



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

March 17, 2005

Briefs . . .

Quadrangle closed Friday

The historic Quadrangle on Fort Sam Houston will be closed to the public Friday for animal vaccinations. The animals will undergo routine checkups and vaccinations by the post veterinarian. The Quadrangle will reopen to the public Saturday at 9 a.m. For more information, call the Fifth Army Public Affairs Office at 221-0015.

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 inprocessing 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 and social activities. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

Spring clean-up

Fort Sam Houston will conduct its installation spring clean-up from April 4 to 8. During the week, both military and civilians will improve the appearance of areas adjacent to their workplaces and assigned police areas of responsibility as outlined in Fort Sam Houston Regulation 420-2. This includes cleaning parking lots, streets and unit areas. For more information, people should contact their unit representative. The rain dates are April 25 to 29.

Speed limit change

The speed limit on Schofield Road has been reduced from 30 to 20 mph from Dickman Road to Garden Ave.

Food tasting

The Southwest Region will host a Vendor Display Food Fair open to the post community today from 11 a.m. to 2:30 p.m. at the Roadrunner Community Center, Building 2797. The event is free and guests will have the opportunity to taste foods and provide input for new menu items for dining facilities.

Retirement ceremony

There will be a consolidated retirement ceremony March 31 at 7:45 a.m. at the MacArthur Parade Field pavilion.

See BRIEFS on Page 2

Ambassadors on parade



Photo by Esther Garcia

Staff Sgt. Jose Rocha and Spc. Niretzy Velez, Fort Sam Houston military ambassadors, wave to the crowd Saturday during the San Antonio St. Patrick's Day Parade. The Fort Sam Houston ceremonial vehicle is driven by Cpl. Magdalena Gradkowska and vehicle commander is Sgt. Marijan Kruzic, assigned to Company E, Academy Battalion. See page 16 for more on the parade.

Gift of giving AER is funded by Soldiers, for Soldiers

By Elaine Wilson
Fort Sam Houston News Leader

With an abundance of natural disasters and charitable organizations in need of help, Army officials hope Soldiers don't forget the fund that hits closest to home – Army Emergency Relief.

This nonprofit organization has been providing emergency financial assistance to active-duty military and their families, reservists and Guardsmen, retirees, and the surviving spouses and children of deceased Soldiers for more than 63 years.

People soon will be given a chance to assist the top-rated char-

ity; the organization's annual fundraising campaign kicked off Army-wide March 1 and starts locally April 1.

"AER offers a great opportunity to provide help to our Soldiers and their families for when they fall into hard times," said Col. Garry Atkins, U.S. Army Garrison commander, at the local AER representatives' workshop March 14.

The organization is unique in that it is funded by the Soldiers for the Soldiers; AER doesn't receive a cent from the government. Instead, it is funded through donations, investment income and debt repayment, said Lois Tonsall, AER officer for Fort Sam Houston.

See RELIEF on Page 4

Housing partnership implements development plan Construction, demolition starts at Harris Heights

Fort Sam Houston Family Housing, LP, a partnership between the Department of the Army and Lincoln Military Housing, has begun a development plan that will be continued throughout the five year initial development period.

The partnership, which took effect March 1, owns and operates military housing on post. The goal of the public-private partnership is to eliminate inadequate housing and provide Soldiers and their families with improved homes and high quality community and recreational amenities.

The plan

The development plan is in response to conditions identified within Fort Sam Houston housing areas. The plan includes:

- Reconfiguration of historic Patch Chaffee homes from three- to two-bedroom homes, including redistribution of rank designation from senior NCO and CGO to junior NCO.

- Major and minor renovations of 684 homes to include 386 historic homes. A minor renovation project may include kitchen and bathroom upgrades, exterior painting, regrading and landscaping, and other repairs. A major renovation project may include floor-plan reconfiguration, detached garages, roof replacement and porch replacement. Renovations will take place during vacancies to minimize inconvenience and reduce intra-post moves.

- Incorporate community amenities like the conversion of the former Officers' Club

to a 13,860-square-foot Resident's Center and 6,120 square feet of office space for the partnership. Renovation of the Resident's Center is scheduled to start during the third quarter of 2005 and completed by August 2006. In addition, two village resident centers at Watkins Terrace and Harris Heights, pools at each resident center, walking and running trails, and sport courts will be built.

- Demolition and replacement of 181 homes in Harris Heights, including the redistribution of rank designations within the village from junior NCO to company grade officer and senior NCO is part of the plan.

See HOUSING on Page 4

Briefs cont. . . .

Change of responsibility

Great Plains Regional Command and Brooke Army Medical Center will have a change of responsibility ceremony March 24 at 2 p.m. at the flag pole in front of BAMC. Command Sgt. Maj. Craig A. Layton will assume responsibility from the outgoing Great Plains Regional Command and BAMC Command Sgt. Maj. James. E. Clifford. Inclement weather site is the BAMC auditorium.

AUSA luncheon

The Association of the U.S. Army chapter luncheon is Wednesday 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.

AER helps Soldiers in need

By Gen. Peter J. Schoomaker, U.S. Army Chief of Staff and Francis J. Harvey, Secretary of the Army

March 1 marked the beginning of the Army's 63rd Annual Army Emergency Relief Fundraising Campaign. Since 1942, AER has been helping Army people – every day, in peace and war – remain confident and self-reliant during times of financial need.

Last year alone, our contributions of \$6.5 million helped to provide more than \$35 million of

direct assistance to some 50,000 Soldiers and their families.

The campaign theme this year is "One Nation, One Army, One Organization," drawing on one of our current Army strategic themes: We are one Army ... Active, Guard and Reserve ... interdependent, serving a nation at war. Army Emergency Relief is the foremost organization providing emergency financial support to all of your comrades in their time of need.

As we are committed to winning the Global War on Terrorism, we

are also committed to ensuring support and assistance to our fellow Soldiers in their time of need. Therefore, we're asking you to support the one organization whose only mission is to assist you and your family when you have a financial need.

Please take a moment to read the AER information brochure your unit's AER campaign keyperson will provide to you and please join us in voluntarily contributing to help our Army family through the 2005 AER Fundraising Campaign.

Fort Sam Houston News Leader

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Photos by Jose Saez

An overview of the U.S. Army South forward command post training site on Fort Sam Houston.

USARSO command post readies for future deployment

By Kevin W. Sieling
U.S. Army South Public Affairs

In early February 2004, armed conflict broke out in the city of Gonaives, and in the following days fighting spread to other cities. Gradually, the insurgents took control of much of the northern part of the country, and despite diplomatic efforts, the armed opposition threatened to march on the Haitian Capital.

On Feb. 29, 2004, The 8th Marine Air Ground Task Force landed in Haiti to help restore peace and security in Haiti, setting the stage for international

humanitarian relief efforts. U.S. Army South, located at Fort Sam Houston, mobilized its deployable command post March 4, providing essential support elements in areas ranging from logistics to communications in Port-au-Prince, Haiti. The USARSO CP eventually grew to more than 80 personnel deployed in the volatile environment, setting the stage for MINUSTAH, the United Nations Stabilization Mission in Haiti.

Fast forward to modern day. MINUSTAH is an ongoing United Nations peacekeeping mission and USARSO CP is back on post to train for its next

mission in the region.

Rapid response to disaster and humanitarian relief and answering the call from leaders is the intent of establishing, maintaining and exercising a USARSO deployable command post.

Setting inclement weather aside, deploying such a complex system presents challenges.

“Given that USARSO had not set-up or exercised this capability in a while, the learning curve of making it functional and working as a consolidated group was a challenge,” said Maj. Desi Maes, USARSO G-3 operations and planning. “However, Soldiers and leaders came together to accomplish their mission and proved we are ready if called.”

The deployable command post’s mission is to deploy, establish and exercise the USARSO CP’s capabilities in preparation for a real world crisis.

“If called upon, the USARSO CP is designed to provide a flexible and immediate U.S. military command and control presence,” said Maes. “The USARSO CP can deploy in support of contingency operations within the (Southern Command) area of operation to provide command and control, stabilize crises, facilitate disaster relief and recovery efforts

and assist in transition operations.”

The SOUTHCOM and USARSO area of responsibility includes Central and South America and the Caribbean Island Nations.

USARSO Soldiers and civilians uniformly man the USARSO CP and can be recalled for real world missions for deployment within 36 hours.

A primary objective of the CP exercise was to maintain communications with the USARSO Crisis Action Center. This invaluable communication relays information from USARSO commanders to the Soldiers and civilians on the ground.

USARSO has deployed the CP for previous operations in theater, but USARSO officials have reinvigorated its significance since relocating the command from Ft. Buchanan, Puerto Rico, to Fort Sam Houston last year.

“We have used the USARSO forward command post during Hurricane Mitch and as recently as Haiti,” said William Simpson, director of the USARSO Crisis Action Center. “There will always be a need for a USARSO deployable command post. As the Army component headquarters for United States Southern Command, it is necessary to have the ability to move quickly into a

crisis area and establish communications along with command and control in order to complete missions that are assigned.”

Deploying the USARSO CP in support of SOUTHCOM requirements is not a question of if, but when.

