives enjoyed by military families on installations across the globe.

For more information on the price-matching program, visit <http://odin.aafes.com/core/docs/pricematch.htm> or call the PX at 225-5566.

(Source: AAFES news release)

Housing happenings

Lincoln Military Housing hosted a Valentines Day Celebration Feb. 5 at the Bowling Center. Children had fun making valentines for their loved ones. Snacks were provided and bowling was free.

To celebrate St. Patrick's Day, LMH welcomes children of all villages to come to the housing office March 16 from 10 am to 4 pm. for candy and pictures with the Green Leprechaun and his rainbow.

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

(Source: LMH)

**January Survey of
the Month Winner**
Maj. William Henderson



January Yards of the Month
818 Patch Road
2700 Marvin R. Wood
438 Graham

Military Blood Program Web site has new look

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON — The Armed Services Blood Program Web site has been redesigned, offering updated content as well as a new look, officials said.

The new Web site, www.military-blood.dod.mil, features information on how to join a "Life Force" team of donors, volunteers and supporters. Topics include blood facts, donor eligibility criteria, donor center locations and more.

Other information offered involves the ASBP "Specialist in Blood Banking" program, its curriculum and how to apply.

Convenient links direct users to online blood donation appointment scheduling via the "Click to Save Lives" blood drop button on the ASBP home page. Other information links access blood donor eligibility criteria and donation locations.

The new Web site "is very much improved. I think it was very professionally done. I was very impressed," said Margaret Tippy, U.S. Army Medical Command's media relations officer. Located at Fort Sam Houston, U.S. MEDCOM is the executive agent for the military's blood donation program.

It's a little-known fact that about 20 percent of service members donate blood, compared to less than 5 percent of the civilian populace, said Navy

Cmdr. Michael C. Libby, director of the U.S. military's blood program.

Libby said the program collected twice as much blood in 2006 than it did in 2001. That's possible, he said, because of the great generosity of the program's donors.

National Volunteer Blood Donor Month is held annually in January. That is the traditional time when the ASBP salutes its donors for their generosity, Libby said. "It is because of them that the program is very successful and we can support our warfighters," he said.

The ASBP collects blood only from service members, government civilians, retirees and their family members. The U.S. military needs blood every day for critically injured troops, cancer patients, premature infants and other uses, Libby said. The program manages 18 stateside blood donor centers and four overseas centers. Donors normally give about a pint of blood at a sitting.

Most people who are eligible to donate provide blood to the program, Libby said. Only a small percentage may be restricted from doing so because of travel to certain countries or the taking of certain medications. Specific information on these restrictions may be found on the program's Web site.

Blood is always needed, Libby said, noting blood products normally must be replenished about 42 days after being collected. Frozen blood can be stored for years.

TRICARE benefit covers HPV vaccine

FALLS CHURCH, Va. — Human papillomavirus infection is a concern for girls and young women because it can lead to cervical cancer. TRICARE wants its beneficiaries to know a preventive vaccine is available and that the vaccine is a TRICARE-covered benefit.

The Centers for Disease Control and Prevention reported that in 2006, about 9,700 cases of cervical cancer were diagnosed in the United States, and approximately 3,700 women died from the disease. Nearly all cervical cancer cases are associated with an HPV infection.

"It is important for us to protect our beneficiaries from preventable disease whenever we can," said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity.

"So we cover all immunizations the CDC's Advisory Committee on Immunization Practices recommends and adopts."

The CDC recommends a three-dose schedule for the HPV vaccine with the second and

third doses administered two and six months after the first dose. They recommend routine vaccination with HPV for girls 11 to 12 years old. Doctors may start the vaccination series in girls as young as 9 years old, and can give catch-up vaccinations to 13- to 26-year-olds who have not been vaccinated previously or who have not completed the full vaccine series.

Because the vaccine is new, it may not be available everywhere. Interested beneficiaries or their parents should contact their doctors to find out if they administer the HPV vaccine.

Also, the new vaccine does not protect against every type of HPV infection and can't prevent all cervical cancers. Getting vaccinated does not eliminate the need for screening pap smears or reduce the importance of regular gynecological exams.

For more information, visit www.cdc.gov/mmwr/pdf/wk/mm5551-Immunization.pdf.

(Source: TRICARE news release)

Children's Dental Health Month

Oral piercing not as cool as it seems

Piercing, like tattooing, is just one of today's popular forms of "body art" and self-expression. Piercing may seem daring, cool and totally safe because some celebrities use piercing to flaunt their particular style or attitude. But piercing the tongue or lips is not as safe as some would have you believe. The mouth is a moist, ideal environment for huge amounts of breeding bacteria.

An oral piercing can interfere with speech, chewing or swallowing. That may see like a mere inconvenience until you consider that it may also cause the following problems:

- Excessive drooling (due to increased saliva

flow).

- Infection, pain and swelling.
- Chipped or cracked teeth.
- Injuries to the gums.
- Damage to fillings.
- Hypersensitivity to metals.
- Nerve damage.

These harmful effects can happen during the piercing, soon after or even long after the procedure. The piercing will be an added responsibility, requiring constant attention and upkeep. People should talk with their dentist before an oral piercing.

(Source: Fort Sam Houston Dental Activity)

Small arms championships open to all Soldiers

By Paula J. Randall

U.S. Army Marksmanship Unit, Accessions Support Brigade

FORT BENNING, Ga. — The U.S. Army Marksmanship Unit and U.S. Army Infantry Center will host the 2007 Army Rifle and Pistol Championships March 2 through 10 and the U.S. Army Long-Range Championships March 11 through 13.

The competitions are open to all Soldiers, as well as West Point and ROTC cadets. Participants have until Friday to sign up.

“The All-Army is an advanced combat marksmanship training event and competition,” said USAMU Sgt. Maj. Vidal Ybarra. “The All-Army matches are designed to raise the shooting proficiency of Soldiers and units across the Army by teaching advanced combat marksmanship techniques using issue rifles and pistols.”

All Soldiers will fire both the M-16 rifle and M-9 pistol in helmet and load-bearing equipment (body armor optional) from 25 to 500 yards with the M-16 and 7 to 25 yards with the M-9. Battalion-level teams will compete for unit recognition and team awards.

Participants will also receive advanced marksmanship instruction and training materials to conduct Train-the-Trainer clinics on return to their home station. The Long-Range Championships will provide M-24 long-range shooting training from 600 to 1,000 yards.

Soldiers will compete in separate novice and open divisions based on their competition experience. The USAMU has a limited number of weapons available for Soldiers and cadets who do not have assigned weapons.

At the matches, coaches and NCOs in charge of the U.S. Army Rifle and Pistol Teams, Army Reserve and All-Guard Teams will scout, identify and invite selected Soldiers to compete at the Interservice Championships and the national matches.

