



Fort Sam Houston News Leader



Vol. 37, No. 10

Fort Sam Houston – Home of Army Medicine

March 10, 2005

Briefs . . .

Change of responsibility

NCO Academy will have a change of responsibility ceremony Friday at 7:15 a.m. at MacArthur Field. Command Sgt. Maj. Howard R. Riles will assume responsibility from the outgoing academy commandant, Command Sgt. Maj. Paul H. Mathsen. For more information, call Sgt. 1st Class Chad Peltier at 221-4294. Inclement weather site is Blesse Auditorium, Willis Hall, Building 2841.

Quadrangle closes March 18

The historic Quadrangle on Fort Sam Houston will be closed to the public March 18 for animal vaccinations. The Quadrangle, the home of Headquarters, Fifth U.S. Army, is also home to deer, geese, ducks, peacocks and other creatures. The animals will undergo routine checkups and vaccinations by the post veterinarian. The Quadrangle will reopen to the public March 19 at 9 a.m. For more information, call the Fifth Army Public Affairs Office at 221-0015.

AECP ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Friday at 9:30 a.m. at the AMEDD Museum. The program provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Capt. Carolyn Carden, AMEDD Student Detachment commander at 221-3047 or Anna Prescott at 221-5582.

Camp Bullis User Conference

The Camp Bullis User Conference will be held May 3 from 7:30 a.m. to 4 p.m. at the Camp Bullis theater, Building 5900. Registration starts at 7 a.m. The Outdoor Recreation Center will provide snacks and lunch for a minimum cost. For more information, call 295-7592, 295-7686 or 295-7616.

Wilford Hall entry

Starting Tuesday, the Wilford Hall Medical Center main entrance will only be open for public use from 6 a.m. to 9 p.m. Monday through Friday and 9 a.m. to 9 p.m. weekends and holidays. Anyone without a Wilford Hall badge who wishes to enter or exit the hospital other than these times must do so through the Emergency Department doors.

DFAS Web site moves

The Defense Finance and Accounting Service public Web site moved to a new location on the Internet. The old site, www.dfas.mil, will remain available through March 31. Then, users will be redirected to the new site, www.dod.mil/dfas.

See BRIEFS on Page 3

Emotional embrace



Photo by Elaine Wilson

Spc. Nathan Kelly, a diesel mechanic, shares a tearful goodbye with his mother, Claudia Garges, after the deployment ceremony for the 111th Area Support Group. More than 130 Guardsmen deployed to Afghanistan for a year in support of Operation Enduring Freedom. See related article, Pages 14 and 15.

The Wright stuff Aviators commemorate first military flight

By Yolanda Hagberg
Public Information Office

About 100 Air Force and Army pilots gathered to hear the chief of Army aviation Brig. Gen. E.J. Sinclair highlight the legacy and the courageous spirit of Lt. Benjamin Foulois, which continues today through Army aviators.

The ceremony, hosted by members of the Stinsons Flight No. 2, Order of Daedalians and the Jack Dibrell Alamo Chapter of the Army Aviation Association of America, was held March 2 at the

Roadrunner Community Center to commemorate the 95th anniversary of the first military flight.

Sinclair, commanding general of the U.S. Army Aviation Center, Fort Rucker, Ala., compared Foulois experiments with today's pilots who are flying and testing new aircraft including unmanned aerial vehicles.

"The thing that has not changed is our American Soldiers. They have the same courage Foulois had," Sinclair said. "There's no country that can touch us because of our military aviation capability."

"It is important to tell what the Army aviators are doing," he said. "It is important to know of the sacrifices."

Many of the 58,000 Army aviators today have the same determination Foulois had. About 42,000 have deployed since Sept. 11, 2001, and have put in well over 600,000 combat hours.

"This is where it all began, right here on these grounds," said Bill Ercoline, flight captain of the Stinson Flight No. 2, Order of Daedalians.

See FLIGHT on Page 4

Resident guide eases transition to new housing system

Lincoln Military Housing has hand delivered each resident a letter and new resident guide to help ease the transition to the new housing system.

Each resident must sign and submit additional addendums as outlined in the delivered letter to the housing office, Building 367. Residents can drop the guide off after business hours in a box by the front door of the housing office.

Fort Sam Houston Family Housing, LP, a partnership between the Army and Lincoln Military Housing, assumed control of post family housing operations March 1.

Lincoln Military Housing staff will meet residents' needs on a daily basis with 24-hour, seven-day-a-week emergency maintenance response. All emergency service requests will be respond-

ed to within one hour from receipt of a call after business hours and 30 minutes from receipt of a call during normal business hours.

During the first few weeks of operations, Lincoln Military Housing anticipates a busy maintenance schedule as a result of deferred and newly originated service requests. During this initial period, routine service requests may be completed within seven days. Requests may be submitted in person or by telephone.

For more information, call the "Lincoln at Your Service" request line at (888) 578-4141 or the housing office at 270-7638. Business hours are from 7:30 a.m. to 5 p.m.

(Source: Residential Communities Initiative Office)

Twice-yearly TSP 'open season' limitations end July 1

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

WASHINGTON, D.C. — Defense Department civilians and service members building tax-free retirement accounts through the Thrift Savings Plan soon will be able to change their investment options at any time instead of just twice a year.

Current biannual TSP "open season" investment-choice windows will end July 1, said Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. TSP participants, she said, will be able to

switch their retirement account options at any time.

Fenton said "there's not going to be the two open seasons during the year" where people can sign up for the retirement savings and investment program, change their contribution levels or change investment options.

Military people and civilians covered by the Civil Service Retirement System can contribute up to 10 percent of their paycheck to establish tax-free retirement accounts that grow from accumulated savings and investments in bonds, stocks and international funds. Employees covered by

the Federal Employees Retirement System can contribute up to 15 percent in 2005.

From 2006 on, no limit will apply to any participants in TSP.

Another TSP change also slated to start July 1 gives participants the choice of having a financial manager automatically adjust how funds are invested as market conditions change, officials said.

"They'll move you from equities to bonds when you need to," Fenton said, which should assist participants in maximizing their contributions.

Service members have been eligible to

establish tax-free TSP retirement accounts since January 2002, she said.

Establishing a TSP account is a good idea even for those service members who do not serve long enough to qualify for a pension, Fenton said. TSP funds accumulated during military service, she said, can be transferred to participating federal agency TSPs if a departing service member takes a government civilian job.

And, TSP savings can also be rolled into nongovernment civilian employers' individual retirement accounts, the colonel said.

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Briefs cont. . . .

Army emergency relief

The annual Army Emergency Relief Fund Campaign will be held at Fort Sam Houston April 1 to May 1. The "kick-off" meeting for project officers and key personnel will be Monday at 10 a.m. in the Roadrunner Community Center, Building 2797. For more information, call 221-1612.

AUSA luncheon

The Association of the U.S. Army chapter luncheon is March 23 at 11:30 a.m. at the Sam Houston Club, 1395 Chaffee Road. The speaker will be Maj. Gen. John Gardner, U.S. Army South commander. The cost is \$10. For more information or tickets, call Master Sgt. Richard Vargas at 221-2810 or 221-2385.

Women's History Month event

A Women's History Month cultural event will be March 24 from 12 to 1 p.m. at the Roadrunner Community Center. The theme is "Women in the Military." The event includes a vocalist, presentation of periodic uniforms, a tribute to fallen comrades and a speech on "History of Women in the Military." For more information, call Master Sgt. Michael Boehringer at 221-9276.

