



Briefs . . .

Texas Independence Day

A Texas Independence and Flag Day celebration will be in front of the Alamo today 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 today 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. For related story, see Page 9.

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 Tuesday and Wednesday at the Sam Houston Club. Additionally, volunteer delegates are needed for conference participation. Active duty, reservists, retirees, Department of the Army civilians and family members are welcome to apply. Delegates will be trained at the conference. For more information, call Felix Aparicio at 221-2705 or e-mail felix.aparicio@samhouston.army.mil.

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. The event is free and open to the public. For more information, call Master Sgt. Michael Boehringer at 221-9276 or e-mail Michael.boehringer@amedd.army.mil.

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Photo by Esther Garcia

Exercise prep

Fort Sam Houston firefighters Terry Davis (left) and Lawrence Salinas leave the decontamination area with a civilian casualty for medical triage and transfer Friday during an exercise sponsored by the Directorate of Emergency Services. The exercise involved about 15 civilian victims in a chemical bomb explosion. "This exercise is in preparation for the post mass casualty exercise scheduled for March 8 to test first responders," said Capt. Suzanne McGlothlin, Fort Sam Houston Law Enforcement Command. See related photos on Page 3.

DoD officials prepare for possible pandemic

By Elaine Wilson
Fort Sam Houston Public Information Office

Defense Department officials are currently working to create a pandemic influenza plan in time for the Department of Homeland Defense's end of March deadline, a DoD official said Monday.

The plan will lay out the department's roles and responsibilities in varying stages of avian influenza outbreak, both at home and overseas, said Ellen Embrey,

deputy assistant secretary of defense for force health protection and readiness, during a Joint Operations Medical Managers Course in San Antonio.

The DoD's work is a coordinated, integrated effort to ensure the department is fully enmeshed in the national pandemic planning process, Embrey said.

"We've been working on and implementing training and policy guidance to make sure we're prepared globally," said Embrey, responsible for the department's

medical readiness. "We have to ensure we have the surveillance in place, installation preparedness, global understanding and a stockpile of necessary components to mount an effective medical response. It's an enormous task."

The DoD plan will be one part of an overall federal government plan, Embrey said, adding that the Department of Health and Human Services, the lead for U.S. government response, and Department of

See PANDEMIC on Page 4

Post-deployment program shows early promise

By Elaine Wilson
Fort Sam Houston Public Information Office

Although in its fledgling stages, a program designed to accurately identify post deployment physical and mental health issues has already produced promising results, a senior Defense Department official said Monday.

"The post deployment health reassessment is a way to show the service members we care about them; we are here for them. And, if there are medical problems, we can find out early and treat them," said Ellen Embrey, deputy assistant secretary of defense for force health protection and readiness, during a Joint Operations Medical Managers Course in San Antonio.

The reassessment, implemented on a limited basis in June, comprises a series of questions designed to identify service

members' concerns four to six months after their return from a deployment.

"We developed the initial post deployment health assessment based on lessons learned from the first Gulf War," Embrey said. "We implemented the expanded reassessment process to make sure we captured service members' concerns about their health, how they're doing physically and also find out how they feel. It's very comprehensive."

Prior to the reassessment, the primary tool for gauging a service members' physical and mental health post deployment was through an assessment offered shortly after a service member's return. However, an assessment given in that early of a time frame may not offer a realistic picture of the service member's physical and mental health, Embrey said.

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Army expands eligibility for \$1,000 referral bonus

By Alphonso Green
Army News Service

ARLINGTON, Va. — The Army has expanded the list of eligible Soldiers who can earn \$1,000 for referrals that lead to Army enlistment.

The Referral Bonus Pilot Program was expanded to include Soldiers performing duty in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program and Additional Duty Special Work Program.

The referral bonus was authorized by the National Defense Authorization Act.

Soldiers may receive the \$1,000 referral bonuses for referring anyone, except a member of their immediate fami-

ly, which is defined as a spouse, parent (including step-parent), child (natural, adopted or step-child), brother or sister.

A lump-sum bonus will be paid to a referring Soldier once the referred applicant completes basic and advanced individual training, regardless of component. There are no retroactive provisions to this pilot program. Payments will be made directly to the referring Soldier's military pay account within 45 days of the referral completing AIT.

Those not eligible to receive a referral bonus include anyone who serves in a recruiting or retention assignment or who receives Special Duty Assignment Pay while in those capacities.

"Soldiers continue to play an important role in the recruiting process and with this program we are able to

recognize their contributions," said Lt. Gen. Franklin L. Hagenbeck, deputy chief of staff, Army G1 (Personnel). "We thank Congress for their recent legislation to provide bonuses such as these," he said.

Under this program, referrals will be made via the Sergeant Major of the Army Recruiting Team, or SMART, process. The Soldier must either submit the referral through a process via the SMART link or through the U.S. Army Recruiting Command 1-800 line dedicated to the program. To receive a bonus, the sponsor (Soldier making the referral) must provide the name of the applicant prior to the applicant's interview with an Army recruiter.

For more information, visit <https://www.usarec.army.mil/smart/> or call (800) 223-3735, ext. 6-0473.

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First responders train to save lives



Fort Sam Houston firefighters Devin Gonzales (left) and Terry Davis perform technical decontamination on a civilian who was exposed to a chemical agent during the simulated explosion. A chemical bomb was planted in a simulated command post involving several civilians who were exposed to a chemical agent.



Photos by Esther Garcia

(From right) Capt. Jeffrey Lopez; Capt. Freddie Florentz; Lt. Terry Owen; Mack McNall, American Red Cross; Lt. Stephen Kampman; Capt. Lewis Lem; and Officer Michael Barlow review the planning, operation and logistics of the simulated chemical exposure site from the incident command post. Personnel from outside agencies such as the FBI and Bexar County Sheriff's Office participated in the exercise by observing, evaluating and providing feedback.



An American Medical Response team prepares to transport a civilian casualty to a nearby hospital. "The exercise is good, especially involving outside evaluators and observers. Should we have a terrorist incident on Fort Sam Houston, we know that the civilian community will provide mutual aid assistance, so it's good we are doing this interface, coordinating and working together," said Carl Mixon, deputy sheriff with the Bexar County Sheriff's Office.



Capt. Lewis Lem, Directorate of Emergency Service, Law Enforcement Command, apprehends Mack McNall, who poses as a suspected terrorist. Pictures of the suspected terrorist were distributed to DES personnel earlier in the day as a "BOLO" which stands for Be On the Look Out. "I am retired military and have dealt with this before. This helps them learn in case of an incident," said McNall, of the American Red Cross. The Red Cross provided hot coffee, drinks and snacks to exercise participants. The Red Cross also provided volunteers to act as civilian casualties.

WWII veteran receives Purple Heart 61 years later

Story and photo by
Esther Garcia
Fort Sam Houston Public Affairs Office

Family and friends gathered at Audie Murphy Memorial Veterans Hospital in San Antonio to watch Rafael H. Reyes receive his Purple Heart Medal for wounds he received 61 years ago during World War II.

Congressman Henry Cuellar, representing the 28th District of Texas, presented the medal to Reyes. Cuellar's office was instrumental in securing the medal.

Reyes was inducted into the Army Jan. 15, 1943, and assigned to the 547th in May 1944. He was then transferred to Camp Carson, Colo. In September 1944, he was assigned to Company I, 311th Timberwolf Regiment of the

78th Lightening Division at Camp Pickett, Va.

Reyes was among the more than 3,000 men who sailed on the Carnarvon Castle to Europe Oct. 13, 1944, with the 311th. By Thanksgiving of that year, his unit moved to Tongron, Belgium, 40 miles from the front.

When they reached the front, the unit came under heavy German attack. Reyes sustained a shrapnel wound during an artillery attack Dec. 20, 1944. He underwent treatment at an aid station but refused to go to a hospital because he was afraid to be separated from his unit.

"He told me that he didn't want to leave his comrades behind. To this day he has a piece of the shrapnel in his back," said his nephew, Erasmo Reyes, who works on Fort Sam Houston.

On March 12, 1945, during

fighting at the Rhine River, Germany, Reyes was severely wounded in his upper leg and received wounds to his lower right arm.

"His injuries scarred him for life, but what most impressed me is that he has never had any ill will towards the military. He never looked for rewards or awards. He has the ability to carry on with his life and his love for his country and the military; his attitude is unwavering," said his nephew, Reyes.

"I am proud of my husband, Congressman Cuellar, the Veterans Affairs, the Army, everybody that has taken part in this award. We have been married for 57 years, we have lived a simple life on the farm, we have our faith and we appreciate everything everybody did for us," said his wife, Christine Reyes.



(From left) First Sgt. Eduardo Martinez; Rafael Reyes; Christine Reyes; Col. Wendy Martinson, commander, U. S. Army Garrison; and Congressman Henry Cuellar, 28th District of Texas, gather for a group photo following the Purple Heart Medal presentation to Reyes by Cuellar. The ceremony was held Feb. 26 at Audie Murphy Memorial Veterans Hospital.

Col. Wendy Martinson, commander, U.S. Army Garrison, and 1st Sgt. Eduardo Martinez

presented Rafael Reyes with an American flag that was flown over the capitol.