Champions will be awarded All-Army trophies and Excellence-in-Competition Marksmanship Badges, which are permanent-wear Army awards as described in Army Regulation 600-22, and are above the standard marksman, sharpshooter and



Courtesy photo

Soldiers participate in the 2005 Army Rifle and Pistol Championships at Fort Benning, Ga. Soldiers have until Friday to sign up for this year's event, which will take place March 2 through 13.

expert qualification badges. Among the awards are the Secretary of the Army Trophy M-1 Garand Rifle and Drill Sergeant Champion Award.

Team representatives should fax a letter of intent with a squad or team roster listing all competitors to Clarence Fedrick at 706-545-6252 or e-mail Clarence.fedrick@usarec.army.mil by Friday. The schedule is available at USAMU's Web site; visit www.usaac.army.mil.

Sports Briefs . . .

Intramural golf

If interested in participating in the intramural golf league, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held Monday and March 13 at 12 p.m. at the Fort Sam Houston Golf Course. League play starts April 3.

Intramural soccer

Letters of intent for intramural soccer are due March 2. Send letters to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas 78234-5020 or e-mail earl.young@samhouston.army.mil. A coaches and rules meeting will be held March 12 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 3. For more information, call 221-1180 or 221-1234.

Intramural spring softball

Send letters of intent for intramural softball by March 5 to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas 78234-5020 or e-mail earl.young@samhouston.army.mil. A coaches and rules meeting will be held March 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 2. For more information, call 221-1180 or 221-1234.



Photo by Linda Frost

Congressman visits rehab center

Dr. Rebecca Hooper (left), program manager for the Center for the Intrepid, briefs Brig. Gen. James Gilman (right), commanding general, Brooke Army Medical Center, and U.S. Representative John Murtha (center) about the state-of-the-art rehabilitation center during a tour Monday. While at Fort Sam Houston, the congressman also visited with two burn patients from his home state of Pennsylvania. Murtha is the ranking member of the House Defense Appropriations Subcommittee.

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30

p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic service: 12:30 p.m. - Mass - Sundays

Protestant services:

10:30 a.m. - Collective Gospel

Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible

Study (PWOC) - Wednesdays, childcare is provided.

Samoan Protestant service: 8:30

a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant services:

10 a.m. - Worship - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Catholic Mass: 8 a.m. - Sundays

Protestant service: 9 a.m. - Sundays

Christian education: 10 a.m. - Sundays

Gospel service: 11 a.m. - Sundays

Church of Jesus Christ of Latter

Day Saints:

9:30 a.m. - Sundays at Evans

Auditorium

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's religious education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult religious education - Thursdays

Installation Chaplain's Office, Building 2530, 295-2096

Contemporary service: 11:01 a.m. - Sundays

Web site:

www.samhouston.army.mil/chaplain

**Fort Sam Houston
Independent School District
Weekly Calendar
Monday through March 3**

Fort Sam Houston Elementary School

Wednesday

Early dismissal – kindergarten through fourth grade, 2 p.m.
Early dismissal – fifth and sixth grade, 2:30 p.m.

March 2

Spirit day
Read Across America

Robert G. Cole Jr./Sr. High School

Monday

Student of the Month photos in the Mall Area, 9:50 a.m.
Golf Team AA Regional Preview Tournament at Quail Creek, San Marcos

Baseball at St. Mary's Hall, 4 p.m.

Tuesday

Eighth grade parent meeting in cafeteria, 6 p.m.

March 1

Baseball - Blanco tournament, TBA
Seventh grade meeting with Mrs. Wood

March 2

Spring pictures all grades in gym foyer during English
Baseball - Blanco tournament, TBA

UIL one act play rehearsal in gym, 4:15 to 7 p.m.

March 3

Baseball - Blanco tournament, TBA
One act play district competition, Jefferson High School

Prospective school board member workshop available

Area school board candidates and interested citizens can learn more about the demands and rewards of school board service at a candidate workshop to be held Tuesday from 7 to 9 p.m. at the Education Service Center, Region 20, 1314 Hines Avenue.

The workshop provides community members and individuals interested in running for the board with a better understanding of what is involved in being elected and serving as a local trustee. Experienced school board members will explain board members' key responsibilities and outline the qualities necessary for effective service.

Topics to be covered include what it's like to be a

trustee, key responsibilities of the board, division of authority with staff, how to campaign constructively and where to find more information. Participants will view "A Call to Service," a Texas Association of School Boards' video highlighting many aspects of board service, featuring several experienced school trustees.

The workshop is open to anyone. Admission is free. For more information about the workshop, call Tanya Barnett, Texas Association of School Boards, at 512-467-0222 or 800-580-8272, ext. 6248; or visit the TASB Web site at www.lts.tasb.org/candidates for other dates and locations.

(Source: Texas Association of School Boards)

Parade tickets for sale



The Cole Cougar Pride Club is selling parade tickets for the upcoming 2007 Battle of Flowers Parade April 27 and the Fiesta Flambeau

Parade April 28. The seats are located along the 100th block of East Commerce Street, adjacent to the park in front of San Fernando Cathedral. The area has easy accessibility to parking and food vendors. Tickets are \$8 and all proceeds will benefit the students of Robert G. Cole Jr./Sr. High School and Project Graduation. To purchase tickets, call Randy Teeter at 296-9071.

Be a 'loser'

Post community invited to join weight-loss competition

By Elaine Wilson
Fort Sam Houston Public Information Office

It's been about a month since a small group of Fort Sam Houston employees, eager to shed pre- and post-holiday pounds, joined together for a weight-loss and fitness quest they dubbed the "Biggest Loser."

The ladies patterned the competition loosely after the popular NBC show of the same name. The TV version features obese people who drop hundreds of pounds through a combination of healthy diet and exercise. The "Biggest Loser" wins a bundle of money, along with a beach-worthy bod.

Fort Sam's losers won't get that pile of money, but they may win beach-strutting rights this summer. They're well on their way with a combined 14-pound weight loss under their belts.

"My clothes feel looser," said Cheryl Harrison. "I went shopping this weekend and fit into a smaller size. It was a relief. Before, I would have to try on bigger sizes. It was depressing. I feel a lot better.

"But this is just the start. I still have a long way to go," she said.

Each lady has pursued her own healthy-eating plan, but just about all have donned workout gear and busted a daily sweat at the gym.

"It was hard to get motivated to go," said Lori Newman. "My stamina wasn't there. I think I'm building stamina now. My workouts are getting easier. I'm also having fun."

The healthy eating and exercise are paying off for the five "losers" as they shape up and slim down. But the most dramatic changes run deeper than a dress size or waist measurement.

"It's a lifestyle change," said Olivia Mendoza. "I eat differently, buy different groceries. I'm trying to be healthier in every area of my life.

