



Briefs . . .

Texas Independence Day

A Texas Independence and Flag Day celebration will be in front of the Alamo March 2 at 12 p.m. The event is sponsored by the Daughters of the Republic of Texas and commemorates the signing of the Texas Declaration of Independence during the siege of the Alamo. Col. Richard Agee, chief of staff of Army Medical Department Center and School, will be the guest speaker. A reception will follow at Alamo Hall. The public is invited.

Foulois flight 96th anniversary

Fort Sam Houston will celebrate the 96th anniversary of Lt. Benjamin Foulois' first military flight March 2 at 11 a.m. at the main flagpole on Stanley Road. Gen. William R. Looney III, commander of Air Education and Training Command, Randolph Air Force Base, will be the keynote speaker. The ceremony is hosted by The Stinsons Flight No. 2, Order of the Daedalians and the Jack Dibrell/Alamo Chapter of the Army Aviation Association of American. The public is invited. Inclement weather site is Evans Theater.

AFAP delegates, issues needed

Fort Sam Houston community members are invited to bring forth quality of life issues for discussion and possible resolution at the Army Family Action Plan Conference, scheduled for March 7 and 8 at the Sam Houston Club. Additionally, volunteer delegates and facilitation team members are needed for conference participation. Active duty, reservists, retirees, Department of the Army civilians and family members are welcome to apply. Facilitation team members will be trained March 2; delegates will be trained at the conference. For more information, call Felix Aparicio at 221-2705 or e-mail felix.aparicio@samhouston.army.mil.

Installation Status Report

Orientation training for Installation Status Report, Infrastructure (ISR 1) points of contact, such as building managers or representatives, for all installation activities will be held Tuesday from 8 a.m. to 12 p.m. at Evans Theater, Building 1396. For more information, call Judy Barta at 295-4922 or e-mail judy.barta@samhouston.army.mil.

Officer and Civilian Spouses' Club

Annual Tour of Homes

Visit selected homes on Fort Sam Houston during the Officer and Civilian Spouses' Club's Annual Tour of Homes April 1 from 10 a.m. to 3 p.m. Tickets are \$10 prepaid and \$15 on the day of the tour. Tickets will be sold Saturday, March 4, 11 and 25 from 10 a.m. to 2 p.m. at the Post Exchange, commissary and Golf Club. Proceeds from the tour go to the welfare and scholarship funds. For more information, call Liz Schreckhise at 270-2114 or Licia Rothfuss at 222-9464.

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Rodeo rides into town, stars stop by BAMC

By Nelia Schrum and Andricka Hammonds
Brooke Army Medical Center Public Affairs

When the 2006 San Antonio Stock Show & Rodeo pulled up stakes Sunday, it left the wounded warriors recovering at Brooke Army Medical Center and hospital staff with fond memories of Texas and cowboy hospitality.

Texas legend Willie Nelson and his family band treated the hospital to a concert in the Medical Mall Friday, playing to a packed audience of staff and patients. Opening with his hit, "Whiskey River," he sang signature ballads like "On the Road Again," "Crazy" and "Mamas Don't Let Your Babies Grow Up to be Cowboys."

Nelson played for 90 minutes. Following his BAMC performance, he signed autographs and posed for pictures with patients and staff for another hour.

The Willie Nelson band played at BAMC in February 2005 performing 11 numbers. But, Nelson had to cut his performance for the 2005 San Antonio Stock Show & Rodeo because he was suffering from laryngitis.

"I wanted to come back again and play for the Soldiers because I didn't feel I had performed at my best last year," Nelson said, adding one year later that his throat was recovered, and he wanted to give it another shot.

For Valentine's Day, country western heartthrob Clay Walker invited 10 wounded warriors and their spouses or girl friends to join him at the AT&T Center for a special meet and greet along with the rodeo and his performance. Walker, who has 11 No. 1 country hits, recognized the wounded warriors attending the event as, "the bravest people I've ever met."

See RODEO STARS on Pages 16 and 17



Photo by Brian Guerra

Texas legend Willie Nelson and his family band treated a packed audience of staff and patients to a concert Friday in the Medical Mall at Brooke Army Medical Center. Following his BAMC performance, he signed autographs and posed for pictures with patients and staff for another hour.

Scott Road gate closes March 6

By Phil Reidinger
Fort Sam Houston Public Affairs Office

The access control point onto Fort Sam Houston from Harry Wurzbach will relocate to Winans Road effective March 6 at midnight.

The Scott Road gate at Harry Wurzbach will close until May 1 to complete construction of the new access control point. The last phase of this construction project requires the alignment of Harry Wurzbach Road with the new Fort Sam Houston entrance.

The contractor will set up construction barriers, signs and traffic control personnel to provide access for the Towers' residents, staff and delivery personnel.

The current Winans Road gate operation will be relocated to Nursery Road to allow most of the vehicle queuing and processing to take place inside the installation boundary, and to avoid traffic congestion at the intersection traffic signal at Winans and Harry Wurzbach roads.

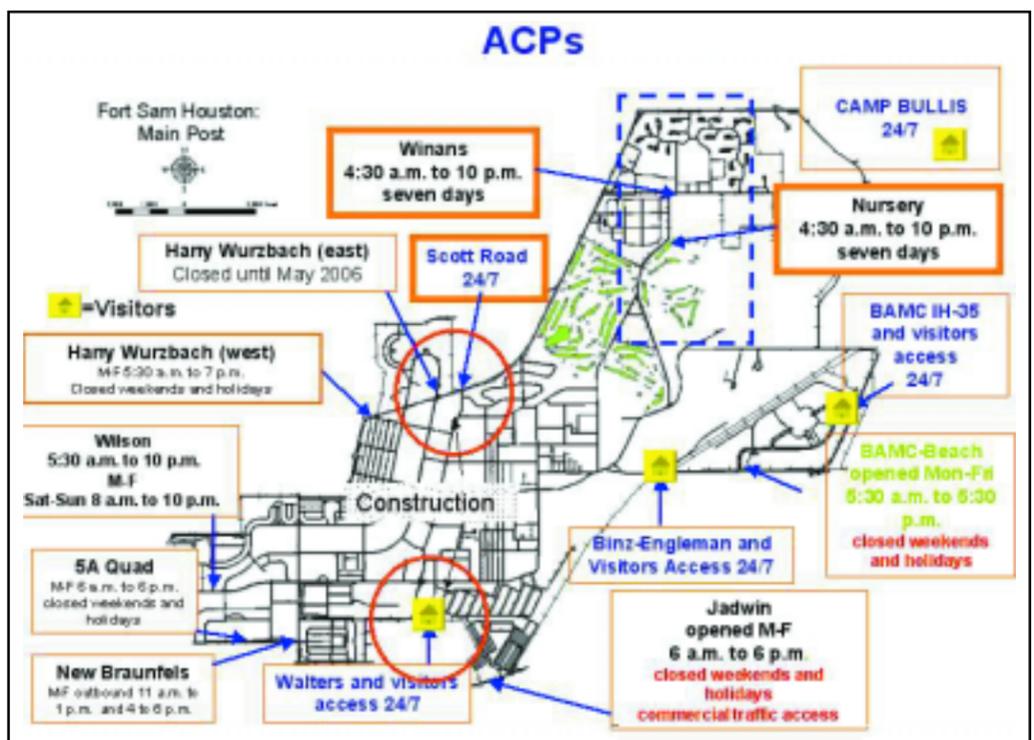
A two-week test period will establish an operational baseline and identify problem areas.

During this test period, the Scott Road ACP and the new Nursery Road ACP will maintain regular hours (see map).

The test period will end March 6, and the new gate on Nursery Road will operate 24 hours, seven days a week, until the Harry Wurzbach gate construction is

completed in May.

With the gate operation relocating to Nursery Road, the Fort Sam Houston National Cemetery Traffic Control Point will move to the intersection of Winans and Nursery roads. The relocation of the TCP will provide access control to the Fort Sam Houston Independent School District, Dodd Field Chapel, Youth Center and Watkins Terrace residential area.



TRICARE committed to sustaining 'world class' health system

By Brig. Gen. Elder Granger
TRICARE Management Activity deputy director

We face a serious challenge to the future of our military health benefit. We have experienced significant increases in the cost of health care; they have doubled in just five years, and our analysts project steep increases over the next 10 years, to \$64 billion in 2015, which represents 12 percent of the projected defense budget in that year.

Our health benefit ranks among the very best in the nation. We have comprehensive coverage that we continue to enhance; our access is unparalleled with a national network of more than 220,000

physicians, all U.S. hospitals and 55,000 retail pharmacies that supplement our own military medical facilities. We have exceptional quality of care and our providers focus on the safety of their patients while striving to earn their patients' satisfaction.

Together, we must sustain this benefit.

As we have implemented the many enhancements to TRICARE, individual's cost shares have essentially remained the same since 1995. As a result, we pay a continually increasing percentage of our beneficiaries' health costs. In 1995, beneficiaries paid approximately 27 percent of their health care costs; today, they pay only 12 percent.

These factors have led to civilian employers, and some state governments, to shift health care costs to DoD by encouraging their employees who are military retirees to use the very attractive TRICARE health benefit instead of their own health insurance options.

In addition to our benefit enhancements, increased use by more beneficiaries and no cost share increases, we experience the same double-digit health care inflation as all health plans in the nation. We implemented a number of management initiatives designed to reduce the costs of delivery and to enhance performance within our health system, but these actions alone will

not contain the escalating costs.

I assure you that the military and civilian leadership in this department honor the great sacrifices that our service members and their families make, especially in time of war. Their sacrifices remind us of the valuable contributions made by those who served in years past. We know that the health benefits enjoyed by all of our beneficiaries are richly deserved. We are committed to sustaining this world class health system by placing it on a sound fiscal foundation for the long term. We believe that the changes in beneficiary cost shares will make this great program available for generations to come.