Post-deployment

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“More than 90 percent of service members reported they were in good, very good or excellent health on the post deployment assessment, which may be motivated in part by the fact that they can't go home until they fill out the form,” Embrey said. “As the thrill of being back home wears off and reality sets in, usually about four to six months after they return, that's when we want to reach out to them.”

With reassessment results in hand, the medical and family services community can offer financial, medical or mental health support, “any kind of service they need,” Embrey said.

The reassessment is currently targeted at service members within four to six months of returning from a deployment, which “seems to be the breaking point for these service members, making it the perfect time to evaluate their physical and mental health,” Embrey said.

With limited but encouraging data in hand, Embrey said the program soon will be expanded to include all active duty and reserve component members DoD-wide.

“Forty-five percent of participants to date express any health concerns with the top concerns being back pain and sleep and fatigue issues,” she said. “This is even though 93 percent say they feel they are in good, very good or excellent health.”

A majority of the concerns are physical, with a smaller percentage of mental health concerns, Embrey explained, adding that the reassessments are useful in identifying problems and referring service members for further investigation of their concerns, but are not intended as a diagnostic tool.

“The important thing is we have a great opportunity to capture physical and mental health concerns at the point they emerge, and refer the service members for help when necessary,” she said.



Photo by Elaine Wilson

Ellen Embrey, deputy assistant secretary of defense for force health protection and readiness, explains the post deployment health reassessment program Monday to attendees of the Joint Operations Medical Managers Course in San Antonio.

Pandemic

Continued from Page 1

Homeland Security, responsible for non-medical response, also play a key role in the nation's preparedness for an outbreak.

“It's a team effort,” Embrey said. “The DoD has a unique set of assets that, when needed, could be used to support the national response.”

Under the broad DoD plan, each command also will have its own implementation plan, a tasking that touches every installation throughout the world. The overarching goals in this planning effort are to preserve operational effectiveness and protect those most at risk.

“Along with the overreaching department plan, each combatant commander must have a plan in place to address pandemic influenza, a potentially very infectious disease,” Embrey said. “Some people may be sick for a while, and the commanders have to project how this could affect their ability to perform the mission.”

The collaborative planning effort will wrap up in a few weeks and then “all the

hard work will become apparent,” Embrey said.

The ongoing collaboration between military services and federal agencies is indicative of an ongoing commitment for the Defense Department to work toward an “interoperable and interdependent future,” Embrey said.

“We need to start with ‘morphing’ work being done in each service. We aren't fully integrated as a community and we need to come up with a model that works for all of us,” she said.

The joint environment is most evident in the medical arena, Embrey said, a trend based on a DoD focus to provide “world-class medical care when needed anywhere in the world.”

The battlefield offers an example of the need for joint interoperability, she said. When service members are injured in combat, they are administered care by a medic, whether Air Force, Navy or Army, then evacuated by a Navy helicopter or Army Humvee to a Forward Surgical Team, which exists in all services. Once

stabilized, they are brought to the next point of care, if needed, by an Air Force fixed-wing aircraft back to a major medical facility, such as the Army's Brooke Army Medical Center in San Antonio or Walter Reed Army Medical Center in Washington, D.C.

“For us, it's making sure the capabilities we have in each service are interchangeable, so, for instance, any service's medic can operate the same equipment. We don't want to have to learn new equipment when time is of the essence,” Embrey said. “Through joint training, standardization and combining and making efficiencies where we can, we can ensure top quality care anytime and anywhere.”

Statistics already point to the high standard of medical care for service members supporting Operations Enduring Freedom and Iraqi Freedom.

“It's amazing; we have the lowest disease non-battle injuries of any war,” Embrey said, adding that service members supporting OEF and OIF visit a doctor 2

to 2.5 times a year on average. “I go to the doctor more than that,” she said. In comparison to the OIF and OEF numbers, service members at home average seven doctor visits per year.

“The survival rate is unbelievable,” she continued. “This is a direct result of the great capabilities of the services put together. They are doing a great job.”

When people think of joint, Embrey said, they should also think beyond the military services. “It's also about engaging our coalition partners; it's a truly international effort,” she said. “And, one of the department's biggest ongoing challenges, and commitments.”

Embrey urges everyone to visit the DoD Deployment Health and Family Readiness Library at <http://deploymenthealthlibrary.fhp.osd.mil/>, which includes information for clinicians, service members, unit leaders, veterans and their families on deployment-related health issues. “It's a one-stop shop to learn about what the department is doing in the health and readiness arena,” she said.

Briefs cont.

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694th Maintenance Bn. change of command

Col. Robert C. McDaniel will relinquish command of the 694th Maintenance Battalion, 90th Readiness Regional Group, to Lt. Col. Raymon Lluveras during a change of command ceremony hosted by Brig. Gen. Phillip Hanrahan Sunday at 9 a.m. at 432 Boswell St. in San Antonio.

Navy Recruiting District change of command

Navy Cmdr. Frank W. Pearson will relinquish command of the Navy Recruiting District, San Antonio, to Navy Cmdr. Warden Heft during a change of command March 10 at 10 a.m. in front of Building 2376 on Stanley Road. The ceremony will also include a retirement ceremony for Pearson, who is retiring after 23 years of service. For more information, call Kristi Kelly at 295-9694.

NCO Course change of responsibility

First Sgt. Eduardo Martinez will relinquish responsibility of the Basic Non Commissioned Officers Course, NCO Academy, to Master Sgt. Richard Watson during a change of responsibility ceremony March 10 at 4 p.m. at the NCO Academy, Building 1397, Gardner Street.

Mentor in-service

All current mentors and people interested in becoming mentors are invited to attend a mentor in-service March 8 from 11:45 a.m. to 12:45 p.m. at the Installation Chaplain's Office, Building 2530. Edward K. Maney, the former installation chaplain, will present a workshop on “The Spirituality of Mentoring.” Lunch will be provided. All current mentors are encouraged to invite their supervisors. For more infor-

mation or to RSVP, call Winfield Lopez at 221-5005 or e-mail winfield.lopez@samhouston.army.mil.

Army Emergency Relief Fund Campaign

The 2006 Army Emergency Relief Fund Campaign will begin with a meeting for project officers and key workers March 21 at 10:30 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. Provide names of project officers and key workers to the AER office no later than March 15. For more information, call 221-1612.

Sergeant Audie Murphy Club induction

A Sergeant Audie Murphy Club Induction Ceremony will be held March 24 at 3 p.m. at Blesse Auditorium. For more information, call Master Sgt. Dwight Wafford at 221-9314 or Sgt. 1st Class Diana Istre at 221-9925.

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 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.

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.

AFTB Level II and III training

Army Family Team Building offers AFTB Level II and III training Tuesdays and Thursdays from 6 to 9 p.m. at the Roadrunner Community Center through the month of March. 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.

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>.

DoD lawyers to review block of new personnel system

By Donna Miles
American Forces Press Service

WASHINGTON — Defense Department attorneys are reviewing a federal judge's decision Monday to block a new civilian personnel system to determine their next course of action, said Joyce Frank, system spokesperson.

U.S. District Judge Emmet G. Sullivan ruled that provisions of the new National

Security Personnel System would fail to protect civilian employees' ability to bargain collectively.

These provisions pertain to labor relations, collective bargaining, independent third-party review, adverse actions and the National Security Labor Relations Board, DoD's proposed internal labor relations panel, the 77-page decision noted.

The American Federation of Government Employees and 12 other

labor unions filed a lawsuit in February 2005 challenging the proposed system.

NSPS is one of Defense Secretary Donald H. Rumsfeld's key initiatives designed to transform DoD operations to better meet 21st-century needs. It is designed to replace an outdated, 50-year-old civilian personnel management system that had rewarded employees for length of service rather than performance.

The new program, in development since 2003, seeks to replace the current general-schedule personnel ranking system with broad pay bands.

DoD and the Office of Personnel Management are partnering to establish the system, which eventually will affect more than 650,000 DoD civilian employees.

For more information, visit the NSPS Web site at <http://www.cpms.osd.mil/nsps/>.

Defense Department working to prevent sexual assault

By Samantha L. Quigley
American Forces Press Service

WASHINGTON — Defense Department leadership is committed to preventing sexual assault, said the commander of the DoD's Joint Task Force for Sexual Assault Prevention and Response.

"To achieve this goal, in 2005, we have vigorously implemented a comprehensive sexual assault prevention and response program," said Air Force Brig. Gen. K.C. McClain, in an interview with American Forces Press Service and the Pentagon Channel Feb. 24. "The keystone of the program is education and training."

The education and training portion of the program is being applied to everyone in DoD, she said, adding that all of the services completed baseline training of their members during 2005. The education effort, she said, is ongoing.

"It's also incorporated in all of our professional military education curriculums," McClain said, as well as in pre-deployment and pre-command training. "So we're trying to hit every opportunity available to help people understand what constitutes sexual assault and what their role is."

"If we have a member who has been assaulted, we certainly want to investigate that. We want to hold the perpetrator accountable."

