

# FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

## Navy takes step toward joint enlisted medical training

By Larry Coffey  
Navy Medicine Support Command Public Affairs

The largest consolidation of service training in Department of Defense history moved a step closer to completion Feb. 29 with the commissioning of the Navy Medicine Training Center here.

NMTC will support inter-service education and training as the Navy service element command for the tri-service enlisted Medical Education Training Campus, scheduled to open between 2010 and 2011.

"We are committed to one integrated inter-service education and training system that leverages the assets of all DoD health-care practitioners," said Vice Adm. Adam Robinson Jr., surgeon general of the Navy and the METC commissioning ceremony guest speaker. "We must continue to build on our previous successes. This is the right thing to do."

Navy Capt. Greg Craigmiles, NMTC commanding

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Photo by Olivia Mendoza

Navy Medicine Training Center Commander Capt. Greg Craigmiles salutes upon his arrival at the commissioning ceremony for the Navy Medicine Training Center, which is scheduled to open in 2010 or 2011.

## Ceremony commemorates historic military flight

By Cheryl Harrison  
Fort Sam Houston Public Information Office

Fort Sam Houston commemorated the 98th anniversary of the first military flight Monday in a ceremony held in Blesse Auditorium.

Due to high winds and scattered rain showers the ceremony had to be moved from its original location, which was the main post flagpole on Stanley Road.

The change of location did not hinder audience turnout nor the

importance of the historic flight that took place when U.S. Army Lt. Benjamin Foulois boarded the "Signal Corps 'Aeroplane' No. 1" 98 years and one day ago and circled Fort Sam Houston's MacArthur Parade Field.

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

The audience was welcomed by retired Col. Gary Walston, acting flight captain, The Stinsons Flight

Number 2.

Following the introduction of special guests, the invocation and the national anthem, performed by the U.S. Army Medical Command Band, Col. Guy Schultz, commander, 36th Combat Aviation Brigade, Texas Air National Guard, led the audience in the Pledge of Allegiance.

Schultz, also the acting president, Jack Dibrell/Alamo Chapter, Army Aviation Association of

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Lt. Benjamin Foulois

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## Gate closure alters traffic

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

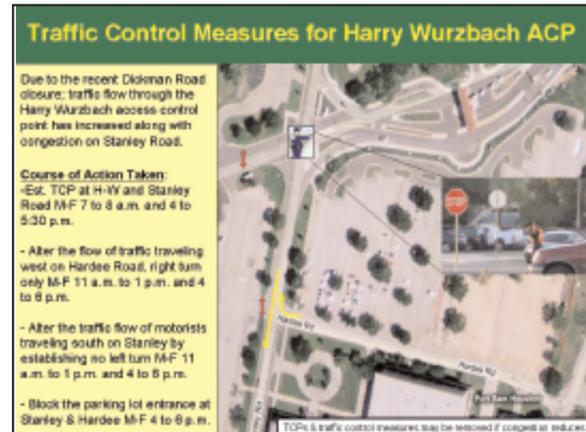


Photo by Olivia Mendoza

The Fort Sam Houston Police Department has established a traffic control point at the intersection of Stanley and Harry Wurzbach roads to direct incoming traffic during morning and afternoon rush hours at the Harry Wurzbach gate. Additionally, the police have established a traffic control point at the intersection of Hardee and Stanley Roads during afternoon rush hour traffic. The police are attempting to alleviate congestion and ensure the safety of drivers and pedestrians at the crosswalks during construction.



### Editorial Staff

Army Medical Department Center and School and Fort Sam Houston Commander

**Maj. Gen. Russell Czerw**

Garrison Commander

**Col. Wendy Martinson**

Public Affairs Officer

**Phillip Reidinger**

Editor/Writer

**Elaine Wilson**

Staff Writer

**Cheryl Harrison**

Layout Artist

**Lori Newman**

### News Leader office:

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

### News Leader Advertisements:

Prime Time Military Newspapers  
7137 Military Drive West  
San Antonio, Texas 78227  
Phone: 210-675-4500  
Fax: 210-675-4577

### News Leader e-mail:

news.leader@conus.army.mil

### News Leader online:

www.samhouston.army.mil/pao/default.html

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## News Briefs

### Set your clocks ahead



Daylight Savings Time begins Sunday at 2 a.m. Set your clocks ahead one hour at that time.

### Day26 at PX

Day26 will visit the Post Exchange for a CD cover-signing session Saturday from 1 to 3 p.m. The boy band stars in MTV's hit reality series, "Making the Band 4."

### Surgeon general speaks at luncheon

Army Surgeon General and Medical Command Commander Lt. Gen. Eric Schoemaker will be the guest speaker at the Association of the U.S. Army luncheon Wednesday at 11:30 a.m. at the Sam Houston Club. Tickets are available through Morale, Welfare and Recreation at the Club.

### Women's History Month

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

### Women's History Month commemoration

The 187th Medical Battalion will host the 32nd Medical Brigade's Women's History Month Commemoration March 20 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry training Soldiers. For more information, call Sgt. 1st Class Roldan-McPhee at 295-2736.

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

The Army Community Service's Army Family Team Building will host the 2008 "It's Not Easy Being Green" Spouse Conference March 27 and 28 from 8 a.m. to 2 p.m. at Dodd Chapel. The purpose of the conference is to

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## Post celebrates Hospital Corps birthday

By Elaine Wilson  
Fort Sam Houston Public Information Office

The Fort Sam Houston community celebrated the 121st anniversary of the Hospital Corps Friday during a ceremony at the U.S. Army Medical Department Museum.

Maj. Gen. Russell Czerw, commander, Army Medical Department Center and School and Fort Sam Houston, introduced the guest speaker, retired Col. Frank Blakely II, who helps preserve the history and traditions of the medical department as a member of the AMEDD Regiment.

Blakely offered the audience a historical perspective of the event.

The Hospital Corps was established by Congress on March 1, 1887, marking the start of the enlisted corps' contribution to the AMEDD, Blakely said.

While the anniversary date marks the year the corps was officially established, "it does not mark the beginning of the enlisted corps' role in the Army Medical Department," said Blakely, who became an Army civilian after serving for 30 years with the Medical Service Corps.

Blakely traced the corps' role back to the start of the Revolutionary War, when George Washington first addressed the issue of medical

See HOSPITAL P8



Photo by Olivia Mendoza

Col. Michael Pasquarella, chief of Department of Medical Science; Sgt. 1st Class Robert Eklund, Army Medical Department Non Commissioned Officer Academy; guest speaker, retired Col. Frank Blakely II, chief of Operations Division, Installation Management Command-West Region; Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School; and Command Sgt. Maj. Howard Riles, AMEDDC&S, celebrate the 121st anniversary of the Hospital Corps Friday at the U.S. Army Medical Department Museum.

## New Youth Center supports Army Family Covenant goals

By Phil Reidinger  
Fort Sam Houston Public Affairs Office

The second official groundbreaking ceremony related to Base Realignment and Closure activities at Fort Sam Houston began the construction for a new Child and Youth Services Center Feb. 28.

The construction heralds the command's continuing commitment to Families announced during the installation Army Family Covenant ceremony held Nov 8, 2007.

The ceremony host, Col. Wendy

Martinson, U. S. Army Garrison commander, said, "This new building recognizes our commitment to provide services focused on sustaining a quality of life that recognizes the essential contributions and often tremendous sacrifices of our Families who also serve along with their spouses."

Avinash Rachmale, president and CEO Lakeshore Group, Lakeshore Engineering Services, Inc. noted the project would be completed in 450 days. "That is our contract commitment and we are on the way. We have the completed the design

and the preliminary foundation is in. We have a really hard-working crew here and we are getting compliments from the base."

One of the first Child and Youth services centers to be built for the Department of the Army, the center will support activities for middle school and high school children ages 6 through 12 and feature culinary arts and computer technology programs as well as activity rooms and a multipurpose room with basketball goals.

See YOUTH CENTER P11



Photo by Esther Garcia

U.S. Army Garrison Command Sgt. Maj. Pedro Class; Garrison Commander Col. Wendy Martinson; Katherine Hatley, Middle School and Teen director; Whisper Herron, Youth Center Teen Council; Installation Commander Maj. Gen Russell Czerw; Paul Matthews, Family and Morale, Welfare and Recreation director; Brenda Berry, Child and Youth Services coordinator; Avinash Rachmale, Lakeshore Engineering Services president; Sal Murillo, Murillo Modular president; and Ricky Williams, Youth Center Teen Council representative, celebrate the official groundbreaking for the Child and Youth Services center. The new center will support the post's increasing youth population as a result of new commands locating to Fort Sam Houston.

## News Briefs

from P3

uplift, enlighten, motivate and strengthen husbands, wives, fathers, mothers and the invaluable contributors to the Army community. The registration fee is \$5 and some of classes may be an additional \$5 to cover supplies. For more information, call 845-4490 or 241-0811.