Fort Sam Houston News Leader

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, 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



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Army Medical Department
Center and School and
Fort Sam Houston Commander
Maj. Gen. George W. Weightman
Garrison Commander
Col. Wendy Martinson
Public Affairs Officer
Phillip Reidinger
Public Information Officer
Yolanda Hagberg
Editor/Writer
Elaine Wilson
Staff Writer
Cheryl Harrison
Layout Artist
Lori Newman

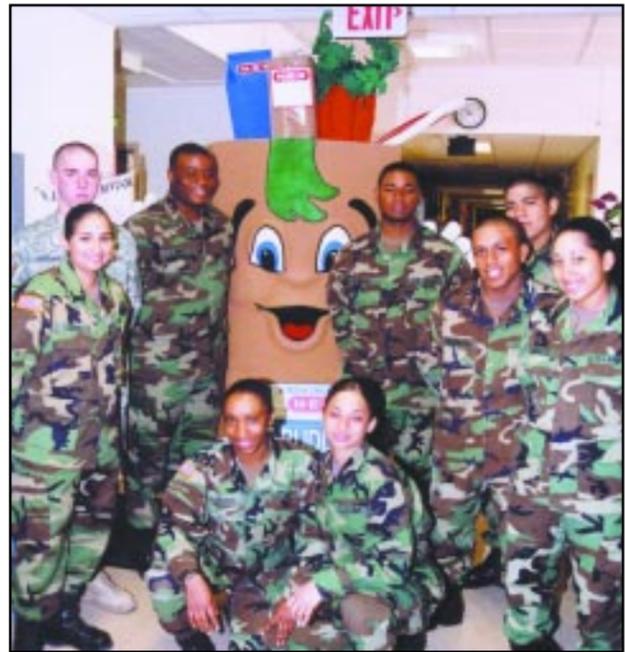
Soldiers support community



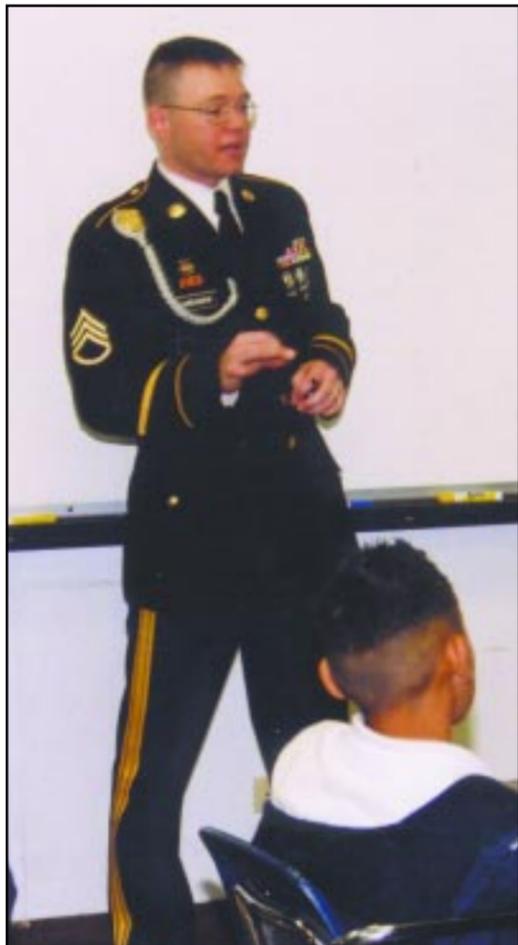
Photos by Esther Garcia
 (Above) Pvt. George Theodule, of G Company, 232nd Medical Battalion, checks blood pressures Feb. 11 during a Health Fair for seniors in the community hosted by William Knox Elementary in San Antonio. The fair included a variety of booths that provided literature about nutrition programs, diabetes, drug plans, home health care and assistance for those without transportation and for those who are homebound. "I am having a good time talking to members of the local community," said Theodule. "I think it's great that we are able to use the skills we have trained for."



Spc. Derrick Shaw, of G Company, 232nd Medical Battalion, provides vision screening to visitors attending the health fair at William Knox Elementary Feb 11. "It was great having them here; we appreciated their support and help. This was a cooperative effort, a hands-on human effort," said Homer Rivera, principal of William Knox Elementary. The support provided to the school was coordinated through the efforts of Col. Patricia Hastings, director, Combat Medic Training; Lt. Col. David Hernandez; Maj. David Thomas; and Capt. Allison Pappas.



(Right) Members of the 232nd Medical Battalion take a break to pose with the H-E-B mascot at the Health Fair Feb. 11 held at William Knox Elementary in San Antonio. The Soldiers assisted in the health fair by providing blood pressure checks, vision screening and making sandwiches for the seniors in the surrounding community. "This is just another example of good people making things happen without any need for fanfare and limelight," said Edward Fears, counselor, William Knox Elementary.



Staff Sgt. James Lorenzen, U.S. Army Medical Command Band, visits with students at Nimitz Middle School in San Antonio during Career Day activities. Lorenzen spoke to the students about the various job opportunities available in the military, from musicians to lawyers to being a cook. Also attending was Sgt. Rebecca Magnier, from Brooke Army Medical Center, who spoke about her military experiences and her military occupational specialty, the production of prescription glasses.



Sgt. 1st Class Colin Radar (far right), installation NCO of the Year, joins military ambassadors Sgt. Rebecca Magnier, Soldier of the Year, and Staff Sgt. Juan Perez during a visit Feb. 17 with Navy veteran Wayne Simon at the Audie Murphy Memorial Veterans Hospital for the Annual National Salute to Hospitalized Veterans program. The Soldiers visited with several veterans at the hospital and presented each with miniature flag pins. Simon serenaded the Soldiers with "The Star-Spangled Banner" on his guitar.



Col. Richard Agee, chief of staff, Army Medical Department Center and School, visits with Army veteran Mario Torres at Audie Murphy Memorial Veterans Hospital in San Antonio during the annual National salute to Hospitalized Veterans. The salute allows the hospital an opportunity to invite the public to visit with the veterans, view the facility and gain an awareness of the various programs offered to veterans.

Briefs cont. . . .

Board members needed

The Officer and Civilian Spouses' Club seeks active members to fill board positions for the coming year. For more information, call Kandice Collins at 222-9043.

Welfare distribution

The Officer and Civilian Spouses' Club makes welfare contributions on an annual basis every May. Applications for welfare funds are available at the information desk of the Roadrunner Community Center on Stanley Road. Any nonprofit organization located on Fort Sam Houston and Camp Bullis supporting the welfare of the armed forces and their families may apply. Applications must be postmarked by April 1.

Scholarship applications available

The Officer and Civilian Spouses' Club provides scholarships to high school seniors and college students continuing their education, as well as a scholarship for a military spouse. Applications must be postmarked by April 1. For more information, call Judith Markelz at 410-0958.

National Prayer Breakfast

The 2006 Army Medical Department Center and School and Fort Sam Houston National Prayer Breakfast will be held March 9 at 6:45 a.m. at the Sam Houston Club. The guest speaker will be Chaplain (Brig. Gen.) Douglas Carver, deputy chief of chaplains. For reservations, call 221-5007 or 221-2754.

Women's History Month ceremony

The Fort Sam Houston Women's History Month Commemoration will be held March 14 from 10:30 to 11:30 a.m. at the Sam Houston Club. The guest speaker will be Brig. Gen. Carla G. Hawley-Bowland, commanding general, European Regional Medical Command. For more information, call Master Sgt. Michael Boehringer at 221-9276 or e-mail Michael.boehringer@amedd.army.mil.

AFTB Level II and III training

Army Family Team Building will offer AFTB Level II and III training Tuesdays and Thursdays from 6 to 9 p.m. at the Roadrunner Community Center beginning Tuesday and continuing through the month of March (no classes during spring break week). Students will learn interpersonal skills, how to develop relationships and leadership skills. AFTB will provide drinks and snacks. Registration is required for each workshop; call the AFTB Office at 221-2705 or 221-2418.

Gate traffic, safety hazards

Motorists who drive on private property to avoid a wait at gates may be saving time, but they are also creating traffic and safety hazards. Police officers have cited drivers who turn around on the Averitt Express Commercial site to avoid a wait at the George Beach/Binz Engleman gate. Drivers have also been seen trespassing on Muzak property, on the access road of Interstate Highway 35 North, to enter the main Brooke Army Medical Center gate. If caught, drivers will be cited and may be charged with criminal trespass.

Tax center open for business

The Tax Assistance Center is open Mondays, Wednesdays and Fridays from 9 a.m. to 5 p.m.; Tuesdays and Thursdays from 9 a.m. to 9 p.m.; and Saturdays from 9 a.m. to 1 p.m. at the 1st Legal Support Organization, Building 133A, 2420 Liscum Road, behind the Garrison Staff Judge Advocate Office. For more information, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

BAMC parking lot closure

Parking lot A, south entrance at Brooke Army Medical Center, is closed to ensure the safety of BAMC visitors and patients during the construction of the Center of the Intrepid. Drivers should be vigilant and drive slowly in lot A due to an increase of pedestrian traffic.

Housing update

Infantry Post makeovers create spacious, modern homes

Fort Sam Houston Family Housing, Limited Partnership Development group is renovating homes in the Infantry Post housing area with more to come.

The historic homes, located within the National Historic Landmark District, were built between 1886 and 1889. The non-historic duplex homes were added on the parade ground in 1948.

The development plan calls for major renovation of 21 historic homes and exterior and interior upgrades for the 48 non-historic duplexes.

The historic homes are being redesigned to create more spacious living areas with modern room sizes and arrangements. Residents will gain a master suite with a new bathroom and walk-in closet, a walk-in closet in the second and third bedrooms, larger hall closet and increased kitchen size with more counter space and cabinets. Other additions include a family room, a first floor powder room, a utility/laundry room and a sitting area with access to a second-floor porch. The homes' hardwood floors and fireplaces will remain; however, the fireplaces will not be useable. On the exterior, the homes will be painted and renovated. Due to the poor porch conditions, the renovation will include porch repair and material replacement.

The non-historic duplex development plan includes kitchen upgrades such as cabinetry, flooring and lighting. The bathrooms will gain new cabinetry, plumbing fixtures, flooring and lighting. Renovations to the exterior of the homes include enlarging the front porch area and adding an enclosed, detached garage.

Renovations will take place after a house is vacant. Each floor plan in Infantry Post is unique and every effort is being made to accommodate all of the renovations.

Infantry Post village is scheduled for landscape and village park improvements in addition to major renovation of homes.

Infantry Post is one of four housing villages currently

undergoing renovation. Other villages with renovations under way include Staff Post, Artillery Post and Gorgas Circle.

For more information, call the Residential Communities Initiative office at 221-0891.

(Source: RCI)



631 Infantry Post (before renovation)



640 Infantry Post (after renovation)

DoD extends equipment reimbursement deadline

The 2006 National Defense Authorization Act, which the president signed into law Jan. 6, extended the purchase deadline for which current and former Soldiers may be reimbursed for the private purchase of certain protective, safety and health equipment.

Previously, the equipment for which Soldiers sought reimbursement must have been purchased after Sept. 10, 2001, and before Aug. 1, 2004. Under the 2006 NDAA, the deadline is now April 1, 2006.

As provided by a provision of the 2005 NDAA, in November 2005, the Department of the Army began reimbursing both current and former Soldiers who purchased body armor and certain other protective, health and safety equipment for use in Operations Noble Eagle, Enduring Freedom or Iraqi Freedom.

Equipment for which the Army is providing reimbursement includes privately purchased protective body armor, whether purchased as a complete outer tactical vest or as separate body armor components; combat helmets; ballistic eye protection; hydration systems; summer weight and leather work gloves; and knee and elbow pads. Also, insect netting, certain insect repellants and reflective vests have recently been added to the list.

The Army will provide reimbursement for qualifying purchases made by

either a Soldier or someone else, such as a parent or spouse, on behalf of a Soldier. However, in all instances the Soldier for whom the equipment was purchased (or the survivor of a deceased Soldier) must file the reimbursement claim.

Current active duty or active reserve component Soldiers should file claims with the first field grade commander in the Soldier's current chain of command. Former Soldiers and survivors of deceased Soldiers may file by mail directly to the U.S. Army Claims Service at the address provided in block 12 of the claims form, DD Form 2902.