“Basically, where ever there is a requirement for a forward presence of U.S. Army personnel is where our CP will go,” said Simpson. “Wherever the situation dictates, USARSO can, on order, deploy quickly with highly trained personnel to coordinate supplies and provide command and control for U.S. Army Forces operating in the region.

“Our CP is fully deployable,” Simpson added. “We will receive new equipment in April 2005, and it will allow us more flexibility to deploy certain portions of the CP based on the situational requirements. It will also allow us to deploy quicker with fewer aircraft required to move the CP.”

With new equipment and enhanced training exercises, the outlook for USARSO Soldiers and civilians in the deployable command post remains optimistic, fortifying USARSO’s unrelenting support and cooperation for our neighbors in Latin America and the Caribbean.



The U.S. Army South command post exercise allows Soldiers and civilians to fine tune their skills in preparation for future deployments in the region.

Post springs into award writing season

By Shadi May
Fort Sam Houston News Leader

Summer is just around the corner, and that means the season for assignment rotation and many retirements is here as well. As Soldiers leave for new assignments, retire or separate, they, in most cases, become eligible to be submitted for an award.

Planning for awards around this time of the year will help supervisors achieve a timely recognition of their troops, so March has been designated as the awards writing month for Fort Sam Houston by the 32nd Medical Brigade.

“In the past, we just gave reminders in the meetings, but we have decided to do something more definitive by promoting March as the award writing month,” said Col. Bradley D. Freeman, 32nd Medical Brigade commander.

The purpose of the program is to educate recommending officials, supervisors and commanders on the process of award writing and prevent any delays for award presentation.

“It is both the command and the Army Medical Department Center and School’s intent to recognize everyone’s contribution to the school house,” said Sgt. 1st Class Richmond C. Bean, the brigade’s senior human resource NCOIC. “Our mission is to bring a new perspective on the awards management.”

Bean emphasizes the importance of units re-educating themselves on the awards submission process by involving supervisors, identifying summer losses and creating a suspense system.

“The personnel turnover is 20 to 25 percent in the summer as opposed to the 5 to 10 percent during the fall or winter,” said Bean. “March is a great time to prepare for awards as everyone has come off the holidays and is getting ready for the summer rotation. By the end of the third quarter, we want to have 100 percent of Soldiers to receive their awards.”

Since the average assignment notification comes 90 to 120 days out, there should be plenty of time to plan accordingly to write an award if the writers don’t procrastinate or

take too long writing the award.

“We try to re-educate the staff because people move from different commands and each command has a different system for award writing and submission,” added Bean. “Here, we have streamlined the process by putting sample awards on our Web site at www.cs.amedd.army.mil, and we recommend that people put in at least the initial request this month.”

Some key measures to take to avoid delays for submission would be making sure all forms are properly signed, social security number is correct and the name is spelled correctly.

“Our goal is not to reject any awards, but there are certain errors that we just can’t allow,” said Bean. “My goal is to never send an award back. I will make internal corrections even if it entails some of our staff doing the extra work. But I don’t want to send the commanding general a less than desirable product, so that is why I ask the supervisors and commanders to help us out with the product.”

There are also many myths out there that probably need to be distinguished. Bean emphasizes that awards are approved based on merit, selfless service and quantitative and qualitative performance. “Just because Soldiers are drill sergeants, they can’t automatically assume they’ll get an MSM (Meritorious Service Medal),” said Bean.

The brigade recommends sending a draft in the plain Word document format to the company commanders who have been trained and are very involved in the awards submission process.

“The key on awards is to recognize the Soldiers’ accomplishments in the framework of their level of responsibility,” said Freeman.

If a person is recommended for an award but has been downgraded by the board, the chain of command will allow the recommending officials a second chance, within three days, for rejustification if they believe the board wasn’t able to determine the significant contributions.

New commandant



Photo by Shadi May

Command Sgt. Maj. Howard Riles assumed the position of Army Medical Department NCO Academy commandant Friday from the outgoing commandant, Command Sgt. Maj. Paul Mathsen. "This has been one of the best jobs I have ever had," said Mathsen. Maj. Gen. George W. Weightman, Army Medical Department Center and School and Fort Sam Houston commander, presided over the ceremony. "All Soldiers are entitled to outstanding leadership, and Command Sgt. Maj. Mathsen has done that," said Weightman. Command Sgt. Maj. Riles hopes "to continue to maintain high standards and provide the most up-to-date training the Soldiers need to survive in the battlefield."

Relief

Continued from Page 1

"It's the Soldiers' money," Tonsall said. "By giving, they're helping themselves, their families and their future."

AER ensures there is a real need before offering money for emergencies, which can include illness, death, initial rent deposits, missed pay, emergency travel expenses and vital vehicle repairs. Commanders, who can authorize funds, are constrained only by the requirement of valid need, according to the AER Web site.

"AER helps commanders care for their Soldiers," Atkins said.

Commanders can approve a few hundred dollars or thousands, depending on need. And funds can be provided either as a loan or a grant. The consequent loan repayments are vital since they provide more than 65 percent of AER's funds, Tonsall said. Contributions account for most of the remaining percentage.

In return, AER puts "its money where its mouth is." The organization gave more than \$35 million in assistance Army-wide in 2004. On post, AER assisted more than 1,300 Soldiers and families, handing out over \$1 million in loans and more than \$118,000 in grants in 2004.

Additionally, AER authorized a \$100 grant to every Soldier at Brooke Army Medical Center injured while supporting the Global War on Terrorism.

"The Soldiers had a need for clothing," Tonsall said. "They were arriving with nothing but their uniforms so AER stepped in to help. We've been giving the grants to Soldiers at

BAMC since July."

The grants, while substantial, are just one example. With a budding population at Fort Sam Houston, AER's files are overflowing with stories of impacted lives.

Tonsall recalls a Soldier injured in Iraq who was sent to BAMC with severe burns. His parents came immediately, but without travel orders, so their funds were low. AER gave them \$800 for various expenses. When the father had to return to work, AER gave him funds for a round-trip ticket so he could spend more time with his son.

Another Soldier wounded in Iraq arrived at BAMC for treatment and was soon joined by his wife and two children. He eventually lost both legs. As a result, he and his family were at BAMC for more than six months. AER helped the family with grants totaling more than \$3,000.

The list is seemingly endless, Tonsall said. Retirees were helped with mortgage payments, spouses saved from evictions and students supplied with money for rent and food when errors delayed pay.

Additionally, AER dispersed \$26.7 million for assistance to widows and orphans, another \$19.8 million for children's scholarships and finances an overseas spouse education program.

"A donation to AER is an investment in your future," Tonsall said. "And you never know when you might need to draw on that investment."

For more information about AER or the fundraising campaign, go to the AER Web site at <http://www.aerhq.org/>, call the Fort Sam Houston AER Office at 221-1612 or contact an AER unit representative.

Writing

Continued from Page 1

"The key here is to explain what the individuals have done to greatly enhance the AMED-DC&S above and beyond their daily duties and responsibilities."

The brigade's award board meets every Friday. The board is comprised of department chiefs, senior NCOs and sergeants major within the AMEDDC&S, and everyone involved in the process works hard to accomplish quality and timely products.

"We want the individuals to receive their awards before they depart here," said Bean. "We want them to be recognized before their peers and colleagues and have another opportunity to let them know we appreciate all their hard work and dedication."

The entire process is to the point and easy, and if planned appropriately, can be achieved on a timely manner.

"Frequently we hear reasons for late submissions, and a popular one is the submissions being late because of the late assignment notice," said Freeman. "We figure if the Soldiers have ample time to take care of their outprocessing matters, the award writers, supervisors or commanders would have plenty of time to write the award."

Award writing is not that different from the evaluation writing process.

"When the evaluations are due, everyone knows what they are supposed to do, so we are trying to apply the same principles to the award process," added Freeman.

Years ago, there used to be many requirements to submit an award which delayed the process significantly, so the battalion's leaders have tried to streamline that process.

"The intent is to ensure that the deserving Soldiers receive their awards prior to departure," said Freeman.

For tips and tools on writing awards, Soldiers should call their company commanders or their respective human resource branch.

Housing

Continued from Page 1

Immediate impact

The earliest changes will occur in the Harris Heights Housing Village. The plan is to demolish and replace the remaining 181 homes in Harris Heights starting this month. The demolition and replacement will occur in two phases (see Harris Heights Phasing Plan). The partnership's construction contractor, Galaxy Buildings, will start installing construction fences this week and abatement and demolition will begin later this month.

Phase 1 will impact 71 homes, which are already vacant. These homes are located on the eastern half of the village. The remaining 110 homes in Harris Heights are identified as Phase 2; work is scheduled to begin October 2006.

The new Harris Heights Village will have 181 single family detached homes. The new village will have a community center with a pool and meeting facilities. Sports courts, playgrounds and tot lots will be within a five-minute walk from every home. A series of walking and biking trails will be incorporated into the village area as well.

