

# FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

## Virtual reality prepares Soldiers for battle

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

Who says the Army can't be fun and games? In July 2002, "America's Army" gaming software was created for the U.S.

Army as a recruitment advertisement. The program was created for the purpose of recruiting highly qualified men and women into the Army while appealing to the current generations' love of computer-based games.

Soldiers at Fort Sam Houston and surrounding units are using the software at the Battle Simulation Center to help execute Warrior Task and Battle Drills.

Ates Bulent Sencalar, site manager for General Dynamics Information Technology said "Soldiers have been training here for three years. The Noncommissioned Officer Academy, 470th Military Intelligence Brigade, 228th Combat Support Hospital, Reserve and National Guard units and Dental Activity are among the units we train."

"The 'America's Army' simulator helps students be more familiar and aware with troop leading procedures and tactical maneuvers in an urban environment. This allows the students to better understand the decisions they make and how it can affect the outcome of the whole squad," said Sgt. 1st Class Reginald Powell, instructor for Army Medical Department NCOA.

Powell and about 140 Basic NCO Course students trained on the 'America's Army' simulator Feb. 21.

"Soldiers from BNCOC get to put into

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Staff Sgt. Roy Cruz, Basic Noncommissioned Officers Course student, uses radio communication to relay information to the platoon sergeant in order to get to the next level of a simulation training exercise Feb. 21 at the Battle Simulation Center.

See **VIRTUAL REALITY P3**

## Ceremony to commemorate first military flight

Fort Sam Houston will celebrate the 98th anniversary of Lt. Benjamin Foulois' first military flight Monday at 11 a.m. at the main post flagpole on Stanley Road.

Three vintage Stearman aircraft will perform a flyover during the ceremony. An AH-64 Apache, a CH-47 Chinook, a UH-60 two Blackhawk and a OH-58 Kiowa helicopters will be on display during the remembrance.

Col. Walter Golden, deputy commanding general and assistance commandant, Fort Rucker, Ala., will be the keynote speaker.

Military aviation was born at Fort Sam Houston March 2, 1910, when Foulois made the

first flight in Army Aircraft #1, a Wright biplane. Foulois started the flight at 9:30 a.m. and ended at 9:37 a.m., attaining the height of 200 feet and circling the area at a speed of 30 mph.

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

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 America.

The public is invited. The inclement weather site is Blesse Auditorium, Willis Hall, on Stanley Road.



Courtesy photo

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

**E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL**

# Warriors in Transition invited to career fair

A series of specialty classes and workshops will take place next month to help service members prepare for the Hiring Heroes Career Fair, to be held March 25 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road. All injured service members, their spouses and caregivers are welcome to attend. More than 70 Department of Defense, federal and private sector recruiters will be on-hand to discuss employment opportunities in various career fields.

The following Career Fair preparation classes will be offered:

## Army Career and Alumni Program's Job Fair Preparation Class

This class will be held Wednesday from 9 to 11 a.m. in the ACAP classroom, 1706 Stanley Road, and will include how to work a job fair, a list of employers and jobs review, last chance resume critique and assistance. For reservations, call 221-1213.

## Federal Job Application Development

The Civilian Personnel Advisory Center will sponsor a Federal Job Application Development class followed by live, online input. Classes will be held March 6, 13 and 20 from 1:30 to 3:30 p.m. at the Warrior and Family Support Center, in the Powless Guest House, 3625 George Beach Blvd., second floor. This class will be offered to Warriors in Transition assigned to the Warriors in Transition Battalion or their sister programs. For reservations, call 357-2705, ext. 2008. Reservations are required.

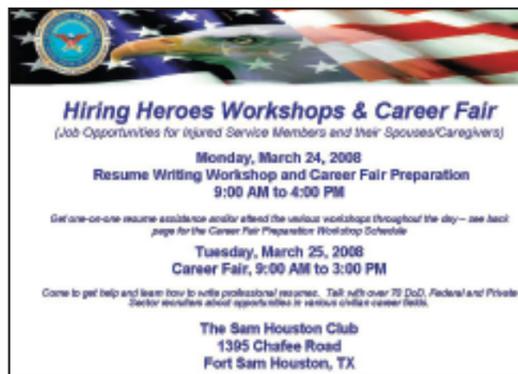
## Transition Assistance Workshop

The workshop will be held March 12 to 14 from 8 a.m. to 4 p.m. in the ACAP classroom, 1706 Stanley Road. The class is sponsored by ACAP and the Texas Veterans Commission. For reservations, call 221-1213.

## Hiring Heroes Career Fair Preparation Workshops

Resume writing and career fair preparation workshops will be held March 24 from 9 a.m. to 4 p.m. at the Sam Houston Club, 1395 Chaffee Road. Attendees will receive one-on-one resume assistance, how to work the career fair, interviewing tips and can attend various workshops

See **HIRING HEROES P6**



**Hiring Heroes Workshops & Career Fair**  
(Job Opportunities for injured Service Members and their Spouses/Caregivers)

Monday, March 24, 2008  
Resume Writing Workshop and Career Fair Preparation  
9:00 AM to 4:00 PM

Get one-on-one resume assistance and/or attend the various workshops throughout the day -- see back page for the Career Fair Preparation Workshop Schedule

Tuesday, March 25, 2008  
Career Fair, 9:00 AM to 3:00 PM

Come to get help and learn how to write professional resumes. Talk with over 70 DoD, Federal and Private Sector recruiters about opportunities in various civilian career fields.

The Sam Houston Club  
1395 Chaffee Road  
Fort Sam Houston, TX

## News Leader

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## News Briefs

### Ethics training

A Political Activities training will be held today at 10 a.m. in Blesse Auditorium, Willis Hall, on Stanley Road. This training satisfies the annual ethics training requirement for government employees. People can also complete the training online at [http://www.dod.mil/dodgc/defense\\_ethics/ethics\\_training/2007\\_AET/index.htm](http://www.dod.mil/dodgc/defense_ethics/ethics_training/2007_AET/index.htm). For more information call the ethics counselor, at 221-2373 or 221-0485.

### CYS groundbreaking

Groundbreaking for the new Child and Youth Services Middle School and Teen Building will be held today at 2:30 p.m. The site of the new building is at 2814 Funston (between the existing Child Development Center and the Bowling Center; across the street from the Auto Craft Shop). The event is open to the public with a reception immediately following at the Child Development Center. For more information, call 485-4806.

### Black History Month observance

The 232nd Medical Battalion will host the 32nd Medical Brigade's Black History Month Commemoration today from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry training students. For more information, call Staff Sgt. Prince at 221-3748.