Newcomers' Extravaganza

All permanent party in-processing Soldiers, lieutenant colonel and below, must attend the Newcomers' Extravaganza within 60 days of their arrival. The next Extravaganza is March 29 at 9 a.m. at the Roadrunner Community Center. Attendees learn about Fort Sam Houston and San Antonio and participate in drawings, registrations and social activities. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

AFTB offers military 101

The Army Family Team Building will offer a familiarization course to the Army life, terms and rules. It covers topics such as expectations and impact of the mission on family life, military acronyms and terms, the chain of command and introduction to military customs and courtesies. The course will be today from 8:45 a.m. to 3:30 p.m. at the Roadrunner Community Center. For reservations, call 221-2705 or 221-2418.

Educational requirements change for mid-career officers

Intermediate Level Education has replaced Command and General Staff College as the educational requirement for mid-career officers in the ranks of captain (P), major or above.

ILE is designed to meet the requirements detailed by the Army Training and Leader Development Panel to provide the Army with adaptive, self-aware field grade leaders of character and competence, ready to shape the joint operational environment.

One version of this new program is a nonresident offering for active duty, National Guard, and Reserve officers, which is reduced in length from the most recent, four phase, two year CGSC nonresident model. Nonresident ILE consists of three sequential phases normally completed in 13 months.

Phase I is a two-week class which will be offered by the instructional staff of the 11th Battalion (CGSC) at either Fort Leavenworth, Kan., starting June 18, or at

Trinity University in San Antonio starting July 24. Students can choose the offering most convenient to their requirements.

Phase II will be offered in the San Antonio area by the 11th Bn. (CGSC) over an approximately eight-month period from early October to mid-May. The classes consist of four-hour blocks of instruction offered in one of three course venues: Tuesday or Thursday nights throughout the academic year, or a one-weekend-per-month version covering a 16-hour block of instruction per weekend meeting.

Phase II will be at Fort Sam Houston and students are free to choose the offering most conducive to their personal schedules.

Phase III is another two-week session planned for both Fort Leavenworth and Trinity University in San Antonio for summer 2006. Upon successful completion of this phase, students will graduate from ILE. A correspondence version of this course is not scheduled for release until the fall.

To enroll, prospective students should obtain an Army Training Requirements and Resources System reservation as soon as possible. Class numbers are 701 for the San Antonio Phase I offering and 702 for the Fort Leavenworth offering. The course code is 701-1-250-ILE. For more information and enrollment assistance, call the 11th Bn. (CGSC) unit administrator at (816) 836-0005.

The 11th Bn. (CGSC) has also published "Welcome Letters" for all prospective Phase I students. These documents will provide additional, specific information relative to attending either of the Phase I offerings. They can be found on the CGSC (ILE) Non-Resident Studies Web site at: <https://cgsc2.leavenworth.army.mil/nrs/faculty/TASS/brigade.asp#region-f>.

For local information, call Lt. Col. Linda Roach at (830) 980-8138 or e-mail lindalearo@aol.com.

Brooke Army Medical Center implements parking plan

As many visitors are well aware, parking at Brooke Army Medical Center has recently become a challenge.

To ensure patients don't miss appointments or arrive late due to parking issues, BAMC recently converted parking lot C to a "patient only" parking lot. The lot is near the Interstate Highway 35 gate just north of the emergency room entryway.

BAMC's Provost Marshal Office has also implemented an aggressive parking enforcement program to increase the availability of parking spaces around the hospital for its patients.

"Patients and visitors will benefit from enforcement efforts designed to eliminate staff, contractors and vendors from parking in the patient lot and patient-visitor designated spaces," said James Hobson, BAMC chief Provost Marshal. "On average, about 35 percent of these spaces were being used by staff daily and we estimate that every patient will now benefit from the des-

ignated parking lot kept available for their exclusive use."

To ease parking for BAMC staff, parking lot E is under construction to add 174 slots and is the designated parking lot for BAMC staff, contractors and vendors. BAMC also converted parking lot A to a staff parking lot and more than 120 parking spaces were transferred to staff in lot D. A courtesy shuttle is available for staff at lot E.

BAMC has courtesy carts for patients and visitors, operated by volunteers, to offer rides to visitors' cars. Tips are not accepted.

Soldiers residing at BAMC Troop Command should refrain from driving their vehicles to the hospital.

The revised staffing policy is BAMC 190-5 dated April 24, 2002. BAMC staff can find the policy on the Intranet. All staff are asked to read the policy thoroughly.

(Source: BAMC)

\$6K bonuses aim to cut RC officer shortage

By Gary Sheftick
Army News Service

WASHINGTON, D.C. — A new affiliation bonus of \$6,000 is now available to officers and warrant officers leaving active duty and signing up for service with National Guard or Army Reserve units.

In addition, an accession bonus of \$6,000 will also be available to some newly commissioned officers who choose critical specialties with the Guard or Reserve.

The new bonuses are aimed at eliminating a shortage of 10,000 company-grade officers in the Guard and Reserve, said

Col. Mark Patterson, Officer Division chief in the Directorate of Military Personnel Management, G1. The shortage is mostly at the captain level and is split about 50-50 between the Army Reserve and National Guard, Patterson said.

Officers who received ROTC scholarships or a West Point education are not eligible for the accessions bonus, Patterson said. Those receiving any other type of bonus coming off active duty are not eligible for the affiliation bonus, he said.

The National Guard and Army Reserve leadership have not yet announced which branches will be considered critical for the purposes of the accession bonus. Each

component will identify their critical shortages and then announce which specialties will qualify for the bonus, Patterson said.

The affiliation bonus, on the other hand, is open to qualifying officers and warrants coming off active duty in any branch, going to any position in a reserve-component unit. All ranks are also eligible.

However, "it's really targeted to the company-grade," Patterson said.

Officers in the Individual Ready Reserve who have never served in a Selected Reserve unit are also eligible for the \$6,000 affiliation bonus, Patterson said. The bonuses are paid after the officer reports to the RC unit.

New program offers subsidized child care to Guard, Reserve

By Samantha L. Quigley
American Forces Press Service

WASHINGTON, D.C. — The Defense Department has joined forces with national agencies to help Guard and Reserve families in finding and affording child care while mom or dad is deployed in support of the Global War on Terrorism.

"Child care, as you know, is one of the top (concerns) voiced by families as well as by commands on what's needed," said Jan Witte, director of the Pentagon's Office of Children and Youth. Her office monitors the new program, dubbed Operation Military Child Care.

DoD, in partnership with the National Association of Child Care Resource and Referral Agencies, which administers the program, designed this initiative to benefit those who do not live near military installations, Witte said.

"We have a contract with NACCRRA to assist us in finding spaces outside the military community for those Guard and Reserve (members) who are deployed and

active duty (people) who are not near a military installation," Witte said. "We also hope to assist in reducing the out-of-pocket expense to the service member."

When a parent is deployed, she said, the remaining parent may discover that child care is something the couple hadn't had to think of before, and need is not the only consideration. The extra expense can be shocking.

While OMCC doesn't fully subsidize child care, it does work to reduce the financial burden, Witte said. The fees are based on a sliding scale that takes into consideration total family income and the care provider's actual cost, among other things.

To take part in the program, a family member would apply through NACCRRA via a special Web site or by a toll-free call to (800) 424-2246. The child-care provider also must apply — an important step because of how the subsidy, which comes through the Children and Youth office, is paid out, Witte noted.

"The subsidy goes to the program, not to the individual," she said.