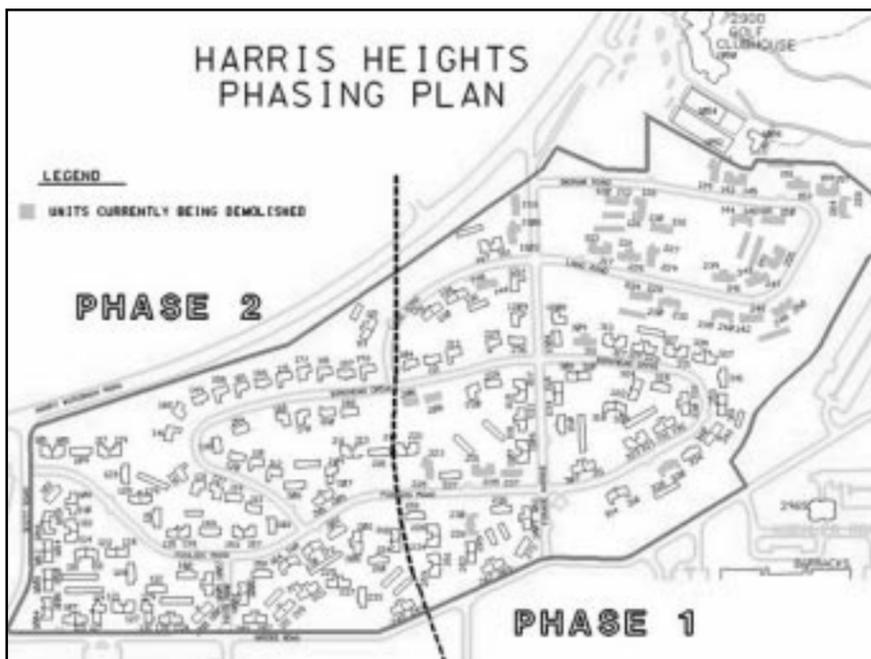
The redesignation will begin immediately and completed by the end of the fifth year of the initial development period. Residents will not be asked to move. The process will gradually occur during turnover of homes. The End State Designation in the chart (top right) identifies the distribution being offered by Lincoln Military Housing.

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

(Source: Residential Communities Initiative Office)

End State Designation	# Homes	Year 1	Year 2	Year 3	Year 4	Year 5
Staff Post	GO/CGO	4	4	4	3	
Infantry Post (Historic)	FGO	7	8	6		
Infantry Post (Non-Historic)	FGO/CGO				33	15
Hancock Area	CGO			4	3	
Artillery Post	SGO/FGO/CGO	8	14	16	9	
Wheaton-Graham	SGO/FGO/CGO			20	70	51
Gorgas Circle	FGO			5	5	5
Patch-Chaffee	JNCO		20	60	60	
Patch-Chaffee (New)	JNCO					
Walden Terrace	JNCO		110	120	20	
Harris Heights	CGO/INCO	40	52	59		
Total Homes		59	238	264	203	71
Resident Centers						

Legend:
 ◆ Replacement or New Construction
 ▲ Major Renovation
 ● Minor Renovation



Caring for families

Army takes care of its special needs, provides peace of mind

By Shadi May
Fort Sam Houston News Leader

Moving with the military can be a challenging experience, but when it involves a disabled family member, it can be even more stressful.

To ease the moving and assignment process, the Army offers its Soldiers the Department of Defense-mandated Exceptional Family Member Program.

EFMP's objective is to make life easier for both the Soldiers and family members with special needs by identifying special medical, emotional or educational needs which require access to the appropriate care and facilities. The program allows the assignment managers to identify the Soldiers and, in a majority of cases, meet the needs of both the Army and the Soldier.

"What the Army doesn't want to do is to send people to assignments where the special needs services aren't available," said Kerry Dauphinee, Fort Sam Houston EFMP manager.

"EFMP has made sure we had resources medically and helped us with assignments," said Sheila Morris, wife of 1st Sgt. Samuel Morris of 542nd Medical Company and mother of three children, each

with different disabilities.

For those enrolled in the program, it's that personal touch that makes a huge difference.

"When we came here, I had already contacted Kerry two months before we arrived," said Morris. It's nice to have a person you can physically go to and get information instead of staring at the cold hard facts on a computer screen."

The process involves a mandatory screening of family members of officer and enlisted Soldiers who receive overseas assignments. Medical and educational information is then put into the personnel network database for assignment purposes. The military personnel center coordinates with the gaining command to determine if the Soldier's family will have access to proper care.

"Our mission is to screen, evaluate and enroll family members into EFMP," said Diane Williams, EFMP regional administrator for the Great Plains Region and BAMC special needs advisor. "We put the family's information into PERNET to facilitate the assignment process. There is an indicator on the Soldier's record showing enrollment. A medical query will then be initiated to ensure medical service availability."

See **SPECIAL NEEDS** on Page 6

Enlisted to officer



Photo by Shadi May

The Army Medical Department Center and School commissioned eight enlisted Soldiers to second lieutenants Friday through its enlisted commissioning program. The Soldiers will become a part of the Army Nurse Corps. (Back row, from left) Col. Bradley Freeman, 32nd Medical Brigade commander, Staff Sgt. Brian A. Greene, Spc. Brian K. Bailey, Sgt. Ludrena C. Rodriguez, Sgt. Jose G. Gutierrez and Col. Patrica Patrician, chief, Department of Nursing Science. (Front row, from left) Sgt. Kristina E. Moffett, Sgt. Yvonne R. Sendejo, Sgt. Kimberly A. Thomas and Sgt. Angela E. Jorgensen. Soldiers interested in this program can call Capt. Carolyn Carden, AMEDDC&S student detachment commander at 221-3047.

DO YOU KNOW WHAT IS ON YOUR CREDIT REPORT?

Would you like to get a credit report and have it reviewed by a credit specialist?

For more information on how you can do this, call the Financial Readiness Branch of Army Community Service at 221-1612.



Special needs

Continued from Page 5

Williams explains that if the query comes to Fort Sam Houston, for example, the health benefits specialists review the family's records to see if the Soldier's family can be accommodated for the special needs, and at that point, the assignment will either be approved or disapproved.

The program also helps with specific needs such as housing arrangements.

"EFMP helped me obtain housing quickly by getting an 'exception to policy waiver' for housing," said Sgt. 1st Class Jennifer Husband, Fort Sam Houston NCO Academy small group leader and mother of a 10-year-old son with a disability.

Depending on the location, on-post housing can take a long time for anyone.

"The wait for my rank at Fort Sam Houston would have been only two to three months," added Husband. "I would have had to find a place to live for that time which would have been very inconvenient, but thanks to the program, I was able to move into housing right away."

While the bottom line is that the Army's needs come first, EFMP makes every effort to provide an assignment to Soldiers considering quality of life and promotions.

"I thought having a family member in EFMP would limit me in the military, but it hasn't affected me at all," said Husband. "It has allowed me to be at the same level as anybody else."

The program's goal is to provide stability for the Soldier and the family.

"When you have a family with a child with autism, transition is very difficult for the family," said Dauphinee. "EFMP works to stabilize the situation."

It is the Soldier's responsibility to enroll in the program and must renew every three years, but it's even more important to connect with the program and stay connected

as its services are essential in any transition.

"Every PCS is stressful but even more so when you have a disabled child," Morris said. "There were days when I was crying and ready to go back where I came from, and Kerry was able to help and assist us with our needs."

EFMP works closely with other government agencies such as Specialized Training of Military Parents to assist Soldiers with transition.

STOMP is a federally funded program whose mission is to provide a partnership between military parents and service providers.

"My husband and I are retired now, but we have been stationed to a number of places and every move made me reinvent the wheel," said Heather Hebdon, STOMP founder and director. "I wanted something that would augment, not replace, EFMP so when Soldiers PCSd (permanent change of station), they would know what their rights were wherever they end up living."

STOMP provides parents, education and medical professionals resources and information regarding rights, responsibilities, and DoD and government rules and regulations at no or low cost, regardless of rank, branch of service or geographic location.

"This is my first interaction with STOMP," said Morris while attending the training conference Feb. 25 in San Antonio. "I came here thinking I know a lot to begin with, but found out there is a lot more to learn such as guardianship, wills and trusts. This conference teaches me to plan so that my children can be taken care of once I am gone."

The STOMP staff is comprised of military parents with disabled children who have experience in variety of areas from medical and educational needs to early intervention planning and specific disability entitlements.

"This training event tells me the benefits that are available to me," said



Photo by Shadi May

Kerry Dauphinee, Fort Sam Houston Exceptional Family Member Program manager, thanks EFMP members, Michael Biggerstaff, Denny Harris and Ike Shipman for their help with setting up for the Specialized Training of Military Parents conference held Feb. 25 in San Antonio.

Husband. "I am getting so much from STOMP and will be able to share the information with other people."

The project creates a quick and efficient collaboration among parents and professionals to obtain the latest information available.

"The biggest thing I am going to get from this conference is the networking — meeting other parents and educators and finding out about numerous Web sites related to disability," Morris said.

"STOMP helps parents become better advocates for their family members," added Williams. "I believe everyone knows someone who has a special needs family member and word of mouth is the best way if you have your facts, so a setting like this conference can get you accurate information."