### T-shirt design contest

The Fort Sam Houston military and civilian community is invited to participate in the post's Fiesta & Fireworks T-shirt Design Contest. The deadline submission is Friday, the judging will take place Tuesday. Submit entries via e-mail to [lucille.miller@us.army.mil](mailto:lucille.miller@us.army.mil) or [esther.garcia1@us.army.mil](mailto:esther.garcia1@us.army.mil) or bring a DVD to Building 124, Lucy Miller, Morale, Welfare and Recreation, or Esther Garcia, Public Affairs Office. **See Page 18 for contest details.**

### Hospital Corps anniversary

Fort Sam Houston and U.S. Army Medical Department Center and School Commander Maj. Gen. Russell Czerw, and Command Sgt. Maj. Howard Riles will host the 121st anniversary of the Hospital Corps Friday at 5 p.m. at the AMEDD Museum. The guest speaker will be retired Col. Frank Blakely II, Honorary

See **NEWS BRIEFS P4**

# ACAP 'Express' to debut today

## Web site eases access to separation services

"ACAP Express is another way to enable Soldiers to have ownership of their time, meet mission requirements, and prepare Soldiers for a successful future after separation."

William Zabicki  
ACAP site manager

The Army Human Resources Command will launch a new Web-based service to improve access to the Army Career and Alumni Program-sponsored services today.

The new service, ACAP Express, allows Soldiers to use the Internet to register for ACAP services, schedule a wide range of classes, and use online tools to create resumes and cover letters. Previously these services were only available once a Soldier scheduled them in person at an installation ACAP office.

Soldiers can now go online at any time, from any location, to <https://www.acapexpress.army.mil>, login using their Army Knowledge Online account, then schedule appointments for all services offered at the ACAP Center. To use the Web site, Soldiers must have a valid AKO account and know their username and password. However, they need not use a Common Access Card to access the Web site's features.

Soldiers can use ACAP Express from the home, office or anywhere else that allows an Internet connection. Soldiers do not need to be stationed near an ACAP Center to use ACAP Express.

"Today's Soldiers lead a hectic life. Duty and Family demands make it difficult to take advantage of ACAP services. Our goal is to give our busy Soldiers easier access to the transition services they have earned and which are so vital to their future success," said James Hoffman, the Army's Director of ACAP, in summing up the new program.

ACAP services include:

- The mandatory pre-separation

### VIRTUAL REALITY from P1

practice what they have learned in the classroom, by way of the video game. 'Americas Army' gives them visual boots on the ground and at the same time they get to put into practice what they will have to perform in the field at Camp Bullis for their situational training exercise," said Sencalar.

Students are given the opportunity to put their skills to the test by practicing the military decision making

process, improving their ability to make and implement courses of action as the situation changes.

For example, the scenario begins with a squad of six to nine Soldiers. They are given a mission to conduct a dismounted patrol, to clear all buildings and secure the area of any weapons left behind by insurgents. The area they are operating in is a simulated small village in Iraq. They practice their Warrior Tasks and Battle Drills in preparation for the field training exercise at Camp Bullis.

The BNCOC students expe-

briefing required of all Soldiers who are transitioning from the military.

- Department of Labor Transition Assistance Program Employment Workshops.

- Department of Veterans Affairs benefits briefings and Disabled Transition Assistance Program briefings.

- Classes on resume writing, federal job applications, interviewing, job fair preparation, benefits and salary negotiation, financial planning, and Internet job searches.

While ACAP Express uses the Internet to make accessing ACAP services easier, it does not change the ability of Soldiers to receive individual counseling and assistance from ACAP's talented pool of counselors.

Soldiers will be able to meet with their counselor during visits to the ACAP Center and can still communicate by phone and email. Additionally, Soldiers are required to attend all classes, briefings and workshops in person.

To be eligible for ACAP services, Soldiers must be on active duty and have completed at least 180 days of continuous service. Deployed members of the National Guard and Reserves are also eligible for ACAP services. Eligible

Soldiers can begin receiving services one year prior to their separation or two years prior to being eligible for retirement. Additionally, retirees and Soldiers' Family members are also eligible to use ACAP services.

ACAP has offices at most Army installations. A complete listing of ACAP Centers can be found on the ACAP Express Web site as well as the Army's public ACAP website at [www.acap.army.mil](http://www.acap.army.mil). The ACAP Center at Fort Sam Houston is located in Room B099, Building 2263 on Stanley Road.

The ACAP site manager at Fort Sam Houston stressed the importance of Soldiers making a jump start on their future.

"If you start early, success will be at your doorstep," said William Zabicki. "ACAP Express is another way to enable Soldiers to have ownership of their time, meet mission requirements, and prepare Soldiers for a successful future after separation."

For more information on the ACAP program or to schedule an initial appointment, visit <https://www.acapexpress.army.mil> or call 221-1213.

(Source: U.S. Army Human Resources Command)

us before the actual exercise. It gives us a before hand idea of what to expect and what we need to improve in order to be totally prepared for the real thing," said Sgt. Hilda Cabrera, BNCOC student.

"The students really enjoy the simulator because it's almost like a video game for them. But the students are well informed they must take this seriously. If they don't and they are careless and perform improperly a sniper, bomb or an improvised explosive device can take them out of the game," said Powell.

"This is a great training method because it prepares

## News Briefs

from P3

Colonel of the Regiment. Tickets are \$5. All are invited to attend. For more information, call Sgt. 1st Class Tammy Crawley at 215-3325.

### Fort Sam main store events

Hip-hop artist Webbie will be at the Fort Sam Houston Main Post Exchange Friday at 5 p.m. He will be signing his latest album "Savage Life," which will be released Tuesday.

Keke Palmer, from "Akeelah and the Bee," will be at the Fort Sam Houston Main Post Exchange Sunday at 1 p.m. for a mini concert and signing of her newest CD "So Uncool."

### Surgeon general speaks at luncheon

Army Surgeon General and Medical Command Commander Lt. Gen. Eric Schoomaker will be the guest speaker at the AUSA luncheon March 12 at 11:30 a.m. at the Sam Houston Club. Tickets are available through Morale, Welfare and Recreation at the Club.

### Woman's History Month

The Fort Sam Houston Installation Commemoration for the 2008 Woman's History Month will be held March 14 from 11:30 a.m. to 1 p.m. at the Army Community Service Building 2797. Guest speaker for the event will be Chief Justice, Alma Lopez from San Antonio's Fourth Court of Appeals. For more information, call Sgt. 1st Class Matthew Crown at 295-2353 or Master Sgt. Ricky Evans at 295-0561.

### Tax time

The Fort Sam Houston Garrison Tax Center is located in Building 133, immediately behind the Office of the Staff Judge Advocate, and the Brooke Army Medical Center satellite office is located in the basement level of BAMC, in suite L46-8B. The garrison and BAMC centers are taking appointments. To schedule an appointment with the garrison tax center, call 295-1040; for the BAMC tax center, call 916-1040.

### National Prayer Breakfast

The Fort Sam Houston National Prayer Breakfast will be held Friday from 6:15 to 8 a.m. at the Sam Houston Club. The guest speaker will be Chaplain (Brig. Gen.) Donald Rutherford, Army deputy chief of chaplains. The cost is a \$2 donation. Tickets will be available Monday and can be purchased through a Unit Ministry Team.

# Best of the best

## Soldiers recognized for excellence

By Elaine Wilson

Fort Sam Houston Public Information Office

Three Soldiers were honored for a year's worth of excellence during a Leadership Call Feb. 21 at the Army Medical Department Center and School.