Claims must include the following:

- A completed and signed DD Form 2902 (Claim for Reimbursement and Payment Voucher for Privately-Purchased Protective, Safety, or Health Equipment Used in Combat);
 - A copy of official documentation noting the Soldier's deployment in support of one of the operations, such as deployment orders or a DD Form 214 noting deployment;
 - Copies of all available receipts or other proofs of purchase for the items claimed; and
 - Turn-in of the equipment for which the claimant seeks reimbursement.
- For those filing by mail, shipping costs for turn-in to USARCS will be reimbursed and can be noted on the DD Form 2902. Claimants who no longer have the equipment should

provide a written statement explaining why the equipment is unavailable for turn-in.

Claimants who provide proof of purchase will be reimbursed the full purchase price plus shipping costs for each item, up to \$1,100 for any single item. If no proof of purchase is provided, the claimant will be reimbursed at a rate pre-established for the item by the Department of Defense. For example, the Army will reimburse \$551.60 for a complete outer tactical vest claimed without proof of purchase.

Claims are processed through USARCS for payment from the Defense Finance and Accounting Service. Claimants are informed of any deficiencies in their claim and are given ample opportunity to correct such deficiencies. Although the claims process is designed to ensure rapid settlement and payment of claims, potential claimants should not wait too long to file claims, as all claims must be filed by Oct. 3.

For more information on the program, visit www.jagcnet.army.mil, click on "U.S. Army Claims Service" and select "Protective Gear Reimbursement Program." Claimants or commanders can also contact Maj. Paul Cucuzzella, USARCS project officer, at paul.cucuzzella@emh1.ftmeade.army.mil or (301) 677-7009, ext. 431. (Source: USARCS)

TSGLI provides support for wounded Soldiers

WASHINGTON, D.C. — More than 600 Soldiers so far have benefited from Traumatic Servicemembers' Group Life Insurance, the new traumatic injury protection through the Servicemembers' Group Life Insurance.

Payments have ranged from \$25,000 to \$100,000 depending on the injury for Soldiers who served in Operations Iraqi Freedom and Enduring Freedom in Afghanistan.

TSGLI provides monetary assistance to Soldiers and their families who have suffered an injury resulting in a traumatic loss (i.e. loss of limbs, sight, hearing, traumatic brain injury, etc.) This assistance enables family members to be with them during their recovery time from such an injury.

"The TSGLI benefit dramatically helped my future," said Spc. Shervayne Diaz. "When I couldn't work, the TSGLI benefit was there to help pay my bills. Any Soldier who has sacrificed deserves this benefit, and I am grateful for this much-needed assistance."

Administered by the Army Wounded Warrior Program on behalf of the Army, the TSGLI program aims to provide Soldiers with the necessary information and assistance to complete and submit their TSGLI claims and ensure eligible Soldiers receive the monetary payments to which they are entitled.

"Our nation's commitment to our Soldiers is evidenced by this program. TSGLI is another benefit which assists our fallen warriors and their families so they can focus on recovery, further exemplifying the Warrior Ethos, 'Never leave a fallen comrade,'" said Col. Mary Carstensen, director of the U.S. Army Wounded Warrior Program and TSGLI.

There are nearly 3,000 Soldiers like Diaz who incurred injuries fighting in the global war on terror who may be eligible for the TSGLI retroactive benefit, officials said.

Soldiers may qualify for the retroactive benefit if they suffered a qualifying loss due to a traumatic injury while serving

in theater in OEF or OIF between Oct 7, 2001, and Dec. 1, 2005. Coverage under SGLI is not required for the retroactive benefit.

After Dec. 1, all Soldiers covered under SGLI will automatically be covered under TSGLI.

To apply for TSGLI, Soldiers may obtain a claim form at www.aw2.army.mil/tsgli or by calling (800) 237-1336. Once they have the claim form, they need to complete it and obtain certification from a health care provider.

It is important for health care providers to completely fill in Part B of the TSGLI application, officials said.

Once the Soldier has completed Part A, and the health care provider has completed Part B, the application can be submitted to the Army for an award decision. It is important for Soldiers to understand that they do not have to complete Part C, which will be completed by the TSGLI office, officials said.

Completed claim forms can be sent one of three ways:

- via fax to (866) 275-0684 (preferred)
- via e-mail to TSGLI@hoffman.army.mil
- via U.S. mail to:

Department of the Army
Traumatic SGLI (TSGLI)
200 Stovall Street
Alexandria, VA 22332

For more information, visit the TSGLI Web site at www.aw2.army.mil/TSGLI or call (800) 237-1336.

(Source: Army News Service)

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center seeks volunteer donations to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Instructors give students dose of military medicine

By Elaine Wilson
Fort Sam Houston Public Information Office

With bleeding patients and burning "flesh," Edison High School was not the place for the squeamish Feb. 9.

However, it was the site for a hands-on education in military health care for more than 400 aspiring medical professionals, thanks to a handful of instructors from the Army Medical Department Center and School.

The operating room technician instructors set up a mock surgery room at the medically focused San Antonio high school to give students their first exposure to an operating room and a behind-the-scenes look at military medical careers.

The interactive surgery room included a bleeding surgical simulator, a "bovie" that cauterizes tissue and a display table with the latest in medical technology.

"We wanted to expose the students to a wide variety of medical equipment and experience," said Capt. David Taylor, 91D Branch deputy director. "Because an operating room is sterile and the kids can't enter, they would never have gotten this

opportunity otherwise."

The teens not only had the opportunity to observe surgery, they were able to perform it. Staff Sgts. Lafayette Falkquay and Norbert Reed showed the students how to don gowns and gloves, then perform surgery on a surgical simulator made realistic with blood.

"We had a simulated shrapnel wound," Taylor said. "The students made an incision, used sponges and then fingers and forceps to pull out shrapnel."

Falkquay and Reed also taught the students to cauterize tissue using an electrical surgical unit, or bovie. Sgt. 1st Class Malcom Timmons and Staff Sgt. Rahman Rustin explained an array of surgical equipment, and Lt. Col. John Austin presented a fracture simulation table.

"Lt. Col. Austin talked about injuries from Civil War to present, from stainless steel to implants; all the latest, greatest stuff we're using," Taylor said.

"I thought it was interesting," said 10th grader Cynthia Rocha, an aspiring pharmacist. "They talked about the tools they use and how to remove certain objects."

Taylor then showed videos to explain the various career paths for Soldiers in Army medical fields.

"I mentored them on college and career choices," he said. "I wanted to offer the students some choices, something to aim for. Overall, the kids were very motivated to make their lives better. It was a great experience for us."

The school visit was the third for the operating room technicians.

"We first set up the surgery room at a school's career fair in 2004, then Navarro High School invited us out last year," Taylor said.



Courtesy photos

Staff Sgts. Lafayette Falkquay and Norbert Reed, operating room technician instructors, teach surgical skills Feb. 9 to students from Edison High School in San Antonio in the 91D Branch mock surgery room.

Jane Baldwin, health care science technology teacher at Edison High School, heard about the visit from a friend at Navarro, and thought the presentation would be the perfect way to summarize a lesson she was giving on bones.

"Edison is a medical high school, and one of our goals for the district is to prepare kids for real-world experience," she said. "And, this was very realistic. If I can, I'd like to have them come back on a yearly basis."

Rocha said the students would also be happy to welcome them back.

"Everyone thought it was cool," she said. "When the bell rang, everyone wanted to stay; no one wanted to go."



Edison High School students had the opportunity to practice surgery on a "bleeding" surgical simulator Feb. 9 with help from instructors from the Army Medical Department Center and School.



Lt. Col. John Austin familiarizes high school students with orthopedic tools of the trade.

All aboard

MWR employee publishes book on San Antonio trains

Story and photo by Cheryl Harrison
Fort Sam Houston Public Information Office

A project that began as a simple task turned into a labor of love and later developed into a book for a Morale, Welfare and Recreation fitness center employee at Camp Bullis.

Hugh Hemphill, originally from Scotland, moved to San Antonio in 1991, where he met and later married his wife, Therese, a native Texan. He had been working for a credit union as a lender, but as he admitted, "I must have been having a midlife crisis because I was so bored.

"I was so dissatisfied with what I was doing that one day I literally 'mouthed' off to my boss. Unfortunately, or fortunately as it turned out, I was fired," said Hemphill.

Being a person who likes to create a good situation out of a bad one, he put his free time to good use as a volunteer at the Texas Transportation Museum in San Antonio.

Hemphill's fascination with transportation began with the purchase of an old car.

"It was a 1958 Imperial I had hopes of restoring that led me to an interest in the history of transportation," Hemphill said.

He enjoyed his volunteer work; however, in order to pay the bills, he needed a paid position as well.

Hemphill had experience as a fitness center employee and found an "ideal position" with the Fort Sam Houston Morale, Welfare and Recreation Directorate. It fit his needs perfectly, he said. The position in the fitness center at Camp Bullis was part-time, helped pay the bills and offered benefits for his family. As an added bonus, it also gave him the freedom to continue his volunteer work with the museum.

Hemphill's work at the museum began a snowball effect that led to the writing of his book, "The Railroads of San Antonio and South Central Texas." It all began as a simple task to look over the museum's Web site and update it as necessary.

"On a whim, I decided it would be interesting to write a brief paragraph about each of the railroads that went through San Antonio," said Hemphill. "I thought it would be easy to do, so I decided to add pictures as well.

"Looking for photos of each depot became a detective project for me, but was quite fun as well," he continued.

"By simply asking permission to look at photos of the Missouri Pacific Railroad Station (in San Antonio), I was given boxes of history," Hemphill said. "It was just given to me."

As questions were asked, facts searched out, photos and other pertinent information sought, Hemphill was con-

tinuously asked, "Are you writing a book?" That was where the idea of a book originated, he said.

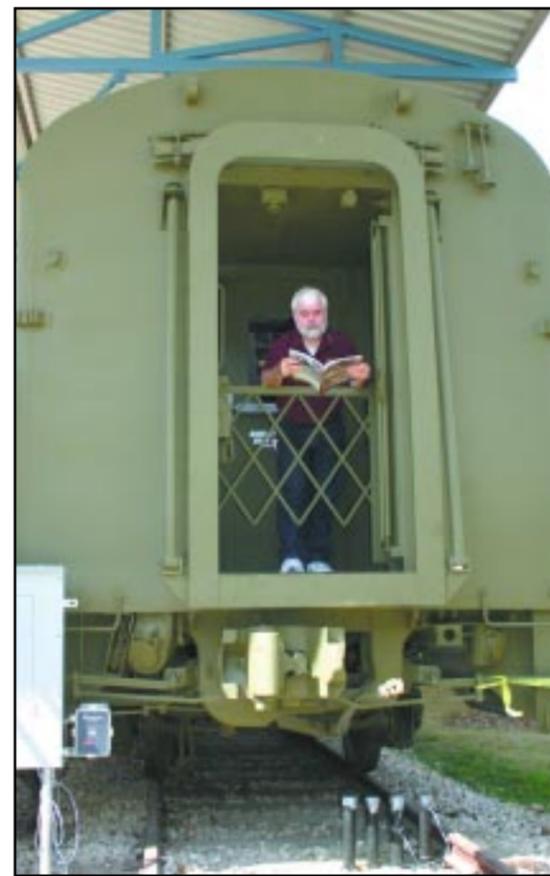
But, the idea didn't become a reality until he met Mary Fisher, of the North East Independent School District, who said, "You must be writing a book. Let me introduce you to my husband. He is a publisher with Maverick Publishing."