"We also have a great buddy system going. We look out for each other. It helps to have the support."

They also have managed to inspire others. Since they started their friendly competition, others have called in hoping to join the group. As a result, the ladies have decided to open up the "Biggest Loser" competition to the post community.

"It's a great motivation for us and we think it will be a motivation for others," Harrison said. "There are a couple of ladies at the gym who watch us when we work out at lunch. People approach us in the gym to ask about the program, and we always invite them to join us. It's wonderful that so many people are catching the weight-loss fever.

"We hope the program will inspire everyone who wants to lose weight or get fit."

The competition

The post-wide "Biggest Loser" competition will start March 2 and run through Aug. 2.

All contestants will be required to take a "before" photo alone and with the other contestants, and then an "after" photo at the end of the competition. Contestants will be weighed, taped and measured for body fat March 2 or 5 to create a baseline.

Contestants can choose their own healthy-eating plan; however, they will be required to meet for a weekly weigh-in at the Jimmy Brought Fitness Center. Fitness trainer Cathleen Burrell will be available to weigh contestants Fridays at 11 a.m.; other times can be arranged if contestants are unable to meet at this time.

Twice a month, contestants will meet for a group session. Either Burrell or nutrition expert Capt. Renee Cole will provide information and answer contestants' questions.

The News Leader will report on contestants' progress, challenges and triumphs along the way. At the end of the competition, Burrell will weigh, tape and measure body fat for each contestant, and the person with the most overall change will be named "Fort Sam Houston's Biggest Loser."

The winner will be featured in the next-available edition of the News Leader, along with a group before and after photo to highlight all contestants, whether the biggest loser or not.

For more information or to sign up, call Elaine Wilson at 221-0615 or Harrison at 221-1031. The deadline to sign up is March 2.

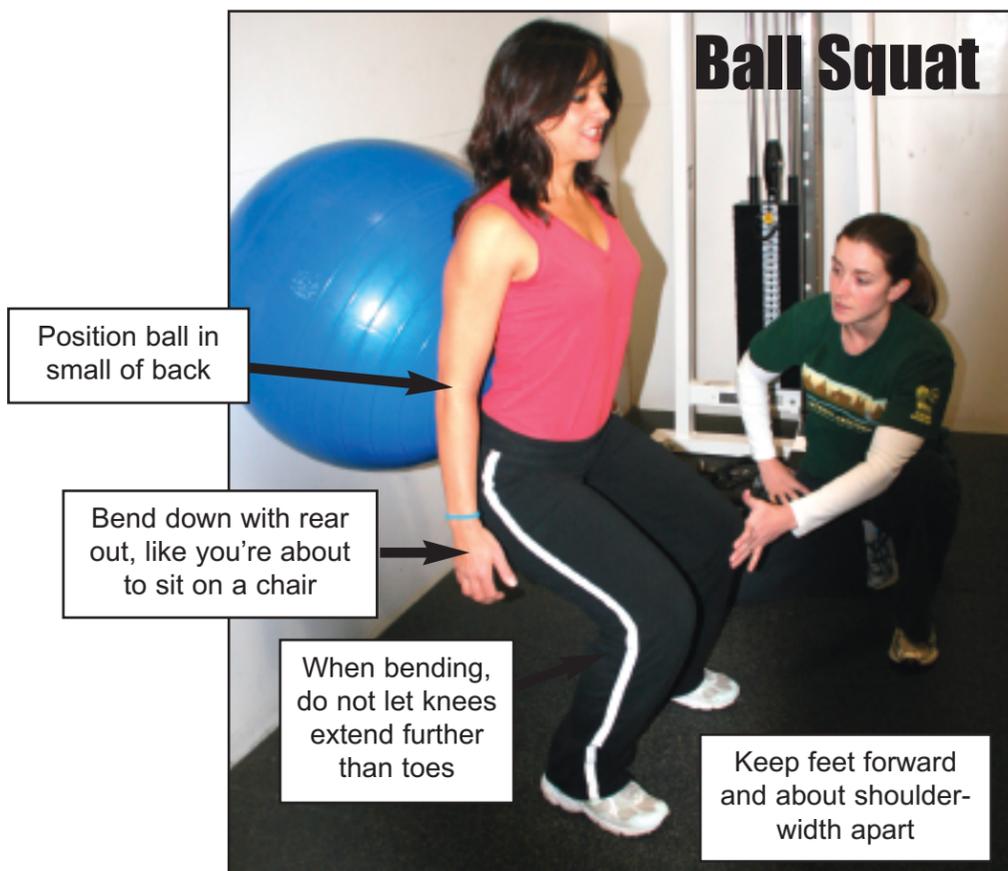
Let's get physical

Fitness trainer Cathleen Burrell passed on some tips for a fun, effective gym workout. She emphasized the importance of good form in every exercise, and was quick to correct model Maria Nelson's common mistake of not maintaining spinal alignment.

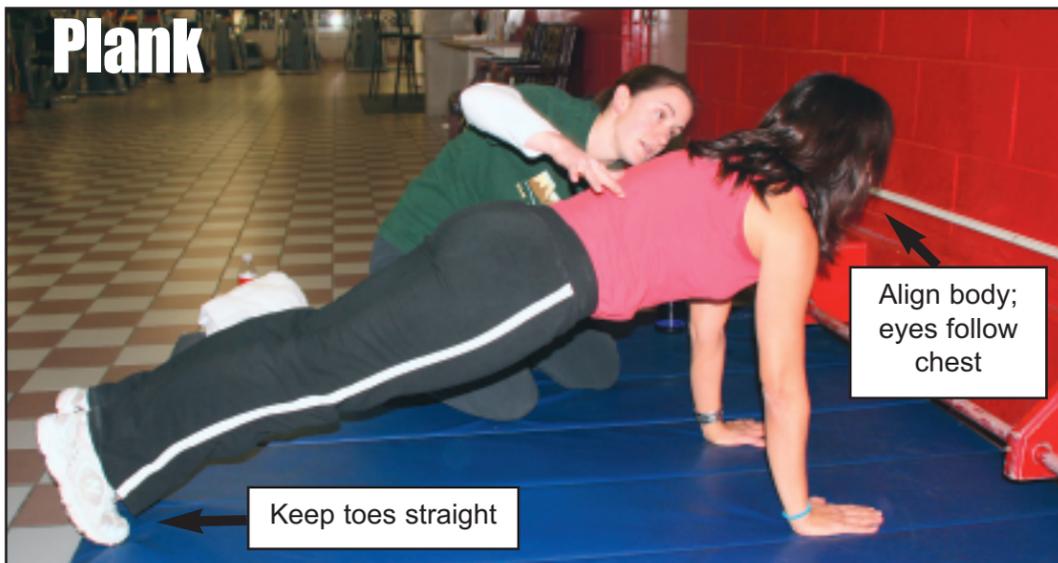
"People tend to look at the TV when they workout, but by doing so, you're taking your head out of alignment," Burrell said. "Maintain good posture by keeping your eyes in line with your chest."