The Army Medical Department Center and School and Fort Sam Houston Noncommissioned Officer of the Year is Staff Sgt. Howard Markel, NCO Academy; the Fort Sam Houston Soldier of the Year is Sgt. John Curtis, Training Support Company, 32nd Medical Brigade; and the Fort Sam Houston Drill Sergeant of the Year is Sgt. 1st Class Alejandro Pereyra-Alaniz, 264th Medical Battalion.

Maj. Gen. Russell Czerw, commander, AMEDDC&S and Fort Sam Houston, presented the Soldiers with an Army Commendation Medal

and a certificate for their accomplishments.

Their titles come after a tough competition with their peers, which included physical and mental challenges.

To earn their titles, the Soldiers competed in several events during the Drill Sergeant, NCO and Soldier "Best Warrior" Competition held Oct. 28 to Oct. 31. The competition included an Army physical fitness test, weapons qualification, urban orienteering, hands-on-skills, written essay, examination and a board.

"It was definitely challenging," Markel said. "Anybody out there had a good chance of winning. I guess the preparation I put into the competition paid off. It's definitely a competition you have to prepare for."

"The competition was tough, but fun," Curtis added.



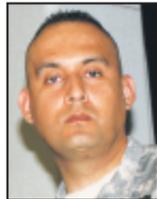
**Staff Sgt. Howard Markel**

Army Medical Department Center and School and Fort Sam Houston NCO of the Year



**Sgt. John Curtis**

Fort Sam Houston Soldier of the Year



**Sgt. 1st Class Alejandro Pereyra-Alaniz**

Fort Sam Houston Drill Sergeant of the Year

# Blood donors recognized for gift of life

Story and photo by Cheryl Harrison

Fort Sam Houston Public Information Office

In a ceremony held at the Sam Houston Club Feb. 20, prolific blood donors and unit coordinators were recognized for their continuing and outstanding support of the blood donor program at the Akeroyd Blood Donor Center during the past year.

The fifth annual ceremony opened with the national anthem, invocation and a welcome by Capt. Craig Mester, director of Blood Services, Great Plains Regional Medical Command and Brooke Army Medical Center.

Mester welcomed everyone and thanked them for their support of the program and introduced the guest speaker, Lt. Col. Clayton Simon, medical director of Blood Services, BAMC.

"When I was asked to do this I said yes I could say thanks to the donors, but I thought 'thanks' does not do justice to what you do," he said. "I was told to speak for five minutes, but five minutes does not give justice to what you do. When people look at donors and ask what do they do? You say 'I give blood.'

"The truth of the matter is surgeons cannot do what they do without you. They need blood. It has to be blood. The realism is for every Soldier you see missing a limb that is six units of blood. That is what you do," he said.

"There is no greater measure of an individual that is sacrificed from yourself knowing that the recipient of your sacrifice will never know who you are," Simon said. "Donors do not ask



Connie Jo Purchis accepts a number of awards and gifts from Sgt. Tiffany Anderson. Purchis was recognized as the top platelet-apheresis donor with 51 gallons, or 204 donations, at the Fifth Annual Blood Donor Recognition Ceremony held at the Sam Houston Club Feb. 20. Purchis has been a regular donor for more than 13 years.

for thanks, it's not needed. I cannot tell you how appreciative I am and that is only a scratch compared to what those Soldiers would tell you if they were here," said Simon.

Donors were awarded in a number of categories from 1-gallon donors to the Top Whole Blood Donor, Donald

See BLOOD DONORS P7

# Housing creates accessible units for Warriors in Transition

With more than 900 historic structures, Fort Sam Houston is one of the Army's most significant historic installations. It is no surprise that 42 percent of on-post privatized homes are historic.

During the development of the Community Development Management Plan in 2004, Lincoln Military Housing and the Residential Communities Initiative office agreed that 10 percent of new housing would be handicapped accessible. These units were completed during the second year of the Initial Development Period.

Since taking over housing operations March 1, 2005, LMH has made many modifications to convert existing homes to accessible homes for Warriors in Transition. These modifications include installing

ramps, grab bars, levered door handles, elongated toilets and flexible shower heads. In 2006, LMH recognized a need for additional two-bedroom accessible units. They approached the Fort Sam Houston RCI office with a proposal to convert additional accessible units in the junior noncommissioned officer neighborhood of Patch Chaffee, a historic community.

The original Patch Chaffee homes were constructed in 1931 to 1934 as two-bedroom houses in the Spanish Revival Style. The homes are single-story on broad lots with rear service lane entrances. The houses originally featured deep porches across the entire front of the home. Prior to privatization, the Army recon-

See HOUSING P6



Courtesy photos

Lincoln Military Housing is converting Patch Chaffee homes so they are accessible for wounded warriors.



The handicapped-accessible bathrooms in Patch Chaffee homes feature an accessible shower, full tub, elongated toilet, special cabinetry and new sinks.

**HIRING HEROES from P2**

For more information, call the ACAP Center at 221-1213 or visit the center at 1706 Stanley Road. See workshop schedule below:

throughout the day. Workshop attendees are urged to prepare resumes ahead of time.

**Hiring Heroes Career Fair Preparation Workshops**

- 9 to 9:50 a.m. – Writing a resume for private sector employment (ACS)
- 10 to 10:20 a.m. – Veterans' preference (CPAC/OPM)
- 10:30 to 11:30 a.m. – Writing a resume for federal employment (CPAC)
- 11:30 a.m. to 12:30 p.m. – Lunch
- 12:30 to 12:50 p.m. – Reasonable accommodations (EEO)
- 1 to 1:50 p.m. – How to work a job fair (ACAP)
- 2 to 3:20 p.m. – Interviewing tips and dress for success (ACS)
- 3:30 to 4 p.m. – ACAP programs and service overview (ACAP)

Presentations are optional and will run during the same timeframe as the Resume Writing Workshop. Be sure to allow enough time to complete your resume prior to the career fair March 25.

**Gate closure alters traffic**

The reconstruction of Dickman Road involves the closure of the Pershing Gate and an altering of traffic. During the project, two intersections – Old Austin Highway and Worth Road at Dickman Road – will be closed during construction. Motorists are asked to enter with caution due to heavier traffic congestion and find alternate routes if necessary.

**Transportation schedule**

Transportation will be available for workshop attendees March 24 to the Resume Writing and Career Fair Preparation Workshops and March 25 for the Hiring Heroes Workshops and Career Fair. Shuttle service will be available from the Powless Guest House, 3625 George Beach Blvd. to the Fort Sam Houston Club, 1395 Chaffee Road.

**March 24**

Leaving Powless Guest House	Leaving Fort Sam Houston Club
9 a.m.	
9:30 a.m.	10 a.m.
10:30 a.m.	11 p.m.
11:30 a.m.	12 p.m.
12:30 p.m.	1 p.m.
1:30 p.m.	2 p.m.
2:30 p.m.	3 p.m.
3:15 p.m.	4 p.m.

**March 25**

Leaving Powless Guest House	Leaving Fort Sam Houston Club
9 a.m.	
9:30 a.m.	10 a.m.
10:30 a.m.	11 p.m.
11:30 a.m.	12 p.m.
12:30 p.m.	1 p.m.
1:30 p.m.	2 p.m.
2:30 p.m.	3 p.m.