EFMP continues to work closely with all government agencies in order to provide quality of life to military members of

all branches no matter how minute or crucial their needs are.

If Soldiers do not enroll or do not identify special needs and arrive overseas, they may have their family member returned to the states while the Soldier will be required to complete the overseas tour.

"We are moving to Fort Campbell soon, and the EFMP has made sure that medical facilities in nearby Nashville will offer us great care," added Morris. "It will also provide me with respite care while packers will be at my house."

"The program is here to assist and does work, so we encourage all those eligible to take advantage of it," added Dauphinee.

To learn more about the EFMP program, call Dauphinee at 221-2418 or 221-2705 or visit the Web site at www.army-communityservice.org.

For information on STOMP and its services, visit the Web site at www.stompproject.org or call (800) 5-PARENT (572-7368).

Landscape planning can conserve water, energy

By Jackie Schlatter
Environmental and Natural Resources Office

(Note: This is the first in a series of articles about "green living" and water conservation)

San Antonio is a unique and beautiful place to live in with its warm climate and natural resources. Many species of plant and animal life make the central part of Texas attractive, as well.

People can enrich their existing landscape or create new ones with wildlife-friendly, drought resistant, native and adapted plants. Using these plants allows people to create an attractive landscape while reducing water usage and maintenance.

Water and energy conserving landscapes, called xeriscapes, are both easy to maintain and beautiful.

Reducing the amount of water used on landscapes is a major goal of Fort Sam Houston, the city of San Antonio and the state of Texas. In Central Texas, 40 to 50 percent of residential water is used each year on landscape maintenance.

Xeriscapes can be maintained on about half the water needed to maintain traditional landscapes while still providing lush green landscapes and color.

Principles of xeriscapes:

– Planning and design

Take into account the site to be land-

scaped, existing vegetation, topography and zoning of plants by water needs.

A plan allows for installation in stages, as time and budget permit.

Installation can be done by yourself or a landscape professional.

– Soil improvement

Soils can vary from site to site even in the same yard. Analysis of the soils in your yard can provide useful information that will aid you with the selection of plants and soil amendments — organic material and nutrients.

Proper use of soil amendments enhance health and growing capabilities of plants by improving drainage, moisture penetration and water holding capacity.

– Appropriate plant selection

Selection should be based on plants' adaptability to the local area, desired effect, color, texture and ultimate size.

Plants should be arranged to achieve the desired aesthetic effect and grouped together by water needs.

– Practical turf areas

The type and location of turf areas should be selected.

Turf should be treated as a major planned element of the

landscape and should be placed so it can be watered separately.

– Efficient watering

Water plants only when needed and water deeply to encourage deep root growth and healthier, more drought-resistant plants.

Do not water in the heat of the day or on very windy days.

If you install an irrigation system, make sure that it is designed properly, maintained well and manage it to reduce water usage.

– Use of mulches

Mulches assist in retaining soil moisture, reducing weed growth and providing

erosion control. Mulches can be used where turf or ground covers are difficult to grow or maintain.

– Appropriate maintenance

Do not cut grass to less than two-thirds of original height.

Fertilize sparingly, remove weeds and aerate lawns regularly.

Mound soil around large plants and trees to make water basins.

A xeriscape is healthier and uses a minimal amount of water, fertilizer, pesticide and other chemicals to maintain plant material.

For more information, call 221-5093.

232nd Med. Bn. Soldier, Junior Leader of the Week



Courtesy photos

Spc. Timothy Dinh, U.S. Army Reserve, is the Soldier of the Week. Dinh was born in Galang, Indonesia. Assigned to C Company, 232nd Medical Battalion, Dinh joined the Army because he wanted to add discipline to his life and improve his ability and opportunity to get into medical school. "My long-term goals are to complete my commitment to the Army and graduate from medical school," said Dinh, who has a bachelor's degree in molecular biology.



Spc. Peenesh Shah, Junior Leader of the Week, is from Norwood, Mass. Shah is assigned to C Company, 232nd Medical Battalion. He said he joined the Army because he was unsatisfied with his civilian job and was looking for a way to better himself while helping others. "I knew that as a Soldier medic I would be serving my country," Shah said. He has a bachelor's degree in computer science, and is cum laude from Rice University in Houston, Texas. His long-term goals include using his experience and training to help others. Upon completion of his Army commitment, he plans to return to school.

National Nutrition Month

People should practice caution when choosing nutritional supplements

By 2nd Lt. Nicholas Barringer
Dietetic Intern, Brooke Army Medical Center

Green berets, rangers and Navy SEALs are legendary for accomplishing some of the military's toughest missions. Proper nutritional intake is extremely important for these Soldiers because of their challenging training and missions. Their nutritional regimens are often modeled by other Soldiers throughout the military.

Nutritional supplements are sometimes used for those looking for an added advantage. Sixty-four percent of male Soldiers entering U.S. Army Special Forces and Ranger training and 72 percent of Navy SEALs have reported nutritional supplement use.

The high incidence of supplement use by special operations members might lead young Soldiers to believe that by taking protein powders, creatine and some "fat burning" pills, they will be on their way to reaching the pinnacle of physical fitness; however, there is no magic performance pill or powder, and the improper use of supplements can hurt both performance and health.

Since muscle is composed primarily of protein and water, it is no surprise that the thought process of consuming extra protein is used in an attempt to gain more muscle. Food is a more efficient and economical source to gain protein than nutritional supplements. There is more protein in half a can of tuna than a scoop of protein powder and more

amino acids, the building blocks of protein, in a cup of macaroni than two amino acid tablets.

Consuming excess protein can lead to dehydration and possibly stress the kidneys. Creatine helps supply muscular energy and is found in meats and also produced by the body and is currently one of the most highly used supplements among active duty Soldiers. While it has been reported to improve anaerobic exercise ability, some users have reported abdominal pain with its use.

Weight loss supplements or "fat burners" as they are sometimes called are usually stimulant laden. The ingredients usually include but are not limited to caffeine, bitter orange, and until recently ephedra which is now a banned substance by the Food and Drug Administration because it was linked to the deaths of several consumers. Bitter orange is currently being marketed as the alternative to ephedra, and the FDA has stated that bitter orange has been associated with seven deaths and 25 adverse reactions such as kidney damage and heart problems and is under current investigation.

There is no "quick fix" or "magic pill" for success; however, in the right circumstances, certain nutritional supplements can be beneficial. A registered dietitian can help make an educated decision about supplements and avoid the pitfalls. To attain the high fitness standard of the special operations team members, train hard, eat a balanced diet and consult a dietitian who specializes in sports nutrition.

National Nutrition Month

National Nutrition Month events at the Jimmy Brought Fitness Center include:

- Tuesday – Nutrition Education "Dining Out" at 10 a.m.
 - March 26 – Free fun run and walk at 10 a.m. and health fair at 2 p.m.
 - March 28 – Nutrition Education "Eating on the Run" at 10 a.m.
- For more information, call 221-2020.

Army Community Service

Family Advocacy Program Class Schedule – March

Class Title	Dates	Class Time
Anger Management Awareness	Monday	11 a.m. to 12:30 p.m.
Building Effective Anger Management Skills Series (4-6)	today, 24 and 31	11 a.m. to 12:30 p.m.
Commanders Training	24	8 to 9:30 a.m.
Divorce Care	today, 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.
Healthy Pregnancy	Monday	12 to 3 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, and 29	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	29	9 to 11:30 a.m.
Stress Management I and II	today	1 to 2:30 p.m.
Teen Talk	today, 24 and 31	4 to 5 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.
Saturday Marathon	Saturday	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.

Health fair

The 91M (nutrition care specialist) Basic NCO Course students attending the Army Medical Department Center and School will sponsor a health fair Wednesday 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.

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 Wednesday at noon. For more information, call 221-3355.

DMRTI celebrates 25 years of medical readiness training

The Defense Medical Readiness Training Institute will celebrate the 25th anniversary of its Combat Casualty Care Course, better known as C4, with an anniversary event at Camp Bullis on April 27.

Throughout the past 25 years, C4 has provided more than 51,000 tri-service medical department officers with the didactic and practical skills necessary to provide Level I and II healthcare operations in austere, combat environments.

DMRTI is a tri-service military command under the Executive Agency of the U.S. Army Medical Department Center and School. The institute is responsible for coordinating, evaluating and developing resident and nonresident active duty and reserve joint medical readiness training initiatives, with a focus on evolving doctrine and joint operational requirements. By working together, the military services have reduced unnecessary duplication of efforts, operate more efficiently and better serve the operational mission.

In addition to C4, the tri-service professionals at DMRTI offer a wide variety of medical readiness courses. Brief course synopses are listed below. For more information and complete schedules, visit the DMRTI Web site at <http://dmrti.us>.

Combat Casualty Care Course

The objective of C4 is to enable officers with little or no field experience to provide Level I and II medical care for tactical units under combat conditions. Students develop the skills necessary to successfully assess and manage casualties in an austere combat environment. The course is nine days of intensive didactic and practical skills training which culminates in a continuous operations field training exercise. Students participate in professional medical courses or administrative seminars. The next C4 is at Camp Bullis from March 31 to April 8.