Above all, Burrell recommends beginners start slow. "If you have a car with 8 inches of snow piled on top, you're not going to jump in the car and go 80 mph on the highway. Treat your body the same way. Start slow. Doing any physical activity is better than none at all."

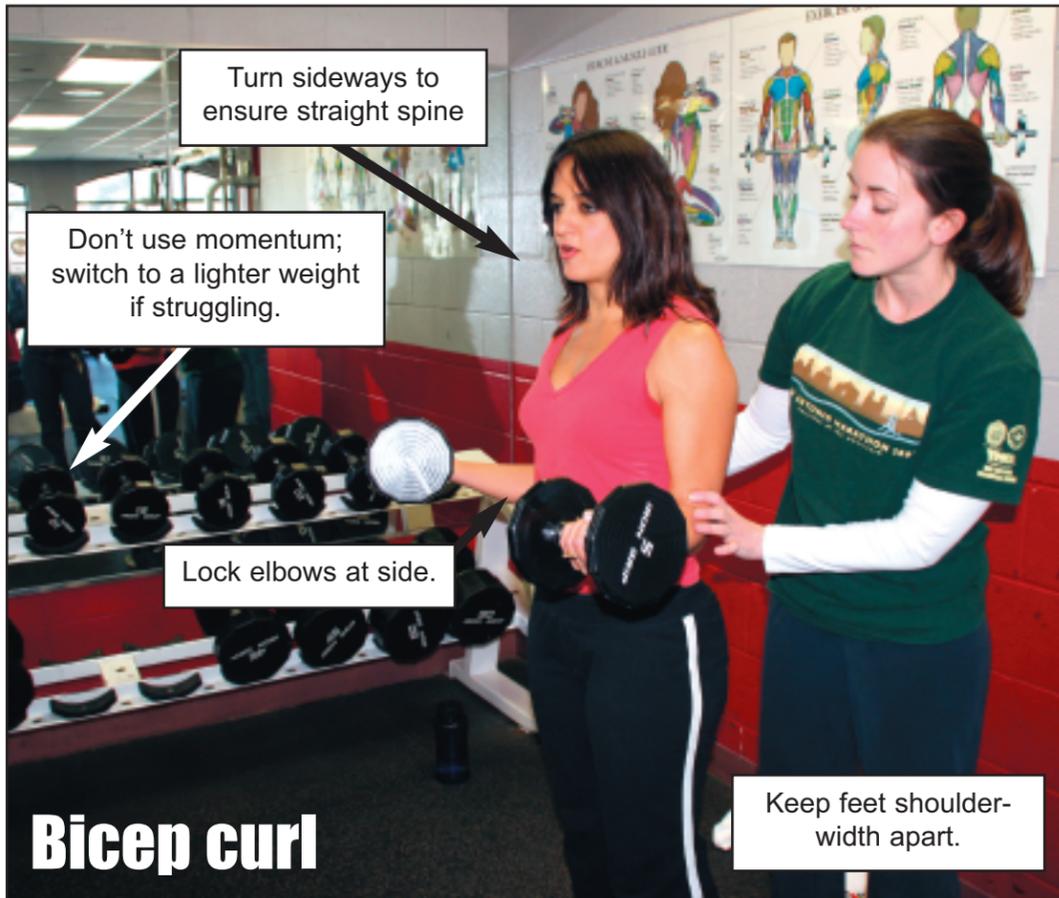
The following workout includes a mix of nautilus machines, free weights and cardiovascular equipment:



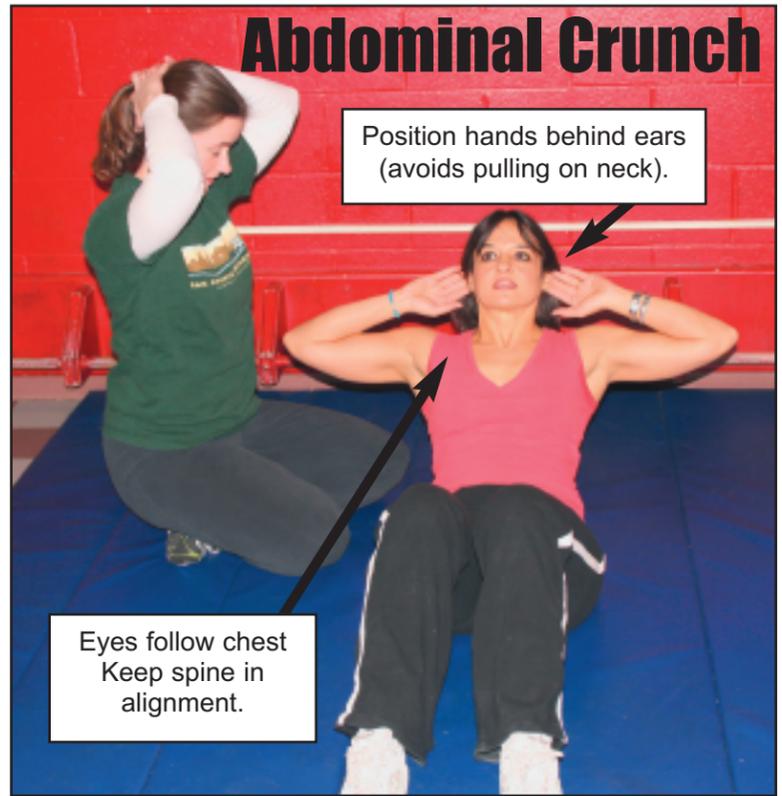
Works: Glutes, hips and thighs
Repetition: Start with two to three sets of eight to 15 reps.



Beginning move: Start on forearms
Advanced move: On hands like preparing to do a push-up
Very advanced move: Lift one hand up and the opposite leg, then alternate
Works: Abdominals
Repetition: Work up to holding plank for one minute; start with five-second intervals.



Photos by Olivia Mendoza



Repetition: Work up to two to three sets of 15 to 20 repetitions per day.