Air Force Brig. Gen. K.C. McClain
commander of the DoD's Joint Task Force for Sexual Assault Prevention and Response

The department's sexual assault prevention and reporting policy also aims to enhance care and support available to sexual assault victims, as well as to increase accountability, the general said. The investigative process initiates accountability, she explained.

"If we have a member who has been assaulted, we certainly want to investigate that," McClain said. "We want to hold the perpetrator accountable."

Initially under the sexual assault prevention and response program, if a victim told anyone other than a chaplain about the assault, the investigative process began, she said. In June, two reporting options were introduced: unrestricted and restricted.

Unrestricted reporting, as the name implies, does not limit who you tell, McClain said. The action will initiate not

only an investigation, but also the care and counseling offered through the program.

But because victims often report a sense of powerlessness after an assault, the thought of an immediate investigation can be overwhelming, she said. This can lead to the victim telling no one and receiving no care or counseling.

Restricted reporting, on the other hand, allows a victim to seek counsel from health care personnel, victim advocates, sexual assault response coordinators or chaplains, she said.

"What this does is allow the member to come forward, to get accurate information as to what the options are and to get back some of that power that some feel they have lost," McClain said.

Though the two reporting options have been available only for a short time, indi-

cations are the program is working as designed, she said.

"We do have some people electing restricted reporting, and some of those people then later change their mind and become unrestricted," she said. "(That) is exactly what we had hoped for."

McClain recommends that sexual assault response coordinators be the first contact. These individuals will assign a victim advocate to collect information, explain options, and help execute the chosen course of action. The information collected will be revealed only to those who need to know.

"Their information needs to be held in confidence as much as possible," she said.

When sexual assault victims use the unrestricted reporting process, this becomes more difficult as investigators need to talk to key people and gather information, she said.

For more information, visit the Department of Defense Sexual Assault Prevention and Response Office Web site at <http://www.sapr.mil> or the Army Sexual Assault Prevention and Response Web site at <http://www.sexualassault.army.mil/>, or call the hotline at (800) 342-9647.

DoD helps launch Military Financial Education Program

By Steven Donald Smith
American Forces Press Service

WASHINGTON, D.C. – A general lack of financial knowledge makes service members an ideal target for predatory money lenders, so the Defense Department is helping to do something about it, officials said Feb. 16.

“Equipping service members with the tools and resources they need to make sound financial decisions is integral to both military readiness and the strength and stability of our service members and their families,” said David S.C. Chu, undersecretary of defense for personnel and readiness.

To meet these ends, the Defense Department has partnered with the National Association of Securities Dealers Investor Education Foundation to launch the Military Financial Education Program. The NASD Foundation was started in 2003, and is part of the Defense Department’s financial readiness campaign. NASD is the largest private-sector provider of financial regulatory services.

“We know from research we’ve conducted that a high percentage of servicemen and women lack basic financial knowledge,” said Robert Glauber, chair-

man and chief executive officer of NASD. “We are here to unveil an important new program that will help members of the armed services and their families manage their money, and save and invest it wisely.”

Unscrupulous financial institutions often use deceptive tactics such as hidden fees and exorbitant interest rates to take advantage of unsuspecting investors, officials said.

“Military families on or near base are a captive audience for everyone from used car salesmen to payday lenders,” said Mary Schapiro, vice chairman of NASD.

The education program will teach basic investment necessities such as how to buy a car, saving for retirement, and the trade-offs between risk and return on investment, Glauber said.

The genesis of the program came when First Command Financial Planning, a Texas-based financial lending company, was fined \$12 million for making misleading statements while selling investment plans to military families.

About \$4.5 million of the fine money was returned to investors, while the rest of the money was set aside for the Military Financial Education Program, Glauber said.

The program will not use any taxpayer money.

“This initiative started with our disciplinary action against First Command Financial Planning. We and our partners want to make sure that that sort of thing never happens again,” Schapiro said. “We believe the Military Financial Education Program will move us a long way toward that end.”

The multifaceted program includes:

- An online resource center that will serve as a centralized, trusted source for unbiased information on saving and investing, including original content, interactive tools and links to financial education resources;
- On-the-ground training to support the military’s current Personal Financial Management Program by establishing a coordinated and uniform financial education program, including the training and continued certification of personal financial managers and other volunteers;
- Educational tool kits for trainers and investors offering multiple levels of personal financial information;
- On-base activities and events to motivate families to take responsibility for their financial well-being; and
- A long-term public outreach campaign, including print, radio and television public

“Military families on or near base are a captive audience for everyone from used car salesmen to payday lenders.”

Mary Schapiro
vice chairman of National
Association of Securities Dealers

service announcements and media outreach to raise awareness of the tools, information and services available to military people and their families.

The program’s Web site, [SaveAndInvest.org](http://www.saveandinvest.org), has a plethora of investor information and links to the NASD Web site, where further financial information can be found. The U.S. Securities and Exchange Commission also has launched an investor information section for military families on its Web site.

Chu expressed high hopes for the program. “It is our hope that with programs like this, that in the future our military personnel will be as well known for their financial savvy as they’re known today for their military prowess,” he said.

For more information, visit <http://www.saveandinvest.org/>.

Residents can voice concerns on Army survey

Fort Sam Houston Family Housing residents will receive a “Headquarters, Department of Army Resident Assessment” survey within the next several weeks.

Along with Fort Sam Houston, the survey is also being distributed to residents of other Army installations participating in the Residential Community Initiative family housing privatization program.

RCI is a Department of the Army program designed to enhance quality of life for service members and their families by improving on-post family housing conditions, eliminating housing shortages and improving neighbor-

hood amenities, such as playgrounds, outdoor athletic courts, and walking and running trails.

In this program, family housing is privatized. On post, Lincoln Military Housing manages the operation and maintenance of family housing, and RCI provides oversight of Lincoln Military Housing. Basic Allowance for Housing is provided to Lincoln Military Housing to cover the cost of rent and utilities.

The goal of the program is to positively impact the quality of life for residents at Fort Sam Houston, which translates into major and minor renovations, demolition and construction of new houses in the Harris Heights

Village and more neighborhood amenities.

Survey input will be used to help RCI make better decisions on how it spends limited housing dollars and will help guide Lincoln Military Housing in providing the services and the facilities that are important to residents. Answers are strictly confidential and RCI invites frank responses. Housing officials will not tabulate any personal data, and the survey in no way identifies the resident or the residence location.

For more information, call Clara Greenway at 221-0881 or Patricia Baker at 221-0891.

(Source: RCI)

Military spouses enjoy being 'green' at conference

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

The annual "It's Not Easy Being Green" conference held Thursday and Friday at Dodd Field Chapel was an opportunity for military spouses to relax and have some fun.

The two-day event included workshops that covered various subjects from self-defense moves for women, gardening tips, how to keep a military marriage alive, southern-style cooking, learning the basics of healthy cooking, diet and nutrition, salsa dancing, and much more.

"I've always been interested in living a healthy lifestyle. My husband and I have had an interest in it over the years, but I have gotten more interested as I started experimenting with more fruits and vegetables in my own diet, and I like sharing with others," said Roseanne Hughes, an instructor for "The Natural Chef."

"I was a new Army wife two years ago and this is an opportunity to meet new people, feel more at home in the community and learn more about the community," Hughes said.

Military spouses wear many hats volunteering their time for various causes in the military. This was the time to enjoy just being "green."

"This is my first time here, and it was so beneficial in a class called the 'White Elephant' class. This class helped me with suggestions with what to say and what not to say (to wounded Soldiers at Brooke Army Medical Center). It is very difficult for me seeing the wounded Soldiers. It was a great opportunity to be here and more people should attend," said Cathy Schwallie.

Spc. Carlos Castro and his wife,

Elizabeth, decided to attend as a couple. "I recommend the conference to everybody, and I think more couples should attend," said Castro.

"I enjoyed it. I met a lot of new people, I enjoyed the speakers; they gave me information and made me laugh," said Sue Ellen Hale.

Sponsors for the conference included BAMC Auxiliary; the Fort Sam Houston Officer and Civilian Spouses' Club; the San Antonio Federal Credit Union; Bank of America; Eisenhower Bank; Morale, Welfare Recreation (the Army Family Team Building program); Security Service Federal Credit Union; and the Army and Air Force Exchange Service.



Margaret Thompson tries to find the right colors for her skin tone during the, "Sometimes It's Easy To Be Green" class.



Doris Henderson accepts a goodie bag from Theresa Parker after registering for the "It's Not Easy Being Green" conference. The two-day workshop is designed for military spouses to strengthen community ties, form new friendships, and develop skills that are essential to military life.



Volunteer salsa dance instructor Joe Kuper, teaches his dancing techniques to attendees during the "It's Not Easy Being Green" conference Thursday and Friday at Dodd Field Chapel.

National Women's History Month

Women's accomplishments shine throughout history

By Master Sgt. Bonalyn Harris
Fort Sam Houston Equal Opportunity Office

March is designated as "National Women's History Month." This celebration for women began in 1978 as "Women's History Week" in Sonoma County, Calif. Then, in 1981, a joint Congressional resolution proclaimed a National Women's History Week. In 1987, Congress expanded the celebration to a full month.