Joint Operations Medical Manager's Course

This course is for senior active and reserve component commissioned medical department officers in the Army, Navy and Air Force, as well as foreign national medical officers, with new or projected assignments as commanders, administrators or department chiefs. The course teaches officers to function in management and leadership roles in an operational environment. Students leave the course with the capability to provide doctrinally sound, operationally integrated leadership in joint

health service support operations. The next class is scheduled for July 31 to Aug. 5.

Military Medical Humanitarian Assistance Course

This course, provided by the Uniformed Services University of the Health Sciences through DMRTI, is a two-day interactive course designed to train U.S. military healthcare providers to deliver optimal medical care to civilian populations, primarily women and children, in the aftermath of humanitarian emergencies. The Military Medical Humanitarian Assistance Course will be Aug. 6 and 7.

Homeland Security Medical Executive Course

The Homeland Security Medical Executive Course is a five-day course designed to train senior medical officers for command and senior staff positions in support of the National Response Plan. It also prepares participants to meet the challenges and complexities of a chemical, biological, radiological, nuclear or explosives event or natural disaster in the United

States and its territories. The next course is in Austin, Texas, from June 13 to 17.

Professional Programs

• Advanced Trauma Life Support –

This is a two-and-a-half day course sponsored by the American College of Surgeons. ATLS prepares physicians to identify and respond to life threatening traumatic injuries. It is conducted in conjunction with C4.

• Pre-Hospital Trauma Life Support –

PHTLS is a two-and-a-half day course sponsored by the American College of Surgeons and the National Association of Emergency Medical Technicians. The course increases participants' understanding and skills in pre-hospital trauma management. It is conducted in conjunction with C4 and is a nonresident, exportable course.

• Trauma Nursing Core Course –

This is a two-and-a-half day course sponsored by the Emergency Nurses Association. TNCC targets tri-service Nurse Corps officers and teaches core

level knowledge and psychomotor skills associated with the trauma nursing process. TNCC is conducted in conjunction with C4 and is a nonresident, exportable course.

• Advanced Burn Life Support – This is a one-day course sponsored by the American Burn Association. ABLS is available to tri-service medical department officers and paramedics, E-5 and above. ABLS provides basic guidelines for the assessment and management of burn patients during the critical 24 hours following an injury. It is only offered as a nonresident, exportable course.

DMRTI schedules professional programs training throughout the United States at sites arranged by tri-service training points of contact. To schedule training, call your service representative (listed at <http://dmrti.us>). For more information, call the DMRTI Public Affairs Office at 221-0781 or 221-9654, or DSN at 471-0781 or 471-9654.

(Source: DMRTI)

SPORTS

BAMC earns basketball title

Brooke Army Medical Center has been named the 2004 to 2005 Intramural Basketball Post Season Champions after defeating the Co. B, Academy Battalion team 58-54.

The first half of the game ended with the score tied at 29. In the second half, BAMC pulled away only to have Co. B come back strong. In the closing minutes of the game, Co. B tied the score and took the lead only to lose it on its next possession.

With BAMC clinging to a one-point lead, Co.

B tried and missed its shot. BAMC rebounded and scored for a three-point lead. Co. B fought back to again cut the lead to one point. On Co. B's next possession, BAMC stole the ball, went in for a lay-up and got fouled, putting a BAMC player at the free throw line. The successful free throw put BAMC ahead by four points with seven seconds left on the clock.

As Co. B drove down the court, BAMC stole the ball as time ran out and scored the championship.

Intramural Soccer Standings

as of Friday

TEAM	W	L
BAMC	2	0
OBC #1	1	1
Acad Bn	0	1
NMCRC	0	1

Intramural Spring Flag Football Standings

as of March 8

TEAM	W	L
Co A, STB	2	0
BAMC	2	1
G 232nd Med	1	2
2nd, 75th Inf	0	2

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.

Youth football program

The Gator's Youth Football Program seeks adult volunteers to coach and teach flag and tackle football and cheerleading. For more information, call 228-4115 or e-mail exercise@webnow.com.

Track and field registration

The Fort Sam Houston Amateur Athletic Union Track and Field Club Registration will continue through May 20. Registration is open from 10 a.m. to 7 p.m. at the Youth Center, Building 1630, for 5- to 18-year-olds. Fees are \$75 for military, retirees and Department of Defense personnel, and \$85 for civilians. Uniforms will be provided. Practice days are Mondays, Wednesdays and Thursdays from 5:30 to 7 p.m. at the Cole High School track starting April 4. Military and DoD personnel must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513, or Coach Avery Chester at 279-4366.



2005 Brown Bag Series Calendar

April 6 11:30 a.m.	Angela Swain Family Advocacy victim advocate Topic: Creative Anger Management Styles
May 4 11:30 a.m.	Rudy Garza CPAC personnelist Topic: National Security Personnel System

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

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@sam-houston.army.mil or stop by the office in Building 124 (second floor).

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. People 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
Wednesday	9 a.m.	Blesse Auditorium
April 4	9 a.m.	Evans Auditorium

There will be a sign language interpreter at Wednesday's ethics class. The April 6 class will be taught by people from the Department of the Army Standards of Conduct Office. Attendees will have the opportunity to ask Army experts ethics questions.

Blesse Auditorium is Building 2841, and Evans Auditorium is Building 1396. The training takes about one hour.



Lt. Col. John M. Collins, 187th Medical Battalion commander, (far right, back row) recognized installation ID card processing center employees for their assistance with Officer Basic Course inprocessing.

ID card processing employees recognized for excellence

Story and photo by Capt. James J. Jones
A Company Commander

Lt. Col. John M. Collins, 187th Medical Battalion commander, recognized the installation ID card processing center civilian employees for their world-class service during the latest Officer Basic Course inprocessing.

Roy L. Salone, Candice Hamilton, Sally Cavasos, Felicia Robinson, Estela Coronado, Trino Negron, Randolph Williams and Jennifer

Lytle were awarded Certificates of Appreciation for their "above and beyond" work.

The employees gave up their personal time, working well before and after normal hours to inprocess 200 OBC students while managing their usual customer load. The employees inprocess more than 3,000 OBC students per year, providing each student with a new ID card and ensuring they are enrolled in the Defense Enrollemnt Eligibility Reporting System.

A Company implements online inprocessing

By Capt. James Jones
A Company commander

A Company, 187th Medical Battalion, successfully implemented an online inprocessing system March 6 with help from the Army Medical Department Center and School Decision Support Center.

Students can now start inprocessing before they arrive on post. Once accepted to a course, students can submit information such as whether or not they're bringing family members or special medical considerations. They then verify the information shortly after arrival.

The new system reduces each student's inprocessing time by approximately 10 minutes, eliminates redundancy and provides real-time automated data to AMED-DC&S leadership to improve planning, administrative support and decision-making.

DSC takes local databases and works to incorporate them into larger systems so the data is available to a wider range of people, said Pat McIvor, DSC program manager.

DSC can do this type of custom work for other post units upon request. For more information, call McIvor at 221-8386.

Bank teams up with Red Cross for good cause

Eisenhower Bank is teaming up with the San Antonio area Red Cross to support the Red Cross Hero's Campaign that runs through the end of March. All funds collected will go to the Fort Sam Houston Red Cross Office in support of wounded Soldiers and their families at Brooke Army Medical Center. The bank will accept donations at all area Eisenhower and Broadway Banks. Additionally, bank volunteers will staff donation tables at the Fort Sam Houston Post Exchange, commissary and Brooke Army Medical Center dining facility Friday and March 25 from 11 a.m. to 2 p.m.

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" today from 7:30 a.m. to 4:30 p.m. and Friday from 7:30 to 11:30 a.m. at Dodd Field Chapel. A continental breakfast will be served both days and a lunch today. 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.

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.

Passover service

Passover will be observed from sundown April 23 through sunset May 1 directly following the Sabbath. April 24 and 25 and April 30 and May 1 are days of religious obligation for Jewish people. Leave should be granted whenever possible to enable Jewish people to properly observe the festival and the preceding Sabbath.

Community gathers to pray for Soldiers, peace

Story and photo by Phil Reidinger
Fort Sam Houston Public Affairs Office

Echoing the first prayer breakfast held by members of Congress during World War II, post chaplains of various faiths led an audience of more than 470 during the National Prayer Breakfast March 10 at the Sam Houston Club.

Led by Installation Chaplain (Col.) Edward Maney, attendees sang the national anthem followed by the hymn, "Mine Eyes Have Seen the Glory."

"Prayer is a weapon that far surpasses any technology we can develop when we come together in understanding of faith and prayer," Maney said.

Scripture readings focusing on prayers for peace were led by Muslim lay leader

Mohamed Ali, Jewish lay leader Norton Shectman and Christian Chaplain (Maj.) Yvonne Hudson. U.S. Army South Chaplain (Col.) Frederick Hoadley led the community prayer for members of the armed services defending the nation and for their family members waiting for their return. He also recognized the special sacrifices of Soldiers wounded and killed in combat and their families.