The program officially kicked off March 3, but has been operational as a pilot program since late November 2004, Witte said. About 40 families are through the application process.

"We feel like this is one area to provide assistance for the total force," she said. "We had not been doing much prior to this time for the Guard and Reserve as far as child care and school-age programs have gone." She said the new program could get about 5,000 Guard and Reserve service members' children into child care.

But that number could fluctuate if there is a change in the funding, she pointed out, which comes in the form of supplemental funding through Congress. Congress has funded the program for \$7 million, Witte said, though officials hope to expand the program in the future to try and accommodate some of the 38,000 children of active duty service members in need of child care.

"(NACCRRA) felt it was service back to the nation to thank the service members for their sacrifices," Witte said.

Cardiac rehab center opens in new location

Story and photo by Nelia Schrum
Brooke Army Medical Center Public Affairs

For Trudy Palmer, Brooke Army Medical Center's cardiac rehabilitation center is much more than a place to exercise.

Twenty-three years ago, Palmer suffered a heart attack and nearly died. Now at 82, she can look back and say without a moment's hesitation that the program, "kept me alive."

BAMC reopened the Cardiac and Pulmonary Rehabilitation Center Friday in its new location on the third floor of the hospital with an open house.

The center's director, Lt. Col. Sheri Boyd, said the cardiac rehabilitation center is targeted at helping patients who have either been identified by their health care provider with heart disease or are at significant risk for the disease.

"Patients attend the rehabilitative clinic twice weekly for 12 weeks for exercise," Boyd said, adding that participants are encouraged to do the exercise routines at home.

The exercise progression is based on a protocol that includes walking, cycling, stepping, bicep curls and arm ergonometrics.

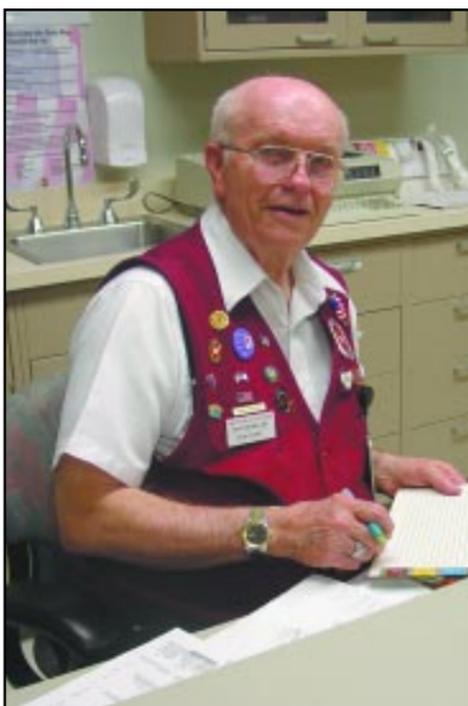
At the same time, patients attend educational classes targeted at life-style modification.

"Along the way, many of the patients have forged lasting friendships and become a support group for each other," said Stacey Dramiga who works with the patients. "The program has treated thousands of patients who are living examples to the success of cardiac and pulmonary rehabilitation."



Stacey Dramiga puts retired 1st Sgt. Roger Casillas through the paces Friday on a treadmill at Brooke Army Medical Center's Cardiac and Pulmonary Rehabilitation Clinic. The center moved to a new location on BAMC's third floor and officially reopened for business with an open house Friday.

BAMC retiree group honors volunteers of the year



Whit McMillan was named Brooke Army Medical Center's Retiree Activities Group Volunteer of the Year for 2004 at a recognition ceremony March 3. McMillan volunteers three days a weeks at the BAMC pain clinic.

Story and photo by Norma Guerra
Brooke Army Medical Center

The Brooke Army Medical Center's Retiree Activities Group honored volunteers March 3 at a recognition ceremony at the Roadrunner Community Center.

"BRAG was established in 1994 and is made up of 220 volunteers," BRAG President Lou Cottrell said. "The volunteers have contributed 44,978 hours to BAMC in 2004."

Whitt McMillan, who works in the Pain Clinic three days a week, was named Volunteer of the Year for 2004.

"This is a real thrill for me," McMillan said. "I had been nominated every year for nine years and had been excited for everyone else winning, so I was truly surprised when my name was called."

The other nominees for Volunteer of the Year were: Jo Twedell, Freddie Taylor, Ed Wiggington, Mike Salazar, Ray Charette, Betty Jentsch, Hal Allen, Evie Edmond, Mike Hudson, Dorothy

Manning, Sebe Terrell, Kathleen Nelson, Basil Moots, Bill Gilhooley, Janyce Clark, Lefty Sanders, Gertrud Williams and Rosemarie Bonilla.

Additionally, six Burn Ward volunteers — Thomas Haake, Tom Edwards, Don Kelley, Art Garza, Anne Smith and Alicia Garcia — were recognized as Volunteer Group of the Year.

"It is only with the help of our volunteers that we are able to provide the excellent service and care that we give to our patients," said Col. Frederick Swiderski, BAMC deputy commander for administration. "Our volunteers are the glue and foundation that holds the hospital together, and walking throughout BAMC our volunteers can be found anywhere. You are all deserving of today's awards."

Aside from presenting the "Volunteer of the Year award," Swiderski also awarded service pins and certificates for volunteers who have donated valuable hours of their time to BAMC.

Upon completion of the awards ceremony, Jan Fox, Ann Swiderski and Jim Finch gave out door prizes.

Government purchase cardholders must use BPAs for office products

Effective Sept. 1, the Army mandated the use of 19 Army Blanket Purchase Agreements for the purchase of office supplies.

These BPAs, with limited exceptions, are mandatory for all purchases of office products within the continental United States. Purchases must be made through the Department of Defense Electronic Mall (www.emall.dla.mil) unless an exception applies. The official Army policy is posted at <http://www.cs.amedd.army.mil/srcw/>.

The objectives of BPAs are to standardize

the ordering process and provide cost-effective, customer-focused delivery of office products, compile purchase data through DoD EMALL, ensure Army compliance with statutory requirements to purchase comparable products available from the blind and severely disabled vendors under the Javits-Wagner-O'Day program, and to maximize small business opportunities.

The definition of an office product includes, but is not limited to, items such as pens, pencils, markers, copier paper, print-

ing and fax paper, binders, tape, envelopes, transparency films, video cassettes, reel to reel audio tapes, blank endless loop audio cartridge tapes, magnetic tape audio recording cassette, computer tape, reel, cartridge, cassette, diskettes, disk packs, disk cartridges, anti-glare/anti-radiation screens, ergonomic products (wrist and foot rests), cleaning equipment and supplies (including head cleaners, disk drive cleaners, monitor cleaners, toner wipes and mini-vacuums), optical disks, CD ROMS, physical storage,

and toner cartridges. Cardholders should be aware that newspaper articles, TV news reports and magazine articles do not replace the authorized Army procedures provided by the Southern Region Contracting Center - West Government Purchase Card Agency/Organizational Program coordinator.

For more information, call Annette Gremmer, government purchase card A/OPC at 221-4030.

(Source: Army Contracting Agency)

Flight

Continued from Page 1

"In spite of all the technology changes, the heart and soul of the aviators does not change," said Ercoline.

"His story was about the very reason we do what we do — to honor those in the military who fly and who flew. There's no way to better commemorate Foulois' first flight than to have a flyer talk about the risks associated with all military pilots," said Ercoline during closing remarks.