The purpose of Women's History Month is not to idealize women, but to understand and acknowledge women's achievements. Learning about the achievements of women helps minimize the tendency to disregard and trivialize who women are and what they are accomplishing.

The month is about highlighting the achievements of women throughout our history, about the women who bravely wore uniforms, remembering those who have fought and died in service of our country. It is a time to remember women like Mary McLeod Bethune, who founded a school for young black women; Alice Paul's fight for the vote; and Elizabeth Wanamaker Peratrovich's campaign to end discrimination against Alaska Natives.

It is a time to learn about the writings of Zora Neale Hurston, the paintings of Georgia O'Keeffe, the leadership of labor organizer Dolores Huerta and the photographs of Margaret Bourke-White. There are millions of women who have made a difference in the quality of life for our families and communities.

Knowledge of women's history provides a vision of what a woman can do. This year's theme, "Women: Builders of Communities and Dreams," honors the spirit of possibility, of



Courtesy photo

Retired Maj. Nancy Leftenant-Colon served 20 years as a nurse and flight nurse. She was the first black nurse to become a member of the Regular Army Nurse Corps and is one of many military women honored during Women's History Month.

hopes and dreams by generations of women in their creation of communities and their contributions to bring communities together.

As we honor the past and celebrate the present, we can eagerly anticipate future impact. Our choices today will have an enormous impact on the destiny of our daughters and granddaughters, our sons and grandsons. We are no longer a society in which gender predetermines a person's opportunities or boundaries. Women's history is our nation's story. It is the story of how women built communities and inspired and nurtured dreams, and how they will continue to do so.

Fort Sam Houston will celebrate Women's History Month March 14 from 10:30 to 11:30 a.m. at the Sam Houston Club. Brig. Gen. Carla G. Hawley-Bowland, of the Europe Regional Medical Command, will be the guest speaker. All are welcome to this free event.

Famous firsts by American women

During March, women are recognized for their accomplishments throughout history. Since the beginning of time, women have made historical contributions for the good of mankind. The following is a partial list of women that have made history since the beginning of the 20th century in America.

1901 - On Oct. 24, Annie Edson Taylor, a schoolteacher from Michigan, becomes the first person to go over Niagara Falls in a barrel.

1916 - Jeannette Rankin, of Montana, is the first woman to be elected to the U.S. House of Representatives.

1921 - American novelist Edith Wharton becomes the first woman to win a Pulitzer Prize for fiction. She wins the award for her novel, "The Age of Innocence."

1925 - Nellie Tayloe Ross becomes the first woman to serve as governor of a state, in Wyoming. In the fall of 1924, she was elected to succeed her deceased husband, William Bradford Ross. (Miriam Amanda "Ma" Ferguson is inaugurated governor of Texas days later.)

1932 - Amelia Earhart becomes the first woman to fly solo across the Atlantic, traveling from Harbor Grace, Newfoundland, to Ireland in about 15 hours.

1933 - Frances Perkins is appointed secretary of labor by President Franklin D. Roosevelt, making her the first woman member of a presidential cabinet.

1960 - Oveta Culp Hobby becomes the first woman to serve as Secretary of Health, Education and Welfare. She is also the first director of the Women's Army Auxiliary Corps and the first woman to receive the U.S. Army Distinguished Service Medal.

1964 - Margaret Chase Smith, of Maine, becomes the first woman nominated for president of the United States by a major political party at the Republican National Convention in San Francisco.

1969 - Shirley Chisholm, of New York, becomes the first "African-American" woman in Congress. Her motto is, "unbought and unbossed." She served in the U.S. House of Representatives for 14 years.

1975 - Elizabeth Ann Seton is canonized, making her the first American-born saint.

1981 - Sandra Day O'Connor is appointed by President Reagan to the Supreme Court, making her its first woman justice.

1983 - Dr. Sally K. Ride becomes the first American woman to be sent into space.

1990 - Dr. Antonia Novello is sworn in as U.S. Surgeon General, becoming the first woman (and first Hispanic) to hold that job.

1991 - On Jan. 2, Sharon Pratt Dixon is sworn in as mayor of Washington, D.C., becoming the first black woman to serve as mayor of a major city.

1992 - Carol Moseley-Braun, of Illinois, becomes the first "African-American" woman elected to the U.S. Senate.

1993 - Shiela Widnall becomes the first secretary of a branch of the U.S. military when she is appointed to head the Air Force.

1997 - Madeleine Albright is sworn in as U.S. Secretary of State. She is the first woman in this position as well as the highest-ranking woman in the United States government.

1998 - During Operation Desert Fox in Iraq, Navy Lt. Kendra Williams becomes the first United States female combat pilot to bomb an enemy target.

1999 - Lt. Col. Eileen Collins is the first woman astronaut to command a space shuttle mission.

2005 - Condoleezza Rice becomes the first "African-American" female secretary of state.

2006 - Effa Manley, co-owner of the Negro Leagues team Newark Eagles, becomes the first woman elected to the Baseball Hall of Fame.

(Source: www.infoplease.com)

Foulois learns to fly, begins military aviation

By John Manguso
Fort Sam Houston Museum

It started with a single aircraft at Fort Sam Houston 96 years ago.

The War Department purchased a single Wright biplane in 1909. The aircraft, Signal Corps No. 1, was entrusted to Lt. Benjamin D. Foulois, a member of the aviation section of the Signal Corps, with a simple order, "Take plenty of spare parts and teach yourself how to fly."

Though he was a qualified balloonist and had received some instruction in flying the Wright aircraft, Foulois had never soloed. The implied task in Foulois' orders was to find out if the airplane could be a useful implement of war.

The War Department selected Fort Sam Houston as the base of operations for Foulois and the aviation section. There was good weather throughout most of the year and a substantial support infrastructure available from the largest Army post in the continental United States. Also, the vast wide open spaces of Texas were a plus. The aircraft could crash and not hit anybody or damage anything expensive on the ground.

Signal Corps No. 1 aircraft and the aviation section proceeded to Fort Sam Houston by train. The aviation section included Foulois; Sgts. Stephen Idzorek and Herbert Marcus; Cpls. Glen Madole and Vernon Burge; and Pvts. R. W. Brown, Felix Clarke, William C. Abolin, Kenneth Kintzel and Pierce. The section also included a civilian mechanic, O. G. Simmons. The dearth of motor vehicles in

the Army in 1910 meant that the Army had to hire a civilian mechanic. To accommodate the aviation section, an aeroplane shed was constructed on the Cavalry Drill Ground (two decades later, the family quarters of the Graham-Wheaton neighborhood would be built here).

March 1 was selected as the date of the first test flight, and incidentally, Foulois' first solo flight. Bad weather forced a postponement to the following day.

On the morning of March 2, Signal Corps No. 1 with Foulois at the controls headed down the track and into the air in what is recognized as the first military flight. This flight lasted seven and one half minutes. Three more flights were made that day, one of 10 minutes and two of 21 minutes. The last flight ended with a crash when the fuel feed line broke and the aircraft lost power.

In the months that followed the first flight, Foulois and his crew modified the aircraft. A seatbelt was added to ensure that the pilot remained at the controls when the airplane maneuvered though the air. A set of detachable wheels was provided to move the aircraft around on the ground between the hangar and the launching catapult. This improvement led to the permanent attachment of wheels to the aircraft's skids. The wheels eliminated the need for the launch catapult. Now, the aircraft could take off in any direction. It could also take off from a location remote from the airfield.

Development of the tactical use of the aircraft began in 1911. Foulois served as

an umpire in an exercise in aerial reconnaissance during the San Antonio International Aviation Meet in February. He later flew a tactical reconnaissance along the Rio Grande looking for bandits. At the 1911 Maneuver Camp, reconnaissance missions were flown, along with liaison missions and tactical re-supply missions. The aviation section also developed drill regulations for the safe handling and operation of the aircraft while on the ground.

By this time, Signal Corps No. 1 was ready for retirement. Three other aircraft were available for flight operations, so "Old No. 1" was retired and shipped to the Smithsonian Institution in Washington. Foulois noted that the only original part left on the plane was the covering on the upper wing because in all the crashes and mishaps he experienced during the year, he had never been able to land the plane upside down.

From these humble beginnings, the Army developed the aero squadrons which fought the Hun in the Great War, 1917 to 1918.

Foulois retired in 1935 as a major general and chief of the Air Corps, which had emerged as a branch of the Army. The Air Corps would give birth to the Army Air Forces whose planes would conduct strategic bombing missions over Europe and Japan while its tactical air power supported the advance of the Allied ground and naval forces. In 1947,



Courtesy photo

Lt. Benjamin D. Foulois stands in front of a Wright Model B in 1911 at the Maneuver Camp.

the U.S. Air Force emerged as a separate armed service, but aircraft remained organic to the Army. In Korea and Vietnam, Army aviation again demonstrated its value, re-emerging as a branch. Through the Cold War, Desert Storm and the global war on terror, the Air Force and Army aviation have performed a vital role in the national defense. And, it all started with a single aircraft at Fort Sam Houston 96 years ago.