The guest speaker, Maj. Gen. Dorian Anderson, commanding general, U.S. Army Human Resources Command, told the audience prayer gives us the



Chaplain (Capt.) Luis Lopez welcomes Maj. Gen. Dorian Anderson, commanding general, U.S. Army Human Resources Command, to Fort Sam Houston following his remarks during the post National Prayer Breakfast March 10 at the Sam Houston Club.

opportunity to take what comes our way and turn it into something.

"We know we are in a different time, he said. "We need to know the enemy. The enemy is weak compared to our prayers."

He asked the post community to always be in a prayerful attitude. "Prayer is communication," said Anderson. "It is talking to your Father."

Anderson said that the community needs to pray for our leaders as we strive to live peaceful lives.

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.

Catfish pond opens

The catfish pond is open Saturdays and Sundays from noon to 6 p.m. at Camp Bullis. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. No catch and release. A fishing license is not required and there is no daily fee.

AKO, library partnership

Army Knowledge Online has partnered with Army Libraries to provide Soldiers, their families, and civilians more access to information. Army Libraries has a virtual library, the Digital Army Library Service, which provides 24-hour access to full text journals and e-books, as well as an Ask A Librarian Service. AKO can be accessed at home and work at <https://www.us.army.mil/suite/login/welcome.html> or through the Fort Sam Houston Post Library, Building 1222 Harney Road. Use of AKO is restricted to authorized Army users.

3-D Archery at Camp Bullis

The next 3-D archery shoot is March 26 and 27; check-in is from 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards are given to the top three in each class. Gather two to five friends and enjoy this outdoor activity. Saturday's shoot is \$15, all competitive, and Sunday's shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult and a playground is available. Open to the public. For more information, call 295-7577.

The 'Buns on the Run' fun run

The free 5K fun run and walk is March 26 at 10 a.m. at the Jimmy Brought Fitness Center. Participants receive a free T-shirt. For more information, call 221-2020.

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.

Dining and Entertainment

Sam Houston Club, 224-2721

Easter Sunday brunch

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

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. Free buffet for bingo players.

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.

Sam's Sports Bar

Sam's Sports Bar features SoundTraxx DJ Greg Norton March 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 today 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

Good Friday bowling special

Patrons can bowl all day March 25 for \$5.95 per person. The center is open from 5 to 10 p.m. For more information, call 221-4047.

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 and attractions. For more information, call 226-1663 or visit www.fortsam-houstonmwr.com.

Equestrian Center offers opportunity for adventure

By Jennifer Morris
Morale, Welfare and Recreation

How many people have ever wished they could do something when they were young but never had the opportunity? For many people, it can be something as simple as riding a horse. At the Fort Sam Houston Equestrian Center, it is never too late to learn.

Carol McVeigh began learning to ride horses after taking her two daughters, Megan and Kaitlyn, to the Equestrian Center's Horsemanship Camp in the summer of 2003.

The girls learned how to take care of the horses and put what

they learned into action. Despite the hard work, the girls were both anxious to return the next day to do it again.

Seeing the enthusiasm and excitement her girls had after one day of camp, McVeigh decided to take lessons. What began as a fun experience for her two young girls has fast become a family event.

Now, the McVeigh women are trying to coax Lt. Col. Bruce McVeigh to take a trail ride.

"You are never too old to ride," Carol said.

For more information about the Equestrian Center and the services it provides, call 224-2707. The center is located off of Binz-Engleman Road near Brooke Army Medical Center.



Fort Sam helps city celebrate St. Patrick's Day

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

"And the Children Will Lead" was the theme for the 2005 St. Patrick's Day Parade held Saturday. More than 100 entries, which included civic, social, business, educational, patriotic and military organizations represented San Antonio and the neighboring communities.

The Grand Marshal was J. Patrick Kelly, Texas Coordinator for Project Children.

A favorite of the crowd, the Army Medical

Band Command, under the direction of Chief Warrant Officer John Fraser, participated in the parade. The band has performed for several years at the parade.

Fort Sam Houston's military ambassadors, Staff Sgt. Jose Rocha and Spc. Niretty Velez, rode a humvee during the parade.

Other military organizations included Randolph Air Force Base military ambassadors, 2nd Lts. Zarine Majestra and Grant Hosmer, and Air Intelligence Agency military ambassadors, Tech. Sgt. Heather Ransom and Senior Airman Simon Mace, riding on humvees.



(Above) More than 100 entries representing civic, social and business organizations participated in the parade.



Drum Major Staff Sgt. Noles Miles leads the Army Medical Command Band through the streets of San Antonio Saturday during the St. Patrick's Day Parade.



(Right) "And the Children Will Lead" was this year's theme for the annual San Antonio St. Patrick's Day.

Future Soldiers preview Army life at Fort Sam Houston

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

About 25 "Future Soldiers" from Victoria, Kennedy, Edna, Ganado and Karnes City with various military occupational specialties from infantry and mechanics to food inspection, visited Fort Sam Houston Saturday to get a preview of Army life.

Their first stop was Benner Barracks. Earl Edwards, supervisor,

provided a tour of Benner Barracks to include the living quarters and recreational areas.

Sgt. Rene DuClos, Special Troops Battalion Honor Guard, provided an overview of a day in the life of a Soldier. He answered questions about his experiences in the military and spoke about the opportunities available for people who take advantage of them.

John Garcia, Jimmy Brought Fitness Center, provided a tour of the gym where



Sgt. Rene DuClos, Special Troops Battalion Honor Guard, provided an overview of a day in the life of an Army Soldier to Future Soldiers visiting Fort Sam Houston Saturday.



Future Soldiers visit the Jimmy Brought Fitness Center during their tour of facilities at Fort Sam Houston. This was an opportunity for them to see the quality of life that is available for members of the Armed Forces.

the group had the opportunity to use the equipment.

The group then visited the Post Exchange and ate lunch at the Rocco Dining Facility.

"This visit really helps out the recruiter break the myth about a Soldier," said

recruiter Staff Sgt. Robert Bacon. "I have Army Reservists who decided they now want to join the active duty Army. They saw that the welfare of the Soldier is important to the Army when they observed the clean facilities and the food served in the dining facility."

Military marriage endures challenges, separations

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

Fourteen is a lucky number for Sgts. 1st Class Roberto and Martha Vela. They've been married for 14 years and each has served 14 years in the Army.

They recently reenlisted together for an indefinite number of years.

Martha is assigned to U.S. Army South and Roberto to Academy Battalion, 32nd Medical Brigade.

Martha was born in Guadalupe, Mexico. When she was 2 years old, her parents emigrated to the United States to live in Houston, Texas. She is the youngest girl in a family of seven girls and three boys.

Martha knew she always wanted to join the military.

"ROTC in high school influenced me to join the military and while in college at Texas A&M. I knew this is what I wanted," said Martha.

Martha joined the Army Reserves in 1989. When her unit was activated during Desert Storm, she was sent to Fort Jackson, S.C. for Advanced Individual Training.

Roberto and his identical twin brother were born in New Braunfels, Texas. This was a surprise for his parents; they didn't know they were having twins.

The military is not new to Roberto. His father graduated from Air Force basic training on the day he and his brother, Rey, were born. He served for 20 years. His grandfather, Francisco Vela, served in World War II and his great grandfather, Antonio Perez, in World War I. His twin brother is currently serving in Iraq as a mechanic.

"Since the second I was born, I have been associated with the military. I have had an ID card since day one," said Roberto.

Like Martha, Roberto also joined the Army in 1989 and was sent to Fort Jackson for AIT.

Roberto said he noticed Martha during physical fitness at Fort Jackson. "It was her eyes," he said.

Following training at Fort Jackson, Martha returned to Houston, and continued to serve in the Army Reserve. Roberto went to Fort Lewis, Wash., as a human resource specialist. About six months and numerous phone conversations later, Roberto returned to Houston and the couple married in September 1991.

A month and a half later, Martha joined the active duty Army and received an assignment to Germany. Under the Married Army Couples Program, Roberto transferred a few months later to be with his wife.

"Since then we have PCS'd everywhere together," said Martha. Other assignments include Fort Bliss, Fort Hood, Fort Jackson and now Fort Sam Houston. At Fort Jackson, Martha was selected to be a drill sergeant. Other short tour assignments for each have included Hungary, Croatia and Kuwait.

The couple has three children: Robert, 11 years old; Adam, 3 years old; and Emily, 2 years old.

At four months old, while at Fort Jackson, Adam was diagnosed with Dandy Walker variant, a malfunction of the brain. He also developed hydrocephalus, or collection of fluid in the brain. Roberto was in Honduras when Adam had surgery to have a shunt implanted to regulate the fluid. Martha



Maj. Gen. Dorian Anderson, commanding general, U.S. Army Human Resources Command, administers the oath of enlistment to Sgts. 1st Class Roberto and Martha Vela. Anderson was the keynote speaker at the National Prayer Breakfast at the Sam Houston Club March 10.

sent him a Red Cross message, and he returned for the surgery.

Roberto and Martha were then transferred to Germany. While in Germany, Adam had surgery again to replace the malfunctioning shunt. During this time, her third child was born, so she had three young children to take care of while taking Adam to numerous doctors visits. Roberto was deployed to Kuwait when she was told they would have to be transferred to the United States so Adam could continue with the medical care he needed.