### Physical Examinations moves

Physical Examinations and Aviation Medicine moved from its current location in Family Medicine Services, Brooke Army Medical Center to the McWethy Troop Medical Clinic here. Part 1 of the Periodic Health Assessment will still be completed at the Health Promotions Center, BAMC, and may be scheduled by calling Health Promotions at 916-3352 or the CAMO at 916-9900, Option 5. All Flight Physicals and other Physical Examinations, to include Part 2 of the PHA, will be scheduled and conducted at the new location. To schedule a PHA Part 2 or any other military physical examination, call 295-4969 or 295-4979; to schedule a Flight Physical, call 295-4933. For more information, call 295-4969 or 295-4979.

### Product recalls

#### Nestlé USA

Nestlé USA has identified two products affected by the Westland/Hallmark Meat packing recall and has initiated a product withdrawal of its HOT POCKETS® brand Philly Steak and Cheese and HOT POCKETS® brand Croissant Crust Philly Steak and Cheese.

#### General Mills

General Mills announced a product recovery of two Progresso Italian Wedding Soup brands, in accordance with the recent Westland/Hallmark beef recall. For more information, consumers can contact the General Mills consumer hotline at 1-800-200-9377.

Customers can access recall information, including UPC numbers, by visiting the Defense Commissary Agency Web site at <http://www.commissaries.com>. Commissary customers can return the product to the place of purchase for a full refund.

# Taking care of Soldiers: Army to revolutionize health care with whole-person concept

By Elizabeth M. Lorge  
Army News Service

WASHINGTON — A change in health care began Saturday across the Army, the Department of Defense and the nation, said the executive officer for the assistant surgeon general for warrior care and transition.

Lt. Col. (Dr.) Marie Dominguez said the new six-phase Comprehensive Care Plan will help the Army not only heal a Soldier's particular injury, but make sure its wounded warriors are healed in body, mind, heart and spirit and increase the chances that they will return to duty or become successful veterans.

Dominguez was named to be the special adviser for Department of Defense-Department of Veterans Affairs integration to Secretary of the Veterans Administration James Peake.

Soldiers are "in the Warrior Transition Units because they have some sort of profile that prevents them from performing their duty in their regular unit or they need complex medical attention," she said. "What we discovered is that it's not usually just one problem that they have. A lot of our Soldiers have relationship difficulties. They may have medical problems. They may have joint problems. They may have pain problems.

"We said that we really need to look at this from a whole-person concept, instead of just focusing on their sole need; and while they're here, because they have some time, let's sort of do a general tune-up."

### WTU Reception Phase

Soldiers are welcomed to the WTU when they are still inpatients in the hospital. The nurse-case managers will introduce themselves and work with their teams of specialists to learn their care plans.

When Soldiers begin their reception phase at the WTU, they meet their triad of primary-care manager, squad leader and nurse-case manager, in addition to their battle buddies. They learn their rights and responsibilities, as well as the WTU's rules and regulations.

The nurse-case managers will perform risk assessments on the Soldiers: Can they drive? Do they have medication problems? Are they at risk for suicide?

### Phase 2: Assessment

Next comes the assessment phase when doctors, physical and vocational therapists, mental-health workers, social workers and others will evaluate the Soldiers in the four areas of body, mind, heart and spirit.

Physical well-being not only means the Soldiers are healing and going to physical therapy, it can mean they need to get back into shape or start weight-loss programs, Dominguez said, especially if they want to return to duty.

In the area of the mind, Dominguez said, the Army will pay close attention to Soldiers who have traumatic brain injuries and provide neurocognitive testing, and check for speech and language problems, problem-solving skills and concentration skills.



Photo by Air Force Staff Sgt. D. Myles Cullen  
Sgt. Johnson sits on his hospital bed with his 3-month-old son while showing former Chairman of the Joint Chiefs of Staff Marine Gen. Peter Pace (out of frame) the injuries he sustained in Iraq at Tripler Army Medical Center in Honolulu. The new Comprehensive Care Plan will heal Soldiers' whole bodies, minds, hearts and spirits, not just their injuries.

Experts will take a close look at Soldiers' abilities and interests, what kind of jobs they want to do and what they can do. Most importantly, the Army is going to provide educational and vocational training for Soldiers in WTUs, and Soldiers will be required to participate as much as they are physically and mentally able.

### Heart and Soul

In the area of the heart, medical officials will examine Soldiers' relationships, how they are able to resolve conflicts and any socially unacceptable behaviors.

Col. David Reese, director for ministry initiatives at the Office of the Chief of Chaplains, said the Strong Bonds program of marriage retreats is being expanded to meet the specific needs of wounded Soldiers and their

See **TAKING CARE P10**

# Can you hear me now? USAMITC employee ready to assist when disaster strikes

By Shannon Carabajal  
U.S. Army Medical Information Technology Center

Erik Rabe thought he found the perfect camping vehicle in 2003 when he bought a 1984 commercial utility cargo vehicle over the Internet. When he noticed massive antenna mounts on the camouflage suburban assault vehicle; however, he saw the potential for much more.

Within a month, Rabe, chief of the data center at the U.S. Army Medical Information Technology Center here, had earned his amateur radio license and outfitted his vehicle with antennae. He then began looking for a way to put it all to good use.

"After getting my license, I really got interested in public service," Rabe said.

He asked around and found out about the Bexar County Amateur Radio Emergency Service, a group of licensed amateur radio operators who volunteer to help public safety agencies during disaster or other emergency situations. The Bexar County ARES was just what Rabe was looking for and he soon began serving the community in his role as an assistant emergency coordinator.

When disaster strikes and the primary means of communication — landline telephones, cell phones, and commercial or public safety radio systems — fail, Rabe assists by providing a complete backup radio communication system, quickly linking and coordinating relief efforts so emergency rescue and relief operations can continue.

ARES has typically been among the first to respond during disasters such as earthquakes and hurricanes, filling the communications void left by downed telephone lines, overloaded networks and power outages. During an emergency or natural disaster, the Bexar County ARES resource manager responds to the emergency operations center in San Antonio, dispatching volunteers like Rabe to support whatever piece of the infrastructure fails.

When Hurricane Katrina ravaged the Gulf Coast region in 2005, Rabe was called to



Photo by Dee Crawford

Erik Rabe, chief of the data center at the U.S. Army Medical Information Technology Center here, does a sound check, communicating with a radio operator in Canada. When the primary means of communication fail during an emergency or disaster, Rabe assists by providing a complete backup radio communication system, so emergency rescue and relief operations can continue.

the Kelly Air Force Base flightline to assist with the care of arriving evacuees. He assisted in the incident command post and, according to David Freiberger, Bexar County ARES emergency coordinator, became

an immediate asset.

"During and after Hurricane Katrina he was quickly identified as one of those rare individuals who can be trained on a subject and then shortly becomes the trainer," Freiberger said. "He brought organization and problem-solving skills to a volunteer organization that consists of people with diverse experiences and backgrounds."

Rabe's experience during Katrina also made him realize more equipment was needed to support that type of operation.

"I came up with the idea of my trailer, a 13-foot RV, which is set up like a mini office," he said. "It does all the things you would want to do from an office when you don't have an office."

While many organizations do have large trailers, they take four or five hours to set up. Rabe can be on the air within five minutes after coming to a stop.

Understanding how important immediate, dependable communication is, Rabe comes prepared. His mobile tactical radio station includes the commercial utility cargo vehicle, featuring a citi-

See **READY TO ASSIST P12**

# Army North lawyer sworn in at U.S. Supreme Court

By Patti Bielling  
U.S. Army North Public Affairs

An attorney with the U.S. Army North Staff Judge Advocate office is among the most recent military lawyers licensed to practice law in the highest court in the nation.

Intelligence law attorney Kevin Kapitan was sworn in Jan. 8 before the U.S. Supreme Court by Chief Justice John Roberts in a ceremony with 11 other military lawyers.

"It would be a rare opportunity to bring a case before the Court, so it is humbling to receive this honor and be entrusted to do so," Kapitan said.

The swearing-in gives military lawyers the privilege of arguing a case before the Court. To be eligible for the honor, one must be a member in good standing of a state bar association and be sponsored by two current members of the Bar of the Supreme Court.

Col. Keith Well, the Army

North Staff Judge Advocate, was one of Kapitan's sponsors.

"Kevin has worked for me for 18 months, so I felt very comfortable recommending him," Well said. "The U.S. Supreme Court has traditionally been very supportive of the military lawyers. In fact, the clerk of the court is a retired assistant judge advocate general of the Army."

Although the Court swears in Army military lawyers a couple of times per year, it's a rarity for Army civilians who have not practiced law on active duty, Kapitan said.

"Most Army lawyers are sworn in following their advanced SJA course," Kapitan said. "The Air Force, which was my home service, is very limited in the numbers of attorneys it sponsors for U.S. Supreme Court membership, so I feel extremely privileged to have been included as a part of the Army legal elite."

Following their ceremony, the newly sworn-in attorneys had the opportunity to sit

"front row center" to hear oral arguments in two cases before the Court.

"It was exciting, but also insightful, to sit just a few feet in front of the bench during the proceedings," Kapitan said. "The procedures were very formal, but the demeanor of the justices showed that they are just everyday people – even though the attorneys were trembling in their boots as they argued their cases."