Black History Month trivia contest winners

These are the winners' names for the last two weeks of the Black History Month Trivia Contest:

Feb. 16 edition – Don Robinson
Feb. 23 edition – Phyllis Smith



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news. leader@samhouston.army.mil or stop by the office in Building 124 (second floor).



Photo by Ed Dixon

110 years of dedicated service

(From left) Lt. Col. Nacian A. Largoza, Maj. Brian E. Benham, Chief Warrant Officer Michael L. Barnes, Sgt. 1st Class Jesus M. Ortiz, and Sgt. 1st Class Robert DeLaRosa are recognized for their combined contributions of 110 years to the Army and the nation at a retirement ceremony Feb. 23 at MacArthur Parade Field. The ceremony was sponsored by the 232nd Medical Battalion and hosted by Brig. Gen. James Gilman, commanding general, Brooke Army Medical Center and Great Plains Regional Medical Command.

Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



Troop Salute

232nd Medical Battalion



Soldier of the Week



Name: Pvt. Jessica M. Bugbee

Unit: E Company

Hometown: Charlotte, N.C.

Reason for joining: To serve my country, be a part of history, finish college and go to medical school.

Hobbies: Coaching children's sports, soccer, rock climbing and music fests

Junior Leader of the Week



Name: Pfc. Margaret J. Clark

Unit: E Company

Hometown: Centennial, Colo.

Reason for joining: To serve my country and help Soldiers, to become a licensed practical nurse and eventually a registered nurse.

Hobbies: Tutoring, kickboxing, sports and computers

PA refresher

Capt. Marc Raciti, commander, B Company, 264th Medical Battalion, gives a refresher on orthopedics at the Physician Assistant Recertification Symposium Feb. 20. The annual conference, held at the Crown Plaza in San Antonio last week, prepares PAs for national recertification with refresher seminars on a variety of health care topics including family medicine, oncology and internal medicine. Military and civilian attendees traveled to the symposium from installations and medical facilities throughout the world.

The seminars also were recorded so PAs in theater could obtain continuing medical education credit for viewing the conference online while deployed.



Courtesy photo

Criminal Investigation Command seeks special agents

WASHINGTON — The U.S. Army's Criminal Investigation Command, commonly known as CID, is seeking qualified applicants to become criminal investigators.

Special agents investigate all felony crime of Army interest, conduct protective-service operations, and work closely with other federal, state and local

law enforcement agencies to solve crime and combat terrorism, officials said.

Agents receive training at the U.S. Army Military Police School and additional training in specialized investigative disciplines. Selected agents receive advanced training at the FBI Academy, the Federal Law Enforcement Training

Center and the Canadian Police College, as well as the opportunity to pursue a master's degree in Forensic Science.

To qualify, Soldiers must be a U.S. citizen, at least 21 years old with at least two years of service and not more than eight, possess at least 60 semester hours of college credit and a general

technical score of at least 110.

A minimum of six months police experience is preferred, officials said, but not required.

They said CID is also looking for qualified civilians to become special agents.

For more information or to apply, visit www.cid.army.mil or call 221-0050.

(Source: Army News Service)

Korean War Service Medal available to Army veterans

Effective Jan. 1, the U.S. Army became the responsible agent to issue the new Republic of Korea-Korean War Service Medal. The medal is now available to eligible U.S. Army veterans of the Korean War or their next of kin.

On Aug. 20, 1999, the Defense Department approved the acceptance and wear of the ROK-KWSM for eligible U.S. veterans or their next of kin who served in support of the Korean conflict. The medals have been provided by the Republic of Korea to eligible veterans at no cost. When the medals were officially announced in May 2000, the U.S. Air Force was designated the lead agency to receive and distribute the medals to all eligible veterans.

To qualify for the medal, veterans must have served between the outbreak of hostilities, June 25, 1950, and the date the armistice was signed, July 27, 1953; been on permanent assignment or on tempo-

rary duty for 30 consecutive days or 60 non-consecutive days; or performed duty within the territorial limits of Korea, in the waters immediately adjacent thereto or in aerial flight over Korea participating in actual combat operations or in support of combat operations.

To obtain the medal, eligible U.S. Army veterans or their next of kin must submit a written request with a copy of their discharge paper (DD 214) and other relevant documentation substantiating the qualifying period of service to the Military Awards Branch. For an application, visit the Army's Military Awards Branch ROK-KWSM Web site at <https://www.hrc.army.mil/site/active/tagd/awards/index.htm>.

For more information, call Shermony Nelson, Army Military Awards Branch, at (703) 325-8700 or e-mail awards@hoffman.army.mil.

(Source: Army news release)

Emergency numbers



Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.



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.

Sports-related injuries on upswing in adolescents

According to the National SAFE KIDS Campaign, more than 3.5 million children ages 14 and under receive medical treatment for sports injuries each year.

Injuries associated with participation in sports and recreational activities account for 21 percent of all traumatic brain injuries among children in the United States.

Overuse injury, which occurs over time from repeated motion, is responsible for nearly half of all sports injuries to middle and high school students. Immature bones, insufficient rest after an injury and poor training or conditioning contribute to overuse injuries among children.

Most organized sports-related injuries (62 percent) occur during practices rather

than games. Despite this fact, a third of parents often do not take the same safety precautions during their child's practices as they would for a game.

A recent survey found that among athletes ages 5 to 14, 15 percent of basketball players, 28 percent of football players, 22 percent of soccer players, 25 percent of baseball players and 12 percent of softball players have been injured while playing their respective sports.

Children ages five to 14 account for nearly 40 percent of all sports-related injuries treated in hospital emergency departments. The rate and severity of sports-related injuries increase with a child's age.

The key to avoiding a large percentage

of these injuries is through preventative measures and proper education.

Starting with the pre-participation physical, unresolved injuries and potential catastrophic injuries can be eliminated. Providing proper protective equipment, taping and field conditions can also decrease the injury rate.

Prevention requires proper hydration and a rest period during training and game time for safe and enjoyable play.

A proper training regimen is paramount to injury prevention. Maintenance of strength and flexibility, and monitoring for muscle-tendon imbalances, is vital to prevention.

In addition, teaching sport-specific skills for proper biomechanics is essential

to decrease the prevalence of overuse injuries.

Lastly, education covers the spectrum of prevention to the management of sports-related injuries. Having properly trained coaches and referees along can help injury prevention.

Once an injury occurs, having knowledge on how to diagnose, manage and stabilize common and uncommon injuries can make the difference between unsafe and dangerous play, and safe and enjoyable healthy activity. Organizations such as the National Center for Sports Safety provide basic education to coaches and the lay person alike, to make youth sports a safe and enjoyable way of life.

(Source: www.sportssafety.org)



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U.S. ARMY

Sports Briefs . . .

Baseball season begins at Cole

The Robert G. Cole High School baseball season has begun. The Cougars played against stiff competition at the Atascosa Baseball Tournament last weekend. The Cougars lost a well-fought game 3-2 against San Antonio Christian before bouncing back in a 10-0 victory over South San Antonio Independent School District's West Campus. Cole lost the consolation game Saturday against Pleasanton 9-2. The Cougars were led by Matt Newcomer, six out of 12 times at bat with three doubles, and Ryan Boyles, six out of 11 times at bat with three doubles. Cole's current record is 2-2. Darrell Kurek, Cole history teacher, is the 2005-2006 coach.

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. For a direct link to the All-Army application process, visit <https://armysports.cfsc.army.mil>.

Intramural golf

Intramural golf season begins April 4. A coaches meeting will be held Friday 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.

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.

Post Pulse: March is National Nutrition Month. If you could improve your eating habits, what would you change?



"I would consume more natural, nutritious foods, and stay away from the added stuff."
Staff Sgt. David Felix



"I would eat less fat in my diet."
Sgt. Patricia Mims



"I would cut out the junk food."
James Saylor



"I'd stop eating fast food."
Staff Sgt. Brian Taghadossi



"I would eat more vegetables."
Greg Wyatt

Brooke Army Medical Center Health Promotions – March Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday, 21 and 28	2 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Breast-feeding Class	Fridays	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room
Breast and GYN Cancer Support Group	Wednesday	9:30 to 11 a.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Cholesterol Management	Wednesday and 22	1 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Diabetes Management	Monday, 20 and 27 Tuesday, 21 and 28	Call for more information	BAMC, call 916-0794 to participate
Diabetes Management (Pre-Diabetes)	Wednesday and 29	Call for more information	BAMC, call 916-0794 to participate
* Tobacco Use Cessation B	Tuesday, 14, 21 and 28	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Weigh for Health (Weight Management)	Friday and 17	9 to 10 a.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Weigh for Health (Weigh to Stay) Active Duty Military	Wednesday	2:30 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Yoga	Wednesday and 15	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

* To schedule these classes, call 916-9900 and choose option number 4. For more information, call 916-3352.

Army Community Service Family Advocacy Program – March Class Schedule

Class	Dates	Time
Building Effective Anger Management Skills, Series 1 to 4	Monday	11 a.m. to 12:30 p.m.
Dad Difference (Fathers of 0- to 5-year-olds)	Monday	2 to 3:30 p.m.
Girl Talk! (Ages 6 to 8)	Monday	4 to 4:30 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
Single Parent Course (Series 1 to 3)	Wednesday	2 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens (Series 1 to 4)	Tuesday	11 a.m. to 12:30 p.m.
Stress Management (Series 1 and 2)	Tuesday	1 to 2:30 p.m.
Truth or Consequences? (Series 1 to 4)	Tuesday	4:30 to 6 p.m.
You and Your Baby (Series 1 and 2)	Wednesday	8 a.m. to 12 p.m.