On the grounds of Fort Sam Houston on March 2, 1910, 1st Lt. Benjamin Foulois climbed onto the seat of a Wright Flyer and made military aviation history when he was ordered to Fort Sam Houston with Signal Corps aeroplane No. 1 to teach himself to fly; he was admon-

ished to take along "plenty of spare parts." On that machine, he had his first solo flight, first takeoff, first landing and first crackup — thereafter receiving instruction from the Wright Brothers by mail whenever he needed advice on some as yet obscure aspect of becoming a pilot.

He started the flight at 9:30 a.m. and ended it at 9:37 a.m., attaining a height of 100 feet and circling the area at the speed of 50 mph. This was the first flight following the government's purchase of the 1909 Wright Flyer, the military's first airplane by one of the military's true pioneers of flight.

After the ceremony, a commemorative wreath was placed at the historic marker, located near the main post flagpole on Stanley Road to mark the 95th anniversary of the "Birth of Military Aviation."



Photo by Olivia Mendoza
Col. Vincent P. Difronzo, from the Order of Daedalians, The Stinsons Flight No. 2; Lt. Col. Michael W. Drumm, president of the Dibrell Alamo Chapter of the Army Aviation Association of America; Brig. Gen. E.J. Sinclair, U.S. Army Aviation Warfighting Center commander and keynote speaker; and Bill Ercoline, Stinsons flight captain, commemorate the 95th anniversary of the first military flight March 2.

A Company, 187th Med. Bn. HQ moves

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

A Company, 187th Medical Battalion, officially moved its headquarters to Aabel Hall, Army Medical Department Center and School, during a ribbon-cutting ceremony Monday.

The move allows the officer students access to the company's administrative support. A Company provides command and control, administrative and logistical support to most of the officer and officer candidate students attending courses at the school.

The company supports 22 different officer courses with an annual population of 6,000 Soldiers. The average daily population ranges from 550 personnel from September to May and exceeds 1,800 students during the summer months.

The Army's main mission is to take care of nonacademic student issues such as planning and facilitating in- and out-processing; coordinating and processing administrative actions such as leave requests, orders and financial documents; providing logistical support to students during field training exercises; providing mentorship; and serving as liaison between various agencies on the installation.



(Left to right) Col. Bradley Freeman, 32nd Medical Brigade commander; Col. Richard Agee, Army Medical Department Center and School chief of staff; and Lt. Col. John Collins, 187th Medical Battalion commander, officially open the new headquarters for A Company, 187th Medical Battalion, in Building 2840, Room 23.

After the ribbon-cutting ceremony, Col. Bradley Freeman, 32nd Medical Brigade commander, presented certificates of achievements and commander's coins to Capt. John Pitus, 1st Sgt. Alonzo Jackson, 1st Lt. Jerrod Pethtel, 1st Lt. Henry Schnedler, Harold McCallum, Eloisa Kinman and Anita Marquez for their outstanding support and coordination of the move.

Story time



Courtesy photo

Pfc. Charles Gordon and Pvt. Natasha Carter, assigned to 418th Medical Logistics Company, visit with children at Baskin Academy in San Antonio last week. Gordon and Carter were there to read to the children as part of Texas Public School Week to encourage reading and the birthday celebration of Dr. Seuss' children's books.

Brown Bag Session

April 6
11:30 a.m.

Angela Swain
Family Advocacy
Victim Advocate
Topic: Creative Anger
Management Styles

The session is at the San Antonio Credit Union Training Room. For more information, call 221-9401 or 221-9356 or e-mail Maria.preda@samhouston.army.mil. If reasonable accommodation is needed, call 221-9401 in advance.

A Company, 187th Medical Battalion selects TAC Officer of the Quarter



Capt. Bill Branstetter was selected as the Tactical Officer of the Quarter for A Company, 187th Medical Battalion.

The award is based on student satisfaction, physical fitness and appearance, job performance, nomination from his students, fellow TAC officers and class advisers and the commander's assessment.

During the quarter, Branstetter provided administrative support to more than 600 officers. He maintained a 98-percent efficiency on all administrative reports and student nonacademic related issues within the company and battalion.

His professionalism, dedication and selfless service is instrumental in the successful accomplishment of A Company's mission and the success of its students.

Branstetter was awarded a three-day pass and a company certificate of achievement. He will also be eligible to compete in the TAC Officer of the Year competition in September.

(Source: A Company, 187th Med. Bn.)

232nd Medical Battalion announces Soldier, Junior Leader of the Week

Soldier of the Week, Spc. Blake Wise, from Bowling Green, Ohio, is assigned to A Company, 232nd Medical Battalion. Wise said he joined the Army because, "I wanted to continue working in the health-care field, and the Army has given me that opportunity." Wise has a baccalaureate degree in applied health and plans to attend the Army's physicians assistant program or nursing school, and wants to continue in the healthcare field when he leaves the Army. Wise enjoys hockey, football and baseball.



Photos by Sgt. 1st Class Jere Parkhurst



Junior Leader of the Week, Pfc. Kathryn Heiring, from Belmont, Wis., is assigned to A Company, 232nd Medical Battalion. Heiring said she joined the Army because, "I like the physical challenge, and I wanted to become more responsible. I also have a brother in the Army who is serving in Iraq." Heiring enjoys working out in the gym, being outdoors and spending time with family. Her plans for the future include attending college and majoring in sports medicine or physical therapy.

SPORTS

SPORTS BRIEFS . . .

All Army Men's Basketball

Applications are being accepted through April 20 for the All Army Men's Basketball team. The Trail Camp is June 21 to July 16. People can pick up applications from the Intramural and Varsity Sports office at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180.

Bench press contest

The next bench press contest is Wednesday. Weigh in is from 4:30 to 5:30 p.m.; start time is 6 p.m. The cost is \$20, and all participants receive a T-shirt. For a registration form, visit the Jimmy Brought Fitness Center or call 221-2020.

Bravo Bulldogs triumph at women's brigade championship

Story by Capt. Rachel Wienke
B Company, 232nd Medical Battalion

The female Bravo Bulldogs of 232nd Medical Battalion squared off Feb. 28 against the basketball team from B Company, 187th Med. Bn., for the 32nd Medical Brigade championship, and emerged victorious.

The Bulldogs had fought hard to win the battalion championship the week before, and were more than ready to "show their stuff" in the final match.

The expert coaching of Edward Kelsey and Daviada Wright spurred the Bulldog team to maintain a lead

for the majority of the game. The Bulldogs demonstrated their warrior mentality as they pulled back ahead near the end of the game, with a final score of 28-26.

Col. Bradley Freeman, 32nd Medical Brigade commander, presented the Bulldogs with the first place trophy and passed out championship T-shirts to each player. He also presented the most valuable player, Opal Silvey, a 32nd Medical Brigade Coin of Excellence.

The Bulldogs are "raring to go" to defend their title in the next basketball tournament, which begins in a few weeks.



Photo by 1st Lt. Jezamine Baling

Jaquay Kelley makes a move Feb. 28 during the 32nd Medical Brigade championship. The female Bravo Bulldogs from the 232nd Medical Battalion scored the championship win by beating B Company, 187th Med. Bn., 28-26.

Spotlight your unit
The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader. To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

Spur spirit



Photos by Nelia Schrum

(Far left) Spc. Donald Larson, wounded in the Global War on Terrorism and recuperating at Brooke Army Medical Center, receives the San Antonio Spurs game ball just before tip-off Friday. Injured Soldiers and hospital staff attended the game at the SBC Center to watch the Spurs beat the Chicago Bulls in a spirited contest. Russ Bookbinder, executive vice president of the San Antonio Spurs, presented a plaque to Command Sgt. Maj. Jackie McFadden, BAMC Troop Command representative, in appreciation for the mission the hospital performs for Soldiers wounded abroad and recuperating at BAMC.