Kapitan came to Army North as a civilian attorney in June 2006, but he has been a resident of San Antonio since Sept. 12, 2001, when he was brought back to Air Force active duty as an information operations legal adviser.

Kapitan is licensed to practice in various other courts, including the U.S. Court of Appeals for the Armed Forces, the U.S. Air Force Court of Criminal Appeals, the U.S. District Court for the Northern District of Texas, the U.S. Court of Appeals for the Fifth Circuit,



Courtesy photo  
Kevin Kapitan, an intelligence law attorney at U.S. Army North, is among the military lawyers licensed to argue cases before the U.S. Supreme Court.

and all the courts in Texas.

As an attorney whose first job was researching and writing opinions for a justice of the Texas 2nd District Court of Appeals, Kapitan said he feels he has reached a pinnacle.

"To go from the bottom rung of appellate law to being sworn in at the Supreme

Court was amazing," he said.

"It was a great honor to represent Army North."

Army North, based at Fort Sam Houston, is the Army service component of U.S. Northern Command, the unified command responsible for homeland defense and civil support.

# Warriors in Transition invited to career fair

A series of specialty classes and workshops will take place this month to help injured servicemembers prepare for the Hiring Heroes Career Fair, to be held March 25 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road.

All injured service members, their spouses and caregivers are welcome to attend. More than 70 Department of Defense, federal and private-sector recruiters will be on-hand to discuss employment opportunities in various career fields.

The following Career Fair preparation classes will be offered:

## Federal Job Application Development

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

## Transition Assistance Workshop

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

## Hiring Heroes Career Fair Preparation Workshops

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

interviewing tips and can attend various workshops throughout the day. Workshop attendees are urged to prepare resumes ahead of time. For more infor-

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

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

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

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

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

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

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

## Hiring Heroes Career Fair Preparation Workshops

9 to 9:50 a.m. – Writing a resume for private sector employment  
10 to 10:20 a.m. – Veterans' preference  
10:30 to 11:30 a.m. – Writing a resume for federal employment  
11:30 a.m. to 12:30 p.m. – Lunch  
12:30 to 12:50 p.m. – Reasonable accommodations  
1 to 1:50 p.m. – How to work a job fair  
2 to 3:20 p.m. – Interviewing tips and dress for success  
3:30 to 4 p.m. – Army Career and Alumni Program service overview  
Presentations are optional and will run during the same timeframe as the Resume Writing Workshop. Be sure to allow enough time to complete your resume prior to the career fair March 25.

## Transportation schedule

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

March 24		March 25	
Leaving Powless Guest House	Leaving Sam Houston Club	Leaving Powless Guest House	Leaving Sam Houston Club
9 a.m.		9 a.m.	
9:30 a.m.	10 a.m.	9:30 a.m.	10 a.m.
10:30 a.m.	11 p.m.	10:30 a.m.	11 p.m.
11:30 a.m.	12 p.m.	11:30 a.m.	12 p.m.
12:30 p.m.	1 p.m.	12:30 p.m.	1 p.m.
1:30 p.m.	2 p.m.	1:30 p.m.	2 p.m.
2:30 p.m.	3 p.m.	2:30 p.m.	3 p.m.
3:15 p.m.	4 p.m.		

**NAVY from P1**

officer, also addressed the need for change.

"We live in turbulent times, and never before has response to change been more important," Craigmiles said during the ceremony. "The movement and co-location of all tri-service medical training to Fort Sam Houston will be a huge undertaking during the next three years, and we will be working shoulder to shoulder with our Army and Air Force colleagues to prepare Sailors, Soldiers and Airmen to save lives and take care of people."

The majority of existing Navy enlisted medical education training programs is scheduled to move to San Antonio as part of the 2005 Base Realignment and Closure Commission initiative, said Cmdr. Chris Garcia, from the tri-service METC Transformation and Integration Office. The BRAC requires Navy and Air Force medical enlisted training courses relocate to Fort Sam Houston.

Commands moving include

the Naval School of Health Sciences San Diego; NSHS Portsmouth, Va.; and the Naval Hospital Corps School, Great Lakes, Ill. Army and Air Force programs moving here include the Army's histopathology training program at the Armed Forces Institute at Walter Reed Army Medical Center in Washington, D.C.; and the Air Force's 82nd Training Group at Sheppard Air Force Base, Wichita Falls.

The first Navy students are scheduled to begin training in the new facilities in May 2010. Garcia said the target date for all Navy students to train at Fort Sam Houston is prior to Sept. 15, 2011, the BRAC deadline. The student load will phase in as the new facilities are completed.

The average daily student load will be about 9,000 Sailors, Soldiers and Airmen in 2011 when the integration is complete, Garcia said, making METC the world's largest military medical education and training institution. Of the 9,000 enlisted students, approximately one-third – 2,900 – are expected to be Navy. The Army average daily

student load is expected to be about 4,900, and the Air Force about 1,200.

There will be five new instructional facilities ranging in size from 50,000 to 245,000 square feet. The new facility housing the Hospital Corps program will be the largest. NMTC and the Air Force service element will be housed together in a new two-story building with NMTC occupying the first floor that includes a traditional Navy quarterdeck. There will be three new dormitories constructed – two for Navy students and one for Air Force – and a new dining facility is being built.

Garcia said a variety of the courses will be taught in an integrated environment, with members of all three services attending. There will also be service-unique classes.

"The training we deliver to our corpsmen and medics will save lives on the battlefield," he said. "Therefore, we must continue to provide the best possible support to our Sailors, Soldiers and Airmen in all aspects of their training and development."

**HOSPITAL from P3**

care. As a result, Congress authorized the establishment of the Medical Service on July 27, 1775, "which is the other birthday we celebrate as the birthday of the AMEDD."

In 1776, the employment of hospital stewards, essentially medical NCOs, began. A steward was authorized for every 100 sick or wounded.

Stewards received \$1 a day and two rations. The "high" pay was due to the fact that the stewards had to know how to read and write so they could follow physicians' instructions.

"They had no official rank in the Army during that time, but they played a key role in providing health care for Soldiers," Blakely said.

In 1856, Congress authorized the secretary of war to appoint as many hospital stewards as needed in the Army. The Civil War tested the hospital stewards in every aspect, Blakely said, including the care of the wounded Soldiers that arrived at hospitals by the thousands.

After the war, each installation had just one physician and one steward assigned. The

steward lived in the hospital to provide round-the-clock care to patients.

Just a few years later, in 1887, the Hospital Corps was officially established, Blakely said.

In 1903, the Hospital Corps was disestablished and the terms hospital steward and private of the Hospital Corps were replaced by the terms sergeant and private.

During World War I, enlisted personnel of the AMEDD trained in specialties to reflect the evolution of medicine. Laboratory, radiology, dental, veterinary and psychiatric classes were established with some courses taught at civilian universities. Additionally, NCOs underwent training to ensure that they could perform their duties on and off the battlefield.

In 1924, the first formal course of instruction for NCOs of the active, National Guard and Reserves was conducted at Medical Field Service School, Carlisle Barracks, Carlisle, Pa. In 1946, the school was relocated to Fort Sam Houston and specialized training for enlisted personnel consolidated. The school is known today at the Academy of Health Sciences.

AMEDD enlisted personnel continued their vital support throughout the Korean and Vietnam wars and through today with the Global War on Terrorism.

Additionally, the training of enlisted medical personnel continues to evolve as the Navy and Air Force join forces with the Army to consolidate all enlisted medical training at Fort Sam Houston over the next three years.

"As the training and the pay and the responsibilities of medical enlisted personnel have changed over the years, the mission to maintain the fighting strength has not," Blakely said. "The enlisted corps continues to play an important and valued role in the U.S. Army and upholds a set of standards started over a 120 years ago – ensuring that our Soldiers, retirees, Family members and beneficiaries get the best health care we can provide."

**TAKING CARE from P4**

help him or her learn to sculpt, for example.

**Phase 3: Setting Goals**

Then Soldiers, their Families and triads gather for the goal-setting phase and talk about the Soldiers' goals while they're in the WTU and the milestones they need to meet to achieve those goals.

The goals can range from walking by a certain date to improving their relationships to starting their degrees. Dominguez added that Family support, both in this phase and throughout the process, is crucial in helping the Soldiers heal and keeping relationships strong.

**Phase 4: Active Rehabilitation**

Soldiers start working on these goals during the next phase: active rehabilitation. Soldiers first get classes on finances and benefits, maintaining body weight and physical fitness after injury or illness, maintaining a healthy relationship, medication man-

agement and avoiding addiction, the post-traumatic stress chain-teaching program and battle-buddy skills.

Then Soldiers begin their educational or vocational activities during part of the day while continuing their medical treatments. Dominguez said they encourage Soldiers to take classes online because of portability, but if a Soldier needs a physical class, she said they'll provide that as well.