Class space is limited. To register for classes or for more information, call ACS Family Advocacy Program at 221-0349 or 221-2418.

National Nutrition Month Time to trans-form your diet

By 2nd Lt. Jessica Siu
 Dietetic Intern

As National Nutrition Month kicks off, you may begin to wonder about your own diet and its effects on long-term health. Consider “trans-forming” your diet by altering the amount of trans-fatty acids you take in. This one trans-formation can improve cholesterol levels and lower risk of heart disease.

Trans-fatty acids are also known as trans fats; vegetable oils that have been modified in a process called hydrogenation into a hardened product. This product provides texture and firmness to foods, as well as increases the shelf-life of the product. Their inexpensive nature and contribution to taste has made it a food manufacturers’ miracle. Trans fats are now found everywhere: margarines, vegetable shortening, fried foods, baked goods, snack foods, salad dressings and many processed foods.

Unfortunately, study after study has found that intake of this “miracle” ingredient is linked to increasing low-density lipoprotein or LDL “bad” cholesterol, decreasing high-density lipoprotein or HDL “good” cholesterol. The effects on blood cholesterol are consistent with an increased chance of heart disease. Trans fats can also clog arteries, affect how well insulin works in the body and increase chances of developing Type II diabetes.

Studies in the American Journal of Clinical Nutrition show that even small amounts of trans fat — as little as two to three grams a day — can be unhealthy. The most recent survey regarding trans fat intake in the United States has been estimated at 5.8 grams per day, from 2003 Food and Drug Administration data. Because of the increase in trans fats used in manufacturing, the trans fat average intake is even greater at present.

Beginning in January, the Food and Drug Administration required by law that food manufacturers list the amount of trans fat per serving on the Nutrition Facts Label. This new law will help the consumer make healthier food choices by being able to choose trans fat-free products. Furthermore, the new law has prompted many food manufacturers to abandon or reduce the amount of trans fat in their products, rather than list the high amounts present.

Although manufacturers have flooded the market with trans fats, you can find equal food substitutes with healthier fats. Unsaturated fat sources such as olive, canola and vegetable oils are better choices than margarine or shortening. Look for a trans fat-free label in processed foods and dressings. If a trans fat-free option is not available, compare products for the lower trans fat amount. For example, tub margarine is a healthier choice than stick margarine.

Be aware of food choices: trans-form your diet and improve your health. Use the Nutrition Facts Label as your guide — your key to eating healthy. The foods you choose can still be tasty without the harmful effects of trans fats. For more insight on diet and heart health, call the Health Promotion Center at 916-3352.



Trans fat amounts per serving size

Product	Serving Size	Trans fat (grams)
<i>Spreads</i>		
Shortening	1 Tbsp	4
Margarine (stick)	1 Tbsp	3
Margarine (tub)	1 Tbsp	0.5
<i>Fried Products</i>		
French fries (McDonald's)	Large	6
Potato chips	One serving size bag (42.5g)	3
<i>Desserts</i>		
Commercial pound cake	1 slice	4.5
Original glazed doughnut (Krispy Kreme)	1 doughnut	4
Cookies (Oreo)	3 cookies	2
Candy Bar (Twix)	2 bar	3

2005 USDA Composition Data

During the exercise, Soldiers play one of two roles, either victim or responder. In this scenario, a Soldier in chemical gear rushes to the aid of ambulatory victims, attempting to calm them and direct them to the decontamination tent. Sgt. Christopher Artiles, on the ground, waits for a gurney.



During the hands-on instructions, Soldiers are shown how to slide the victims on the rollers through the shower and scrub area with the use of dummies. Once the exercise begins, the Soldiers act as real-life victims and go through the showers for a reality experience.



An immobilized victim has his tag looked at by a medic to determine the proper course of action for medical treatment. Victims were tagged according to medical condition.

A victim is showered and scrubbed in the ambulatory side of the tent. The decontamination solution is mixed with warm water and sprayed through showerheads onto the victims as they walk through the tents. The yellow waterproof suits are designed to keep the contaminant from touching the skin of the wearer.



A victim leaves the decontamination tent and his tag is evaluated for medical status by Tech. Sgt. Joseph McNamara and Sgt. Joshua Garcia.

Decontamination course prepares Soldiers for today's reality

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

A new decontamination course was held at Fort Sam Houston last week to introduce medical and chemical personnel to the latest techniques in casualty decontamination.

The Mass Casualty Decontamination Course, sponsored by the Defense Medical Readiness Training Institute, trained participants on both civilian and military approaches to casualty decontamination. Its focus was on field and hospital decontamination, incorporating principles of site set-up and triage.



Inside the decontamination tent, victims who are unable to walk without assistance are rolled into the tent for disrobing and preparation for the decontamination showers.

The course was developed to clarify the roles of chemical and medical personnel in the event of a mass casualty situation.

"The objective of this course is to train both entities in a mass decontamination situation," said Lt. Cmdr. Linda Hill, DMRTI Chemical, Biological, Radiological, Nuclear, High Yield Explosives Program manager.

"With today's threat of biological and chemical events, whether through warfare or accident, it is essential we are prepared for all types of contaminants," said Lt. Col. Mary Brueggemeyer, dean, DMRTI Instructional Program.

The Soldiers involved in last week's training were a combination of medical staff from DMRTI and chemical personnel from the 340th Chemical Company (Reserve) Houston and the 370th Chemical Company (Reserve) Fort Worth, Texas.

The course was four days, with three in the classroom and the fourth culminating with a hands-on exercise.

For the exercise, a three-section tent was assembled on Stanley Road. The tent takes 20 minutes to assemble and has three areas for the decontamination process.

Before victims were taken to the tent, they were physically evaluated. As their condition was determined, they were tagged with color-coded cards, informing medical personnel with a possible treatment option and prioritizing need.

The first area is the strip-down area, where ambulatory

victims were disrobed completely and helped through the showers and scrubbed down head to toe with a solution that was pertinent to the contaminating chemical.

Decontaminating solutions used for the procedure depend on the contamination agent involved. For a bio-chemical contaminate, a cleaner like a biodegradable soap is used.

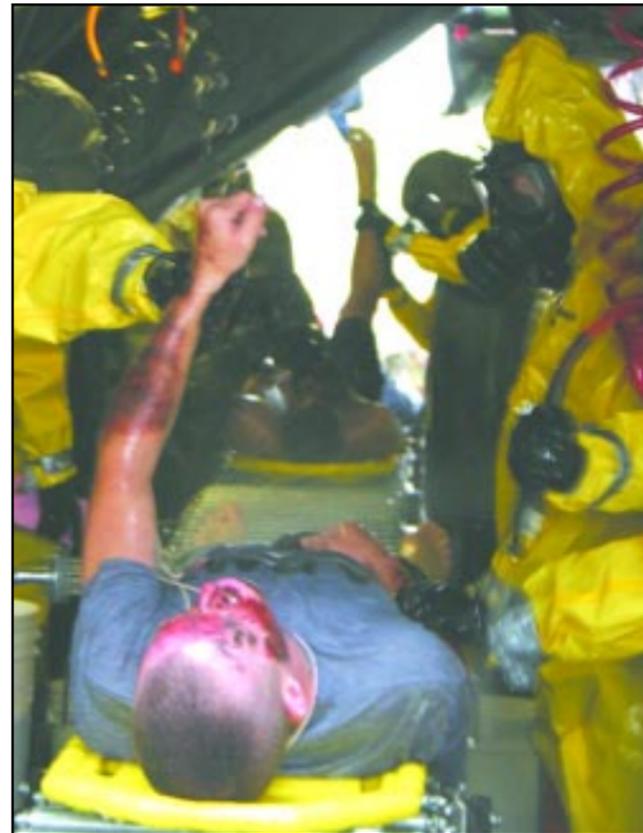
"Such contaminants can be removed with the soap agent," said Staff Sgt. Christopher Phillips, NCO in charge, chemical branch, CBRNE program, DMRTI.

Victims who were deemed critical, yet likely to survive and not able to walk with aid, were placed on a roller conveyance and passed through the scrub area.

Once on the scrub conveyor, they were scrubbed with sponges and showered with water and decontaminate solution mixture.

The Soldiers rendering aid were dressed in suits of plastic that protected them from any contaminating agent touching their skin.

Once through the scrub area, victims were covered for protection from exposure and wheeled on gurneys to waiting ambulances or field hospitals.



Inside the tent, a victim is rolled on plastic gurneys, then scrubbed and showered by members of the chemical unit before he is released to a hospital or ambulance.

During the exercise, half of the Soldiers played the roles of victims and endured the chilly weather while being sprayed with warm water in the place of actual decontaminates.

"I'm cold and the whole situation was very confusing, but they knew what to do inside that tent," Spc. Weny Calderon-Lopez said. "I felt like everyone involved knew what to do and was prepared for the situation."