The medical care they received for Adam throughout the military has been very good, the couple said.

"The military has always supported us, our commanders and units," said Roberto.

Currently, Adam is in good health and only needs to visit the doctor twice a year to be monitored.

"Through all this, we are both going to attain bachelor's degrees in science occupational education through Wayland (Baptist) University this June," said Roberto. "We are attending our last class. We have been attending classes wherever we were assigned."

"I think every (duty) station is what you make of it," said Martha. "You have to have a good attitude, be strong and know that eventually things will work out."

Maintenance worker dedicates more than half a century to federal service

Story and photo by Shadi May
Fort Sam Houston News Leader

Fifty-three years of federal service translated into the prestigious Commander's Award for Civilian Service for a Fort Sam Houston maintenance worker.

John Sells received the award at a ceremony Monday from Col. Garry Atkins, the garrison commander.

The Commander's Award recognizes civilian employees who demonstrate outstanding performance and establish a pattern of excellence.

Sells began dedicating himself to the federal government first in 1953 by joining the Army and working for engineering. He then joined the Air Force in 1955 and started out as a postal worker and moved on to follow his passion of being a mentor to younger people by being involved in training students as a training instructor. He retired from the military as a senior master sergeant in 1982.

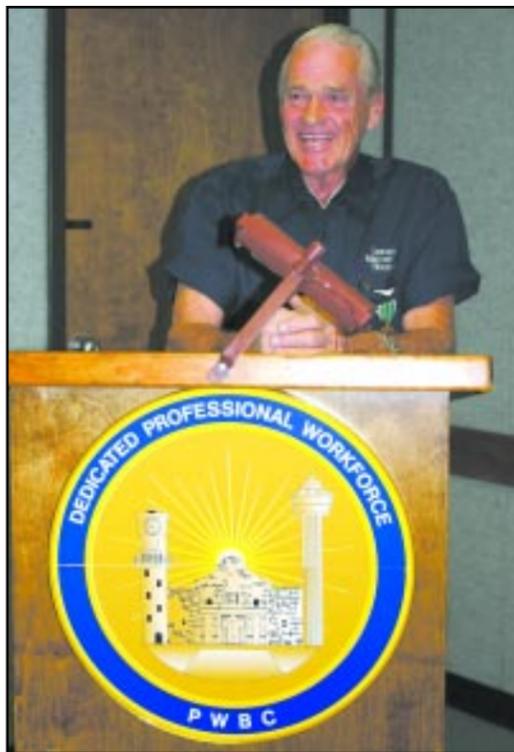
"I felt that if I could help a young troop, I could make an impact on young people, and that's why I got into training," said Sells. "My fondest memory of serving in the military was when my former students and trainees would come back to see me and serve at higher ranks along with me."

Sells found a civil service position as a housing maintenance worker at Fort Sam Houston upon retiring in 1982. He contributed to renovation and maintenance of many family dwellings throughout the years.

"I am dedicated to do anything I can do to make life more livable for Soldiers," said Sells. "I want them to feel like they own their homes here."

Continuous dedication to serve the military won't allow Sells to sit at home and enjoy time off. He accepted a position as a maintenance supervisor with Lincoln Properties Jan. 4, a day after he retired from the civil service.

"I want to teach the new people working with



John Sells received the Commander's Award for Civilian Service from Col. Garry Atkins, the garrison commander, at a ceremony March 14.

the housing contractors how to interact with the military," said Sells.

Sells will contribute years of valuable experience to the new housing system. His friends and coworkers are happy to know that he won't leave them just yet.

"The post in essence won't lose him as Lincoln Properties has hired him," said John Brenneman, chief, Engineering and Maintenance Operations. "He would stay out here 24 hours if we needed him. He is just the most dedicated professional I have ever associated with."

Well-deserved promotion



Courtesy Photo

Maj. Thomas Burhorn, executive officer for the Air Defense Artillery, Illinois National Guard, promotes Spc. Dustin Hill to sergeant. Burhorn accompanied Brig. Gen. Charles Fleming, Illinois National Guard assistant adjutant general, to promote Hill. Hill is a patient at Brooke Army Medical Center where he is receiving medical treatment for injuries sustained while on patrol in Iraq.

CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp

Early onsite registration for the School Age Services summer camp will be April 18 to 22 for active duty only and April 25 to 29 for active duty, Department of Defense civilians and contractors, and retirees from 9 a.m. to 6 p.m. at Building 1705. People must register for summer camp even if they are currently using the SAS program. People must bring updated shot records, \$18 (per child) registration fee, social security numbers, proof of income and proof of a physical within the past year. Spaces are limited. For more information, call 221-4466.

Cooking class

The cooking class meets Friday at 4 p.m. to make pina colada cake at the Youth Center. For more information, call 221-3502.

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.

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.

Volunteers needed

Youth Services is looking for volunteers to assist with youth programs, including

coaches, computer-skilled people, people with craft hobbies or anyone who just cares about kids. People who can type or file are also needed. For more information or to volunteer, call the Youth Center at 221-3502.

Saturday shuttle

Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost, but parents with children 9 years old and younger must wait for the van and sign them in and out. The shuttle schedule is

3 p.m. - leave the Youth Center
 3:10 p.m. - Gorgas Circle (picnic tables)
 3:13 p.m. - Schofield/Dickman on Schofield
 3:16 p.m. - Reynolds and Dickman on Reynolds
 3:20 p.m. - former Officers' Club tennis courts
 3:25 p.m. - Artillery Post Road at bus stop
 3:30 p.m. - Easley/Infantry Post at bus stop 660
 3:37 p.m. - Patch Road (playground)
 3:40 p.m. - Marvin R. Wood (basketball courts)
 3:47 p.m. - Patch Road (shoppette parking lot)
 3:51 p.m. - Foulois/Scott Road (Harris Heights)
 3:54 p.m. - Forage/Foulois
 4:02 p.m. - Powless Guest House.

The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade

and below. There is also a shuttle that leaves at 9:30 p.m. for those in middle school and at 10:30 p.m. for those in ninth grade and up. The shuttles are for youth who live on the installation. For more information, call 221-3502.

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 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.

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.

SCHOOL NEWS

Cole's top stars



Courtesy photo

Cole High School students are all smiles since they won first and second division ratings in the University Interscholastic League Solo and Ensemble Choir Competition at Churchill High School Feb. 19. (From left) Christina Gonzalez, 11th grade, earned a second division rating for excellence; Bryce Kinsey, 12th grade; Michelle McClendon, 10th grade; and Antonio Vizcarrondo, 12th grade all earned first division ratings for superior performance. Kinsey and Vizcarrondo qualified to advance to the All-State Solo and Ensemble Competition in May at Texas State University in San Marcos. The choir sponsor is assistant band director Dan Vasquez.

Cole sports update

Cole baseball team now 6-0

The Cole baseball team continued their winning streak with two wins last week. The Cougars posted a 12-0 victory against Poth. Julio Burgos pitched a tremendous game by striking out 14 batters in only five innings. He also hit a three run home run to spark the Cougars offense. Matt Newcomer helped the cause with three hits and knocked in four runs. The Cougars remained undefeated by pouncing St. Gerard last Friday 19-9 in a five-inning/run rule game. Matt Newcomer was the winning

pitcher. The Cougars' record is 6-0.

Cougar golfer Raymond wins again

The Cole Golf Team placed second in the Randolph Ro Hawk Golf Tournament held last week at the Woodlake Golf Club. A rain delay and a flooded back-nine forced tournament officials to change the 18-hole tournament to nine holes. Cole finished with a nine-hole total of 178. First place scored 177. James Raymond won top medalist with a one over par 37. James Cox, business teacher, is the golf coach.

Cole students win art contests

Two Cole students won in the Cesar E. Chavez Art Contest. Chavez was a Mexican-American labor activist and leader of the United Farm Workers.

Melissa Velez won first place and Mary Arneson won third place. The artwork depicted Chavez and his legacy in American History. Velez and Arneson will be honored March 26 during a program and presentation before the Cesar Chavez

March for Justice from Guadalupe Avenue to the Alamo. The artwork was part of a class research assignment for English teacher Pat Feola.

Melissa Velez, 10th grade, and Chauncey Holmes, ninth grade, participated in the Battle of Flowers Band Festival Program Cover Design Contest. Their entries were among the top 30 entries in the contest. Hundreds of high

school students from San Antonio and surrounding areas competed. The students were honored last week at the Witte Museum's Prassel Auditorium. The top winner's artwork will be used as the cover of the program for the festival. The 30 entries will be part of a traveling display to school districts in the area through May. Art teacher Rita Hansen sponsored the students.

FSH Independent School District

Weekly Campus Activities Monday to March 26

Fort Sam Houston Elementary School

Monday

Fourth nine weeks begin

Tuesday

Reading Proficiency Test in English for limited English proficient (ESL) students in third through sixth grade

March 24

Report cards sent home

March 25

Good Friday/school holiday

Robert G. Cole Jr./Sr. High School

Monday

Begin fourth nine weeks

UIL one act play technical dress rehearsal in Moseley Gym, 5 to 7 p.m.