Dominguez added that the Soldiers can also learn job skills through apprenticeships and internships. Ideally, she said, the Army will have an opportunity to provide on-the-job training, especially if the Soldier wants to return to duty. In addition, many local organizations and even Microsoft are providing opportunities to wounded warriors and Dominguez said the Army can provide transportation if necessary.

**Phase 5: Transition**

As the Soldiers complete their treatments and wait for their medical evaluation and physical evaluation results,

they'll spend more and more time in these activities. Then they enter the transition phase. Soldiers who are separating from the Army have up to 90 days to arrange for veteran's benefits, find a job, get into school, and find a place to live with Army experts on hand to help and ease the transition. The final phase is outprocessing.

**Phase 6: Outprocessing**

"We are going to survey our Soldiers 30 days and 60 days out to see how are they doing, and if they are having problems, we're going to contact the VA counselor and say, 'We've got a Soldier who just transitioned and they're really having some difficulties. We need to get you involved,'" Dominguez said.

"That should result in a smooth transition for these Soldiers. We'll be working together with the VA, because once they leave the Army, we still feel that they're our Soldier and we want to make sure that they're taken care of so we want to coordinate with the VA well," Dominguez said.

**FLIGHT from P1**

America, introduced the keynote speaker, Col. Walter Golden, deputy commanding general and assistant commandant, United States Army Aviation Warfighting Center and Fort Rucker, Ala.

During his speech, Golden gave a historical overview of the famous aviator and read passages from Foulois' autobiography.

"Foulois was 30 years old when he flew the dangerous mission over the parade ground," said Golden. "Lt. Foulois became a renaissance man, ahead of his time. Learning to fly by what we would call today, distance learning."

Highlighting Foulois' career in aviation, Golden added, "Gen. Foulois passed away in 1967 as the longest living of the first military pilots, having literally witnessed military aviation evolve from the Wright brothers to the Apollo space program."

The ceremony continued at a luncheon held at the Fort Sam Houston Golf Course. A memorial wreath was later placed by the monument at the main post flagpole.

The Stinson Flight Number Two, National Order of Daedalians and The Jack Dibrell/Alamo Chapter of Army Aviation Association of America hosted the annual historic event.

**Maj. Gen. Benjamin Foulois**

Foulois graduated from the Army Signal School in 1908 and first learned to fly on the

Army Dirigible No. 1, a lighter-than-air, engine-propelled airship. He later participated in the trials of the Wright Flyer with the Wright brothers. During the trials, Foulois was on board in the observer's seat of the Wright Flyer with Orville Wright, and clocked the airplane's landmark 10-mile flight time that qualified that airplane for acceptance into the Army.

In February 1910, Foulois was transferred to Fort Sam Houston with a team of enlisted men known as his "flying Soldiers" and the Army's only airplane, "Army Airplane No. 1." Here, he learned to fly it himself, aided by instructions in letters from the Wright brothers. Foulois said that he was a "mail-order pilot" who had learned to fly through his correspondence with the Wright brothers.

**Historic flight**

March 2, 1910, at Fort Sam Houston, Foulois climbed aboard the Army Airplane No. 1, and at 9:30 a.m. circled the field. He attained the height of 200 feet and circled the field at 30 mph.

The flight only lasted for seven and a half minutes. Foulois made four flights that day, crashing on the last flight due to a broken fuel pipe. The premier flight became known as the "birth of military flight."

Foulois said, "I made my first solo, my first landing, and my first crackup — all the same day."

Foulois retired from active military service Dec. 31, 1935. He died April 25, 1967.

**YOUTH CENTER from P3**

The new youth center is designed to support the increased youth population of the installation as a result of BRAC.

Thanking the community leaders for attending the ceremony, Paul Matthews, Family and Morale, Welfare and Recreation director, said, "We look forward to bringing this new facility into a successful operation serving the military community."

With a total of 20,668 square feet, the building design includes a heating,

ventilation and cooling system that accommodates automatic temperature control based on activities in the various rooms. A closed circuit television monitoring system will allow staff to supervise children participating in center activities.

The central location of the building will make it easier for students and parents to use and accommodate use by children whose parents are assigned to the Warrior in Transition Unit and living in the Fisher Houses, the Powless Guest House and their homes on Fort Sam Houston.



Photo by Esther Garcia

Members of the Lakeshore Group and Murillo construction team Kevin Parikh, Stephen Escude, Nick Mackie, Joe Welch, Avinash Rachmale, Sal Murillo and Jignesh Patel pose for the official groundbreaking ceremony for the new Child and Youth Services building.

**Green thumb**

Photo by Esther Garcia

Better Opportunities for Single Soldiers (from left) Sgt. Milfred Willaims, Institute for Surgical Research; Sgt. 1st Class Marquis Turner, from Fort Polk, La.; Spc. Hector Cortez; and Spc. Valerie Terrill, ISR, plant trees along Highway 90 at VIA stops Saturday in the city of San Antonio, additionally Sgt. Dina Snyder, ISR, not pictured, worked at a different location. BOSS members answered the call for volunteers from the City of San Antonio to help plant trees throughout the city. These trees will not only increase comfort for those who ride the bus, but will also have a positive impact on the environment by improving air quality and reducing storm water runoff.



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**'Mail Call'**

Photo by Esther Garcia

Col. Mark A. House (left), inspector instructor, 4th Reconnaissance Battalion, visits with R. Lee Ermey, retired Marine gunnery sergeant, who is well known for his series "Mail Call" on the Military History Channel, at Salado Park. Ermey was on Fort Sam Houston filming a commercial for the Texas Veterans Land Board, a Texas state agency that provides benefits to Texas veterans. House supported the event with background personnel and equipment for the commercial filming held Monday.

**READY TO ASSIST from P5**

zens band and VHF radio, and the trailer is fully equipped with backup radios and a digital mobile "packet" station capable of sending small text files via radio. The RV also has a computer that is Wi-Fi, dial-up and cell phone compatible, along with an all-in-one printer and a cellular modem equipped with an external dual-band antenna.

In addition to voice communication, he can get online, send e-mail and send a text file, which is an important capability for emergency responders or doctors needing to access information or send things like manifests, rosters or medical information. "I can do all the things that you normally would do over the telephone or the Internet from my radio," Rabe said. "I'm a fall-back point when everything else has failed."

For Rabe, volunteering with ARES and providing such an important service for the community, is a way to "pay back" for all the opportunities he has been given throughout his career with USAMITC and the Air Force.

Rabe's enthusiasm and dedication have put him in the top 2 percent of volunteers in the organization," Freiburger said. "If they called today and told me to head to an impact area of major disaster and to take only one other person with me, it would be Erik Rabe."

Reliable communication can sometimes mean the difference between life and death in an emergency and Rabe said providing that communication is very important and often exhilarating.

"Talking to airplanes or people out of state is always exciting," he said.

But the people he has helped have left the biggest impression on him.

During Katrina, "I cheered up a little old lady who had all her earthly possessions, all two pounds of them, in a trash bag, and I also helped reunite family members evacuated on different flights and taken to different shelters," he said.

At the end of it, Rabe was tired and emotionally overwhelmed. Knowing he made a difference in those lives, though, "that made a huge difference."

**Hometown star**

Fort Sam Houston personnel who want to share news of their accomplishments and achievements with Family members and friends back home can participate in the Army and Air Force Hometown News Program.

Whether active duty, reserve, Guard or a Department of Defense civilian, you can fill out the Hometown News Release, the Department of Defense

Form 2266, and forward it to Public Affairs.

Complete the DD Form 2266, posted on the Fort Sam Houston Public Affairs Web site at <http://www.samhouston.army.mil/publicaffairs>, and submit it to PA by fax at 221-1198 or e-mail to [HometownNews@samhouston.army.mil](mailto:HometownNews@samhouston.army.mil).

For more information, visit <http://www.samhouston.army.mil/publicaffairs>, call 221-1139 or 221-0546; or e-mail Minnie Jones at [minnie.l.jones@us.army.mil](mailto:minnie.l.jones@us.army.mil) or Olivia Mendoza at [olivia.mendoza@us.army.mil](mailto:olivia.mendoza@us.army.mil).

## National Nutrition Month

# Exercise can improve physical, mental health

By 2nd Lt. Julianna Hartmann  
Dietetic Intern, Brooke Army Medical Center

Think you are too busy to exercise? You're not alone. Even though the Dietary Guidelines for Americans recommends 30 minutes of moderate physical activity most days of the week, most American adults get little physical activity on a regular basis. If you are like most people, schedules are extra busy and exercise often isn't a priority.

**Why should I care?**

Regular exercise is important to good health, now and in the future. Moderate physical activity, such as walking two miles in 30 minutes most days of the week, reduces the risk of developing or dying from heart disease, which is the number one killer of Americans. This is only one of the benefits of

being more physically active. Exercise can also help manage weight, maintain strong bones, control blood pressure, lower cancer risk and reduce depression. There are so many great reasons to get moving, why not start now?