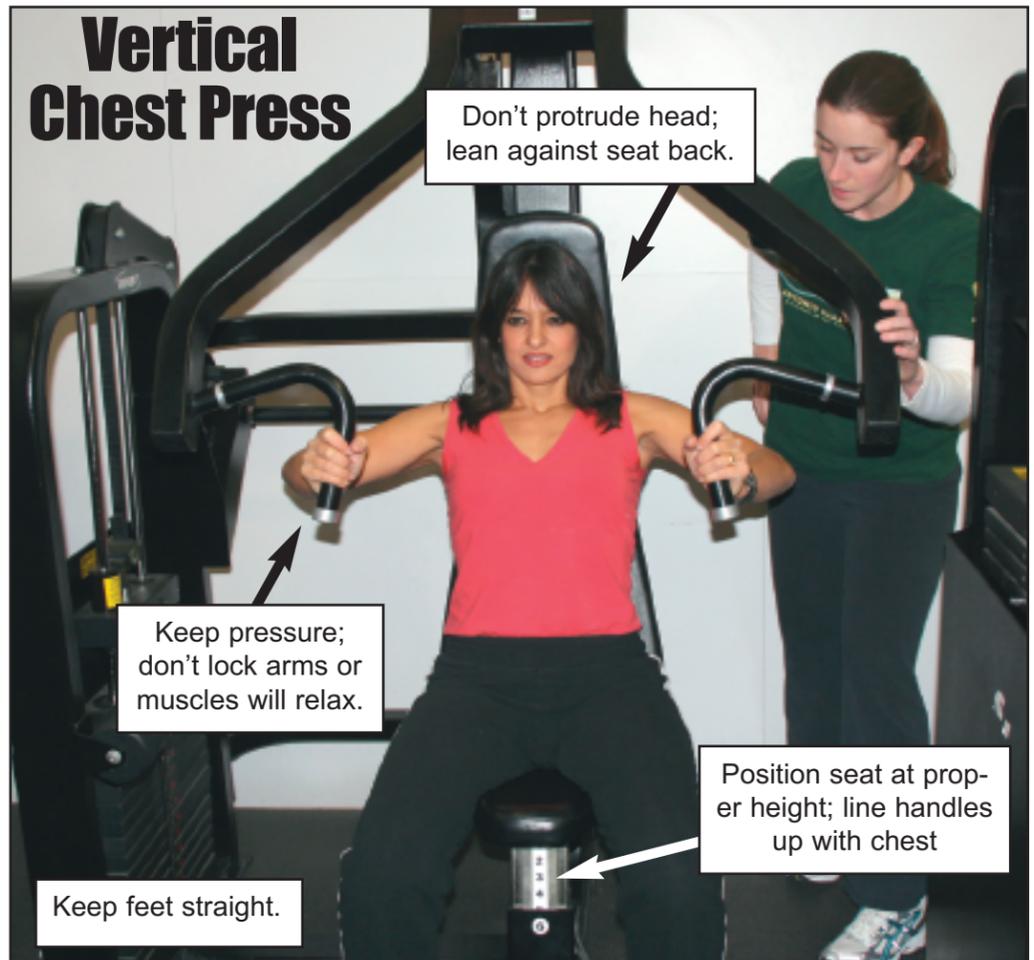
Advanced move: Increase caloric expenditure by doing curls on one foot. This forces total-body involvement and strengthens core.

Works: Biceps

Repetition: Start with two to three sets of eight to 15 reps.



Frequency: 20 to 30 minutes three times a week; work up to one hour three times a week.



Works: Chest, triceps and shoulders

Repetition: Start with two to three sets of eight to 15 reps.



Works: Back

Repetition: Start with two to three sets of eight to 15 reps.

Cashing in on Valentine's

Doug Anderson, manager of Eisenhower National Bank, presents Pfc. Eileen Benson, A Company, 232nd Medical Battalion, a \$50 cash prize for playing the Valentine Game at the Valentine Party held at the Hacienda Recreation Center Feb. 13 for the advanced individual training and initial entry training students of the 32nd Medical Brigade. Eisenhower National Bank sponsored the event.



Courtesy photo

BOSS Valentine bouquet delivery huge success

By Ben Paniagua
Hacienda Recreation Center

The Fort Sam Houston Better Opportunities for Single Soldiers program conducted its annual Valentine Bouquet delivery Feb. 14. After a big advertising campaign, the BOSS Soldiers took orders for the bouquets and delivered them on post.

According to Spc. Nicole Campbell, Fort Sam Houston BOSS program president, over 75 orders were delivered. "The whole program was Soldier conducted," said Campbell. "The BOSS Soldiers ordered all the materials, assembled the bouquets, took the orders and delivered them. Many of the

recipients were totally surprised and happy to receive the bouquets from their loved ones."

One of the recipients was Tisha Daniels, from the Human Resources Office, 5th Recruiting Brigade. Fiance Sgt. 1st Class David Thurman called the BOSS Soldiers from Iraq to place his order.

"I am so glad he did it through the BOSS program. This makes me very happy," said Daniels.

The Valentine Bouquet delivery is held every year on post by the BOSS Program as a revenue-generating activity. The money raised goes to the BOSS program to further improve the quality of life of single Soldiers living on the installation.



Courtesy photo

Members of the Fort Sam Houston Better Opportunities for Single Soldiers Program deliver a Valentine bouquet to Tisha Daniels. (From left) Spc. Ireka Wright; Spc. Milfred Williams, BOSS vice president; Sgt. Jennilyn Bruce, BOSS coordinator; and Spc. Nicole Campbell, BOSS president.

Community Recreation

Yoga, pilate classes

Free yoga classes are held Fridays from 5 to 6 p.m., Saturdays from 8 to 9 a.m. and Wednesdays from 9 to 10 a.m. at the Jimmy Brought Fitness Center. Pilate classes are Tuesdays and Thursdays from 4:30 to 5:30 p.m. at the Jimmy Brought Fitness Center. The cost for each class is \$2 per person. For more information, call 221-2020 or 221-1234.

Yoga, pilate instructors needed

Yoga and pilate instructors are needed at the Jimmy Brought Fitness Center to teach yoga and pilate classes. For more information, call 221-2020 or 221-1234.

Air Force Tops and Blue

The 2006 Tops In Blue cast will give a final performance for military members and their families Friday at 7 p.m. in the Bob Hope Theater, Building 5408, Lackland Air Force Base. The doors open at 6 p.m. This is a free, family-oriented and lively entertainment event. Seating is first come, first served. For complete information, call 671-2619 or 671-3920.

5K fun run/walk

A 5K fun run/walk will be held Saturday at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. For more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Comedy Show

The Sam Houston Club and Prime Entertainment present a night of comedy at the Sam Houston Club March 16 from 9:30 to 11 p.m. The show features James Ponce, Walter Campbell and Jesse Pangelinan. Advance tickets are \$10 and include dinner with the show; tickets purchased at the door are \$15. An after-party will immediately follow the show. Content may not be appropriate for individuals under 18 years old. For more information, call the MWR Ticket Office at 226-1663 or 224-2721.

3-D archery shoot

A 3-D Archery Shoot will be held Saturday and Sunday with registration from 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 in each class. The cost is \$15 per person. 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.