The book tells the story of how the seven original railroads in San Antonio shaped the city and were directly tied into where Fort Sam Houston is now situated.

"San Antonio's original military base was briefly relocated to Austin," Hemphill said. "But, because San Antonio was becoming a crossroads for many railroads, it made sense for the military to relocate back here in 1876. In 1882, Gen. William T. Sherman expanded this base, and in 1890 it was given the name Fort Sam Houston."

The book is important to understanding the evolution of an important link in the nation's transportation system, Hemphill said.

Today, Hemphill is a paid part-time manager for the museum, but continues to work at the fitness center. Signed copies of his book are available at the Texas Museum of Transportation, 11731 Wetmore.



Author Hugh Hemphill stands at the entrance of the U.S. Army ambulance unit car, parked at the Army Medical Department Center and School Museum. The ambulance car, which provided the utmost in patient care and comfort, joined the steam locomotive as a museum piece and is available for touring.

Tax center offers free assistance

Officials stress appointment, proper documents

Story and photo by Minnie Jones
Fort Sam Houston Public Information Office

The Fort Sam Houston Tax Assistance Center is now open and offers free tax assistance to active duty military members, dependents and retirees with a valid military ID card.

The service is also available for reserve members during their weekend drill, annual tour or on orders 30 days or more. If the Reserve or National Guard service members are on military orders for 30 days or more, then their dependents are also eligible for tax center assistance.

Capt. Kate Evans, officer in charge, Tax Assistance Center, stresses that people need to call and make an appointment, and ensure they have the following documents with them for tax preparation:

- Photo ID;
- Social Security cards for customer, spouse and dependents;
- Blank or voided check and savings account numbers for direct deposit;
- The tax package the individual received in the mail;
- Forms W-2, 1099-R and other statements of reportable income such as Form SSA-1099;
- Birth dates for primary, secondary and dependents on the tax return;
- All appropriate expense information such as medical, home mortgage interest, real estate taxes, student loans, charitable contributions and childcare expenses; and information on rental property and investment sales;
- A copy of last year's federal and state returns; and
- Total paid for day care, and the provider's identifying number.

The tax center will prepare individual tax returns by appointment only. However,

appointments are not required to file a form electronically, but the customer must provide a completed tax return to the tax office.

To file a return electronically and have it direct deposited into a bank account, people should bring in a voided check so account number and routing number can be obtained.

To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms. If a spouse is deployed or on temporary duty and cannot come to the tax center, download an IRS Form 2848, Power of Attorney, from the Internal Revenue Service Web site.

"This form doesn't require a notary, but must be properly completed before coming to the tax center. You can also use a General Power of Attorney provided by the judge advocate general's office."

Evans said. "A last year's copy of the tax returns is an extremely useful piece of information for taxpayers to have with them when they come to the office; it will make the entire process a lot easier."

Evans also recommends people bring their Social Security card and the Social Security cards of their dependents.

"It is not that we need to know who they are, but that they have the right Social Security number," she said. "If the Social Security number they give us doesn't match the card, the return will be sent back to us. Then we will have to track down the individual and do another tax return. This is something we want to head off; it is extremely important that each person use the correct Social Security number."

Some restrictions do apply to the use of the tax center. "Army regulation limits some tax assistance to eligible military. We cannot assist taxpayers who have income from their own business or commercial enterprise. The exception to this



Retiree Guy Huskerson Jr. and his wife, Betty, complete the necessary forms during their Tax Assistance Center appointment.

rule is for the Family Child Care providers enrolled under the Installation Family Child Care Plan and individuals who have rental property," Evans said.

Last year, Fort Sam Houston's Tax Assistance Center processed a record amount of nearly \$5 million in refunds for the Fort Sam Houston community.

Retiree Guy Huskerson Jr. and wife, Betty, have used the service for many years, "They provide awesome service," Huskerson said.

First time customers, Sgt. Jason Defrain and his wife, Tiffany, said that they chose the tax center because "it's free and fast."

The post legal office still needs volunteers for the tax center. Volunteers receive training through the Volunteer Income Tax Assistance Program, an IRS program that trains volunteers to prepare basic tax returns. Volunteers at the Fort Sam Houston tax center receive one week of in-

house training and another week from the IRS. For more information on becoming a volunteer, call the tax center at 295-0061.

The Tax Assistance Center is open Mondays, Wednesdays and Fridays from 9 a.m. to 5 p.m.; Tuesdays and Thursdays from 9 a.m. to 9 p.m.; and Saturdays from 9 a.m. to 1 p.m. at the 1st Legal Support Organization, Building 133A, 2420 Liscum Road, behind the Garrison Staff Judge Advocate Office. There is also a satellite office located at the Brooke Army Medical Center, 3851 Roger Brooke Drive. Hours of operation are Mondays through Fridays from 9 a.m. to 5 p.m. The last day for filing taxes at the center will be April 29.

For more information on the tax center, call 295-0061 or visit www.samhouston.army.mil/tax/index.html. For tax information, call the IRS hot line at (800) 829-1040 or (800) 829-4477, or visit www.irs.gov.

EEO office seeks counselors for discrimination claims

An allegation of discrimination in the workplace is an awful ordeal for both employees and employers. However, the right counseling and communication can prevent exacerbating a complaint.

The Fort Sam Houston Equal Employment Opportunity Office is looking for collateral counselors, military or civilian, who can handle claims of discrimination in the workplace.

EEO will hold counselor training classes April 3 to 7. The courses run for a full work day and highlight the rules and regulations governing the EEO informal process, the complaint process, various counseling techniques and the theories of discrimination.

As certified counselors, the volunteers will spend a reasonable percent of their work time to assist the EEO office with its caseload.

EEO Director Dr. Art Arnold said there are less than 10 certified collateral counselors who work with the EEO office; however, there is always an ongoing need for more counselors to address the issues of hundreds of employees on post.

"When you have a population of more than 5,000 (civilian employees), and growing, that's a lot of folks," Arnold said. "We just wanted to make sure to increase our cadre of counselors to make the program even more successful."

Arnold believes the volunteers will become more sensitive to workplace prejudice after becoming certified counselors.

"They'll be able to address those in grief and let people know what's acceptable and what unacceptable behavior is," he said.

Early intervention in the dispute resolution process is imperative in ensuring a more cohesive work environment, noted Arnold.

"If we don't have a positive human relations climate, it can impact the mission," he said.

Addressing issues on a local level can also prevent intensifying a potential complaint.

"The more you can resolve internally, the better it is," said Marie Jangaon, EEO complaints manager for the garrison. "You can get people back to work."

Another EEO staffer, Liz Kerley, said being an EEO counselor taught her about the issues and concerns of employers and their staff.

"A lot of times you can work things out if you can talk to both the management and the employee," said Kerley.

Jangaon emphasizes the commitment needed of counselors.

"It's something that you've got to want to do," she said. "Being a counselor requires considerable dedication to the job."

Arnold stressed the need of a counseling program on post that helps address the issues of the installation's employees and some contract employees.

"It's the right thing to do," he said. "Anytime we can help somebody or help facilitate a solution to people's concerns, it's always a good thing."

For more information about EEO collateral counselor training, call the EEO office at 221-0218. The deadline to register for training is March 15.

(Source: EEO office)

Career Clips

Maintenance manager, San Antonio - Helps maintain property's physical condition through preventive maintenance and equipment repairs; and ensures highest level of guest satisfaction by monitoring cleanliness of public areas, friendliness of staff and related sanitation functions.

Maintenance technician, San Antonio - Assists manager with maintaining property's physical condition through preventive maintenance and equipment repairs; makes structural repairs to masonry, woodwork and furnishings; and checks fixtures, lighting and signs for proper operation.

Telephonic medical case manager, San Antonio - Provides medical case management to individuals through coordination with the patient, physician and employer; must possess excellent communication and organizational skills to interface with the client and claimants; works independently; and works with treating physicians and return-to-work contacts to facilitate claimants return to work.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or by calling 221-1213.



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.



Courtesy photo

Revved up

Justice Hobbs, a second grader at Fort Sam Houston Elementary School, celebrates his third place finish in the Triple Crown Texas Winter Motocross Series. The series comprised three races, and points were accumulated toward the series standings. The first race was Jan. 8 at Austin Del Valle MX Park in Austin, Texas; the second race was Jan. 22 at Texas Ski Ranch MX Park in New Braunfels, Texas; and the third race was Feb. 12 at Cycle Ranch MX Park in Floresville, Texas. Justice received enough points over the three races to earn the third place title in the 65cc 7- to 9-year-old division. Justice is the son of Staff Sgt. Robert and Tara Bates.

Sports Briefs . . .

Intramural golf

Intramural golf season begins April 4. A coaches meeting will be held March 3 at 12 p.m. at the Fort Sam Houston golf course. For more information, call 221-1180 or e-mail earl.young@us.army.mil.

All-Army Sports Program

The All-Army Sports Program offers Soldier-athletes the opportunity to participate in more than 20 sports at an armed forces or higher level of competition. Interested participants can go to the Army Morale, Welfare and Recreation Web site at www.armymwr.com, select Recreation and click on the Army Sports link to see what sports are available and view the criteria for selection. The All-

Army online application allows Soldiers with Internet access to apply for any All-Army sport online. Soldiers can visit <https://armysports.cfsc.army.mil> for a direct link to the All-Army application process.

'Race for the Cure'

The ninth annual Komen San Antonio Race for the Cure will be April 1 at the Alamodome. Everyone is invited to join the Brooke Army Medical Center team. To join the BAMC team, visit the Komen Web site at www.sakomen.org, click on "join an existing team," click on "search for a team," enter BAMC Medical Mile Steppers and fill out a registration form. For more information, call Susie Ferrise at 916-2261 or Sandy Terrazzino at 916-4457.

Why wear seat belts?

- Newer seat belt design allows total freedom of motion while driving.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- In the unlikely event your car catches fire or is submerged, seat belts can keep you from getting "knocked out" and greatly improve your chances of escape.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
- Seat belts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)



Update DEERS, ensure health care eligibility for family

The Defense Enrollment Eligibility Reporting System is a worldwide computerized data bank of uniformed services members, including active duty, reserve component and retirees; their family members; and others who are eligible for military benefits, including TRICARE.

Service members are automatically registered in DEERS, but it is the sponsor's responsibility to ensure family members are registered correctly.

The key to receiving timely TRICARE benefits — appointments, prescriptions and claims processing — is proper registration in DEERS. All sponsors should ensure their family members' status, residential address, telephone numbers and e-mail address are current in DEERS at all times.