**HOUSING from P5**

figured these homes to a three-bedroom, two-bath home and partially enclosed the front porch.

The existing three-bedroom homes were too small to provide market-rate amenities. Therefore, LMH's development plan was to convert the homes back to two-bedroom, two-bath homes. The conversion restored the original full front porch and fashioned a more spacious living area. Early coordination with the State Historic Preservation Officer paid dividends. Their involvement in the design produced a plan embraced by the SHPO.

Typically, these renovated historic homes provide residents with a larger master suite, to include increased space in bathroom and closet. Additionally, the second bedroom closet space is increased and a separate laundry area created. The kitchen opens into the dining and family room and

features an enclosed pantry.

In assessing the redesign of the two-bedroom units Patch Chaffee for accessibility, LMH selected units with a mild grade leading up to the home. These homes were best situated to facilitate construction of permanent wheelchair ramps. The interior floor plan remains similar to the original plan; however, the two bathrooms are combined into one to fully accommodate a wheelchair. The bathroom features an accessible shower, full tub, elongated toilet, special cabinetry and new sinks.

To date, LMH has completed seven accessible units in Patch Chaffee and will likely convert more homes. The partnership between the Army and LMH continues to make huge strides in renovating and constructing new homes at a remarkable pace. LMH considers accommodation of our Warriors in Transition a top priority as they continue to execute the development plan.

(Source: RCI)

**BLOOD DONORS from P4**

Aldridge, who donated 12 gallons, and Connie Jo Purchis, who was recognized as the top platelet-pheresis donor with 51 gallons. Platelet-pheresis is the process of collecting platelets, the components of blood that are involved in hemostasis or blood clotting.

Units were recognized for quarterly blood donor excellence. The 2007 Fort Sam Houston 232nd Medical Brigade winner was F Company, 232nd Medical Battalion. Additionally, the BAMC Emergency Room was named the BAMC Blood Donor Excellence Winner.

The following is a list of the recipients of awards and recognitions:

**1-gallon donors:**

- Kim Deemer
- 1st Lt. Jody Dunkley
- Sp. James Perry
- Sp. William Whiteside

**5-gallon donors:**

- Col. Elaine Perry
- Mike Latka
- Beverly Patton

**10-gallon donor:**

- John Sondergaard

**13-gallon donor:**

- LaVon Parker

**14-gallon donor:**

- Russell Matthias

**15-gallon donors:**

- Roman Ruiz
- Russell Smutz

**25-gallon donor:**

- Larry Arispe

**33-gallon donor:**

- Linda Wenck

**36-gallon donor:**

- Erich Spranger



Photo by Cheryl Harrison

(From left) Capt. Jarod McGee, Staff Sgt. Machel Brown and 1st Sgt. Gregory Johnson, of F Company 232nd Medical Battalion, accept a blood donor award on behalf of their company, which had the most participation and blood donation by a company.

**40-gallon donor:**

- Kenneth Kneupper

**Top Whole Blood Donor:**

- Donald Aldridge. 12-gallons

**(96 donations)**

**Top Platelet-Pheresis:**

- Connie Jo Purchis, 51-gallons (204 donations)

**2007 Blood Donor Excellence**

**Winners:**

1st quarter	2nd quarter
C/187	C/187
F/232	F/232
B/264	B/264

**3rd quarter**

- C/187

**4th quarter**

- C/187

**B/232**

**B/264**

**B/264**

**BAMC Blood Donor**

**Excellence Winner:**

- BAMC ER

**The 2007 Fort Sam Houston**

**32nd Medical Brigade Winner:**

- F Company, 232nd Med. Bn.

For more information or to donate blood, call the Akeroyd Blood Donor Center at 295-4655 or 295-4948.

# Post Pulse Do you know where you should report suspected domestic violence?



"I would report domestic violence to Brooke Army Medical Center."  
**Cpl. Oscar Perez**  
Warriors in Transition Battalion



"I would report domestic violence to the victims family advocacy section."  
**Sgt. LuAnn Tolefree**  
Noncommissioned Officer Academy



"I would report domestic violence to the commander."  
**Capt. Xavier Cummings**  
A Company, Warriors in Transition Battalion



"I would report domestic violence to Army Community Service."  
**Sheila Fritz**  
Nonappropriated Funds Contracting

To report suspected domestic violence on post, call military police at 221-2222 or contact a victim advocate at 221-0600, 221-1505 or 295-0667.

## Break cycle of domestic violence; help is available

**By Angela Swain**  
Army Community Service Family Advocacy Program

Awakening to the reality of living in an abusive relationship is not easy for anyone. It can be a difficult time for one to recognize what is toxic and unhealthy. The ability to discriminate a healthy relationship can be challenging.

Many survivors of abuse believe if they try harder and are more under-

standing, kinder, sweeter, and attentive things will get better. Yet, victims of abuse feel like they walk on egg shells. Victims think if they do everything "perfect" then their mate would be confident enough to not pull rank and act superior. The alleged perpetrator tends to operate at a power level they feel requires them to be in "control and dominate."

Attempts to control the other mate are done by blaming, punching, kicking,

insulting, controlling money and making all the decisions. This behavior can include name calling, ordering and demanding, abusive language, unhealthy jealousy and criticism. A lot of pain is created by this behavior, when someone believes they have a right to control another person. This unhealthy love-dependent relationship for victims can make a spouse feel trapped.

Unfortunately, a woman is beaten every 18 seconds in her own home.

There are various categories of abuse: physical, mental and emotional, sexual, verbal and control, and neglect. Often, women who survive this terrible lifestyle will live in a constant state of fear.

One day an incident of abuse may occur that prompts the perpetrator, male or female, to explode. It may be then the victim realizes it is time to get

**See DOMESTIC VIOLENCE P13**

# Annual PHA replaces 'five-year physical'

The Periodic Health Assessment is a new Department of Defense requirement which takes the place of the "five year physical."

The PHA is an annual requirement for all permanent party Soldiers and should be completed each year by November.

Soldiers are encouraged to schedule as early as possible this year to avoid appointment challenges close to the deadline.

The PHA consists of two parts: Part 1 emphasizes medical readiness screening, identification of age- and gender-appropriate preventive screenings, and health and lifestyle education to include questions on tobacco use, stress and alcohol; Part 2 is a visit with a primary care provider.

During the Part 1 appointment, height, weight, blood pressure, and resting heart rate will be taken along with

vision screening if necessary and a self-reported statement of health questionnaire. A nurse will review deployment-related issues and medical readiness, recommend appropriate preventive screenings, order necessary labs and immunizations, and discuss any current medical conditions.

Males 35 years old and older and females 40 years old and older will need to fast for their Part 1 appointment. Soldiers should wear their physical training uniform to this appointment.

Information will be documented and updated electronically in the Medical Protection System during the encounter. The Soldier will be required to complete any MEDPROS deficiencies prior to the Part 2 appointment.

Part 1 appointments are in the Health Promotion Center,

**See PHA P10**

## Health fair

The Jimmy Brought Fitness Center held a Health and Wellness Fair Feb. 20. Seventeen vendors shared services and information on cholesterol, diabetes and blood pressure, dental hygiene, health benefits, nutrition and more. About 155 people were on hand to receive free Morale, Welfare and Recreation T-shirts and informational hand-outs. Another Health and Wellness Fair is scheduled for late August. For more information, call 221-2020 or 221-1234.