Operation Iraqi Freedom Soldiers recuperating from war wounds at Brooke Army Medical Center and hospital Troop Command representatives pose with the San Antonio Spurs coyote before the Spurs game Friday night.

Low carbohydrate diets: friend or foe?

By 2nd Lt. Jill E. Fowler
Brooke Army Medical Center

Many people feel that high protein and low carbohydrate diets are the solution to weight loss because the diet offers what seems to be a quick and efficient way to lose weight. However, cutting out carbohydrates or any food types can be bad for health because key nutrients found in fruits, vegetables and other complex carbohydrates are missing in the diet.

These diets may cause rapid weight loss, but most of the loss is water and some lean body mass as opposed to fat. Initial compliance may be better for high protein diets since many foods high in protein are also high in fat and calories.

However, excess protein overworks the kidneys and can cause dehydration. If carbohydrates are insufficient, ketosis, an abnormal process of fat breakdown due to starvation, occurs.

A buildup of ketones in the blood can cause the body to produce high levels of uric acid, which is a risk factor for gout, a condition affecting certain joints. High protein diets are also often high in saturated fat while low in calcium, fiber and other vitamins and minerals which may increase the risk

of heart disease, osteoporosis and cancer.

The National Academy of Sciences recommends that adults should get 45 to 60 percent of calories from complex carbohydrates, 20 to 35 percent based on fat and 10 to 15 percent from protein.

The Dietary Guidelines recommend focus on caloric reduction as the key to weight loss because a calorie is a calorie whether it is from carbohydrate, fat or protein. By following the dietary guidelines, one can improve health and nutritional status.

Many Americans need to eat more complex carbohydrates. In the typical American diet, only 40 to 50 percent of total calories come from carbohydrates — a lower percentage than found in most of the world. To make matters worse, half of the carbohydrate calories consumed by the typical American comes from processed foods like chips, cookies and sodas which are filled with simple sugars.

A successful weight loss plan does not offer a quick fix, but allows for long-term weight maintenance. Weight loss involves lifestyle changes. Research shows that losing one to two pounds a week through healthy food choices, portion control and physical activity is the best way to lose weight and keep it off.

Healthy recipe

Turkey Spinach Meatloaf

1 pound lean ground turkey
10-ounce pkg. frozen spinach
1 medium onion diced
1/2 C low-fat shredded cheese
1/2 C breadcrumbs
1/2 C barbeque sauce
2 tsp. parsley

2 egg whites
1/4 tsp. salt
1/4 tsp. pepper or to taste

Combine all ingredients into a mixing bowl, mix until thoroughly blended. Form into bread pan, bake 45 minutes, check temperature to see if it reads 165 degrees Fahrenheit.

Army seeks physician assistants

An Army physician assistant recruitment briefing will be held Monday at 5:30 p.m. in Blesse Auditorium, Army Medical Department Center and School.

Col. William Tozier, chief of Army Physician Assistants, and Col. Sherry Morrey, Army Physician Assistant Program director, will be at the brief to answer questions about the profession, qualifications and application procedures.

The Army is recruiting enlisted and officer candidates who can meet the academic requirements of the course and have a strong desire to provide world-class healthcare to Soldiers.

Soldiers who can't attend the briefing can go to <http://www.cs.amedd.army.mil/ipap/> to review prerequisites and application procedures or e-mail Capt. Ronald Carden, IPAP program director at ipap@usarec.army.mil or Ronald.carden@usarec.army.mil.

IPAP students complete their first year (Phase I) of study at Fort Sam Houston. The second year of study (Phase II) is completed at various military installations throughout the United States.

For more information about the briefing or local recruitment, call Capt. James Jones at 221-8427 or e-mail james.jones4@amedd.army.mil.

Army Community Service

Family Advocacy Program Class Schedule – March 2005

Class Title	Dates	Class Time
Anger Management Awareness	21	11 a.m. to 12:30 p.m.
Basics of Breastfeeding	Wednesday	10 to 11:30 a.m.
Building Effective Anger	today, 17, 24 and 31	11 a.m. to 12:30 p.m.
Management Skills Series (4-6)		
Commanders Training	24	8 to 9:30 a.m.
Divorce Care	today, 17, 24 and 31	11:30 a.m. to 12:45 p.m.
Getting Ready for Childbirth		
1 and 2	24 and 31	9 a.m. to 12 p.m.
Girl Talk!		
Ages 6-8	30	3 to 4 p.m.
Ages 9-10	Wednesday	3 to 4 p.m.
Healthy Pregnancy	21	12 to 3 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, 22 and 29	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Tuesday and 29	9 to 11:30 a.m.
Stress Management I and II	today and 17	1 to 2:30 p.m.
Teen Talk	today, 17, 24 and 31	4 to 5 p.m.
The Middle Way (Parenting)	Monday to March 17	6 to 8 p.m.
You and Your Baby	23	8 a.m. to 12 p.m.
Saturday Marathon	19	9 a.m. to 5 p.m.

To sign up for classes or for more information, call ACS Family Advocacy Program at 221-0349 or 221-2418.

Adult CPR class

The American Red Cross station at Fort Sam Houston will sponsor an adult CPR class March 26 from 8 a.m. to noon. The cost is \$30. Enrollment is limited to 10 students. People can pre-register until March 23 at noon. For more information, call 221-3355.

Health fair

The 91M (nutrition care specialist) Basic NCO Course students attending the Army Medical Department Center and School will sponsor a health fair March 23 from 8 a.m. to noon at the Jimmy Brought Fitness Center. The fair will feature a health promotion display, and students will provide nutritional information, handouts and calculate body fat percentages. The event is for National Nutrition Month.

Antiterrorism Awareness

Planning to travel outside the continental U.S.? Whether traveling for business or pleasure, be sure to check out these Web sites for a variety of useful up-to-date travel and health information. Available information includes:

State Department: <http://www.travel.state.gov>

- Travel warnings
- Public announcements
- Consular Information Sheets for all countries (entry requirements, safety, security and crime)

Centers for Disease Control and Prevention: <http://www.cdc.gov/travel>

- Health information by destination
- Outbreaks of concern to international travelers
- Required immunization and vaccinations
- Health information by destination
- Cruise ship and air travel health information
- Safe food and water

For more information, call Terri Stover, Fort Sam Houston Antiterrorism Office, at 295-0535.

RELIGIOUS HAPPENINGS . . .

Spiritual direction workshop

Fort Sam Houston will sponsor a workshop called "Peace in the Midst of the Storm – Training for Those in Search of Spiritual Direction" March 17 from 7:30 a.m. to 4:30 p.m. and March 18 from 7:30 to 11:30 a.m. at Dodd Field Chapel. A continental breakfast will be served both days and a lunch March 17. Child care will be provided starting at 7 a.m.; a \$10 donation is recommended. The speaker is Reverend (Dr.) Keith Jones. For more information, call Chaplain (Lt. Col.) James A. Benson, deputy installation chaplain, at 221-2755.

Positive moms group

The Protestant Women of the Chapel sponsor an enrichment class for Fort Sam Houston women seeking positive ways to deal with the complex job of being a mom. The class is Thursdays from 6:30 to 7:30 p.m. at the Dodd Field Chapel. The group will read and discuss, "The Power of a Positive Mom" by Karol Ladd over a 10-week period. Child care for infants to 5-year-olds will be provided. For more information, call 829-4479.