**I don't have time for the gym.**

There's good news. Many people feel they don't have time to exercise because they think they have to drive to the gym and spend their entire evening sweating it out. The good news is that five to 10 minutes of exercise spread throughout the day can easily add up to the recommended 30 minutes of daily physical activity and it doesn't have to be planned exercise. Your own daily activities, such as going to the grocery store, can add up to the daily recommendation and you'll get

the health benefits whether you do your exercise all at once or a little at a time — the important thing is to get moving.

**I don't know how to get started.**

Here are some suggestions for how to build exercise into your daily routine. When you go to the grocery store, don't look for a close parking spot, park farther away and then walk the extra distance. When you plan to take an elevator, take the stairs instead. Don't hire out your yard work, mow the grass or rake the leaves yourself. Don't let the dog out in the backyard, take him on a walk. In the evening, while watching your favorite television show, do a few crunches or sit-ups during a commercial break. Instead of watching your kids play outside, get up and play with them.

The Dietary Guidelines for Americans recommends 30 minutes of moderate physical activity most days of the week.

**It's not fun.**

Another way to increase your physical activity is to do recreational activities. A brisk walk or a bike ride can be very enjoyable and healthy. Ask a friend or your significant other to join you. You could also go swimming or take a water aerobics class. You could play a sport, such as tennis or basketball. Go dancing or take a group aerobics class. The opportunities are endless, and they can be very fun.

**It's just too hard.**

If you want to be more active but don't know where to start, take a walk or take the stairs. Sometimes the hardest part is just getting started. By adding in a little activity each day, you can slowly increase the amount of activity you do and gradually work in more strenuous activities. Everyone has some type of activity they enjoy and trying something new can be fun too.

See EXERCISE P15

## Jimmy Brought hosts indoor triathlon

Several Fort Sam Houston athletes took top honors Sunday at the indoor triathlon hosted by the Jimmy Brought Fitness Center.

Sgt. 1st Class Michael Hammond took first place with a finishing time of 33:51 and Mike LaDuke finished second with a time of 36:41. Rounding out the top five men's finishers were Dave Barker, J.P. Viado and Col. Joseph Pecko.

The top female finisher was Cris Pecko with a time of 42:10. In second place was

Jimmy Brought employee Gloria Navarro. Other top five female finishers were Teal Moran, Theresa Szczbar and Misty Youngblood.

Some participants were competing in a triathlon for the first time. The Pecko Family made it a family event, including their son Matthew in his first triathlon.

The fitness center will host an indoor and outdoor triathlon Sunday. Participants will stage their bikes at Salado Park. All athletes will be

transported to the Brought Fitness Center for the indoor 200-meter swim, run back to Salado Park (5K), then bike 10 miles on a loop course.

The event starts at 7:30 a.m. and registration for the event is online at [www.run-awayclub.com](http://www.run-awayclub.com). Online registration closes Friday. The next Indoor Triathlon will be April 6. For more information or to schedule a start time, call 221-1234.

(Source: Jimmy Brought Fitness Center)

## Blood is fluid of life

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

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

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



## Sports

### Boxers needed

The Jimmy Brought Fitness Center is looking for boxers as it hosts another round of boxing excitement. If interested in participating as a boxer in this or future events, call the Intramural Sports Branch at 221-1180, or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil). Boxers must be registered and training 30 days prior to the event. For more information, call 221-1234.

### Pre-season volleyball championship

Games Islanders Team #1 beats Baylor for the pre-season volleyball championship two games to none.

### All-Army Chess Championships

The 2008 All-Army Chess Championships will be held May 11 to 17 at Fort Myer, Arlington, Va. This competition is open to all U.S. Army active duty, who are also a U.S. Chess Federation-rated member; 12 players will be selected and funded by Family, Morale, Welfare and Recreation Command. All players must apply online or download the application and fax it to 703-681-7249 or DSN: 761-7249. There is no on-site registration. For more information or to apply, visit [www.armymwr.com/portal/recreation/chess](http://www.armymwr.com/portal/recreation/chess) or call 703-681-7204, DSN: 761-7204. Other upcoming chess events include the 2008 Inter Service Chess Championships at Davis-Monthan Air Force Base in Tuscon, Ariz. from June 8 to 14 and the 2008 NATO Chess Championships in Brussels, Belgium (date to be announced).

### Race to the Top

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

### 5K run

The Jimmy Brought Fitness Center

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

### Intramural golf

Coaches meetings for intramural golf will be held Tuesday and March 18 from 12 to 1 p.m. at the Fort Sam Houston Golf Course. Rosters are due March 18. The league begins April 1 at 5:30 p.m. For more information, call 221-4388 or 221-3185 or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil).

### Intramural softball

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

### Intramural soccer

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

### Intramural tennis

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

### Intramural flag football

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

### Intramural sports letter of intent

Sport	Letter due by:
Tennis	April 2
Flag football	April 4

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

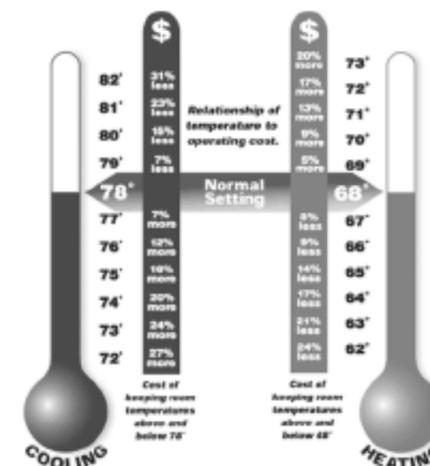
## Energy tip

### Thermostat Settings

The key to a home's energy efficiency is, in part, tied to the temperature at which people set their thermostat. Variations in temperature do make a difference and can affect monthly bills.

In the winter, a thermostat setting of 68 to 70 degrees is ideal. In the summer, consider setting the thermostat between 78 and 80 degrees for optimal comfort and efficiency. The chart to the right demonstrates how thermostat settings can affect utility bills.

(Source: City Public Service)



### EXERCISE from P13

### I'm too tired.

If you feel too tired to start exercising, that's another reason to start. Exercise can boost your energy level, which will help you stay motivated to keep at it. Physical activity can also reduce your stress level, perk up your moods, and help to improve your quality of sleep. With more energy and better sleep, you'll be on the path to feeling better right away.

### It's too late.

It's never too late to start something new. Everyone can benefit from making healthier lifestyle choices. No matter how young or old you are, everyone can benefit from adding exercise into their busy daily routine. It really is as simple as "I'm taking the stairs."

For more information on walking or biking trails in the San Antonio area, see the following links:

- Brackenridge Park - <http://www.wildtexas.com/parks/bracken.php>.
- McAllister Park - <http://www.wildtexas.com/parks/mcallis.php>.
- Government Canyon State Park - [http://www.tpwd.state.tx.us/spdest/findadest/parks/government\\_canyon/](http://www.tpwd.state.tx.us/spdest/findadest/parks/government_canyon/).

## Did you know?

Did you know that Fort Sam Houston has produced not only a host of distinguished Soldiers and Airmen but also quite a few distinguished civilians? Among those who have lived here include:

- Henry L. Stimson, secretary of war (former Rough Rider)
- Togo West, secretary of the Army
- Dizzy Dean, member of the Baseball Hall of Fame
- Doak Walker, All-American football player
- Joey Bishop, comedian and TV host
- Vic Damone, singer
- Shaquille O'Neal, basketball superstar
- Bob Guthrie, WOAI radio news anchor
- Peter Weller, actor (RoboCop)
- Christie Matthewson, member of the Baseball Hall of Fame
- Oliver North, TV commentator
- Anne Harding, film actress

Of these, O'Neal, Weller, Harding and North were Family members of Soldiers serving at Fort Sam Houston.

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



**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.



Sgt. 1st Class Dagoberto Chapa (bottom), Noncommissioned Officers Academy, fights to get his opponent off him.

# Battle ready

## Fort Sam NCOs become combatives instructors

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

More than 20 senior NCOs from the 32nd Medical Brigade and the NCO Academy became certified Level II combatives instructors during a course held Feb. 18 to 29 at the Center Post Gym.

Hand-to-hand fighting, or combatives, is an empty-handed struggle between two or more people or a fight with hand-held weapons such as knives, sticks and rifles. The Army has incorporated combatives in Soldier training programs.

Instructors who teach combatives attend up to four levels of training. The higher the level, the more proficiency and responsibilities an instructor obtains to conduct training activities. Level I, a one-week course, teaches an instructor teaching techniques and is taught by a Level III instructor.

Level II is more advanced and is a two-week training class. A Level IV instructor is the only who can certify a Level II instructor. This is where Staff Sgt. Michael Adkins, of the Texas National Guard, stepped forward; he was brought in to help increase the number of Level II instructors at Fort Sam Houston.

Lt. Col. John Gordy, Texas National Guard and commander, 1st Battalion, 136th Regional Training Institute, Combined Arms Training Regiment, Camp Swift, Texas, said, "I was asked for our instructor to come and teach Level II class. We were glad to have him come up, a great cooperation between the reserve forces, the National Guard and active duty.

"You usually don't see a lot of training between the Guard and active duty, so any chance that we can come together acts as a cohesive building block in building the forces together. For so long we train parallel, and not very often we get to train together and see each other's strengths.