When should DEERS be updated?

Many life events will trigger a change in status that requires DEERS to be updated. To maintain TRICARE eligibility, DEERS must be updated to reflect:

- Changes in status from active duty to retired;
- Changes in marital status;
- Newborn or adopted children; and
- Full-time student status for children age 21 and over.

How to update information

Sponsors are automatically registered in DEERS by their service, and changes are submitted by their personnel offices. Only the sponsor can add or delete a family member from DEERS, and proper documents are required such as a marriage certificate, divorce decree and birth certificate.

To register family members or update their records, sponsors must complete a DD Form 1172 (Application for Uniformed Services Identification Card and DEERS Enrollment) and provide other important pieces of documentation such as marriage, birth or death certificates; family members' Social Security numbers; and DD Form 214s.

Sponsors and their families should contact the nearest uniformed services ID card facility to learn what documents they need to register or update eligibility information in DEERS. If family members do not reside with their sponsor, the sponsor must get the DD Form 1172 notarized.

DEERS can be updated using one of the following methods:

- Visit a local uniformed services ID card facility. The nearest one can be located online at <http://www.dmdc.osd.mil/rsl> (on Fort Sam Houston, call 295-8829);
- Call the Defense Manpower Data Center Support Office at (800) 538-9552 Mondays through Fridays from 6 a.m. to 3:30 p.m. PST, except federal holidays;
- Fax changes to DEERS at (831) 655-8317;
- Mail changes to: Defense Manpower Data Center Support Office, Attn: COA400, Gigling Road, Seaside, CA 93955-6771; or
- Make address changes online at <http://www.tricare.osd.mil/DEERSAddress>.

www.tricare.osd.mil/DEERSAddress.

Registering newborns

It is extremely important that newborns be registered as soon as possible after birth. A newborn is covered as a TRICARE Prime beneficiary for the first 60 days after birth, as long as one additional family member is enrolled in TRICARE Prime. After the initial 60 days, any claim submitted for a newborn will be processed under TRICARE Standard. Eligibility for TRICARE Standard benefits ends 365 days after birth for any newborn who is not registered in DEERS.

To establish TRICARE eligibility for a newborn in DEERS, parents or legal guardians must submit a certificate of live birth from a hospital or TRICARE-approved birthing center. They must also provide a copy of a verified and approved DD Form 1172 signed by the sponsor.

(Source: TRICARE Management Activity)

Children's Dental Health Month

Limit sugary foods, drinks to reduce risk of decay

A steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to the tendency toward tooth decay, including "grazing" habitually on foods with minimal nutritional value and frequently sipping on sugary drinks.

When sugar is consumed over

and over again in large, often hidden amounts, the harmful effect can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. In turn, the acid can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from diets. Many contain important nutrients and add enjoyment to

eating. But, there is a risk for tooth decay if a diet is high in sugars and starches. Starches can be found in everything from bread and pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet.

Reduce risk of tooth decay:

- If choosing sugary foods and drinks, do so with meals. Saliva production increases during

meals and helps neutralize acid production and rinse food particles from the mouth;

- Limit between-meal snacks. If craving a snack, choose nutritious foods and consider chewing sugarless gum afterward to increase saliva flow and help wash out food and decay-producing acid;
- Drink more water;

- Brush teeth twice a day and clean between teeth with floss or an interdental cleaner; and
- See a dentist regularly. Topical fluoride applied at regular dental visits will help with decay.

For more information, call the Budge Dental Clinic at 295-4678 or 295-4405.

(Source: Budge Dental Clinic)

Army Community Service

Family Advocacy Program – February Class Schedule

Class	Dates	Time
Building Effective Anger Management Skills Series (4 to 6) New Series – Evening Class	Monday	11 a.m. to 12:30 p.m.
Commander's Training	Today	4:30 to 6 p.m.
Getting Ready for Childbirth 1 and 2	Today	8 to 9:30 a.m.
Healthy Pregnancy	Today	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Friday	9 a.m. to 12 p.m.
S.T.E.P. Program for Parents of School Age Children	Tuesday	9 to 11 a.m.
S.T.E.P. Program for Parents of Teens	Today	1 to 3:30 p.m.
	Tuesday	11 a.m. to 12:30 p.m.

To register for classes or for more information, call the Army Community Service Family Advocacy Program at 221-0349 or 221-2418. Space is limited.

Brooke Army Medical Center

Health Promotions – February Class Schedule

Class	Dates	Time	Place
Asthma Management	Tuesday	2 to 3:30 p.m.	BAMC, Health Promotions, lower level, Room L31-9V
Cholesterol Management	Monday	9 to 11:30 a.m.	BAMC, third floor, cardiology conference room
Diabetes Management	Monday Tuesday	12:45 to 4:30 p.m.	BAMC, third floor, Nursing Administration conference room, Room 313-11
Foot Care for Diabetics	Monday	1 to 2:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Tobacco Use Cessation	Monday	3 to 4:30 p.m.	Roadrunner Community Center, Building 2797, Stanley Road
Tobacco Use Cessation	Today	3 to 4:30 p.m.	BAMC, fourth floor, conference room, Room 413-11

For more information, call Health Promotions at 916-3352.

Soldier medics celebrate Black History Month

By Ben Paniagua
Hacienda Recreation Center

The deputy director of the TRICARE Management Activity spoke to more than 150 Soldier medics who attended the Black History Month celebration Feb. 16 at the Hacienda Recreation Center.

Brig. Gen. Elder Granger shared his thoughts, observations, experience, advice and keys for success, not only in the military, but in life in general.

The main ingredient in this recipe for success, he told the Soldiers, was caring for others regardless of race, color or religion.

"Always be prepared to help your fellow man, care for him and always be on the ready to help those who need help," he said.

"I learned a lot from this presentation," said Pvt. Roaell Raheem, of B Company, 187th Medical Battalion. "I learned that this isn't just black history, it is American history, and we

must continue to treat others with respect."

Pvt. Clark Eames, of B Company, 187th Medical Battalion, said he also learned from the presentation. "I learned that the United States Army has been integrated longer and more thoroughly than any other aspect of American culture," he said.

The Soldiers were also treated to the vocal talents of Staff Sgt. Robin Farland, who presented a tribute to Luther Vandross by singing six of his top hits. Farland, who recently won Third Place Female Vocalist in the 2006 United States Army Stars of Tomorrow Competition in Washington, D.C., wowed the Soldiers with her song renditions.

The Soldiers sampled barbecue sausage, chicken wings and fried catfish strips, along with cake and beverages, donated by Balfour Rings, the Miles Program and the Army and Air Force Exchange Service. The event was sponsored by the 32nd Medical Battalion Equal Opportunity Office and Morale, Welfare and Recreation.

Black History Month Trivia Contest

The Black History Month Trivia Contest is published every week during February. Send answers via e-mail to Gayle.Ellis@cen.amedd.army.mil or deliver in a sealed envelope addressed to Gayle Ellis, Black Employment Program committee member, Building 2841, Room 1335, no later than the Wednesday following the publication of the questions. The winner will be the first person who submits the first set of correct answers. E-mail responses are highly encouraged and only one prize per week will be awarded.

won the Nobel Prize for Literature?

3. In 1998, a group of nine blacks, known as the "Little Rock Nine" were awarded the Congressional Gold Medal. What was the reason for the award?

4. In 2003, 1st Lt. Vernice Armour became the first "African-American" female in the U.S. Marine Corps and U.S. military history to do what?

5. Who was the black outfielder who hit his 700th home run in 2004?

Feb. 16 trivia answers are:

1. The National Underground Railroad Freedom Center opened in August 2004 in what city?

2. What famous black writer, after winning the Pulitzer Prize for her fictional book, "Beloved,"

1. New York City

2. The actor is Brock Peters and the movie portrayed a black man falsely accused of rape.

3. The Blind Boys of Alabama

4. Clarence "Big House" Gaines

5. Baltimore, Md.



Photo by Martha Louise Reyna

Editor of the Year

Janet B. Aquino, U.S. Army Medical Information Technology Center, Fort Sam Houston, received the 2005 Secretary of the Army Editor of the Year Award. Aquino received the award for serving as command editor for administrative publications for the U.S. Army Medical Command/Office of The Surgeon General One Staff. As the MEDCOM editor, Aquino edited, revised, formatted and published more than 45 MEDCOM and MEDCOM/OTSG administrative publications from April 2004 through April 2005. Aquino will be recognized in a ceremony March 29 at the Pentagon.

Troop Salute

232nd Medical Battalion



Soldier of the Week

Name: Pfc. Matthew D. Radcliff

Unit: F Company

Hometown: Pampa, Texas

Reason for joining: To serve my country and provide for my family by furthering my education

Hobbies: Camping, bike riding and swimming



Junior Leader of the Week

Name: Pfc. Alicia Sanchez

Unit: F Company

Hometown: San Diego, Calif.

Reason for joining: I always wanted to be a Soldier.

Hobbies: Soccer, listening to music and volleyball



Religious Happenings . . .

PWOC weekly Bible studies

The Protestant Women of the Chapel invites women in the Fort Sam Houston community to weekly Bible studies at Dodd Field Chapel. The daytime study meets Wednesdays from 9:30 to 11:30 a.m. and the evening study meets Thursdays at 6:30 p.m. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

PWOC seeks homeschool moms

The Protestant Women of the Chapel invites women who homeschool their children to attend PWOC programs Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail jecsones@earthlink.net.

Officers' Christian Fellowship

The Officers' Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.

Accepting applications

Applications are being accepted for music director for the 1101 Contemporary Protestant Service. Applicants must have musical knowledge and talent in the realm

of contemporary Christian music and leadership abilities. Vocal ability required; keyboard or guitar player preferred. Applications are available in the Chaplain Resource Management office, Building 2530. The contract will be effective March 1 through Sep. 30. Bidding closes at the end of February. For more information, call 221-5006 or 221-5943.

Chapel youth group

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, "Where Faith and Life Meet," is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

National Prayer Breakfast

A National Prayer Breakfast will be held March 9 from 6:45 to 8 a.m. at the Sam Houston Club. The guest speaker will be Chaplain Douglas Carver, deputy chief of chaplains. Tickets are available through Unit Ministry Team members or at the door (\$2 donation.) Seating is limited. For more information, call Chaplain Benson at 221-5535.

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 Services: 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 Service - Sundays
12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass:

11 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Gospel Services:

9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Service: 8:30 a.m. - 32nd Med. Bde. Soldiers - Sundays

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

Evans Auditorium, 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30 a.m. - Sundays

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

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

Web site: www.samhouston.army.mil/chaplain

FSHISD cautions parents on children's use of Internet

By Dr. Gloria Davila

Fort Sam Houston Independent School District

The Fort Sam Houston Independent School District strives to provide all of its students with 21st century skills for success in learning and in life. Through the use of technology resources, students cultivate communication and information-processing skills that will help them thrive in a world enabled by information technology and succeed in the job market.