Photos by Olivia Mendoza

### PHA from P9

L31-9V, located in the basement, down the hall from TRICARE.

To schedule a Part 1 appointment, call CAMO at 916-9900, option 5, then option 3 (specialty clinics), to reach an appointment clerk, or call the Health Promotion Center at 916-3352. If traveling from out of town, Soldiers may be able to complete required labs and immunizations and schedule a Part 2 appointment for the same day, if there is availability.

During the Part 2 appointment, a health care provider will review a Soldier's medical history and conduct a symptom-focused physical based on concerns identified in the self-reported health questionnaire. The appointment includes an assessment for mental or behavioral health risks as well as any needed tests or con-

sults. Results from any lab tests also will be discussed.

Soldiers are required to bring medical records, if hand carried; eyeglasses; copy of any profiles; and military ID card or other valid ID. Soldiers should also wear their PT uniform to this appointment. The physician will record the PHA as complete during Part 2.

Part 2 appointments are in the Medical Exam section located at the McWethy Clinic on Fort Sam Houston and can be scheduled by calling 295-4969 or 295-4979.

The Part 2 appointment should be completed within 45 days of Part 1. Soldiers who are unable to keep their Part 2 appointment must notify the Medical Exam Section at least three days in advance by calling 295-4969 or 295-4979.

(Source: Brooke Army Medical Center Department of Preventive Medicine)

## Sports

### Race to the Top

Can you make it all the way? Stop by the Jimmy Brought Fitness Center March 10 to 14 to prove you've got what it takes to make it to the top. This month the goal is to reach the top of the Tower of Americas, a total of 952 steps on the stepmill machines at the fitness center. This competition is free and T-shirts are \$10. For more information, call 221-1234 or 221-2020.

### 5K run

The Jimmy Brought Fitness Center and the Family Advocacy Program will hold a 5K run March 29 for Sexual Assault Prevention Awareness Month. For more information or to register, call 221-1234.

### Intramural golf

Coaches meetings for intramural golf will be held Tuesday, March 11

and 18 from 12 to 1 p.m. at the Fort Sam Houston Golf Course. Rosters are due March 18. The league begins April 1 at 5:30 p.m. For more information, call 221-4388 or 221-3185, or e-mail earl.t.young@us.army.mil.

### Intramural softball

A coaches and rules meeting will be held March 11 at 1 p.m. at the Brigade Gym. The season begins April 7. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

### Intramural soccer

A coaches and rules meeting will be held March 10 at 1 p.m. at the Brigade Gym. The season begins April

7. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

### Intramural tennis

A coaches and rules meeting will be held April 7 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 14. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

### Intramural flag football

A coaches and rules meeting will be held April 8 at 1 p.m. at the Brigade Gym. The season begins April 14. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

### Intramural sports letter of intent

Sport	Letter due by:
Softball	Monday
Soccer	Monday
Tennis	April 2
Flag football	April 4

Send letters of intent to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, Texas 78234. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

## Money matters

Paula Gradwell, Thrift Savings Plan liaison specialist, conducts a TSP training class Feb. 22 at the Army Community Service building. Gradwell, who is from the Federal Retirement Thrift Investment Board, Washington, D.C., traveled to Fort Sam Houston to train federal employees and military members on the benefits of investing in the TSP. A special session was held to address TSP in relation to pre-separation, retirement, and reduction in force. The training was organized by Julia Bondurant, from U.S. Army North, and Linda Green, director, Human Resources Directorate, U.S. Army Garrison Fort Sam Houston. For information on TSP, visit [www.tsp.gov](http://www.tsp.gov).



Photo by Sgt. Joshua Ford

## Did you know?

Benjamin Foulois is known for flying Army Aircraft #1 at Fort Sam Houston on March 2, 1910, in what has been described as the "Birth of Military Aviation."

But did you know that Foulois had already distinguished himself as a warrior before becoming a pilot? Foulois, by trade a plumber, enlisted in 1898, using his brother's name and birth certificate because he was under age and did not have the required parental consent. He served in Puerto Rico with the 1st U.S. Volunteer Engineers.

After his return to the United States, he enlisted in the Regular Army under his own name this time and became a member of G Company, 19th Infantry. Deploying to the Philippines, his unit often skirmished with the Insurrectos. He took the examination for a direct commission and was appointed as a second lieutenant in the 17th Infantry in 1901. As commander of D Company, Foulois participated in General Pershing's Lake Lanao Expedition.

After a short rotation stateside, Foulois was back in the Philippines, this time fighting against the Moros. He was involved in numerous fights, most at close range and some hand-to-hand. Foulois later participated in the Army of Cuban Occupation.

He attended the Signal School at Fort Leavenworth, graduating in 1908 and transferring to the Signal Corps. In the Signal Corps, he qualified as a dirigible pilot and became interested in heavier-than-air flight.

The rest of his military career, from "First Flight" in 1910 to chief of the Air Service in 1935 is more well known than his days as a warrior.

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



Courtesy photo

Benjamin Foulois at Fort Sam Houston with a Wright aircraft in 1911.

# School

## Cole High School teacher honored as 'Teacher of the Game'

By Jayne Hatton

Associate Superintendent Fort Sam Houston Independent School District

Velma Uriegas, English teacher at Robert G. Cole High School was selected to represent Fort Sam Houston Independent School District as the San Antonio SPURS Teacher of the Game Saturday.

The SPURS Foundation recognizes outstanding public school teachers at home games for their dedication and commitment to educating students.

As the award recipient, Uriegas received tickets to the SPURS vs. Hornets game in addition to recognition on the "jumbo-tron."

"Velma Uriegas has a love for learning and teaching. She is supportive, kind, and caring while maintaining high expectations for her students," said principal Roland Rios.

Parent Jeffri Gillman says,

"Mrs. Uriegas is always changing the way she teaches, preparing challenging but interesting lessons for her students. One day students might be taking notes, another day may involve the use of a PowerPoint presentation, and the next day students may find themselves in the role of teacher."

Parents appreciate her college notebook assignment completed in English class during the student's junior year. The assignment requires students to develop a notebook where they keep their resume, essays, and other paperwork to facilitate the college entrance process.

In 1983 Uriegas received her masters' degree from the University of Texas at San Antonio and has been teaching since then. She has taught for 26 years, four of those with Fort Sam Houston Independent School District.

### Fort Sam Houston Independent School District

Weekly Campus Activities  
Monday through March 8

Texas Public Schools Week

#### Fort Sam Houston Elementary School

Wednesday

Third and fifth grade TAKS reading

Fourth grade TAKS writing

March 7

Spirit day

#### Robert G. Cole Middle and High School

Monday

Baseball vs. Johnson City,

4:30 p.m.

National Honor Society meeting in Ms. Malcom's room, 12:50 p.m.

March 5

11th grade Exit English

Language at Rifle Range, 8 a.m.

March 6

Junior varsity/varsity boys' and

girls' track at Navarro High

School, half-day

March 7

Boys' Natalia tournament

March 8

Baseball TMI tourney, 10 a.m.