A victim's vital signs are checked by Lt. Col. Mary T. Brueggemeyer, (center) dean, DMRTI Instructional Programs, before being wheeled to the ambulance by medics Petty Officer 3rd Class German Huerta (left) and Petty Officer 2nd Class Salvador Lopez (right).

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.



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

Religious Happenings . . .

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.

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.

Religious education training series

The latest class in the Protestant Religious Education Training Series, "Entertaining and Teaching with Questions," will be held March 12 from 12:45 to 2 p.m. at Dodd Field Chapel. The class is open to all regardless of denominational preference. Childcare is available upon request. For more information, call Robb Wood at 221-5428 or e-mail robb.wood@us.army.mil.



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.



Elementary School News

Interns encourage dental health at elementary school

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

A strong partnership exists between the post and Fort Sam Houston Independent School District. Personnel from the installation visit the schools to provide information, meet with students and provide services.

One example is Dental Command's annual visit to Fort Sam Houston Elementary School.

During February, National Dental Health Month, DENTAC interns taught elementary children the proper techniques for brushing teeth, making a dental visit, flossing, the function of teeth, distinguishing between primary and permanent teeth, preparing and eating good snacks to make a healthy smile, preventing gum disease, use of mouth guards and naming the parts of a tooth. Games, skits and demonstrations were used to teach children good dental hygiene.

Kindergartners squealed and giggled at the

antics of the DENTAC performers. According to fifth grader Kenna Lammers, "My favorite part was a skit with the character called 'Mouthguard.'" Jahnee Miller, another fifth grader, said, "The play was especially funny when 'The Teeth' all ran away."

This year, DENTAC visitors included Norma Espinoza, Margaret Nunez, Debra Cain, Sandra Caderon, Hon Chan, Ericka Cisco, Tatum John Dealdo, William Denson, Rose Gutierrez, Shkeya Johnson, Laura Sendacook, Jessi Sui, Trughieu Le, Rustam Musevi, Rebecca Putnam, Salvador Sanchez, Jeroy Stephens, Alfonza Taylor, Rachel Villarreal, Patricia Whightsil, Erica Williams and Jun Wu.

Each child received a toothbrush, dental floss, a dental care sticker and a special message pencil in a bag. For more information about dental health, visit www.ada.org/prof/events, www.education-world.com, www.nlm.nih.gov/medlineplus or www.dupagehealth.org.



Courtesy photo

The DENTAC performers use visual effects to impress upon the children at the Fort Sam Houston Elementary School the importance of dental hygiene. Dental Command interns use skits, games, graphics and demonstrations to capture the attention and imagination of the children.

Elementary School continues to celebrate Black History Month

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Fort Sam Houston Elementary honored Black History Month, celebrated every February, with special performances from the Elementary Dance Team and Exemplary Fine Arts Music and Theater classes.

The study of black inventors was blended into visual representations, music and dances. The program was directed by Sandra Fergins, music teacher, and Vanessa Kennedy, third grade teacher.

The program began with Howard Lee Shelf, CEO of Howard Shelf and Associate Realty. His inspirational message to the elementary students identified the three keys to success: competence, strong relationships and integrity.

The students studied Benjamin Banneker, Jan Matzeliger, Granville T.

Woods, Garrett Morgan, all black inventors. A tableau of each inventor was staged with a biographical sketch presented in a monologue, a choral selection describing each inventor and invention, and ended with a dance representation.

"I really liked the dance team performance and the information about the black inventors," said Daryl Newton, fifth grader.

Josh Herrington, fifth grade performer, said he "really appreciated the opportunity to learn, sing and share information about my heritage and history."

The program ended with a performance of the MWENDO Rhythmic Spirit Afro-Brazilian Music team. They performed a series of rhythms and African songs and included students using the shekarae and toembai, African percussion instruments. The performers included Tbow Gonzales, Gary Lett and Dana Gonzales.

Science Fair

The Fort Sam Houston Elementary School invites parents and community members to the school's annual Science Fair March 9 from 4 to 6 p.m. in the school gym. Winners will be announced at 6 p.m.

FSH Independent School District Weekly Calendar Monday to March 11

FSH Elementary School

Wednesday

Science fair projects due in gym, 7:30 a.m. to 5 p.m. Late boards will be displayed, but not judged.
Early dismissal - kindergarten to fourth grade, 2 p.m.

Early dismissal - fifth and sixth grade, 2:45 p.m.

March 9

Public viewing of science fair, 4 to 6 p.m.
Announce winners of science fair, 6 p.m.
Projects picked up from science fair, 6:30 to 7:30 p.m.

March 10

End of third nine weeks
Positive Behavior Support incentive reward drawing
Spirit Day

Robert G. Cole Jr./Sr. High School

Monday

Ro-Hawk invitational golf tournament at Randolph Air Force Base, TBA
Winter "C" awards in Moseley Gym, 6 p.m.

Tuesday

National Latin exam in cafeteria, 8 a.m.
UIL band concert contest at Clemens High School, TBA
Ro-Hawk invitational golf tournament at Randolph AFB
Cole baseball vs. Poth, 4 p.m.
"The Road Ahead: Junior High School," in cafeteria, 6 p.m.

Wednesday

UIL band concert contest at Clemens High School, TBA

March 9

Cole baseball - Natalia tournament, TBA
Spring blood drive - JROTC Building, 3:30 to 7 p.m.

March 10

Grades seven to 12th, choice slips due to teachers

Cole baseball - Natalia tournament, TBA

March 11

Cole baseball - Natalia tournament, TBA
UIL one act play rehearsal in Moseley Gym, 1 to 5 p.m.

High School News

Decathlon team shines at state meet

By retired Lt. Col. Robert Hoffmann
Robert G. Cole Jr./Sr. High School

The Robert G. Cole Jr./Sr. High School Academic Decathlon Team competed at the State Academic Decathlon Meet Friday and Saturday, hosted by San Antonio College. Fifteen area schools participated in the contest.

The team earned 12 medals, including five gold, two silver and five bronze. In addition, the team placed seventh overall and second in the Super Quiz Relay, where

each team member received a silver medal for this accomplishment in addition to the individual medals. The following are the medal winners.

Gold Medal Winners

Varsity: Joshua West, essay, highest individual score within the team
Scholastic: Jordan Maney, highest individual score within the team
Honors: Caitlin Gresenz, essay; and Caitlin Mester, highest individual score within the team

Silver Medal Winners

Scholastic: Leah Morris, essay
Honors: Caitlin Mester, essay

Bronze Medal Winners

Varsity: Will Molina, interview; and Joshua West, math, language and literature
Scholastic: Jordan Maney, essay
Honors: Joshua Heaney, essay

Other team members who participated in the state meet were Timothy Fletcher, John Millnik and Cody Oswald (alternate).

High school students celebrate first annual black history program

By retired Lt. Col. Robert Hoffmann
Robert G. Cole Jr./Sr. High School

Students of Robert G. Cole Jr./Sr. High School treated their classmates and the Fort Sam Houston community to one of the most moving assemblies in recent school history Feb. 24.

Under the tutelage of Angela Jolivette, Cole reading teacher, a 90-minute program of "African-American" history thrilled and inspired the crowd in Moseley Gymnasium. Many other high school staff members assisted in planning, preparing and presenting the program, including Dan Vasquez, who directed the Cole Jr./Sr. High School Choir performance and Jackie Stott, who produced the invitations and programs.

Following the theme "Celebrating Community: A Tribute to Fraternal, Social, and Civic Institutions," students performed traditional dances, Negro spirituals and current musical interpretations to the delight of the crowd. Noteworthy performances included the highly inspirational "Praise Dancers," an amazing solo of a Negro spiritual by freshman Brianna Andrews, and the Cole Drumline feature, which drew a standing ovation.

Keynote speaker for the assembly was Dr. Morris Stribling, CEO and founder of the Black Business Expo in San Antonio. His advice on the importance of privately owned black businesses and enterprises and the obligation of community service was based on his personal success.

Reaction from both the Cole and Fort Sam Houston communities was positive.

"Angela ... You are to be commended for putting together an excellent program at the high school," wrote Gayle Ellis of Army Medical Department. "I know that you did not do it by yourself, but your idea blossomed into something I don't think many of us even dreamt of!"

The assembly capped off a month of study of "African-American" heritage throughout the Cole campus, from several displays by the history department to Junior ROTC cadets detailing the historical role of "African-American" Soldiers in the U.S. Army.

As Professor Oscar Ford concluded his rendition of the moving Negro spiritual "Fix Me, Jesus," he said, "This is the first annual black history program here at Cole. You all can now always say, 'I was there at the first and it was something!'"

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 Friday from 6 to 8 p.m. in the Cole cafeteria. The cost is \$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.

Community Recreation

Boxing at the Brought II

Boxing returns to the Jimmy Brought Fitness Center 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. In an effort to set up for the boxing event, the Jimmy Brought Fitness Center basketball court will be closed March 17 and 18. Additionally, the fitness center will close March 18 at 3 p.m. for general use, and re-open for boxing spectators at 5 p.m.