"This is the first time we've done this, and it's great," continued Gordy.

Adkins, who is an infantry instructor and teaches Basic NCO Class, Phase II,

for the National Guard, said, "Teaching combatives is a love of mine and getting paid to do this, I can't think of a better job."

Adkins was very impressed with the class. They are "all tough, hardworking, they all came out fighting and nobody ever quit. It is awesome."

Level II training includes Brazilian jiu-jitsu, stand and take down skills, referee tests and written tests. The training involves a considerable amount of mat time, with different fighting techniques, such as full body contact using the Blauer protective suits, and the enemy prisoner war drill where participants wear gloves and one or two people subdue the enemy.

Level III and IV are both month-long courses taught at Fort Benjamin Harrison, Ind. Fort Sam Houston has only two level III-certified instructors, Staff Sgt. Jeff Deickman, 264th Medical Battalion, and Capt. Marcus Hurd, Headquarters Company, 32nd Med. Bde.

Level III instructors emphasize more advanced ground grappling and have the ability to referee combatives tournaments and also run post programs.

"We had a big shortage of Level II instructors prior to the class. There were only four Level IIs on the post. Now we have 28 more," said Deickman.

Staff Sgt. Veronica Soto, A Company, 264th Med. Bn., said, "I am doing this training to develop myself, to train in combat, and to prepare my Soldiers to become better because we never know what will happen in the future."

32nd Med. Bde. Command Sgt. Maj. Stephen Maldonado, leading by example, participated in the training and tournaments receiving every punch, choke and arm twisting just like every one else.

"It takes on a different perspective when you have been through it with them; you understand the rules and the scoring. I've done well thus far and it is the testament to being physically fit and the mental tenacity. I've gone through the same training as these same folks and I attribute it to that."



Staff Sgt. Jeff Deickman (far left), 264th Medical Battalion, Level III combatives instructor; Staff Sgt. Michael Adkins (far right), Texas National Guard, Level IV combative instructor; and Col. John Cook (back row, eighth from left), commander, 32nd Medical Brigade, pose with senior noncommissioned officers who attended the two-week Level II training course for combatives instructors.



(Above) Staff Sgt. Michael Adkins, Level IV instructor, Texas National Guard, holds up 2nd Lt. Brian Ipock's hand, in victory over his opponent during combative fighting.



(Right) Drill Sgt. of the Year Sgt. 1st Class Alejandro Pereyra-Alaniz, 264th Medical Battalion, doesn't hold back as he prepares to strike 32nd Medical Brigade Command Sgt. Maj. Stephen Maldonado during combative fighting.



(Above) Staff Sgt. John Curatella (left) raises his hand to strike 32nd Medical Battalion Command Sgt. Maj. Stephen Maldonado during Level II combatives training held at the Central Post Gym.



(Right) Soldiers fight in Blauer Suits, protective body suits. Level II training includes full contact fighting techniques.



Two Soldiers battle it out during a Level II combatives training. Fort Sam Houston's new Level II instructors will be able to teach combatives to their unit's Soldiers.

# Cole assembly celebrates black history

Robert G. Cole Middle and High School celebrated Black History Month with a school assembly Friday in Cole's new gymnasium.

The third annual assembly was called "Carter G. Woodson and the Origins of Multiculturalism." Organized by Cole English teacher, Angela Jolivet, the program was an oral and musical tribute to the black experience.

Beginning with a moving rendition of the Negro National Anthem, "Lift Every Voice and Sing," presentations moved through student speeches, songs and a keynote presentation. Retired Col. Edward Maney led the audience in a verse of "Lift Every Voice and Sing" at

the conclusion of the program.

Six middle school students, Abby Anderson, Jason Cunningham, Chris Lamoureux, Haley Morrill, Alicia Noelle and Andeanika Randle, read their winning speeches from the Fort Sam Houston Equal Employment Opportunity program. Coria Bowen, the high school oratorical contest winner, also engaged the audience in a wonderful performance.

Cole 2004 alumnus, Paul Cockfield, played "Amazing Grace" on the piano for soloist Deborah Seabron, Fort Sam Houston Independent School District board of trustees' secretary, and Jennifer Powell. Fifteen-year-old Judson student and Star Search per-

former, Spensha Baker, joined in the celebration, singing "Purpose."

Keynote speaker, Keith Toney, had the full attention of the audience. Toney is a Vietnam veteran, a former Golden Globe championship boxer, a father and grandfather. He is the Fort Sam Houston school liaison officer and has served 10 years as a Fort Sam Houston Independent School District school board trustee. He also has the distinction of being the first African-American school board president in San Antonio.

Toney shared that multiculturalism must be at the forefront of our thinking and decision-making. Toney voiced his concern about lyrics in

music popular today, which contain either racial slurs or make derogatory statements to women. His message challenged students and adults alike to think multiculturally in order to make decisions that reflect the values of our community, values that celebrate all cultures.

"Keith Toney immediately connected with the students, keeping their attention throughout his presentation. A day later, students continued to talk about his message," said Angela Jolivet.

Following the assembly, a reception was enjoyed by students, friends and faculty in the Cole cafeteria.

(Source: FSHISD)

# Rios selected to lead instructional technology

The Board of Trustees of the Fort Sam Houston Independent School District voted unanimously to select Dr. Roland Rios as the new district instructional technology coordinator.

Rios, who is currently principal at Robert G. Cole Middle and High School, will assume his new duties in July.

"Although he has done an outstand-

ing job as Cole principal, in his new position, Rios will be helping both students and staff maximize their use of technology in the instructional setting," said Dr. Gail Siller, superintendent. "He has the talent, enthusiasm, and commitment to successfully tackle this challenge."

"I am excited about this opportunity

to serve the district in a new capacity. As society continues to advance on the digital front, we owe it to our students to stay on the cutting edge of technology. I have long held a passion for technology and enjoy sharing that passion with others," said Rios.

Dr. Rios' 16-year career in education includes four years as a North

East ISD math teacher, five years as an Alamo Heights High School assistant principal, and seven years as Robert G. Cole principal. A panel of teachers, parents, students and administrators will interview applicants for the Cole principal position before the end of the school year.

(Source: FSHISD)

## Elementary teacher honored as Rampage 'Teacher of the Game'

Fort Sam Houston Elementary School fourth grade teacher Melanie Morgan was selected to represent Fort Sam Houston Independent School District as the San Antonio Rampage "Teacher of the Game" Friday at the AT&T Center.

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

As the award recipient, Morgan received tickets to the Rampage game in addition to recognition on the "jumbotron."

"Mrs. Morgan excites and motivates her students with her positive attitude and use of the latest technology. In class, she approaches all subjects with enthusiasm, high energy and wonder. She refuses to allow any student to work at less than their best effort," said parent Carolyn Wafford.

Morgan received her master's degree in 2006 from the University of Phoenix. She has taught two years at Fort Sam Houston Elementary School. Morgan is currently seeking certification for a doctorate in education.

(Source: FSHISD)

# Cole cadets bring home gold in Fort Worth

By Cadet 1st Lt. Katie Stonecipher  
Battalion Public Affairs Officer



Courtesy photo

The Robert G. Cole High School Junior ROTC male and female color guards and physical training teams competed in the 39th Annual Birdville Invitational Drill Meet Feb. 16 in Fort Worth.

The hours of training and dedication put into preparation for the meet were evident when the final results were announced. The male color guard finished 10th out of 46 teams, just seven raw points out of first. The lady Cougar color guard finished 4th of 35, just three raw points from the leader.

As close as the color guards were to trophies, the PT teams did not disappoint. With bad weather forcing the event indoors and competing only in the push-up and sit-up events, the young female team, comprising three freshmen and a

Cole Junior ROTC Battalion Cmdr. Frank Thompson gets his head shaved by physical training team member, Cadet Capt. Steven Wade. Thompson bet the squad he'd shave his head if they won at Fort Worth.

junior, placed third overall. The veteran male squad far outdistanced its competition cruising to the first-place trophy. Leading the charge for the Cougars was defending individual champion, junior Jeremy Fuentes, who finished second overall this year.

# Do-si-do



Courtesy photo

Parents promenaded with their children during Western Day at the elementary school. (From left) Emily Garcia, Capt. Albert Garcia, Madison Swingholm, Capt. Matthew Swingholm and Kaylyn Gibson.

## Fort Sam Houston Independent School District

### Weekly Calendar – Monday to March 15

#### Fort Sam Houston Elementary School

##### March 13

Retake of class pictures  
Parent Workshop for grades three to five: TAKS strategies with Kimberli Johnson, 11:30 a.m. to 12 p.m.

##### March 14

Spirit Day

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

##### Monday

Cougar Pride club meeting in Cougar Den, 5 p.m.  
Golf Mustang Invitational at Devine Golf Course

##### Tuesday

UIL concert/sight reading composition

at Steele High School, all day  
Cole baseball at St. Mary's Hall, 4:40 p.m.

One Act Play technical dress rehearsal, 4:15 to 7:30 p.m.