### DOMESTIC VIOLENCE from P8

help. Fort Sam Houston has several agencies available to provide support such as; Brooke Army Medical Center Department of Social Work, Army Community Service Family Advocacy Program, military police and chaplains.

There are two types of reporting options: restricted and unrestricted. Restricted reporting is reporting to an installation victim advocate, health care provider or victim advocate supervisor. This means there is no investigation or command contact made unless someone is in danger.

The unrestricted option means that military police and the offender's unit commander will be notified and an investigation can occur. A client can receive medical treatment, advocacy services, support and counseling. A military no-contact order may be issued to enforce a separation period for safety. A client can also pursue a civilian protection order.

The Victim Advocacy Program provides encouragement and emotional support.

Victims are reminded they have the right to be treated with fairness, dignity and respect. The Victim Advocate educates clients about their rights and entitlements as military spouses and equips clients with additional tools. They will also assist them with developing a safety plan. Clients will be informed about the Case Review Committee and other helping agencies such as shelters; off post at 733-8810.

The victim advocate does coordinate as needed with the Department of Social Work at BAMC, 916-3020, which provides treatment; military police, 221-2222; and victim witness liaison, legal at 221-1488. There is also a Department of Defense Domestic Abuse Victim Advocacy Program at the Family Justice Center off post at 208-6833. The hearing impaired can contact (TTY) 800-787-3224. The victim advocate can accompany a client to pre-trial, trial and offer post-trial support.

Contact the victim advocates at 221-0600, 221-1505 or 295-0667 and get help and support today.

# Post Pulse

What do you do to keep your marriage strong while being a part of the military?



"Just tolerance (or a better word is patience) and understanding. We both try to keep each other balanced." **Command Sgt. Maj. Scott Cleary, 314th Military Intelligence Battalion**

"We keep Family first and we remind each other of the importance of that." **1st Sgt. Valerie Cleary, 339th MI Company**

"I've been married for 22 years. My husband was active duty, but got out and that makes it a little easier, but good communication is what works."



**Sgt. 1st Class Stella McCoy, HHD 470th MI S-3**

"We keep in constant communication with each other and find innovative ways to have fun and keep our marriage fresh. My husband is a commander at Fort Knox and I'm here at Fort Sam Houston, so we travel twice a month to see each other. But communication is the key. He comes here one weekend and I go there the other. We talk to each other everyday, either through e-mails, text messaging or phone."

**Col. Cheryl Harris, commander, 470th MI Group**

"My wife and I try to do a date night at least once a week. She is a teacher and I work long hours so time away from the kids, just the two of us, and open lines of communication."



**Sgt. 1st Class Tim McGovern, HHD 470th MI S-3**

# Family strong

## Families weather challenges of military lifestyle

By Elaine Wilson  
Fort Sam Houston Public Information Office

Lisa Fedeson is getting a crash course in military lifestyle.

After just six months of marriage, her husband, Spc. Bryan Fedeson, was sent to Iraq for more than a year with the 201st Military Intelligence Battalion.

While tough so early on in their marriage, the newlyweds are taking the separation in stride; they met online and their relationship was long-distance for more than a year before they got married.

"We knew the deployment was coming. We actually moved our wedding up when we found out when he was going," Lisa said. "We were prepared and keep in close contact."

With frequent moves, long separations and a wartime focus, military Families face unique

and constant challenges and stressors, like deployments; and that's on top of everyday situations – work, money, quality time — that can buckle even the strongest of relationships. But some Families manage to not only stay together, but grow stronger with help from friends, loved ones and, most importantly, each other.

Still in their 20s, the Fedesons are just embarking on military Family life, but recognize early on the need to keep their relationship strong.

"I think the most important thing for a spouse is to involve yourself with your military spouse's career; be supportive," Lisa said. "I'm very supportive of my husband's career and the life he wants in the Army."

The word sacrifice is often associated with spouses, who frequently put their own careers and pursuits on the back burners to provide much-needed support to their Soldier.

Military spouse Wendy Strycula quit the Army Reserve 15 years ago to stay at home and home-school her five children in an attempt to provide consistency to her Family in the midst of frequent moves.

But even after 20 years of marriage, she doesn't associate any of her choices with sacrifice.

"We support him 100 percent," said Wendy, referring to her husband, Col. John Strycula, commander of the 201st MI Bn. "We recognize it's not all about us. There's a bigger picture and John is working to help others."

Like Lisa, Wendy emphasizes the importance of supporting her husband.

"He's a Soldier," she said. "I made this choice. I try to have a positive attitude. You can make it or break it."

Wendy's positive attitude has rubbed off on her children. She said they love the military and see it as a "big adventure."

"We've moved 12 times in 20 years," Wendy said. "We're used to the moves but I don't think you can ever prepare for a 15-month separation. That's a long time."

Her husband, John, who is currently deployed to Iraq, said the separations pose the biggest challenge in his

marriage. "It is difficult to maintain a marriage through an extended deployment," he said. "I think we have gotten through my three deployments to Iraq through understanding and effort."

The Stryculas and the Fedesons both deal with separations with an emphasis on the same key component – communication.

"If I'm feeling upset, I let Bryan know," Lisa said. "He encourages me to talk to him; he wants to comfort me. I do the same for him. People worry that their spouse won't want to hear about their troubles when they're fighting a war, but the communication is what keeps you close to each other."

The Stryculas also stay close through daily contact, to include e-mail and phone calls.

"E-mail has become a great tool for me to stay close to my wife and kids," John said. "The ability to communicate with them through the e-mail helps me to stay connected and informed on what is going on in their lives."

Additionally, Wendy has incorporated her home-schooling with real-world events by having the children put together a monthly newsletter for their father in which they act as reporters and write about events, such as birthday parties or a favorite book or game.

"The kids put so much effort into their articles, and I get to read about what's important in their lives," John said.

Military couples face a multitude of challenges, but perhaps the toughest are reserved for dual-military spouses, who must balance increasingly tough mission requirements with Family time at home.

Sgt. 1st Class Heidi Mayberry, NCO in charge of the Preventive Dentistry Specialty Course at the Army Medical Department Center and School here, and Staff Sgt. Phillip Mayberry, a nutrition care specialist instructor at the AMEDDC&S, met while living in the barracks and have now been married for 15 years.

Like many military couples, their toughest challenge was a separation, from their kids versus each other.

"About five years ago, we were both sent to Korea for a year and had to leave our children with my parents," said Heidi.

Their daughter, 6 at the time, is in the Exceptional Family Member Program; and their son was 9.

"We could have gone to Korea at different times but we made the choice to go together so there would be less long-term hardship for our children," Heidi said. "The Army was very supportive of us staying together."

With a special-needs child at home, the separation could have created stress for the couple, but Heidi said the military never faltered in its care.

"My parents live near an Air Force base and the doctors there took great care of my daughter," Heidi said. "She has received amazing care from the Army and Air Force."

With 20 years in, Heidi could walk away from military life, but said she's not ready yet. "I asked my son if he wanted me to stay in or not, and he said he was fine either way. This is all he's known. We've given our children a good life and I know they're happy, so I'm happy."