Run, bike duathlon

The Fort Sam Houston 5K/12 mile/5K duathlon #2 will be held Sunday with a 7:30 a.m. start time from the Brigade Gym. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Health and Wellness Fair

The Jimmy Brought Fitness Center recognizes Healthy Heart Month and will host a free Health and Wellness Fair Wednesday from 10 a.m. to 1 p.m. Activities include cholesterol screening, diabetes screening, proper weight training, nutritional information, door prizes and more. Participants who wish to have a cholesterol screening must fast 12 hours before their test. For more information, call 221-2020 or 221-1234.

Equestrian Center Spring Youth Camp

The Equestrian Center's Spring Youth Horsemanship Camp will be held March 12 to 16 from 9 a.m. to 3 p.m. for youth ages 7 to 17. The camp provides beginner-level horse riding instruction and care. Registration is ongoing and the cost is \$195 per person. To register or for more information, call 224-7207.

Arts and crafts

Framing, fineline engraving and instructional classes are held at the Arts and Crafts Center, Building 895, Randolph Air Force Base. Services include custom framing and engravings for personal items such as stained glass, trophies and desk sets. Instructional classes provide lessons in basic beaded jewelry, quilting, framing and pastel

painting. The Arts and Crafts Center is open Tuesday and Wednesday from 10 a.m. to 7 p.m., Thursday and Friday from 10 a.m. to 6 p.m., and Saturday from 9 a.m. to 4 p.m. For more information on services and the instructional class schedule, call 652-5142.

Paintball adventure

For information on organized paintball activities or future tournaments and events, call outdoor recreation at Lackland Air Force Base at 925-5532.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month. The next brunch will be held March 4 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. The brunch features a kids' meal station, a chocolate fondue station, complimentary champagne and an international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Texas Hold 'Em tournament

The 2007 Texas Hold 'Em tournament first round will be held March 30 from 6 to 10 p.m., and the second round will be held March 31 from 10 a.m. to 2 p.m. at the Sam Houston Club. Sign up by March 28. The first place winner receives a \$500 gift card in the double elimination tournament. First place winners from each participating Army installation will be invited to compete in an online final competition and get a chance to win grand prizes. The first place online winner will receive an ultimate home theater package, second place receives a laptop computer and third place a \$650 gas card. Participants must be at least 21 years old. The registration fee is \$15 and includes a sandwich plate and unlimited soft drinks. The event is sponsored by Coca Cola (Vault Energy Drink) and Coors Light. For more information, call 224-2721.

Golf Club, 221-9386

Warriors Monthly Scramble Golf

Register up to four players in the Warriors Monthly Scramble held the first Wednesday of each month at the Fort Sam Houston Golf Club. The next tournament is March 7. Shotgun start time is at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club's Pro Shop. For more information, call 222-9386. In April, Warriors Scramble moves to the first Friday of each month.

Bowling Center, 221-3683

Quick-Play bingo

Quick-Play bingo units are available at the Fort Sam Houston Bowling Center. Quick-Play is a personal handheld device that allows patrons to play bingo by using simple touch-screen technology. Choose up to four bingo cards to play at the same time. Each unit is lightweight and easy to use. The device can be used by bingo enthusiasts who want to play alone at a time convenient to them or by bowling center patrons awaiting their chance to bowl. For more information, call the bowling center at 221-3683.

Harlequin Dinner Theatre, 222-9694

The comedy, "Bus Stop" by William Inge, will play at the Harlequin Dinner Theatre Wednesday through March 31. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. The doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m., and the show begins at 8 p.m. Military discounts are available. For reservations or more information, call 222-9694.

MWR Ticket Office, 221-1663

Tickets are on sale for local attractions and events as well as for out-of-state theme parks at the MWR Ticket Office located inside the Sam Houston Club. The ticket office is open Tuesday through Friday from 10 a.m. to 5 p.m. and closed Saturday, Sunday and Monday. For more information, call 226-1663 or 224-2721.

Child and Youth Services

Baseball registration

Registration for youth baseball will be held through March 9 at Central Registration for children ages 3 to 17. Participants must be registered with Child and Youth Services. To register, patrons must have a current sport physical, updated shots for kindergarten through fifth grade, child's Social Security number, two local emergency designees, sponsor's Leave and Earnings Statement and spouse's W-2 form. There is an \$18 registration fee and \$45 baseball fee. If financial documentation is not provided patrons will be placed in the highest income category. For more information, call Central Registration at 221-4871 or 221-1723.

Sports registration requirements

Registration for any Child and Youth

Services sports requires a current sport physical and shot records for children fifth grade and younger, two local emergency designees, \$18 registration fee, activity fee, child's Social Security number, sponsor's Leave and Earnings Statement and spouse's W-2 form. Patrons who do not provide income verification will be placed in the highest income category.

Intermittent childcare

Child and Youth Services provides hourly care for families seeking intermittent childcare. Children must be registered with CYS. Care is based on availability and must be reserved in advance. School Age Services offers five to 10 free hours of open recreation to registered SAS users Monday through Friday from 3 to 6 p.m. for first through fifth grade children and must not exceed two days per week. For more information, call Central Registration at 221-4871 or 221-1723.

Instructors needed for SKIES

The Schools of Knowledge, Inspiration, Exploration and Skills seeks instructors in the following areas: dance, swimming, cooking, self-defense, art, voice, gymnastics, ceramics, stained glass, basic automobile, rollerskating, SAT/ACT preparation, astronomy, basic budgeting, science exploration, languages and sewing. SKIES instructors must successfully pass background clearances, be current in infant, child and adult cardiopulmonary resuscitation and first aid. Classes will be taught at Fort Sam Houston for ages 3 through 18, when age appropriate. For more information, call 221-0497.

Baseball coaches needed

The Child and Youth Services Sports Program is recruiting for volunteer baseball coaches. Applicants must consent and clear background checks. For more information, call 221-4871 or 221-5513.

Youth Happenings

Cooking classes

Cooking classes will be held every Friday and Saturday with the following schedule:
Friday - pizza casserole
Saturday - sausage and rice skillet

Parent/staff/youth basketball

The Youth Center will host parent/staff/youth basketball games Saturday at 8 p.m. Parents are encouraged to join the staff and challenge the youth. For more information, call 221-3502.

Ultimate Journey club

The Ultimate Journey club will meet Monday at 5 p.m.

Black History Month trivia contest

1. What is the importance of the Seattle Plan carried out in 1978?
2. Why was Idlewood, Mich., important to blacks from the 1940s to the 1960s?
3. On May 16, 1997, President Clinton made a public apology to blacks for what reason?
4. What African-American lost his life in the Challenger disaster in 1986?
5. Name two famous black athletes from the 1930s, 1940s or 1950s that were pioneers in their sports. What is their name and what was their sport?