Living Last Supper

The post-wide Living Last Supper is March 24 at 7:30 p.m. at the Main Post Chapel. Protestant communion will take place at the close of the program.

Sunrise service

The main post chapel will offer an Ecumenical Easter sunrise service March 27 at 6:45 a.m.

Astronaut visits with Soldiers, professes faith

Story and photo by Phillip Reidinger
Fort Sam Houston Public Affairs

Retired Air Force Brig. Gen. Charles Duke kept more than 600 Soldiers assigned to the 32nd Medical Brigade spellbound during a prayer breakfast at the Sam Houston Club as he described his adventures as an astronaut.

Duke's space exploits include his journey to the moon, and, with fellow astronaut Neil Armstrong, was one of the first humans to walk on the moon's surface.

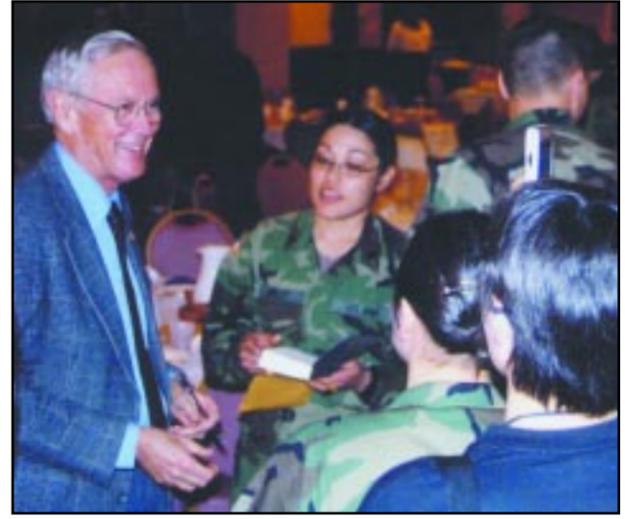
Recalling a copy of the classic Greek sculpture of Atlas holding the earth he saw while visiting New York City, he said, "I can tell you there is no Greek god keeping the Earth in the heavens. The Earth is suspended in a black void by the design of the hand of God as described in the Bible."

Duke also brought a message of faith to the audience. Attending the breakfast meeting with members of the Full Gospel Business Men's Fellowship and the New Centurions, he recalled that with all his fame and professional successes, he was a miserable human being.

"I was horrible to my family, terribly critical of my children, on the verge of divorce and

searching for happiness," he said. "What do you do after you have achieved your goals and see nothing left? I spent my life preparing to be an astronaut."

With the help of his wife, he developed a relationship with God that redirected his desire for personal fulfillment and changed his relationship with his family.



Retired Air Force Brig. Gen. Charles Duke talks about his exploits with Soldiers assigned to the 32nd Medical Brigade. Duke was the speaker at a recent prayer breakfast at the Sam Houston Club.

SCHOOL NEWS

FSH Independent School District Weekly Campus Activities

**Spring Break
Monday to March 18**

**School resumes
March 21**

Robert G. Cole Jr./Sr. High School Monday

Golf team Natalia Tourney at Devine,
7:30 a.m.
Baseball vs. St. Anthony at IWC, 7 p.m.

March 19

UIL one act play rehearsal, 1 to 5 p.m.

Regular board meeting

The Fort Sam Houston ISD Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting March 29 at 11 a.m.

Cole wins over Schulenberg, loses to Salado

Stories and photo by Dr. Gloria Davila
Fort Sam Houston ISD associate superintendent

The Cole Cougar basketball team experienced victory and defeat this past weekend in Austin ISD's Delco Center.

Friday night, the Cougars soundly defeated the Schulenburg Shorthorns in the Region IV-2A semi-finals 57-44. Cole controlled the game with the help of Josh Collins with 26 points and 12 rebounds and Sha Cameron with 22 points and nine rebounds.

Saturday, the state-ranked Salado Eagles brought Cole's basketball season to an end with a 48-30 defeat in the Region IV-2A championship game. The Eagles shut down Cole's scoring during the second half. High scorers were Josh Collins with 10 points and eight rebounds and Sha Cameron with eight points and nine rebounds.

Coach Herb More has led the Cougars to area and regional basketball championships over the past three years. Howard Baer, special education teacher, is the assistant coach.



Cole's Josh Collins (30), Shane Russe (5), Angel Ramirez (20) and Sha Cameron (45) fight Salado's James Gregurek (44) for the basketball during the third quarter of the game. Cole was defeated 48-30.

Cole's baseball team remains undefeated

The Cole Cougars beat St. Gerard 4-1 Tuesday to remain undefeated with a record of 3-0. Julio Burgos pitched a complete game to pick up the win. Sophomore Ryan Boyles scored twice and stole three bases in the victory.

Cole defeated St. Anthony 5-4 in eight innings Saturday to keep its winning streak alive. After being down 3-0, Mike Ruiz rallied the team with a two-run homerun in the bottom of the third inning. Doug Raymond scored the winning run on a

passed ball in the extra eighth inning. Matt Newcomer pitched seven strong innings to pace the defense. Julio Burgos picked up his second victory of the week by relieving Matt in the eighth inning. Cole, coached by Darrell Kurek, is now 4-0.

MWR

Recreation and fitness

Spurs Military Appreciation Night

Watch the Spurs take on the Atlanta Hawks March 25 at 7:30 p.m. at the SBC Center. The event will honor Soldiers who have served and are serving in the war on terrorism. People who purchase a ticket will receive the new Spurs Military Coin. Order forms are available at all Morale, Welfare and Recreation activities, including the Jimmy Brought Fitness Center, the Bowling Center and Army Community Service. For more information, call 221-2307 or 221-2926.

Youth horsemanship camp

Learn proper riding form as well as how to care for a horse. Class is during spring break, Monday to March 18, from 9 a.m. to 2 p.m. at the Fort Sam Houston Equestrian Center and open to students age 7 to 18. The cost is \$160. For more information, call 221-7207.

Cycling classes

The Jimmy Brought Fitness Center offers free cycling classes. Get your heart pumping with fast-paced rides set to music. Classes are Mondays and Thursdays from 11:45 a.m. to 12:30 p.m. and Wednesdays from 4:45 to 5:30 p.m.

'Buns on the Run' fun run

Jimmy Brought Fitness Center will host a free 5K run or walk March 26 at 10 a.m. Participants receive a free T-shirt. This event is in conjunction with the Lighten Up Tighten Up promotion going on at the Sam Houston Club. The club now offers a selection of sandwiches and salads and frequent healthy diners can earn prizes.

Tax time help

The library offers federal tax forms and instruction booklets. They can provide the main forms plus other frequently used forms. Visit the library at Building 1222, corner of Harney and Chaffee Road, Wednesday through Sunday from 11 a.m. to 8 p.m. For more information, call 221-4702 or 221-4387.

A/C service

R-12 Freon will be available for the last time at the Auto Craft Shop. The Freon will be available on a first-come, first-served basis. Air conditioning services are \$30 plus the cost of Freon; R-12 Freon is \$3 per ounce. The shop is open Wednesdays to Fridays from 1 to 9 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m. For more information, call 221-3962.

On display at the library

The library will honor Women's History Month by featuring books, cassette tape and CD books by women authors, current and classic, on display.

Equipment rentals

The Outdoor Equipment Center (Building 1111, Forage Road) offers a wide variety of recreational equipment for rent including fishing boats, travel trailers, camping equipment, large barbecue and smoker pits, canopies, tables, chairs, play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers, both open and covered, are also available. For more information, call 221-5224.