With so many unique challenges, many military Families have found ways to adjust, but others, facing reintegration after a deployment or stressful separations, reach a breaking point.

John offers advice to couples just embarking on a military career.

"Deployments and separations are going to persist as we continue to fight the Global War on Terrorism," he said. "Therefore, your marriage has to be strong enough to withstand the pressures and stresses of these deployments."

"There are going to be good times when you feel close, and then there are going to be rough times. An understanding of the cycles in your relationship will help you build an attitude of, 'I am not giving up on my marriage,'" he said. "It is all about wanting your marriage and not giving up on it."

The best time to take helping measures is



Photo by Elaine Wilson  
Wendy Strycula and her daughter, Mary, read up on current events. Strycula home-schools Mary and her other four children to maintain continuity throughout frequent military moves.



Photo by Elaine Wilson  
Sgt. 1st Class Heidi Mayberry and Staff Sgt. Phillip Mayberry, both from the Army Medical Department Center and School, have been married for 15 years. Heidi said the military has provided well for her Family, allowing her to focus on her mission.

## Army pledges support to Families

Senior leaders at Army installations throughout the nation signed the Army Family Covenant last fall. The covenant is a pledge to support Soldiers' Families while they defend the nation. At Fort Sam Houston, senior leaders gathered Nov. 8 at the Sam Houston Club to sign the covenant, reinforcing their commitment to Families.

### The Army Family Covenant

We recognize the commitment and increasing sacrifices that our Families are making every day.

We recognize the strength of our Soldiers comes from the strength of their Families.

We are committed to providing Soldiers and Families a Quality of Life that is commensurate with their service.

We are committed to providing our Families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army Families that enhances their strength and resilience.

- We are committed to improving Family readiness by:
- Standardizing and funding existing Family programs and services
  - Increasing accessibility and quality of health care
  - Improving Soldier and Family housing
  - Ensuring excellence in schools, youth services and childcare
  - Expanding education and employment opportunities for Family members



## Recreation and Leisure

### BOSS Wii tournament

Morale, Welfare and Recreation will hold a six-night pentathlon on the Wii video game system. Sporting competitions include bowling, golf, baseball, tennis and boxing. The winner from each sporting category will go on to play in the final tourna-

ment pentathlon to determine the top three Wii winners. Prizes include a Ripstik skateboard, a Nike gift card, and a Wii Console with an extra remote, a nunchuck and two games. For more information, visit the MWR Web site at <http://www.fortsamhoustonmwr.com>.

## Dining and Entertainment

### Love 'n Laughter comedy show

The Sam Houston Club will present a night of laughter about love and

relationships, featuring the comedic talent of Barry Neal and Christina Lopez March 14 at 9 p.m. The doors will open at 7:30 p.m. Tickets purchased in advance are \$12 and include a free dinner; tickets purchased at the door will be \$15 and do not include dinner. The show will feature subjects which are not appropriate for individuals under the age of 18 years. Sports attire is not permitted. For more information, call 224-2721.

### MWR Ticket Office

The MWR ticket office is open Tuesdays through Fridays from 10

a.m. to 5 p.m. Discounted tickets are available for local attractions as well as theme parks like Disney World and Universal Studios. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-1663 or 224-2721.

### Sam Houston Club

#### Karaoke Fridays

Come by the Sam Houston Club Fridays at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

### Harlequin Dinner Theatre

#### 'Visit to a Small Planet'

The Harlequin Dinner Theatre will present the Gore Vidal comedy, "Visit to a Small Planet," through March 29. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. The doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are avail-

able. For more information or to make reservations, call 222-9694.

## Army Community Service

### 'It's Not Easy Being Green'

The Army Community Service's Army Family Team Building will host the 2008 "It's Not Easy Being Green" Spouse Conference March 27 and 28 from 8 a.m. to 2 p.m. at Dodd Chapel. The purpose of the conference is to uplift, enlighten, motivate and strengthen our lives in the military as men, women, husbands, wives, fathers, mothers and the invaluable contributors to the Army Community. The registration fee is \$5 and some of classes may be an additional \$5 to cover supplies. For more information, call 845-4490 or 241-0811.

### Couple's Enrichment

The Family Advocacy Program will hold a three-part couple's enrichment

See MWR P17

### MWR from P16

class that centers on reconnecting with your partner. Understanding gender differences and focus on commitment and intimacy are just a few of the topics to be discussed. Talking with other married couples can also help improve your own relationship. For more information or to register, call 221-0349 or 221-2055.

### New Parents Support Program Plus

The New Parents Support Program Plus, a component of the Family Advocacy Program, is a professional team that provides supportive services to military Families with children from birth to three years of age. NPSP+ provides comprehensive services through educational sessions/playgroups and home visitation services. The services offer expectant parents and parents of infant and toddlers the opportunity to learn new skills as parents and improve current techniques. For more information, call

221-0349 or visit the Web site at <http://www.fortsamhoustonmwr.com/acs/programs/FAP/default.asp>.

### Commanders training

The Family Advocacy Program Commander and Senior Leader Training course is for New Commanders, First Sergeants, and Senior Leaders. The training needs to be completed within 45 days upon assumption of the position. Training will be held on the last Thursday of each month from 8 to 10 a.m. in Building 2797 on Stanley Road. For more information or to register, call 221-0349 or e-mail [thelma.t.kegley@us.army.com](mailto:thelma.t.kegley@us.army.com).

## Child and Youth Services

### CYS groundbreaking

Groundbreaking for the new Child and Youth Services Middle School and Teen Building will be held today at 2:30 p.m. The site of the new building is at 2814 Funston

(between the existing Child Development Center and the Bowling Center; across the street from the Auto Craft Shop). The event is open to the public with a reception immediately following at the Child Development Center. For more information, call 485-4806.

### Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held March 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871 or 221-1723.

### CYS needs instructors

Child and Youth Services seeks instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

### FCC providers

Family Child Care seeks Family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more informa-

tion, call 221-3828.

### Undergraduate scholarships

Completed applications for the National Oceanic and Atmospheric Administration Undergraduate Scholarship must be received by Friday. Participants may receive up to \$8,000 in assistance per school year for full-time study. For more information, call School Liaison Services at 221-2214 or 295-4806.

### Saturdays at School Age Services

School Age Services is open the second and fourth Saturdays of every month from 2 to 6 p.m. Children from first to fifth grades can have a fun-filled afternoon at the School Age Services, Building 1705, Winans Road. For more information, call 221-4466.

### SKIES Unlimited classes

The Child and Youth Services Schools of Knowledge, Inspiration, Exploration and Skills Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month's fee is due at the time of registration at Building 2797. For more information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630; or call 221-1723 or 221-4871.

### Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide current shot records (kindergarten through fifth grade), two local emer-

# Community

## Events

### NAF job fair

The Civilian Personnel Advisory Center Non-appropriated Funds division will hold a job fair Saturday from 9 a.m. to 3 p.m. at the Sam Houston Club. Positions available include recreation aids, custodial workers, child and youth program assistants, summer hire positions and much more. Participating organizations will conduct on-the-spot job interviews. For more information, call the NAF human resources office at 221-1600 or 221-9058.