People should e-mail trivia contest answers to Gayle.Ellis@amedd.army.mil or deliver them in a sealed envelope addressed to Gayle Ellis, BEP committee member, Room 1335, Building 2841, no later than the Tuesday following the publication of the questions. The first person to submit the correct answers will win a prize and have their name published, along with the answers, in the next edition of the News Leader. For more information, call Ellis at 221-7709.

- Feb. 15 trivia contest answers:
1. She was the first woman of color to be

- accepted into the space program and go into space - space shuttle Endeavor.
 2. Phyllis Wheatley
 3. President Truman
 4. Three civil rights workers (one black and two white) were killed and the homes and churches of many blacks were burnt.
 5. Specially sewn quilts that held codes and secret messages that only those involved with the Underground Railroad understood.
- The Feb. 15 trivia winner is Terrance Eiteljorge.

Black History Month DVDs, videos

The Fort Sam Houston Museum has a variety of audiovisual materials available to support Black History Month activities to include "African Americans In World War II: A Legacy of Patriotism & Valor" on DVD, and "America's Black Warriors: Two wars to Win," on DVD and VHS. For more information or a full list of titles, call the Fort Sam Houston Museum at 221-1886.

Events

'RecruitMilitary' career fair

The "RecruitMilitary" Career fair will be held today from 11 a.m. to 3 p.m. at the Eisemann Center, 2351 Performance Drive, Richardson, Texas. The career fair is free and open to veterans, personnel who are transitioning from active duty, Reserve, Guard and military spouses. For more information or to register, visit www.recruitmilitary.com, call Bill Offutt at 202-693-4717 or e-mail offutt.william@dol.gov.

MOAA luncheon

The Military Officers Association of America, Alamo Chapter will host a luncheon today at 11 a.m. at the Randolph Air Force Base Officer's Club. The guest speaker will be retired Navy Capt. John Woody, the national president of The Gamewardens of Vietnam Association. The cost of the luncheon is \$15. For more information or reservations, call 228-9955 or e-mail moaa-ac@sbcglobal.net.

Hospital Corps Anniversary Social

The U.S. Army Medical Department Hospital Corps will sponsor an Anniversary Social Friday at 4:30 p.m. at the Army Medical Department Museum. The guest speaker for the event will be retired Army Command Sgt. Maj. Sandra Townsend. Dress is casual. The cost is \$5. For more information, call Sgt 1st Class Dantzler at 221-7732 or e-mail raquel.dantzler@amedd.army, or call Sgt 1st Class Reid at 295-4442 or e-mail tiffany.reid@amedd.army.mil.

OCSC chocolate tour, massage

The Officer and Civilian Spouses' Club will host a tour of the Schokolad Chocolate Factory, 19141 Stone Oak Parkway, Friday beginning at 1 p.m. Massage sessions will also be offered at 2 and 3 p.m. The cost for a massage is \$39.99. The tour will meet at the commissary parking lot at 12 p.m. to carpool. For more information or reservations, call Alicia Utz or e-mail A-to-z@earthlink.net.

UTSA women's basketball

The University of Texas at San Antonio will host a Military Appreciation Women's Basketball Game Saturday at 6 p.m. at the UTSA convocation center, 6900 Loop 1604 W. Discounted tickets are available at the door with a proper military ID; tickets are \$5. For more information, call Johnny Mendez at 313-9848. For upcoming sporting events, visit http://gouts.com/HomePage2.dbml?DB_OE_M_ID=13100&KEY=&DB_OEM_ID=13100&DB_LANG=&IN_SUBSCRIBER_CONTENT=.

Nimitz Museum Admiral's Ball

Deputy Secretary of Defense Gordon England will be the guest speaker at the Nimitz Museum Admiral's Ball Saturday at 7:30 p.m. in the Grand Ballroom of the Nimitz Hotel building, Fredericksburg, Texas. The historic Nimitz Hotel building will be rededicated as the Admiral Nimitz Museum Sunday at 1 p.m., with free tours of the museum. Birthday cake and coffee will be served from 2 to 5 p.m. For more information, call the Admiral Nimitz Foundation at 830-997-8600.

'Year-Round' walk

The Trinity Trekkers Volksmarch Club will host the annual 10K "Year-Round" walk

Saturday from 8 a.m. to 12 p.m. at the Old 1887 Jail Museum and Chamber of Commerce, 414 Saint Lawrence St., Gonzales, Texas. For more information, call David Toth at 521-8684 or e-mail trintrek@sbcglobal.net.

Harlequin open auditions

The Harlequin Dinner Theatre is holding open auditions Monday and Tuesday from 7 to 8:30 p.m. for the play "The Supporting Cast," a comedy by George Furth. Auditions will be both nights with William C. Champlin directing. There are openings for one man and four women. Volunteers are also needed for assistant director, stage manager, light and sound technicians, props and stage crew. For more information, call 222-9694.

'The Bus Stop' at Harlequin

The Harlequin Dinner Theatre presents "The Bus Stop," a play by William Inge, Wednesday through Saturday through March 31. Prices are \$27.95 Fridays and Saturdays and \$24.95 Wednesdays and Thursdays. Military and students discounts are available. The house opens at 6:15 p.m., with the show beginning at 8 p.m. The box office is open weekdays from 12 to 5 p.m. and Saturdays from 1 to 5 p.m. For more information or reservations, call 222-9694.

Cloverleaf speech contest

The Cloverleaf Communicators will host a Speech Contest March 1 from 11:30 a.m. to 1 p.m. at the Sam Houston Club in the Crockett Room. Four speakers will compete. The international training in communication organization teaches members good communication techniques while enhancing their organization and leadership skills. For more information, call Deborah Bowman at 221-6517 or Maricia Shelton at 916-3406.

ACAP's 'Exploring Self Employment'

The Army Career and Alumni Program will host a seminar on "Exploring Self Employment" March 1 from 1 to 4 p.m. at the ACAP Center, Building 2263, Room B100, Stanley Road. The seminar will cover self-employment issues such as assistance programs and business loans. Experts will be available to answer questions. For more information, call Russ Lane at 221-1213.

Alamo Heights 5K/10K Run/Walk

The Alamo Heights Band 5K/10K Run/Walk to the Beat will be held March 3 at 8:30 a.m. at the Alamo Heights High School, 6900 Broadway. Race day registration and check-in will begin at 7 a.m. There will be two routes offered: a 5K run and walk and a 10K run route. T-shirts and refreshments will be provided along with musical entertainment by the Alamo Heights High School band. Money raised supports the Alamo Heights High School and Junior School Band activities. For more information or registration, call Melissa Phillips at 821-5681, e-mail AHBandRun@sbcglobal.net or sign up online at active.com.