Leaders in business and industrial communities have emphasized that the labor force of the future must possess advanced technological skills to ensure both continued job marketability and adequate income-producing potential.

Among the resources available to students is the Internet. Few inventions in history have impacted the availability of information as notably as the Internet. The Internet has become a vast resource that can be used to enhance any curriculum. Services available online provide unmatched opportunities to enhance not only course content, but also the way in which information is delivered.

All of this, however, is not without pitfalls.

The principal concern associated with Internet use is the quick and easy availability of objectionable materials. Because of the nature of the Internet, global legislation which would prohibit the presentation or availability of unsuitable materials to young people is virtually unenforceable. Schools and parents, however, can minimize the risk of students' exposure to inappropriate materials.

Fort Sam Houston ISD enforces strict Acceptable Use Policies. These policies prohibit the transmission of any material such as copyrighted, threatening, abusive, obscene, sexually oriented, harassing, damaging or illegal materials. It prohibits placing unlawful information on the Internet, broadcasting any type of message that interferes with the work of others and accessing inappropriate material. Before a student can access the Internet, the school requires an AUP form signed by the parent. Detailed information can be found in the 2005-2006 Student-Parent Handbook.

A student's access to the Internet at Fort Sam Houston ISD schools is restricted with specialized software that aids in blocking offensive material. The software denies access to prohibited sites and uses keyword searching to identify

information that is blocked.

In addition to teaching students how to use the Internet, technology curriculums also include the risks of using the Internet, safety tips, and e-mail and Internet etiquette. For example, students are cautioned about providing personal information concerning themselves, their families or their friends, agreeing to meet with chat room acquaintances or becoming a victim of "cyberbullying."

Parents of Fort Sam Houston ISD students are advised to monitor their children's use of the Internet at home. According to the Texas Association of School Board's "Insight for Parents," slightly half of parents do not have monitoring software on household computers and 42 percent do not question their children on Internet use.

Today, children can be found instant messaging, talking in a "chat room," using electronic slang or using social networking Web sites such as myspace.com. This Web site and other similar sites are designed to allow people to share their creativity, pictures and information with others. Thousands of children have created and established their profiles on these social networking Web sites. Fort Sam Houston ISD blocks access to all

social networking Web sites.

Social networking Web sites such as myspace.com provide parents safety tips and instructions on how to determine if their children have established a profile on that Web site.

Parents can research Internet definitions and online safety tips through resources such as www.netlingo.com, www.wired-safety.org, www.fbi.gov/fbikids.htm, www.netsmartz.org or www.teenangels.org.

Despite the obvious pitfalls, use of the Internet by students can be beneficial. Recent studies indicate that use of computer-based lessons not only accelerates learning levels among the talented and gifted, but it has proven to be an effective tool in working with disadvantaged students who are experiencing difficulty in mastering basic skills.

Fort Sam Houston ISD provides its students the opportunity to participate in the electronic communication system with parent permission. All appropriate precautions are taken to ensure the students are safe; however, parents have to be actively involved in their children's use of the Internet at home. A strong partnership between parents and school ensures that children are successful and safe.

Taste of Cole, silent auction

The community is invited to attend the Taste of Cole hosted by senior parents and a silent auction hosted by the Cougar Pride Club March 3. The event will be held in the Cole cafeteria from 6 to 8 p.m. at a cost of \$5 per person or \$15 per family. Teams consisting of families, friends, organizations, blocks or streets, or teachers are invited to

prepare a favorite food from their culture or lifetime experience. Each team will receive a table to decorate. Prizes will be awarded for first, second and third place with entries to be judged on the appearance of table decorations, food and overall ambiance. For more information or to participate, call 875-0286.

Board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet for a regular meeting today at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

Elementary School News

Black history storyteller visits elementary school

Story and photo by Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Fort Sam Houston Elementary annually commemorates Black History Month, which honors the contributions and history of "African-Americans" in the United States.

Dr. Woodson Carter founded the celebration originally called "Negro History Week" in 1926. Woodson chose the second week of February for Negro History Week because it marks the birthdays of Frederick Douglass and Abraham Lincoln, two men who greatly influenced the black American population.

Among the varied activities and projects hosted at Fort Sam Houston Elementary in honor of Black History Month was a visit by Frankie Sledge, storyteller. This is Sledge's 10th year of storytelling and visiting schools. Sledge founded a program called "Her Story Presents" in 1998, which includes live portrayals of famous people.

"Frankie Sledge not only tells stories, she makes the stories come to life with her living history presentations," said Cindy Riggs, Fort Sam Houston Elementary librarian.

Last week, Sledge retold the biographies of Jackie Robinson, first black major league baseball player, and Wilma Rudolph, the first black female Olympic medalist. Actors in costumes portrayed the characters in the biographical sketches.

Following each sketch, Sledge asked ques-



Fort Sam Houston Elementary fifth grade students (from left) John Simpson III, Willie Henard III, Brenna Martell, Senait Gordon and Maria Santiago read about the contributions of Jackie Robinson. Frankie Sledge, (on stage) accompanied by actors in costume, depicted such notables as Rosa Parks, Wilma Rudolph and Madame C.J. Walker as part of a Black History Month ceremony at the elementary school.

tions to assure her young audience understood the information shared. Sledge also stressed the importance of reading and studying history.

According to Riggs, "Storytelling is a vital tool. Like reading, it stimulates the imagination, and it helps with communication skills, problem solving and overall success."

High School News

Sports update

Lady Cougars win basketball championship

The Robert G. Cole Lady Cougar varsity basketball team won the area championship by defeating Wallis Brazos in Hallettsville, Texas, with a score of 40-24 last week. Nejde Huaracha scored 15 points and Jamiah Collins added 11 points.

The Lady Cougars qualified for area by beating Jourdanton High School 41-25 in the bi-district playoffs the previous week. Huaracha led in scoring with 22 points.

The big win over Navarro High School, which has an impressive 28-2 overall record and 9-0 in district play, put them in the playoffs in early February. In the 51-41 victory against Navarro High School, Huaracha scored 19 points and Collins added 12.

Swimming season for Cole ends

The Cole Cougar swimming team for 2005-2006 exhibited effort and stamina throughout the season. They competed in several San Antonio Area High School Swim League meets against much bigger 4-A high schools in Bexar County.

The Cole 200 meter medley relay teams, both male and female, qualified for the SAAHSSL regional meet but did not place. The Lady Cougars had previously won first place overall in district competition, while the boys' team took second place overall.

The 2005-2006 swimming team included Kyle Adams, Jessica Bagg, Katie Bruce, Paul Crotts, Alexander Dochnal, Emily Gilman, Molly Granai, Caitlin Gresenz, Casey Gresenz, Brad Kelly, Lionel Lowery, Luis Maldonado, Nicole Norelli, Fabian Rodriguez, Kaitlan Vasquez and Mel Velez. Joe Wyckoff, Cole science teacher, was the 2005-2006 coach.

Fort Sam Houston Independent School District

Weekly Calendar - Monday to March 4

FSH Elementary School

Wednesday

Early dismissal - kindergarten to fourth grades, 2 p.m.
Early dismissal - fifth and sixth grades, 2:45 p.m.

March 2

Read Across America

March 3

Spirit day

Robert G. Cole Jr./Sr. High School

Monday

Student of the Month photos in mall area, 9:50 a.m.
Golf team AA Regional preview tournament at Quail Creek, San Marcos, Texas

Tuesday

Pep rally schedule
Pep rally, 3 p.m.
Counselors visit eighth and 10th grade classrooms - choice slips given
Cole baseball vs. S.A. Christian, 4 p.m.

"The Road Ahead: High School" in cafeteria, 6 p.m. (overview for parents)

Wednesday

Counselors visit ninth and 11th grade classrooms - choice slips given
Distributive Education Clubs of America state competition - Amarillo, Texas
Cole Media Center

March 2

Counselors visit seventh grade classrooms - choice slips given
DECA state competition - Amarillo, Texas

March 3

DECA state competition - Amarillo, Texas
Baseball vs. St. Gerard at Cole, 4 p.m.
Boys' basketball regional tournament, TBA
Taste of Cole/silent auction in cafeteria, 6 to 8 p.m.

March 4

DECA state competition - Amarillo, Texas
Boys' basketball regional tournament, TBA
One-act play rehearsal in gym, 1 to 5 p.m.

Rodeo stars

Continued from Page 1

The Lynyrd Skynyrd Band, that made the song "Sweet Home Alabama," famous also invited the wounded warriors for a meet and greet prior to their rodeo performance Saturday evening.

The Army's official cowboy, Luke Branquinho, who claimed the world champion steer wrestling title in 2004, made the rounds at BAMC visiting with patients.

Buck Taylor, who starred in the 1993 Western hit "Tombstone" and the 20 season network run hit series "Gunsmoke" as gunsmith Newly O'Brien, stopped by BAMC in full-western gear to visit patients in the Burn Center, Amputee Care Center and Occupational Therapy.

Taylor, an accomplished western artist, designed the cover of the San Antonio Stock Show & Rodeo program. He autographed copies of the program featuring a cowboy rounding up a trailing stray cow. Miss Texas Rodeo, Beth Murphy, joined Taylor on his hospital visit.

Bareback rider Chris Harris spent the morning of Feb. 11, before his rodeo performance, visiting inpatients at BAMC. He shared his rodeo mishaps and successes with Soldiers while they traded war stories. Harris placed third overall in bareback riding during the 2006 competition.

Other big name groups including Big and Rich and the Charlie Daniels Band provided the Soldier and Family Assistance Center with rodeo and concert tickets.



Photo by Brian Guerra

Staff and patients gathered at the Medical Mall to watch Willie Nelson and his band perform Friday at Brooke Army Medical Center.



Photo by Brian Guerra

Willie Nelson admires his Brooke Army Medical Center golf shirt he received from Melissa Torres-Soto, 5, and BAMC Commander Brig. Gen. James Gilman. Melissa's father, Spc. Edison Torres-Soto is recovering from wounds sustained in the Global War on Terrorism.



Photo by Cheri Avigne

Luke Branquinho, world champion steer wrestler, visits with Lance Cpl. Patrick Myers Feb. 10 in the Amputee Care Center at Brooke Army Medical Center. Branquinho also visited with patients being treated in the burn center at BAMC.

The San Antonio Stock Show & Rodeo paid tribute to America with the elaborate presentation of colors.



Photo by Command Sgt. Maj. Craig Layton



Photo by Norma Guerra

Buck Taylor, known for his acting in the hit series, "Gunsmoke," and movie, "Tombstone," visits with (from left) Sgt. Ernesto Godoy, Staff Sgt. Joseph Gross, Navy Petty Officer 3rd Class Nathaniel Leoncio and Sgt. Alejandro Del Rio at Brooke Army Medical Center.



Photo by Nelia Schrum

Staff Sgt. Christopher Edwards and his wife, Tammy, talk with country music singer Clay Walker. Edwards, a burn patient at Brooke Army Medical Center, is usually in a wheelchair, but insisted on standing when greeting Walker.