### Cash and Carry Sale

The cash-and-carry sale of Non-appropriated Funds property will be held March 12 and each week from 9 a.m. to 3 p.m. at Building 4192 Bays A and C on a first come, first serve basis, all sales are final. All property must be removed from the warehouse at the time of purchase. Cash and personal checks with picture

I.D. will be accepted forms of payment. The following items will be on sale: TV armoires, night stands, dressers, tables, computer monitors, wall mirrors and more. For more information, call 221-4449 or 221-4950.

### Rampage Hockey Military Appreciation

Come out and watch the San Antonio Rampage vs. Peoria Rivermen. The Rampage want to pay homage to the men and women of the Armed Forces during their Military Appreciation Night March 29 at 7 p.m. at the AT&T Center. Tickets are \$16 per person which includes one lower level ticket, hot dog, soda and chips. Special Military themed jerseys worn by the players will be auctioned off after the game with proceeds donated to the Fisher House, the Warrior Family Support Center, Operation Comfort and the Rampage Military Sled Hockey Team. For more information, call 444-5616.

### Fisher House Charity Golf Tournament

The Brooke Army Medical Center Auxiliary will host the Annual Fisher House Golf Tournament at the Club at Sonterra Golf Course April 7 beginning at 11 a.m. The donations to play include a box lunch, goodie bag, T-shirt, the cost of the play and dinner. All proceeds will benefit the Fisher House. For more information or to register, e-mail Ellyn Gilbert at ellyngilbert@sbcglobal.net.

### Cowboys for Heroes

The Third Annual "Cowboys for Heroes" will host a celebration April 11 from 6 to 9 p.m. and April 12 from 9 a.m. to 6 p.m. at the Fort Sam Houston Equestrian Center. There will be live music, entertainment, Family activities, food and an opportunity to meet professional rodeo cowboys. The event is free and open to the public. The Equestrian Center is located off Binz Engleman; turn after the railroad tracks and before the gate to post.

## Volunteer

### Hispanic Heritage Month volunteers

The 470th Military Intelligence Brigade is seeking volunteers and

ideas for this year's Hispanic Heritage Month festivities. For more information, call Sgt. 1st Class Grant at 295-6800.

### Employment counselors needed

The Fort Sam Houston Human Relations/Equal Employment Opportunity Office is seeking employees to function as Collateral Duty Equal Employment Opportunity Counselors. Department of the Army certification training will be provided prior to appointment. Any individual currently employed in a permanent appropriated fund or non-appropriated fund position is eligible and encouraged to apply. For more information and to volunteer, call 221-0218 or 221-9194.

### Volunteers needed for Red Cross

The Red Cross is seeking volunteers for care mobile drivers, data entry, runners, office and more; Hours and days are flexible. For more information, call 221-3355.

## Training

### Senior Leader Equal Opportunity Training

The training will be held March 11 from 1:30 to 3:30 p.m. at the

Wood Auditorium, Medical Command Headquarters, Building 2792, across from Army Medical Department Center and School helicopter. This training is mandatory for colonels and above, and sergeants major and command sergeants major. It is also highly encouraged for majors, lieutenant colonels, GS-13 and above. For more information, call Master Sgt. Ricky Evans at 295-0561 or Sgt. 1st Class Rosalba Chambers at 221-4240.

### Red Cross classes

American Red Cross will host the following classes: "Community First-Aid and Safety" consisting of first-aid, cardiopulmonary resuscitation (infant to adult) and automated external defibrillator training March 15; and "babysitting" class Saturday in Building 2650, on the corner of Patch and Hatch Roads. For more information, call 221-3355.

## Meetings

### NCO Wives' Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. For more information, call Angie Luna at 333-0821 or 386-8265.

# For Sale Fort Freebies

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

**For Sale:** IMPEX Powerhouse home gym, \$95; Klippermate racquet stringer, \$95 obo; Nikon N80 and two lenses, \$400; Century cargo cover, red, fits a 2002 Ford F150, \$599. Call Robert at 931-801-7251.

**For Sale:** 2003 Mercedes Benz CLK 430 convertible, black with gray leather interior, 45,300 miles, power windows and locks, cruise control, tilt steering wheel, AC, CD player, automatic transmission, garage kept, \$28,900 obo. Call Linda at 275-1424.

**For Sale:** Whirlpool super-capacity 7-setting dryer, good condition, \$75; Graco 3-in-1 wooden crib with mattress, \$100; sliding door pet insert for small animals, \$65. Call 829-8235.

**For Sale:** Winnie the Pooh infant carrier and stroller combo, Pooh infant swing, jungle theme bouncy seat and a play mat with toy arch, \$130. Call 402-321-6876 or 402-321-6988.

**For Sale:** American bulldog puppies with National Kennel Club registration, great markings, \$750; pool table from Academy, \$100. Call 666-0317.

### Submission guidelines:

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

**For Sale:** 2003 Suzuki SV1000S motorcycle with custom fairings, paint and more, \$5,000 obo. For more information, call 846-7494.

**For Sale:** Two cushion couch, tan/hunter green with red/brown, great condition, \$50; four-piece apple canister set, \$15; 28-piece silverware set, \$5, 11-piece Vitrex red cookware set, \$30; ladies suits and

semi-formals, size 10/12, \$25 each. Call 826-0882.

**For Sale:** Xbox 360 with two controllers, two games, memory card and cooling fan, \$300. Call 541-5264 or 337-378-4495.

**For Sale:** Nintendo Wii console includes two controllers, one nunchuck, Wii Sports, Marble Mania, Mario Party 8, and Mario & Sonic at

the Olympics, \$400 obo or will sell items separately. Call 569-9248.

**For Sale:** 2003 Honda Odyssey, V6, automatic, all power, leather interior, 106K miles, clean, \$10,000. Call 673-9649 or 630-3936.

**For Sale:** 1992 Ford custom van, loaded, \$2,895; solid wood sewing cabinet, \$149; fireplace tool set, \$27. Call 659-6741.



**Fort Sam Houston Fiesta & Fireworks T-Shirt Design Contest**

**Calling all artists!**

The Fort Sam Houston military and civilian community is invited to participate in the post's Fiesta & Fireworks T-shirt Design Contest.

Fort Sam Houston Fiesta & Fireworks is scheduled to take place April 20 beginning at 1 p.m. and ending with fireworks at 9 p.m. Events include entertainment, military ceremony, military equipment display, carnival rides, games, food and drinks.

Design format: 8 inches wide by 10 inches long, and must represent Fort Sam Houston. Select no more than five bright colors for the T-shirt.

Submit entries via e-mail to lucille.miller@us.army.mil or esther.garcia1@us.army.mil or bring a DVD to Building 124, Lucy Miller, Morale, Welfare and Recreation, or Esther Garcia, Public Affairs Office.

Deadline: Friday

Judging will take place Tuesday by senior leadership from the various tenant commands.

Prizes: One winner will be selected. A military winner will receive \$100 cash, the first printed T-shirt, framed, and \$100 for the company/unit fund. A civilian winner will receive \$100 cash and the first printed T-shirt, framed. The T-shirt will be sold at the post fiesta event.