Marketing Yourself for a Second Career'

The Army Career and Alumni Program will host a seminar called "Marketing Yourself for a Second Career" March 13 from 9 to 11:30 a.m. in Blesse Auditorium, Building 2841, Stanley Road. The guest speaker will be retired Marine Col. Dick Crampton. The event is sponsored by The Military Officers Association of America and is open to all sen-

ior enlisted and officers planning to retire from the military. For more information or to make reservations, call Russ Lane at 221-1213.

Hiring Heroes Career Fair

The Hiring Heroes Career Fair will be held March 27 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road. Attendees should bring copies of their résumé and be prepared to meet with recruiters. For assistance with résumé building, call the Army Career and Alumni Program at 221-1213 or the Family Member Employment Assistance Service Program at 221-0516. For more information, call Michael Main at 221-0619 or e-mail michael.main@samhouston.army.mil.

ROA offers scholarships

The Reserve Officers Association is accepting applications for the Henry J. Reilly Memorial Scholarship. Applications are available online at www.roa.org/site/PageServer?pagename=reilly_scholarship. The submission deadline is April 10. A minimum of 60 scholarships will be awarded to graduate and undergraduate children and grandchildren of members. For more information, e-mail henry.david.Pendleton@us.army.mil.

OCSC Welfare Applications

Each year the Officer and Civilian Spouses' Club makes welfare contributions to non-profit organizations supporting the welfare of service members and their families at Fort Sam Houston and Camp Bullis. Applications for welfare funds are available at Army Community Service, Building 2797. For more information, call Sue York at 845-4490. Applications must be post-marked by April 1.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pop concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramer@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

'FamilyStrong' focus group meeting

The "FamilyStrong" focus group will meet March 2 at 10 a.m. at the Child and Adolescent building, 710 E. Josephine St. "FamilyStrong" is a family-driven organization designed to provide peer-to-peer support to military families. For more information or a list of upcoming meetings, call Cindy Mathis at 826-1730 or e-mail CindyMathis@familystrong.org.

Retired Officers' Wives, Widows meet

The Retired Officers' Wives and Widows Club will meet March 27 at 11 a.m. at the Sam Houston Club. Guests are welcome. For more information or reservations, call Arline at 822-6559.

Warrant Officer Association meeting

The U.S. Army Warrant Officer Association - Lone Star Chapter meets the third Monday of the month at 7 p.m. at the VFW Post 8541, 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers, and family members

of current or retired warrant officers are invited. For more information, call Bill Strout at 590-2642 or e-mail bstrout@texas.net, or call Suzan Farrell at 378-0422 or e-mail susan.farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil; or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

Training

Green to Gold briefings

The Fort Sam Houston Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program through March 7 at 9 a.m. and 1 p.m. in the Army Learning Center, Building 2247, Stanley Road. The Army ROTC cadre from The University of Texas at San Antonio, along with the 12th ROTC Brigade Recruiting Office, will be present to conduct the briefings and provide additional guidance. For more information, call 295-2005.

FRG mobilization training

The Army Community Service Mobilization, Deployment and Stabilization training will be held March 1 from 11:30 a.m. to 1 p.m. in Building 2797, Stanley Road. This training is required for Family Readiness Group leaders and unit liaisons. Training will cover revised regulations and policies and will provide an opportunity to exchange "best practices." For more information or to make reservations, call 221-0946.

FRG Basic Leadership training

The Army Community Service Basic Leadership training and workshop will be held March 8 from 8:30 a.m. to 3:30 p.m. in Building 2797, Stanley Road. This training is required for FRG leaders and unit liaisons. The workshop will cover the basics for establishing an FRG; attendees will receive additional tools for continued success. To schedule briefings at the unit or to make reservations for future training, call 221-0946.

Green to Gold program (UTSA)

The Army ROTC program at The University of Texas at San Antonio is seeking enlisted Soldiers who are interested in becoming Army officers upon completion of a bachelor's degree. For more information, call Capt. Chez Varela at 458-5607, e-mail chez.varela@utsa.edu or visit <http://www.armyrotc.utsa.edu/>.

Volunteer

Girl Scouts seeks volunteers

The Girl Scouts' Cole Service Unit seeks adult volunteers. The Service Unit includes troops from Fort Sam Houston Elementary School, Cole Jr./Sr. High School and Pershing Elementary School. Volunteers are asked to donate three to six hours a month to help with fundraisers and assist with special events; training will be provided. For more information, call Teresa Clark at 349-2404, ext. 217.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. 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 sub-

mit a Fort Freebie, e-mail news.leader@sam-houston.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Digital Kurzweil RG100 piano with musical notes, \$120; big office chair, \$45. Call 829-4741.

For Sale: Gazelle power plus exercise equipment, supports 300 pounds, \$150; wood kitchen table with four, white upholstered chairs, \$125; wood coffee table, \$35. Call 630-0163.

For Sale: Living room couch, 80-inches long, in excellent condition, \$100. Call 495-2296.

For Sale: 2005 Harley Davidson Dyna low rider, 2,500 miles, black with tons of extra chrome, lots of extras, \$15,000 obo. Call 945-7627.

For Sale: 2004 Ford Mustang convertible, V-6 coupe, two door, loaded, 43K miles and new tires, \$18,000; baby crib with mattress, \$30; rowing exerciser, \$50; Panasonic 27-inch color TV with stand, \$100; Ping One iron, \$30. Call 666-0502 after 6 p.m.

For Sale: 1992 Ford Conversion Van by Magnum, loaded, four reclining captain's chairs, electric sofa, window blinds and screens, trailer hauling package, TV/VCR, front and rear AM/FM stereo, air conditioning, well maintained, service records available, \$2,498. Call 659-6741 and leave message.

For Sale: Tiffany lamp, genuine American stained glass with a rose design and rose petals around lamp, antique brass stand, \$35; three-station exercise machine, roman abs chair, pull-up and push-ups, \$45; Reebok slider with video, booties, slider and workout guide, \$40; dresser with mirror, rectangular big mirror with six drawers, \$300 obo; Papillon pups, tri-color, Aussie champion bloodlines/sired, AKC with papers, \$950. Call 521-1554.

For Sale: Natuzzi microfiber couch, blue, in good condition, \$300 obo. Call 659-8629 or 378-5253.

Voting slogan contest

The Federal Voting Assistance Program seeks entries for the 2007 Voting Slogan Contest.

The contest is an effort to promote interest in the democratic process among citizens covered under the Uniformed and Overseas Citizens Absentee Voting Act, for members of the uniformed services, the Merchant Marine, their families and all U.S. citizens residing outside the United States.

People are invited to create a simple slogan that expresses the importance of voting or a slogan that may inspire someone to vote and submit it to the FVAP. The deadline for submissions is April 9.

The winning slogan will be featured in the FVAP's 2008 information campaign.

For more information or for toll-free fax numbers, visit the FVAP Web site at <http://www.fvap.gov/>.

(Source: FVAP)