Photo by Command Sgt. Maj. Craig Layton

Senior Airman Daniel Acosta and his wife, Sandy, visit with country music singer Clay Walker after a Valentine's Day concert at the San Antonio Stock Show & Rodeo. Acosta is being treated at Brooke Army Medical Center for injuries sustained in the war against terror.



Lt. Gen. Robert Clark, Fifth U.S. Army/Army North commander, administers the oath of enlistment to about 50 future Soldiers Feb. 10 at the San Antonio Stock Show & Rodeo.

Courtesy photo

Post Pulse: Who is your favorite president and why?



"Theodore Roosevelt, because he distinguished himself as one of our best presidents. He did a good job."

**Pfc.
Christopher
Taylor**



"George Washington, because he's the father of our country."

**Angie
Swift**



"George W. Bush, because he went in there to take care of things in Iraq, and he's not backing down."

**Marine
Lance Cpl.
Alex Ramon**



"John F. Kennedy, because he did a lot for people of color to have more opportunities for better jobs."

**Betty
Marshall**



"The current president, because, in spite of all the negative reaction, he stuck to his plan. He made a decision (that we had to go to war) and stuck with it."

**Marine Lance
Cpl. Jose Gonzales**

Recreation and Fitness

Boxing at the Brought II

Boxing returns to the Jimmy Brought Fitness Center on March 18. The event will include amateur boxing by men and women, military members and local civilians, novice and sub-novice boxers. Bouts start at 6 p.m. Admission is \$3. An after party will be held at the Fort Sam Houston Bowling Center beginning at 10 p.m. For more information, call John Rodriguez at 221-1532 or 221-1234.



Garage sale

The next garage sale will be held March 4 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost; however, sellers must have a valid Department of Defense ID card and pre-register by calling 221-2601 or 221-2307. MWR provides a space in the parking lot, but participants must bring their own table or rent one from the Outdoor Equipment Center by calling 221-5224.

Hike Government Canyon

A guided three to five mile hike will be held April 8 in Government Canyon. The cost is \$18 per person which includes transportation, lunch, guide, entrance fee and photos. The hike is open to ages 12 and older, and children under 18 must be accompanied by a parent or guardian. Sign up by March 31. For more information, call Jeffrey Heagerty at 221-5554 or e-mail jeffrey.heagerty@samhouston.army.mil.

Lifeguard Class

The Jimmy Brought Fitness Center will hold two Red Cross Lifeguard Classes from

8:30 a.m. to 5:30 p.m. each day. The first class will be held March 4 and 5, March 11 and 12. The second class will be April 1 and 2, April 8 and 9. Participants must be 15 years old and up. Cost is \$165 and includes course materials and AED training. No DoD ID card is required for this class. For more information or to register, call 295-8861 or 221-1234.

Federal Tax Forms

Federal tax and supplemental forms for 2005 are available at the Fort Sam Houston Library. Tax forms from previous years through 1997 are also available. For more information, call 221-4702.

Canyon Lake Trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake will continue to have trailers available for rent through March 31. After this time, trailers are scheduled for renovation and construction. More information on the availability of future reservations will be available at the end of March. Only mobile homes will be affected by the construction: the marina, cabanas, and beach will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

Auto Craft Shop

The MWR Auto Craft Shop located at Building 2410, Funston Road, offers a six minute automobile vacuum for 50 cents. For more information, call 221-3962.

Auditions for 'Breaking Legs'

The Harlequin Dinner Theatre will hold open auditions Saturday and Sunday for "Breaking Legs," a comedy by Tom Dulack. Auditions will be from 7 to 8:30 p.m. both nights with William C. Champlin directing. For more information, call the Harlequin Dinner Theatre at 222-9694.

Outdoor Recreation volunteers

Outdoor Recreation seeks volunteers to

assist with outdoor adventure programs. The programs include hunting, fishing, kayaking, canoeing, hiking, biking, camping, backpacking, horseback riding and other outdoor activities. To become an Outdoor Recreation volunteer, call Jeffery Heagerty at 221-5554 or e-mail jeffrey.heagerty@samhouston.army.mil. Training certification courses are available.

Get fit

Stop by the Jimmy Brought Fitness Center to participate in one of the heart-pounding aerobics classes such as kick-boxing, karate, cardio step, body sculpture, seniors' fitness, super abs, stretching and cycling. For more information, call 221-2020.

Intramural sports

People interested in a team sport should consider joining an intramural varsity sports league. Participation in intramural sports enhances individual morale and unit esprit de corps, promotes teamwork and encourages individuals to reach high levels of physical fitness. For more information or to join, call 221-1180.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-style brunch

The Sam Houston Club will hold the next family-style Sunday brunch on March 5 from 10 a.m. to 1:30 p.m. The new and improved brunch features an international food station, a chocolate fondue, a champagne fountain and a children's food station. The cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for children 6 to 11 and free for children five years and under. For more information, call 224-2721.

Club membership special

Get the first month of membership free

when becoming a Sam Houston Club member. There are many benefits to membership including discounts on Sunday brunch, lower prices for weekly buffet lunch, valuable coupons for special events and a monthly newsletter.

Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Bowling Center, 221-3683

'Bowl-A-Jam'

"Bowl-A-Jam" is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun.

Golf Club, 221-4388

February special on golf lessons

Get 10 lessons for only \$150. Open to men and women of any level of experience. To register, call 355-5429.

Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre presents "The Curious Savage," a comedy by John Patrick, Wednesday through Saturday evenings from March 1 through April 1. Prices are \$26.95 on Fridays and Saturdays and \$23.95 on Wednesdays and Thursdays. Military discounts are available. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. on Saturdays. For more information or to make reservations, call the Harlequin Dinner Theatre at 222-9694.

MWR Ticket Office, 226-1663

Tickets are on sale for the 48th Annual Ebony Fashion Fair on March 26. Season passes to Fiesta Texas, Disney World and Universal Studios are available.

Child and Youth Services

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services. The annual fee is \$18, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Open recreation

School Age Services will hold open recreation the second and fourth Saturday of each month from 2 to 6 p.m. in Building 1705. Activities include computers, arts and crafts, table and board games, gym activities and special events. All children must have a current Child and Youth Services registration pass. Parents must sign children in and out of the

School Age building. For more information, call School Age Services at 221-4466.

Basketball registration

Basketball registration is ongoing. Players and coaches are needed. For more information, call the Youth Sports Office at 221-5513.

Youth baseball, T-ball and softball registration

Registration for youth baseball runs through Monday from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797. Registration will be on site at Youth Services from Monday through March 3 from 11 a.m. to 7 p.m. To register, parents must pay a \$45 activity baseball fee and bring updated immunizations for fifth graders and below, sports physical and a current leave and earnings statement. All participants must have a current Child and Youth Services membership.

Girls' basketball needs players

Youth Sports still has openings in the 13- to 14-year-old girls' basketball team. The cost is \$45. For more information, call Youth Services at 221-3502 or 221-5513.

Piano lessons available

Piano lessons will be offered Monday through Saturday from 3:30 to 8 p.m. The cost is \$60 per month for four 30-minute lessons. Classes are for ages 6 to 18 and children must be registered with Child and Youth Services. For more information or to sign up, call 221-4871 or 221-9613.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet March 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. Family Advocacy will provide a workshop on child abuse prevention. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration at 221-4871 or 221-

1723. Preschool is Monday through Friday from 9 a.m. to 2 p.m. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

CDC waiting list

To remain on the waiting list for the Child Development Center parents are advised to check their status every 90 days. To check status, call the Child and Youth Services Central Registration office at 221-4871 or 221-1723.

Youth Center happenings

Middle school and high school age youth are encouraged to check out the events at the Youth Center, Building 128.

Date	Time	Event
Today	4 to 5 p.m.	Arts and crafts – heart key chain
Friday	5 to 6 p.m.	Cooking class – Mardi Gras king cakes
Saturday	5 to 6 p.m.	Smart Moves
	5 to 6 p.m.	Special cooking project, fried chicken and mac 'n cheese
	7 to 9 p.m.	Jr. teen hail/farewell/birthday party

All middle school and high school children interested in any of the activities must be registered through Central Registration. For more information, call Child and Youth Services at 221-4871 or 221-1723.

Events

Annual Tour of Homes

The Fort Sam Houston annual Tour of Homes will be held April 1 from 10 a.m. to 3 p.m. Tickets are \$10 or \$15 on the day of the tour. Tickets are available Saturday, March 4, 11 and 15 from 10 a.m. to 2 p.m. at the Post Exchange, commissary and Golf Club. Tickets are also available at the Officer and Civilian Spouses' Club luncheons. For more information, call Liz Schreckhise at 270-2114 or Licia Rothfuss at 222-9464.

Fisher House Golf Tournament

The annual Fisher House Golf Tournament at The Dominion Country Club is April 10; tee time is 1:30 p.m. Tournament cost is \$110 per person, includes green fees, cart fee, box lunch and dinner, T-shirt and assorted prizes. For more information, call Ellyn Gilbert at 481-1161 or Irene Meadows at 403-0199.

Bastrop State Park walk

The Colorado River Walkers Volksmarch Club will host a 10K and 5K walk Saturday and Sunday at the "Lost Pines" Bastrop State Park in Bastrop, Texas. For more information, call Joann Fries at (512) 480-0291 or visit www.io.com/~zenteer/crw.

Stieren Arts enrichment series

Trinity University presents screenwriter John August, "Understanding the Popular Arts: Professional Writing and the Rise of the Amateur," Tuesday at 7:30 p.m. at the Chapman Auditorium. August explores the role of the professional writer. Free to the public. For more information, call Trinity's department of communication at 999-8113.

Vet Center offers free counseling

The Department of Veterans Affairs Vet Center in San Antonio offers free, confidential counseling sessions to combat veterans and their families. Sexual trauma counseling also is available to veterans who experienced sexual assault or harassment while on active duty. Veterans must have a DD Form 214 as proof of eligibility. Walk-ins are welcome. For more information, call the center at 472-4025, visit www.va.gov/rcs or stop by the Vet Center at 231 W. Cypress, next to San Antonio College.

Black History Month observation

St. Philip's College will observe Black History Month with a series of exhibits, dramatizations, panel discussions, musical performances and educational events throughout February on the main campus at 1801 Martin Luther King Drive. For more information, call 531-3260 or visit www.accd.edu/spc.

'Rainbow Kids' performance requests

Fort Sam Houston's Youth Services "Rainbow Kids" are scheduling performances for the spring and summer. The group is dedicated to presenting professional quality, family-style entertainment in a variety of settings. The music includes routines from the 1920s through 1960s, Broadway, some modern and country and western. The holiday show will include traditional and non-traditional seasonal music and routines. The nonprofit group presents free programs ranging from 30 minutes to more than an hour at schools, churches, community and military events, youth and senior centers, shopping malls and at patriotic events. To schedule a free performance or for more information, call Ron Joy at 348-8014 or 295-2093, or e-mail rj96707@yahoo.com.