Eighth grade parent meeting at high school Cougar den, 6 p.m.

##### Tuesday

One Act Play technical dress rehearsal, 4:15 to 7:30 p.m.

##### March 13

J/V girls and boys track at Comfort, half day  
UIL one act play performance

##### March 14

Boys Golf Mustang Invitational at Mission Del Largo Golf Course  
Cole Baseball vs. Dilley at Cole, 4:30 p.m.  
Student Council Dance, TBA

J/V track meet

# Soldiers celebrate Black History Month

By Ben Paniagua  
Hacienda Recreation Center

About 125 Advanced Initial Training/Initial Entry Training Soldiers from the 32nd Medical Brigade enjoyed the annual Black History Month celebration at the Hacienda Recreation Center Feb. 28.

The cultural awareness program was sponsored by the 32nd Medical Brigade in partnership with the Hacienda Recreation Center. The program drew rave reviews from members of the standing-room-only crowd. The program was hosted by the 232nd Med. Bn.

Retired Sgt. Maj. Edward Norwood, chief, Administration and Operations, Department of Combat Medic Training, was the guest speaker for the event. Norwood gave a rousing speech on the contributions of African-Americans to American culture. The audience comprising mostly younger Soldiers gave Norwood a standing ovation.

"It was captivating and informative," said Sgt. 1st Class Jata Jordan. "I loved it."

Ile Bahia de San Antonio, Capoeira Luanda Dancers performed a variety of dances that

See **BLACK HISTORY P22**



Photo by Sgt. 1st Class Rosalba Chambers  
Lt. Col. John Lamoureaux (left), commander, 232nd Medical Battalion, presents a token of appreciation to retired Sgt. Maj. Edward Norwood for speaking at the Black History Month celebration Feb. 28 at the Hacienda Recreation Center.

## Women's History Month Trivia Contest

1. What amendment to the U.S. Constitution gave women the right to vote?
2. What state was the very first to adapt the Amendment giving women the right to vote?
3. In what year did Congress pass the Equal Pay Act, which made it illegal for employers to pay a woman less than a man or doing the same job?
4. Where is the National Women's Hall of Fame located?
5. How many poems of Emily Dickinson were published during her lifetime?

People should e-mail trivia contest answers to Rosalba.d.chambers@amedd.army.mil no later than Tuesday. The first person to submit the correct answers will win a prize and have their name published along with the answers in the next edition of the News Leader. For more information, call Sgt. 1st Class Rosalba Chambers at 221-4240.

## MWR Morale Welfare & Recreation

### Recreation and Leisure

#### Library closed for Easter Sunday

The Keith A. Campbell Memorial Library will be closed March 23 and will resume normal hours of operation March 26. For more information, call 221-4702.

#### BOSS Wii tournament

Morale, Welfare and Recreation will hold a six-night pentathlon on the Wii video game system April 7 to 12. Sporting competitions include bowling, golf, baseball, tennis and boxing. The winner from each sporting category will go on to play in the final tournament pentathlon to determine the top three Wii winners. Prizes include a Ripstik skateboard, a Nike gift card, and a Wii Console with an extra remote, a nunchuck and two games. For more information, visit the MWR Web site at <http://www.fortsamhoustonmwr.com>.

#### Warriors Monthly Scramble Golf Tournament

The Warriors Monthly Scramble is held the first Friday of each month at the Fort Sam Houston Golf Club. Register up to four players to participate. The next tournament will be Friday. Shotgun start time is at 12:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at

the Golf Club's Pro Shop. For more information, call 222-9386.

### Dining and Entertainment

#### Love 'n Laughter comedy show

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

#### MWR Ticket Office

The MWR ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are available for local attractions as well as theme parks like Disney World and Universal Studios. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-1663 or 224-2721.

#### Sam Houston Club Easter Brunch

Celebrate Easter at the Sam Houston Club. Easter brunch is March 23 from 10 a.m. to 2 p.m. and will include a variety of breakfast, lunch and dessert items to choose from. Cost is \$17.95 for non-members, \$15.95 for members, \$7.95 for youth 6 to 11 years old and free to children ages 5 years and younger. Reservations are encouraged. For more information, call 224-2721.

#### Karaoke Fridays

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

#### Harlequin Dinner Theatre

##### 'Visit to a Small Planet'

The Harlequin Dinner Theatre will present the Gore Vidal comedy, "Visit to a Small Planet," through March 29. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. The doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

### Army Community Service

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

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

#### Couple's Enrichment

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

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

#### New Parents Support Program Plus

The New Parents Support Program Plus, a component of the Family Advocacy Program, is a professional team that provides supportive services to military Families with children from birth to 3 years old. NPSP+ provides comprehensive services through educational sessions and playgroups and home visitation services. The services offer expectant parents and parents of infant and toddlers the opportunity to learn new skills as parents and improve current techniques. For more information, call 221-0349 or visit the Web site at

<http://www.fortsamhoustonmwr.com/acs/programs/FAP/default.asp>.

#### Commanders training

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

### Child and Youth Services

#### Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held March 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings

See **MWR P22**

**MWR from P21**

are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871 or 221-1723.

**Youth Easter Egg Hunt**

Child and Youth Services, together with Lincoln Military Housing, will hold the annual Easter Egg Hunt March 21 at the splash pad located on Dodd Field between the School Age Services and Middle School and Teen buildings. The first of several hunts begins at 10 a.m. There will be a live DJ and food from 11 a.m. to 1 p.m. Come by for a variety for activities, prizes and pictures with the Easter Bunny. For more information, call 221-4455.

**USDA Scholarship**

Current undergraduate students in good academic standing may apply for the full-tuition scholarship and paid internship for the U.S. Department of Agriculture's Public Service Leaders Scholarship Program. The program offers a full-tuition scholarship, paid internship, mentoring and leadership training and permanent employment upon graduation. Apply online at [www.hsi.usda.gov](http://www.hsi.usda.gov). The deadline to apply is March 15. For more information, call School Liaison Services at 295-4806.

**Baseball registration**

Youth baseball registration will be held through March 28. Patrons need to be registered with Child and Youth Services. To register, patrons need

to have a current sport physical (valid for the entire season), \$45 activity fee, two local emergency fees, the child's Social Security number and updated shots record. For more information, call Central Registration at 221-4871 or 221-1723.

**Saturdays at School Age Services**

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

**Central Registration**

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide current shot records (kindergarten through fifth grade), two local emergency designees, a health assessment/sport physical within the last year (sport physicals must be valid for the entire sports season), child's Social Security number, sponsor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide current shot records (kindergarten through fifth grade), two local emergency designees, a health assessment/sport physical within the last year (sport physicals must be valid for the entire sports season), child's Social Security number, sponsor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

**CYS needs instructors**

Child and Youth Services seeks instructors for driver's education,

cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

**SKIES Unlimited classes**

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

**MWR at a Glance:**

- Love 'N Laughter Comedy Show: March 14
- Youth Easter Egg Hunt: March 21
- Easter Brunch: March 23
- Newcomer's Extravaganza: March 27
- It's Not Easy Being Green Conference: March 27 and 28
- 5K Run to End Sexual Assault: March 29
- Rampage Military Appreciation Night: March 29
- Boxing at the Brought V: April 5
- BOSS Wii Tournament: April 7 to 12
- Cowboys for Heroes: April 11 to 12
- Texas Hold 'Em: April 18
- Fiesta Family Bowling Night: April 19
- Fort Sam Houston Fiesta and Fireworks: April 20

**For more information, visit [www.fortsamhoustnmwr.com](http://www.fortsamhoustnmwr.com)**

**BLACK HISTORY from P20**

originated in Brazil in the 19th century by Brazilian slaves. The highly entertaining group accompanied the dancing with handmade musical instruments.

"The show was amazing," said Pvt. Aaron Smith, 32nd Med. Bde. "I really enjoyed the speaker, he was fantastic."

Included in the program was a slide presentation on African-American cultural contributions to American society. The Soldiers also enjoyed cake, cookies and punch.

A question and answer game was played by the Soldiers and winners were presented Army and Air Force Exchange Service gift certificates.

Cultural programs like the Black History Month celebration are held year-round for the Soldiers to learn about the contributions of different cultures to American society, thus allowing them to achieve a better understanding of the world they live in.

The programs are coordinated by the equal opportunity advisers of the 32nd Medical Battalion, the Hacienda Recreation Center, and the Sponsorship Office of the Directorate of Morale, Welfare and Recreation Marketing.

# Community

## Events

### Cash and Carry Sale

The cash-and-carry sale of non-appropriated funds property will be held Wednesday and each week from 9 a.m. to 3 p.m. in Building 4192, Bays A and C on a first-come, first-served basis; all sales are final. Property must be removed from the warehouse at the time of purchase. Cash and personal checks with picture I.D. will be accepted forms of payment. The following items will be on sale: TV armoires, night stands, dressers, tables, computer monitors, wall mirrors and more. For more information, call 221-4449 or 221-4950.