Garage sale

The next garage sale will be held Saturday 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 Jeffery Heagerty at 221-5554 or e-mail jeffery.heagerty@samhouston.army.mil.

Lifeguard class

The Jimmy Brought Fitness Center will sponsor two Red Cross lifeguard classes from 8:30 a.m. to 5:30 p.m. each day. The first

class will be held Saturday and Sunday, and March 11 and 12. The second class will be April 1 and 2, and April 8 and 9. Participants must be 15 years old and up. Cost is \$165 and includes course materials and AED training. No Department of Defense 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.

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 jeffery.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 brunch Sunday 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. Membership benefits include discounts on Sunday brunch, lower prices for weekly buffet lunch, valuable coupons for special events and a monthly newsletter.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet, which includes beverage, deluxe salad bar, soup and dessert, Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

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

Bowling championship

The Bowling Center will sponsor a free bowling championship April 8 and 9 starting at 12 p.m. on both days. Any five members of the same unit may form a team. There is no requirement to enter averages. The top two teams will be given individual awards. The registration deadline is April 3. For more information or to register, call John Fryman at 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

Get 10 lessons for \$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 through April 1. Prices are \$26.95 Fridays and Saturdays and \$23.95 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. Saturdays. For more information or to make reservations, call the Harlequin Dinner Theatre at 222-9694.

MWR Ticket Office, 226-1663

Tickets are available for the 48th Annual Ebony Fashion Fair March 26 at 5 p.m. in Laurie Auditorium, Trinity University. Season passes to Fiesta Texas, Disney World and Universal Studios are available. For more information, call 226-1663 or 224-2721.

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. 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 offer 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 through Friday 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.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

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 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 will be held April 10; tee time is 1:30 p.m. Tournament cost is \$110 per person, and 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.

Belton TVA walk

The Texas Volkssport Association will host a 10K walk Saturday and Sunday at the Old Armstrong School in Belton, Texas. For more information, call Phyllis Eagan at 496-1402 or visit www.walktexas.org/.

Walker Ranch Park walk

The Randolph Roadrunners Volksmarch Club will host a 5K and 10K walk through the Walker Ranch Historic Landmark Park and Harmony Hills neighborhood March 11, starting at Panchito's Mexican Restaurant at 12403 West Ave. For more information, call Ellen Ott at 525-8574 or e-mail ellenotter@cs.com.

Military service 'Academy Day'

Congressmen Lamar Smith, Henry Bonilla, Henry Cuellar and Charles A. Gonzalez will host an "Academy Day" for local high school students Sunday from 2 to 4 p.m. at the USAA Auditorium, 9800 Fredericksburg Road. Congressional staff members will be at the event to assist prospective applicants. Student ID or driver's licenses will be required to enter the USAA campus. For more information, call Karen Frey at 821-5024.

San Antonio Poetry Fair Contest

University of Texas, San Antonio announces the ninth San Antonio Poetry Fair Contest for ages kindergarten through adult. Entry deadline is June 3. Contest winners will win publication in the UTSA anthology, cash and trophies. The presentation ceremony will be held Oct. 14 at the UTSA's Buena Vista Theater (downtown campus). Entry forms may be obtained at www.hometown.aol.com/sapoetryfair. For more information, e-mail Billie Stroud at billiestro@aol.com or Sheila Moore at smoore2942@aol.com.

Family, friends and neighbors fair

KLRN will host an "Early ON Family, Friends and Neighbors Resource" fair Saturday from 10 a.m. to 1 p.m. at the Palo Alto College, 1400 W. Villaret. The fair will provide caregivers, such as aunts, uncles, grandparents or friends with important child development information, tools and resources in order to ensure young children enter school healthy and ready to succeed. Many of the sessions will be in both English and Spanish. Various community organizations will be at the fair. The event is free and open to the public. To register, call 270-9000. For more information, visit www.kln.org/earlyon.

Trinity Music Department concert

Trinity University presents the Symphony Orchestra, under the direction of music department chair Ken Greene today at 8 p.m. in the Margarite B. Parker Chapel. The orchestra will perform a colorful suite of Spanish-inflected dances from Bizet's opera "Carmen," "Our Town" film music by Aaron Copland and "Romanian Rhapsody" by Georges Enesco. The event is free and open to the public. For more information, call 999-8212 or visit

www.trinity.edu/departments/music.

San Antonio Symphony

The San Antonio Symphony is offering a special ticket offer; when purchasing two concerts tickets, get a third one free. Active or retired military can present a military ID at the box office starting two hours before each concert and receive a 50 percent discount on the ticket price. Offer is good for new orders and for a limited time only. For tickets, call 554-1000, ext.152, or 554-1010. For upcoming events and for more information, visit www.sasymphony.org.

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.

Meetings

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 Roads). 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.

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

ACAP Center hosts MBA briefing

The Army Career and Alumni Program Center will host a Master of Business Administration briefing by the Graduate Management Admission Council@ March 20 at 1 p.m. at Building 2263, Stanley Road, in Room B-100. Learn how to select and finance an MBA program. Free and open to family members and civilians. Refreshments will be provided. For more information, e-mail Cyn Chegwidden at www.cchegwid-den@gmac.com.

Trinity University science lecture

Trinity University presents James A. Dumesic, professor of chemical and biological engineering at the University of Wisconsin-Madison, Monday 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, Friday 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.

Veterans small business seminar

Veterans Business Outreach Center will hold a Small Business Information seminar

today at Fort Sam Houston in Building 2263, Room B-100. There will be two sessions: session one is from 9 to 11 a.m. and session two is from 1 to 3 p.m. The seminar will address small business start up. The event is free and open to the public. For more information, call (877) 820-7492 or e-mail lmorrales1@panam.edu.

GED classes

Family Employment Readiness will offer General Equivalency Diploma classes beginning March 6 every Monday and Wednesday night from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. For registration or more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Job assistance

The Family Employment Readiness Program can help people find a better job with a variety of job assistance such as career assessment, resume and interviewing preparation and computer learning, which will help people become more marketable. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427 or visit Roadrunner Community Center, Building 2797, Stanley Road.

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 Monday from 11 a.m. to 12 p.m. in Building 2247, Room 200. For more information, call Amy Gagnon at 295-2005.

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 held 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 and 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, Tuesday 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.

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 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

Pediatric dental patients needed

Dental screenings will be available for all eligible military medical beneficiaries under age 13, March 8 from 8 to 11 a.m. at the Lackland Sky Lark Community Center, Building 6576, in the Longhorn Room on the first floor. Children will receive a dental screening exam, feedback on child's dental condition and treatment recommendations. Parents should bring a copy of their child's treatment plan or referral letter from their private dentist. No appointment is necessary. For more information, call Col. Jeffrey Mabry at 292-3327 or Staff Sgt. Monica Williams at 292-4072.

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, can visit the following Web site to participate in this research: <http://hsc.unm.edu/consg/ternus/Invitation.htm>. The survey is anonymous and takes about 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.

Career speakers needed

Medina Valley Middle School in Castroville, Texas, 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.

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.

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: 2002 Itasca Sunova, 31-foot motor home, slide out living room, queen-size bed, separate shower and bathroom, double door refrigerator/freezer, hydraulic leveling jacks, gas/electric hot water heater, 4 kwh generator, V-10 Ford engine, sleeps six, 6,100 miles, \$50,000 obo. Call 437-0042.

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

For Sale: Care Bear full size sheet set, \$10; Karsten Ping golf irons, includes woods, putter and bag, \$75; Disney videos, \$5 each. Call 697-9261.

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 amps, two 10-inch MTX sub-woofer in speaker boxes, \$300. Call 538-8391.

For Sale: Four-wheel adjustable walker with hand brakes, seat and basket, \$100; wooden rocker with arms, \$25; 24-inch wood console color TV with remote and rotating base, \$60. Call 495-2296.

For Sale: Mobile home, 14 feet by 60 feet, two bedroom, one and a half bath, includes washer and dryer, stove, refrigera-

tor, furnace and A/C, \$5,000. Call 649-1037.

For Sale: Two-piece living room set, teal, sleeper sofa and love seat, \$300; rocker recliner, burgundy, \$125; Pioneer car radio/CD (DEH-1400 features 45-watts by four), \$100; VCR, \$10. Call 257-5244.

For Sale: Matching dresser with mirror and chest of drawers, \$125; one bunk bed, \$100; women's pantsuits and evening gowns sizes 18 to 22, \$20 to \$75; Hot Wheels Fireball racetrack, \$15; Rescue Heroes command tower, \$10. Call 858-4259.

For Sale: 1988 Ford Bronco, \$2,800

obo. Call (830) 980-2940.

For Sale: Ladies winter wool coat, \$63; ladies fur jackets, \$48; TV, \$23; Oakley sunglasses with hard case, \$76; small fridge, \$54. Call 313-0061.

For Sale: Bunk bed on top, computer desk with shelves below, \$195; exercise equipment, \$195; double stroller, adjust to both face forward or face each other, \$135; baby wooden cradle with mattress, \$175; AKC Golden Retriever, \$225. Call 633-3859.

Wanted: Airstream travel trailer, single axle and self-contained. Call 673-9649.