Fiesta parade tickets

Tickets are on sale for bleachers and chairs along the three Fiesta parade routes. Fiesta is April 21 through 30. For more information, call the Fiesta Commission at 227-5191 or visit www.fiesta-sa.org.

Anheuser-Busch theme parks

Anheuser-Busch offers a one-day free admission to its theme parks for service

members and three direct dependents. Any active duty, active reserve or Ready Reserve service member or National Guardsman is eligible to free admission under the program. Register online at www.herosalute.com or in the entrance plaza of any participating park, and show a Department of Defense photo ID. SeaWorld is one of Anheuser-Busch's theme parks located in San Antonio.

Meetings

Retired Officer Wives and Widows' Club

The Retired Officer Wives and Widows' Club of Fort Sam Houston will meet Monday at the Sam Houston Club at 11 a.m., lunch at 11:30 a.m. Cost is \$12. The program will feature Mickey Doubleday and her "Fashion Weekender." For reservations, call Arline Braswell at 822-6559.

Army Warrant Officers Association

The Lone Star Chapter of the United States Army Warrant Officers Association meets the third Monday of each month at 7 p.m. at the Veterans of Foreign Wars Post No. 8541, 2222 Austin Highway (between Rittiman and Eisenhower). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Bill Strout at 590-2642 or e-mail bstrout@texas.net.

ASMC to host luncheon

The Alamo Chapter of the American Society of Military Comptrollers will host a lunch March 7 from 11 a.m. to 1 p.m. at the Brooks City-Base Club, Brooks City-Base, hosted by the Air Force Center for Environmental Excellence. The guest speaker, Thomas Russell, director, Major Command and Installation Support Worldwide, will present "Trek Across Iraq." The lunch is open to members and non-members of ASMC. Reservations are needed no later than Wednesday. For more information, call your respective ASMC representatives.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

Training

Law enforcement presentation

The San Antonio Police Department will hold a law enforcement presentation for military members interested in becoming police officers in Texas, Friday at 1 p.m. in Building 2263, Room B-100, on Stanley Road, Fort Sam Houston. The presentation will explain the steps to becoming a law enforcement officer and what to expect once accepted to an academy. For reservations, call 207-6270.

Trinity University science lecture

Trinity University presents James A. Dumesic, professor of chemical and biological engineering at the University of Wisconsin-Madison, March 6 at 7:30 p.m. in the Laurie Auditorium. His presentation will address, "Using Heterogeneous Catalysts to Produce Fuels from Renewable Biomass Resources." The lecture is free and open to the public. For more information, call 999-8406.

St. Philip's College lecture series

St. Phillip's College presents Winona LaDuke, author and activist for "Native American" rights, March 3 at 11 a.m. in the Watson Fine Arts Center. The presentation will address, "Moving towards a Multicultural Democracy." The lecture is

free and open to the public. For more information, call 531-3260 or visit www.accd.edu/spc.

AFTB offers Level II, III training

Army Family Team Building offers AFTB Level II and III training Tuesdays and Thursdays through March from 6 to 9 p.m. at the Roadrunner Community Center. Students learn interpersonal skills, how to develop relationships and leadership skills. Drinks and snacks will be provided. For reservations, call 221-2705 or 221-2418.

Green to Gold briefings

Fort Sam Houston's Education Center will sponsor Green to Gold briefings for Soldiers interested in the Green to Gold ROTC program March 6 from 11 a.m. to 12 p.m. in Building 2247, Room 200. For more information, call Amy Gagnon at 295-2005.

Workforce Recruitment Program

The Workforce Recruitment Program for college students with disabilities is now accepting applications from post organizations. Authorizations will be on a first-come, first-served basis. Under this program, students may be employed for 14 weeks anytime between May 15 and Sept. 30. Applications are due no later than Friday. Send submissions to Glennis.Ribblett@sam-houston.army.mil. For more information, call Glennis Ribblett at 221-9401.

Austin Police Department recruiting

The Austin Police Department is recruiting highly motivated and educated men and women for positions in a dynamic profession. Applications are being accepted for the position of civilian police cadet. Recruiters will be at Fort Sam Houston Monday from 10 a.m. to 2 p.m. in Building 2263 on Stanley Road, Room B-100 (basement). For more information, call (512) 974-4211 or (800) 832-5264 from 7 a.m. to 5 p.m. or visit www.apdrecruiting.org.

Collateral duty safety officer course

A collateral duty safety officer course will be held March 2 from 7:30 a.m. to 4:30 p.m. in Building 2841, Room 2122. Those appointed as CDSOs should also complete the Army additional duty safety officer online training at <https://saftymls.army.mil/librix/loginhtml2.asp?v=usasc>. To register, call Richard Edges at 221-3857.

Fort Sam Houston contractors

Contractors can list their jobs, Web site, e-mail or local representatives by telephone number or address with the Fort Sam Houston Army Career and Alumni Program Center free of charge. The ACAP Center services transitioning service members, Department of Defense civilian employees and family members. For more information, call the ACAP Center at 221-1213 or e-mail acap.samhouston@serco.com.

Range Safety Officer class

The Range Safety Officer class is Fridays from 1 to 3 p.m. in Building 6107, Room 1A, at Camp Bullis. People should reserve a seat in advance. For more information or to arrange for training on another day, call Mabel Rodriguez at 295-7616 or e-mail mabel.rodriguez@samhouston.army.mil, or Patricia Jennings at 295-7686 or e-mail patria.jennings@samhouston.army.mil.

Interviewing Workshop

The Family Employment Readiness Program will hold a resume writing workshop Wednesday and an interviewing skills workshop March 15 at the Roadrunner Community Center, Building 2797. For more information, call 221-2705.

416th IMA Detachment openings

The 416th Individual Mobilization Augmentee Detachment has openings for all ranks. The Unit provides training opportunities for Individual Ready Reserve/IMA Soldiers to earn retirement points to achieve creditable years of service toward retirement Thursday evenings. For more information,

call Col. John Daly 859-9214 or e-mail john.daly1@us.army.mil.

University of Phoenix representative

The University of Phoenix online representative Eric Hager will visit the Fort Sam Houston Education Center, Building 2248, March 7 and April 4 from 10 a.m. to 2 p.m. in Room 201. For more information or to sign up, call 221-1738; Eric Hager, military liaison, at 602-421-4491; or e-mail eric.hager@phoenix.edu.

Aircraft Owners, Pilots Association

Project Pilot sponsored by the nonprofit Aircraft Owners and Pilots Association, offers pilot classes. Take the controls and take off, fly and possibly even help land the plane under the guidance of Federal Aviation Administration licensed instructor. For more information, call Gary Frisch at (215) 592-8601 or visit www.projectpilot.org.

OLLU offers military discount

Our Lady of the Lake University gives active-duty military personnel a 25 percent discount on undergraduate courses and a 20 percent discount on graduate courses. OLLU features 58 bachelor's degree programs, 48 master's degree programs and two doctoral degree programs in the arts and sciences, business, professional studies and social work. An OLLU representative is available on post Tuesdays from 8 to 10:30 a.m. at the Education Office to answer questions about the programs. For more information, call 431-4131 or visit www.ollusa.edu.

USAA clinic

The Family Employment Readiness and Army Career and Alumni Program office will host a clinic with a USAA recruiter March 31 from 8 to 10 a.m. at the Roadrunner Community Center. A valid military or dependent ID card is required; bring resume. A USAA recruiter will be available until 12 p.m. for those who are unable to attend the clinic. No reservations are required for this session. For more information or reservations, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Volunteer

Study seeks effects of deployment

Lt. Col. Mona Ternus, a reserve nurse and a professor at the University of New Mexico, College of Nursing, is conducting a study to identify issues associated with deployment and military mothers of adolescent children. Women who deployed between January 2003 and June 2005, with an adolescent between the ages of 12 to 18, may visit the following Web site to participate in this research: <http://hsc.unm.edu/consg/ternus/Invitation.htm>. The survey is completely anonymous and takes only 30 minutes. A certificate will be issued at the end of the survey. To participate in the study or for more information, call Lt. Col. Ternus at (505) 272-4142 or e-mail mternus@salud.unm.edu.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

Career speakers needed

Medina Valley Middle School in Castroville will celebrate Career Day March 10 from 9 a.m. to 3:15 p.m. Soldiers, civilians and military personnel are invited to speak to the students on a variety of careers and occupations and explain the importance of staying in school and the type of training necessary for their careers. About 800 sixth, seventh and eighth grade students will attend presentations at various times throughout the day. For more information, call Diana Humiston at (830) 931-2443, ext.1175 or e-mail diana.humiston@mvisd.com.

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 submit a Fort

Freebie, e-mail to news.leader@samhouston.army.mil or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Aspire electric wheelchair, \$1,400 obo; Onkyo TX-200 stereo, Sony dual cassette deck, Nova 7B speakers with rack, \$240 obo. Call 639-1039.

For Sale: Four-piece living room set, cocoa herringbone chenille sofa, loveseat, and oversized chair with matching ottoman, oak coffee table and two end tables, \$750 obo. Call 818-6585.

For Sale: Leather executive swivel office chair, \$75; California 8-foot by 10-foot beige rug, \$150; two stained glass-windows with hummingbird designs, \$195; antique gold silverware set, make an offer. Call 262-3892.

For Sale: One Goodyear Eagle RH (RWL) tire, size P225/70R15, used as spare, \$45 obo. Call Fred at 221-1020 or 494-8401.

For Sale: Sony 27-inch color TV with external speakers, remote and manual. Call 666-0502.

For Sale: Queen Anne light oak sofa table, \$100 obo; Direct TV 18-inch satellite dish, dual element, receiver, remote control, card and mounting bracket, \$40 obo. Call 673-9649.

For Sale: LifeGear massage table, 27 inches with fleece cover; OakWorks Portal Pro massage chair with lots of extras, like new. Call 363-0141.

For Sale: GE 24.9 cubic foot, side-by-side refrigerator, white, new, \$800 obo. Call 658-1643 after 6 p.m.

For Sale: MTX Thunder 500-watt two channel amp, two 10-inch MTX sub-woofer in speaker boxes, \$300; Tony

Little's Gazelle freestyle elite model exercise equipment, \$70. Call 538-8391.

For Sale: Rocking chair, \$30; 24-inch wood console TV with remote and rotating base, \$65; adjustable walker with posi-grip handles and skid-resistant rubber tips, \$35. Call 495-2296.

For Sale: Contemporary Ashley sofa, sage green with off-white piping, new, \$250 obo. Call 875-5890.

For Sale: Cherry wood armoire holds 27-inch TV with three drawers, \$125; bar from Japan, \$150; white and wood table with six chairs, \$150. Call Michelle at 650-0337.

Wanted: Maternity Army green uniform, skirt and tunic, size medium. Call 882-7738.

Wanted: Boy's performance BMX

bike. Call 658-1643 after 6 p.m.

Community Garage Sale: March 4 and 5, 9 a.m. to 3 p.m., 8930 Quaker Ridge, Forrest Creek Subdivision, behind Rudy's "Country Store" and Bar-B-Q on IH-35 in Selma. Call Joe or Letti at 651-4296.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.