### Hispanic Heritage Youth Awards

The Hispanic Heritage Foundation's Youth Awards program identifies and promotes emerging Latino leaders by celebrating their achievements in the classroom and community across America. The program offers educational grants to Hispanic high school seniors. The Youth Awards offer regional and national awards in various categories. People must submit a separate application package per category by March 14. Selections are made by regional selection committee members. For more information, visit [www.hispanichertigage.org](http://www.hispanichertigage.org) or call the MWR Child and Youth Services program at 295-4806.

### Leon Valley car show

The Alamo Classic Chevy Club presents the 12th annual Leon Valley open car show March 16 from 10 a.m. to 4 p.m. at the Bandera Bowl, 6700 Huebner Road. The car show will benefit a children's shelter. For more information, call 771-7429.

### Women's History Month commemoration

The 187th Medical Battalion will host the 32nd Medical Brigade's Women's History Month Commemoration March 20 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry Soldiers. For more information, call Sgt. 1st Class Roldan-McPhee at 295-2736.

### Rampage Hockey Military Appreciation

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

### College scholarships

The Texas Department of Transportation invites college-bound students to compete for a new "Don't Mess with Texas" Scholarship. The essay should be about how to get a litterbag in every car; the winner will earn a \$1,000 scholarship. TxDOT will also continue its traditional

scholarship, which consists of a \$3,000 grand-prize scholarship and a \$1,000 second-prize scholarship. To qualify for the scholarship money, students must write an essay identifying a specific litter problem at their own school or community and the action they took to address it. To download an application, visit [www.DontMessWithTexas.org](http://www.DontMessWithTexas.org). A completed application, letters and essays must be postmarked by April 4. For more information, call 512-486-5904.

### Senior Games of San Antonio

The 2008 Senior Games of San Antonio will be held April 4 to 13. Participant registration for the games must be received at the Barshop Jewish Community Center of San Antonio by March 28. For more information or to register, call 302-6820 or visit [www.saseniorgames.com](http://www.saseniorgames.com).

### Women's Healthcare Forum

Registration is open for the Women's Healthcare Forum, which will be held April 4 and 5 at the George R. Brown Convention Center in Houston. Fort Sam Houston health care professionals are invited to participate in the highly acclaimed continuing medical education confer-

ence on comprehensive and integrative health care for women. Health care professionals can register for \$75; a 50 percent discount. To obtain the discount, register using priority code WHFH804. To register, visit <https://www.expotracsshows.com/whf/2008/houston>. For more information, visit <http://www.womenshf.com>.

### Fisher House Charity Golf Tournament

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

### 'Cowboys for Heroes'

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

turn after the railroad tracks and before the gate to post. For more information, call 224-7207.

## Training

### Senior Leader Equal Opportunity Training

The training will be held Tuesday from 1:30 to 3:30 p.m. at the Wood Auditorium, Medical Command Headquarters, Building 2792, across from the Army Medical Department Center and School helicopter. This training is mandatory for colonels and above, sergeants major and command sergeants major. It is also highly encouraged for majors, lieutenant colonels, GS-13s and above. For more information, call Master Sgt. Ricky Evans at 295-0561 or Sgt. 1st Class Rosalba Chambers at 221-4240.

### Red Cross classes

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

**See COMMUNITY P24**

**COMMUNITY from P23****Force tracking system training**

The Information Management Training Branch will provide training for all active military services. The Force XXI Battle Command Brigade and Below /Blue Force Tracking System is a digital, battle command information system that provides near-real-time battle command information to tactical combat, combat support, and combat service support leaders and Soldiers. To register for a course, visit the Army Training Requirements and Resources System at <https://www.atrrs.army.mil/> and enter course number 5K-F21/012-F46. Courses are available March 24 to 26, July 28 to 30 and Sept. 22 to 24. For more information, call Marvin Danzy at 221-0640 or e-mail [marvin.danzy@amedd.army.mil](mailto:marvin.danzy@amedd.army.mil); or Hartense Green at 221-2216 or e-mail [hartense.green@amedd.army.mil](mailto:hartense.green@amedd.army.mil).

**Meetings****Spouses' Club luncheon**

The Spouses' Club of the Fort Sam Houston area will host the 2008 Joint Services Luncheon March 26 at 11 a.m. at the Sam Houston Club. The featured keynote speaker will be Tanya Biank, author of "Army Wives: The Unwritten Code of Military Marriage," the basis for Lifetime Television's series "Army Wives," and attributing writer for "Military Spouse Magazine." The event is open to all military spouses in the San Antonio area. The cost is \$17. For more information or reservations, call Sigrid Reitstetter at 226-8806 or Marcella Garcia at 677-5187.

**NCO Wives' Club**

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

**Volunteer****Hispanic Heritage Month volunteers**

The 470th Military Intelligence Brigade seeks volunteers and ideas

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

**Employment counselors needed**

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

**Volunteers needed for Red Cross**

The American Red Cross seeks volunteers for caremobile drivers, data entry, runners, office and more; hours and days are flexible. For more information, call 221-3355.

**Host families needed**

The American Field Service Intercultural Programs/USA, a nonprofit organization, seeks families to host foreign exchange students from more than 40 countries. In addition to host families, AFS needs people who are interested in becoming volunteer liaisons to work locally with families and their hosted students. Local AFS volunteers enroll students in high school and support students and their families to help both gain the most from their experience. For more information, call 1-800-AFS-INFO or visit [www.afs.org/usa/host-family](http://www.afs.org/usa/host-family).

**Free care packages**

The United Services Organization offers free care packages to any local Family that has a loved one deployed in support of the war. Packages contain snacks, toiletries, reading materials, calling cards and other goodies valued at \$15 to \$25. Customs forms are completed and packages ready to be shipped at a cost of \$8.95. Family members are required to bring a copy of the deployed person's address. Limit of two free care packages per family. For more information, call Julie Dahlberg at 227-9373 or e-mail [jdahlberg@alamouso.org](mailto:jdahlberg@alamouso.org).

**For Sale  
Fort Freebies****Submission guidelines:**

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

**For Sale:** Golf clubs, great for beginners, 3-PW graphite, \$40; white wicker queen headboard, \$75; white wicker desk, \$75; white wicker rocker, \$70; queen mattress set and frame, \$175. Call 697-9261 or 363-4056.

**For Sale:** Harris Heights carport shed, 8 feet wide by 12 feet long, \$300; 27-inches-wide by 54-inches-long handmade coffee table, oak and tile, \$150; hand-made Texas Hold'em table, 4 feet wide by 8 feet long, \$1,200. Call Paul or Susan at 386-8355.

**For Sale:** Hand-made solid cherry heirloom cradle, \$450; antique oak dresser and buffet, \$275; antique Waterbury Hillsdale oak shelf clock, \$190. Call 370-3123.

**For Sale:** Full-blooded lab puppies, no papers, three yellow and one black, all males, dew claws removed and have first shots, \$150 each. Call Shana at 719-330-7683.

**For Sale:** Four-piece apple red canister set, \$15; loveseat tan/green/red, great condition, \$50; ladies suits and semi-formals, \$25 each. Call 826-0882.

**For Sale:** Baldwin baby grand piano, walnut finish, excellent condition, \$15,000. Call 568-7511.

**For Sale:** Conober cable piano, cherry finish, \$2,500; wood kitchen

table and six chairs, \$160; futon, \$60; Weidner total workout machine, \$350; living room set, queen sofa sleeper/loveseat/recliner/tables, \$1,000. Call 437-1858.

**For Sale:** 1990 Toyota 4 Runner SUV, four-wheel drive, silver, V6, sun roof, tinted windows, \$1,500. Call 630-7395.

**For Sale:** Sears vehicle cargo topper, \$50; free to a good home, miniature pincher mix, 6 years old, female, shots up-to-date, great with kids. Call 632-8422.

**For Sale:** 2001 Mitsubishi Galant ES, bronze, V4, four door, 125K mile, automatic, power windows/door locks, alarm, cruise control, power steering, tilt wheel, AC, AM/FM/CD player, premium rims, premium sound, tinted, clean, \$5,200. Call Abe at 313-7289.

**For Sale:** Pekingese, male, seven months, \$245; bookcase/entertainment center, 5 feet tall by 3 feet wide, \$95; half pug and half Apso, male puppies, \$225; Evenflo twin stroller, \$63; pack-n-play playpen, \$45. Call 633-3859.

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

**Religion****Chapel offers Living Last Supper**

The Fort Sam Houston Chapel will hold a traditional Living Last Supper March 20 at 7 p.m. at the Main Post Chapel. Come and hear the disciples as they tell of their personal encounters with Christ and reflect upon their own actions. For more information, call Chaplain (Lt. Col.) James Benson at 221-2754.

**Easter Sunrise Service**

The Fort Sam Houston Installation Chaplain Office's will hold an Easter Sunrise Service March 23 from 7 to 8 a.m. at MacArthur Parade Field. Breakfast will follow immediately after the service. In case of inclement weather, the service will be held indoors at the Main Post Chapel. For more information, call Chaplain (Lt. Col.) James Benson at 221-2754.