Dining and Entertainment

Sam Houston Club, 224-2721

Easter Sunday Brunch

The Club's Easter brunch is March 27 from 10:30 a.m. to 1:30 p.m. The cost is \$13.95 for members and \$15.95 for nonmembers.

Weekday buffet

The club features an "all you can eat" buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m.

Bingo

Come play bingo Thursday and Friday nights and Saturday afternoons.

Super TGIF

Super TGIF is Friday; the bar opens at 4:30 p.m. Open buffet for everyone and no cover charge for members; nonmembers pay \$3.

Sams Sports Bar

Sams Sports Bar features SoundTraxx DJ Greg Norton Friday and 25. The bar opens at 4:30 p.m.

Golf Club, 221-4388

Spring sale

For the spring sale, select clothing at the Golf Club store is 25 percent off.

Junior Camp 2005

Junior Camp 2005 is Tuesday and March 17 from 9 to 11 a.m. The cost is \$50. The class includes instruction on putting, chipping, etiquette, safety, irons, driver and fairway woods. For more information, call 222-9386.

Bowling Center, 221-3683

Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Soldier appreciation

Soldier appreciation day is Saturdays from 11 a.m. to 8 p.m. The center offers free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 8 to 10 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Harlequin Dinner Theatre

"Driving Miss Daisy," will be performed through April 2. Discounts are available for military members and students. For show times and tickets, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for several different events. For more information, call 226-1663 or visit www.fortsamhoustmwr.com.

CHILD AND YOUTH SERVICES

Youth Happenings

Cooking class

The cooking class meets Friday at 4 p.m. to make St. Patrick's Day cookies at the Youth Center. For more information, call 221-3502.

Teen council meeting

The next meeting is scheduled for Saturday from 5 to 6 p.m. Members are asked to be at this meeting to plan future calendars and make plans for spring break and summer events. For more information, call 221-4882.

Spring break camp

There will be a middle school camp held during the spring break, Monday through March 18. Camp will begin at 6 a.m. at the School Age Services building and will continue at the Youth Center after 9 a.m. daily. Camp will end at 5 p.m. daily. The cost is \$10 per day and includes breakfast, lunch and a snack. Sign up by Friday by calling 221-4882.

Babysitter course

Child and Youth Services Outreach Services will sponsor a Red Cross certified babysitter training course Monday from 9 a.m. to 5 p.m. at Building 1630 A Watkins. The course is for children 11 years old and up; however, children must be 13 years old to babysit on post. The cost is \$15. Attendees can bring a sack lunch, or parents can pick up their children for lunch. For more information or to register, call central registration at 221-4871 or 221-1723. Space is limited.

Instructional classes

People interested in instructional classes such as Tae Kwon Do, quarterly babysitter training or gymnastics can call 221-4882, 221-4871 or 221-1723.

Boredom remedy

Youth Services offers after school and weekend opportunities for sixth through 12th graders. For more information, call Youth Services at 221-4882 or Child and Youth Services central registration at 221-4871.

Open recreation

School Age Services offers after school, weekend open recreation and after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call central registration at 221-4871 or 221-1723.

Free after school program

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary or high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the program is free. For more information, call 221-3502.

Saturday open recreation

First through 12th graders can participate in open recreation at the Youth Center Saturdays. First through fifth graders meet from 3 to 8 p.m., sixth through eighth graders from 3 to 10 p.m. and ninth through 12th graders from 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Children must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Youth opportunities

Sixth through 12th graders seeking after school and weekend opportunities can call Youth Services at 221-4882 or Child and Youth Services Central Registration at 221-4871.

with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

FCC providers

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

PAC meeting

The Child and Youth Services Parent Advisory Council will meet Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. This is an opportunity for parents to learn of upcoming events, meet staff and address concerns.

Check wait list

People on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call central registration at 221-4871.

Parent News

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years old on and off post



A Soldier holds tight to his son while waiting to depart for a year-long deployment to Afghanistan.



Capt. John Sorensen gives his 4-year-old son, Seth, a "high five on the Group. More than 130 Guardsmen deployed to Afghanistan for a year in s



Maj. Doug Devries embraces his wife, Christine, March 6 after the deployment ceremony. Christine said she doesn't worry about staying in touch with her husband because "he's an excellent e-mailer." The couple met via e-mail on the Internet.



Second Lt. Santario Stribling holds his 8-month-old, Sydney, while wife, Rona, looks on after the deployment ceremony. The family is from Austin.



111th ASG deploys in support of Operation Enduring Freedom

Story and photos by Elaine Wilson
Fort Sam Houston News Leader

Families, friends and post leaders gathered for a standing-room-only deployment ceremony March 6 for more than 130 Texas National Guardsmen deploying in support of Operation Enduring Freedom.

The 111th Area Support Group, based at the Bee Cave Armory in Austin, Texas, will provide command and control support at five locations in Afghanistan during its one-year deployment. The Guardsmen will also be responsible for the reception, staging, onward movement and integration of Soldiers and units arriving in country.

Maj. Gen. Wayne Marty, Texas adjutant general, and Maj. Gen. Daniel Densford, the commanding general of the Joint Forces Land Component Command, attended the ceremony. Densford, the guest speaker, said the unit will be contributing to the "most astounding freedom."

"When an aircraft flew overhead before, not a light was on," he said. "Now there are lights everywhere. This means two things: the country has electricity, and the people aren't afraid to turn the lights on."

Densford said October's national vote, the country's first-ever democratic election, was just one example of the "great strides" units like the 111th ASG have made in Afghanistan.

"This was the first time since before the Soviet Union (invasion) that women voted," he said. "But it wasn't just the vote; it's women teaching at schools and working in hospitals. Jobs that would have gotten them killed before."

However amazing the progress, Densford said the unit still has a vital job to do. "I want you to see what the country is like when you get there and then mark what it's like when you leave. You will see a difference.

"You had the training; you have the equipment and God knows you do the job better than anyone else in the world," he added.

The mission, however vital, took backseat for a brief time as families said their tearful good-byes.

In four years, Rona and 2nd Lt. Santario Stribling haven't been apart for more than four

weeks at a time. Stribling, a physical education and history teacher in Austin, will serve as an S1 in Afghanistan.

"I'm about as prepared as a person can be," Rona said. "We bought a camera phone and I'm hoping we can use it, especially so our 4-year-old will be able to talk to her daddy."

Stribling said his middle school students were sad to see him go, but supportive of the reason. "They got kind of emotional," he said. "They gave me a giant candy bar and are staying in touch through e-mail."

Spc. Nathan Bednarz, a diesel mechanic, and his wife, Kelly, from Leander, Texas, are also facing their longest separation. Kelly said she will rely heavily on her Family Readiness Group for support.

"FRGs are great; they bring together people going through the same thing," she said. "It helps to be around people who understand. Families offer a lot of support too, but it's a different kind of support."

Caroline Sorenson said she will also seek support, both from her family and church. The eight-month pregnant woman will have her hands full with a 2-year-old, 4-year-old and, in six weeks, a newborn girl.

"The time should go by fast," she said. "I'll certainly be distracted."

Although her husband, Capt. John Sorensen, will miss the birth, the Houston resident is confident it's for a worthy cause.

"Whenever we get down, we just think of the Bachman-Turner Overdrive song, 'Taking Care of Business,'" he said. "That's what I signed up for, to take care of business."

The 111th ASG Guardsmen left for Afghanistan shortly after the deployment ceremony.

For more information on deployment support, people can go to the Army Community Service Web site at <http://www.armycommunityservice.org> or the Army OneSource Web site at <http://www.armyonesource.com>. OneSource also has a toll-free number, (800) 464-8107, that offers round-the-clock Army information. Locally, people can call Fort Sam Houston's Mobilization and Deployment Office at 221-2705.



ide" Sunday after the deployment ceremony for the 111th Area Support Group of Operation Enduring Freedom shortly after the ceremony.



(Above) A couple clings to each other. The deployment ceremony was the last chance for the Guardsmen to see their families and friends before they deployed.



(Left) Two girls show their support for the 111th Area Support Group.



Sgt. Maj. Jeff Meyer, from the 111th Area Support Group, shares a happy moment with his 2-year-old daughter, Natalie, after the deployment ceremony March 6.



COMMUNITY LINK

Happenings

WWII anniversary ceremony

The Department of Defense World War II Veterans Commemoration Committee will present a tribute to veterans April 3 at 2 p.m. at San Antonio's Villita Assembly Building, 401 Villita. The event is open to the public with priority for World War II veterans and their guests. For more information, call (877) 868-2058 or visit www.60wwii.mil.

FLG workshop

The Army Community Service will offer a family readiness group leadership team workshop March 18 from 8 a.m. to 4 p.m. at the Roadrunner Community Center. The workshop is open to all units on post regardless of whether or not they have an FRG and will provide training to commanders, first sergeants, family member FRG leaders or any other unit representative interested in attending. For more information and registration, call the mobilization and deployment office in ACS at 221-2705.

Historic Fort Sam tour

The Fort Sam Houston Officer and Civilian Spouses' Club will sponsor a Tour of Homes on historic Fort Sam Houston April 1 from 10 a.m. to 2 p.m. Advanced tickets may be purchased today for \$10 in front of the PX. Tickets may be purchased the day of the tour for \$12 at the Stilwell House. For more information, call Betty Kotoriy at 545-0815.

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at www.herosalute.com or in the entrance plaza of participating parks, and must show a Department of Defense issued photo ID. For more information, visit www.herosalute.com.

Scholarships offered

The Fort Sam Houston Officer and Civilian Spouses' Club will be awarding scholarships to family members of active duty, active Guard and Reserve, and retired or deceased Army personnel who reside in the San Antonio area. There are two categories – a graduating high school senior and an adult continuing education. Applications must be postmarked no later than April 11. Interested applicants may obtain a copy of the application by seeing their high school counselor or contacting Janie Gamez at 212-6951.

Professional Development

Jobs for veterans

The Army Career and Alumni Program will host an Office of Personnel Management outreach visit April 14 from 9 a.m. to 4 p.m. There will be a booth in the post exchange lobby, and several training sessions will be held in the Blesse Auditorium, Building 2841. For more information, call Russell Matthias at 221-1213 or e-mail Russell.Matthias@us.army.mil.

Warrant officers wanted

The Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 41 active duty warrant officer specialties. Applicants with less than 12 years of active federal service are encouraged to apply. For more information, visit www.usarec.army.mil/warrant, or call DSN 536-0328/0466/0271/1860/0458/0484. The toll free number is (800) 223-3735, extension 6 and the last four of the phone number.

Build a second career

A free career lecture will be offered March 17 from 9 to 11:30 a.m. in Evans auditorium, Building 1396. Retired Col. Dick Crampton will conduct the lecture and share his extensive experience in transitioning to civilian life as well as techniques on how to be marketable for a career in the civilian sector. The session is for officers and senior NCOs who will retire in the next five years. Spouses are welcome. For more information, call Russ Lane at 221-9255.

Job fair

The semi-annual San Antonio Military Community Job Fair will be March 23 from 9:30 a.m. to 3 p.m. at Live Oak Civic Center, 8101 Pat Booker Road. More than 100 employers will be represented. People should bring several copies of their resume to provide to potential employers. For a list of participating employers, go to <http://www.taonline.com> and follow prompts to job fairs. For more information, call the Fort Sam Houston Army Career and Alumni Program at 221-1213.

St. Mary's University counselor

St. Mary's University has a counselor available at the Education Services Center, Building 2248, upstairs daily in room 206, at 9 a.m. To learn more about the master of arts in Educational Leadership program and teacher certification, call 226-3360 and schedule an appointment.

TSU degrees

Texas State University offers a variety of degree plans to include teacher's certification for vocational subjects. The programs offer evening and Internet classes. For more information, call 659-0954, stop by the education center, Building 2248, Room 206 or e-mail SS01@txstate.edu.

Volunteer

Red Cross volunteer

People interested in becoming a Red Cross volunteer must attend a volunteer orientation class. Classes are every third Thursday of the month. The next class is March 17 from 9 to 11 a.m. in Building 2650, on the corner of Harney and Patch Roads. For more information, call 221-3355.

Meetings

Joint Services luncheon

The Fort Sam Houston Officer and Civilian Spouses' Club will host an annual Joint Services luncheon at the Sam Houston Club March 22. The social hour will begin at 11 a.m. The entertainment will be provided by the Texas Children's Choir. Cost is \$14.50 and reservations are required by Wednesday. Mail reservations to Sigrid Reitstetter at 426 Graham Road, San Antonio, Texas, 78234.

FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry.



For Sale: One car and one van roof top luggage carriers, \$179 for both or \$139 for van and \$79 for auto. Call 659-6741.

For Sale: Two-year-old GE side-by-side refrigerator and freezer with ice and water dispenser, great condition, paid \$1,000, will sacrifice for \$500 obo. Call Sheila at 295-2372 or 490-7812 and leave message.

For Sale: 220 volt appliances; Honda 80 cc scooter, needs battery. Call 437-0858.

For Sale: Free weights and bench, 255-pound universal plates, dumbbells from 2 to 25 pounds, plate rack, bicep

curl bar, dumbbell bars for plates, bench has adjustable back board and leg attachment, half-inch plywood and rubber matting to go under all included, \$325. Call Robert at 662-0825.

For Sale: Chain link fence approximately 160 feet, \$150. Call 223-9236.

For Sale: 2002 Itasca Sunova motor home, 31 feet long with slide, accessories too numerous to mention, 5,500 miles, must sell, \$55,000; 2003 Honda Civic EX tow car, 13,000 miles for the motor home, \$15,000, will sell both for \$68,000 obo. Call Mac at 437-0042.

For Sale: Light oak desk, 32 inch

by 65 inch with four drawers, includes clamp-on lamp and universal keyboard and pencil drawer, \$50; two piece freshwater portable toilet, \$10. Call 654 9617.

For Sale: Dark navy blue leather sofa and loveseat with plush pillow back, pillow top seats and pillow wrap arms, \$1,200 obo; Canon all in one laser printer, fax, copier and scanner, \$85 obo. Call Tracey at 832-8482 or 862-3071.

For Sale: Firestone Wilderness LE tires, p265/70r/16, set of four with factory rims, \$375. Call Carmen at 386-1155.

2005 Annual Ethics Training Schedule

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units has begun for 2005. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. You can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. Sessions for the hearing impaired will be scheduled and announced as required. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Date	Start Time	Location
March 23	9 a.m.	Blesse Auditorium
April 4	9 a.m.	Evans Auditorium
April 27	9 a.m.	Blesse Auditorium
May 6	9 a.m.	Evans Auditorium
May 19	9 a.m.	Blesse Auditorium

Blesse Auditorium is Building 2841, and Evans Auditorium is Building 1396. The training lasts about an hour.