Cheer classes in Moseley Gym, 3:30 to 5 p.m.

Tuesday

Reading Proficiency Test in English for limited English proficient students (ESL Only), TBA

Baseball at TMI, 4 p.m.

Cheer classes in Moseley Gym, 3:30 to 5 p.m.

Wednesday

Cheer classes in Moseley Gym, 3:30 to 5 p.m.

Cole UIL one act play in Moseley Gym, 7 p.m.

March 24

Golf team tourney at Comfort, 7:30 a.m.

Junior varsity/varsity track meet at Diley High School (finals only), half day

Baseball vs. Johnson City at Cole, 4 p.m.

Cheer classes in Moseley Gym, 3:30 to 5 p.m.

UIL one act play performance in Moseley Gym, 7 p.m.

March 25

Good Friday/school holiday

UIL one act play rehearsal at Randolph, 9 a.m.

March 26

UIL one-act play rehearsal in Moseley Gym, 1 to 5 p.m.

March 26

UIL one-act play rehearsal in Moseley Gym, 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.

Students of the month



Courtesy photo

Each month, Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level.

The recipients for March are (from left) Kathryn Rarig, eighth grade; Daniel Ruiz, seventh grade; Jamell Huaracha, ninth grade; Caitlyn McCoolle, 12th grade; and Lisa Nieves, 10th grade. Not shown is James Raymond, 11th grade.

Cole's Academic Decathlon team brings home medal

Cole's Academic Decathlon team competed in state competition this past weekend at San Antonio College. Although Cole entered with only six team members instead of the usual nine, they still managed to bring home medals. The AD students beat Randolph Field High School and earned a team bronze medal plus individual students' medals.

Each team member competed in 10 individual events including art, music, social science, math, essay, language and literature, economics, speech, interview, written super quiz and super quiz relay.

Winners were

Varsity Division: Antonio Vizcarrondo – gold (highest standing per division per team)

Scholastic Division: Cody Oswald – gold (highest standing per division per team)

Honors: Amy Jackson – gold (highest standing per division per team); bronze (art); Joshua Heaney – silver (art), bronze (social science), bronze (art-overall).

The decathlon sponsors were high school teachers Barbara Lien, James Cox and Cassandra Malcolm.

Causing friction



Photo by Dr. Gloria Davila

Sgt. 1st Class Robert Carter conducts an experiment with friction with fifth grade students (from left) Rachelle Yates, Carrie Godfrey and Jermel Robbins. The students in Brenna Howell's class had fun learning about electricity, friction and light during the Army-sponsored Mobile Science Lab's visit last week.

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.

Trails and Tales tour

Learn more about Fort Sam Houston by taking a tour of the post sponsored by the Army Community Service Relocation Assistance Program. Tour includes lunch for \$3 at Dining Facility #1. Bring your civilian or military ID card. The next tour is scheduled for March 31 from 9 a.m. to 12 p.m. People can register at the ACS table during the Newcomers' Extravaganza in March. For more information, call 221-2418.

Upper Turtle Creek Walk

The Kerrville Trailblazers volksmarch club will host a 10-kilometer (6.2 mile) and 5-kilometer walk Saturday at the Turtle Creek School Community Center on FM 1273 (Upper Turtle Creek Road) about 8 miles out of Kerrville. The walk route is through the rugged Hill Country rural area south of Kerrville on paved roads (with one unpaved section). The start is between 8 a.m. and 12 p.m. and will finish by 3 p.m. For more information, call Robert Theis at (830) 896-3550, or e-mail platte@kctc.com or visit the Web site at www.walktexas.org.

Roosevelt Park Walk

The Randolph Roadrunners volksmarch club will host a 10-kilometer (6.2 mile) and 5-kilometer walk in downtown San Antonio Saturday. The walk will start at Roosevelt Park, 331 Roosevelt, and the start time is between 8 a.m. and 12 p.m. and will finish by 3 p.m. The walk route will follow trails through historic old neighborhoods and the downtown University of Texas campus. For more information, call Ellen Ott at 525-8574, e-mail ellenotter@cs.com or visit the Web site at www.geocities.com/randolphroadrunners.

National teacher award

Time Warner Cable seeks nominations for the 2005 national teacher awards. The award will recognize outstanding teachers serving in a Time Warner Cable service area. For more information, call 828-3086, ext. 36.

FRG leadership workshop

The Army Community Service will offer a family readiness group leadership team workshop Friday 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.

Parent University

The Family Advocacy Program will present a three and half-day educational session to enhance family relationships

April 12 to 15. The deadline for registration is April 1. For more information, call 221-0349 or 221-2418.

Keys to Success seminar

In honor of Women's History Month, the Fort Sam Houston Chapter of Federally Employed Women will present a workshop on various workplace-related topics March 30 from 7:30 a.m. to 4:30 p.m. at Radisson Market Square Hotel, 502 W. Durango Blvd. The cost is \$40 for members and \$50 for nonmembers before Friday and \$45 for members and \$55 for nonmembers after that. For more information, call Roz Wise at 820-8201, Rebecca Ayala at 435-6620 or Arcy Longoria at 658-4046.

Job fair

The semi-annual San Antonio Military Community Job Fair will be Wednesday 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 today from 9 to 11 a.m. in Building 2650, on the corner of Harney and Patch Roads. For more information, call 221-3355.

WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

Civil Air Patrol membership

Children between 12 and 21 years old can join the Civil Air Patrol to train in various skills. For more information, call Capt. Jim Jorrie at 710-6376 or e-mail jjorrie@satx.r.com or call Sgt 1st Class Mark DeJesus at 221-9655 or visit www.cap.gov.

Student exchange program

Families interested in sponsoring foreign exchange high school students for the coming 2005-2006 fall semester may call the program coordinator, Yvette Coffman, at (800) 941-3738 or e-mail ycoffman@sharesouthwest.org.

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 Tuesday. 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.

Countdown to Fort Sam Houston Fiesta celebration begins

By Yolanda Hagberg
Fort Sam Houston Public Information Office

A daylong Fiesta celebration, which includes live entertainment, great food, military pageantry and fireworks, is planned for April 17. The Fiesta salute is hosted by the installation's military leaders and will be at MacArthur Parade Field, corner of Harry Wurzbach and Stanley Roads.

The event opens at 1 p.m. with a Country Fair that features military equipment displays and exhibits, live entertainment, kiddie's carnival, games, food and drink booths.

At 4:30 p.m. the Golden Knights Army Parachute Team will perform aerial acrobatics and precision landings to begin the Fiesta ceremony.

In addition, units visiting from Fort Myer, Va. include the U.S. Army Drill Team, known for the precision and spectacular rifle toss routines, and the Fife and Drum Corps dressed in colonial-style period uniforms.

Other activities include 82nd Airborne Chorus from Fort Bragg, N.C.; the traditional Army pass in review of Soldiers; equestrian drill team, Escaramuza de Castilla from San Antonio; 1812 Overture by the U.S. Army Medical Command Band and a grand finale of fireworks sponsored by the Fiesta Commission.



Photo by Esther Garcia

Members of the Fife and Drum Corps, dressed in colonial-period uniforms, entertained the crowd at the Fort Sam Houston Fiesta celebration last year.

The FSH Fiesta celebration has grown into one of the biggest free events in San Antonio. Visitors are advised to use the Walters Street Gate off Interstate Highway 35 and are reminded that no coolers or pets will be permitted during the event.

Fiesta San Antonio – Future issues of the News Leader will highlight Fiesta events throughout San Antonio during April 15 to 24. Also for more information on Fiesta 2005 in San Antonio, visit www.fiesta-sa.org.

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: 1995 Soft-tail Classic Harley Davidson, low miles, mint condition, \$3,500 worth of extras, \$14,050 obo. Call 262-3892.

For Sale: Beige reclining sofa, \$250; reclining love seat, two years old, \$200; both pieces in excellent condition. Reasonable offers won't be refused. Call 590-4854.

For Sale: 1999 Silver Honda Civic DX, 100K miles, Honda inspected and certified, new Del Sol seats and vinyl interior, ram air intake system, new timing belt, new pioneer folding face unit with remote, civic racing red floor mats, Si gage cluster, a/c, \$6,450 obo. Call Joe at 595-6264.

For Sale: Jeep Cherokee Laredo, 2000, excellent condition, new tires, new brakes, 104K miles, Pioneer CD, \$8,000. Call Doug at 661-9929 or 422-8628.

For Sale: Men's sport coats and suits; glass top table, \$40; Kracher power washer, \$95; manual treadmill, \$50; women's and men's bikes; scuba equipment. Call Don at 490-5121 or 527-8526 or leave message.

For Sale: 1988 F450 35-foot Eurocruise RV in good condition with queen size bed, can sleep four to five people, comes with generator, a/c and 55K miles, \$12,000 firm. Call 566-3431.

For Sale: Three-year-old AKC cham-

pion show Schnauzer, spayed with current shots, moving and must find a home with no small children, \$200. Call 885-1848.

For Sale: Solid oak buffet table, \$250; wooden frame queen size futon, \$150; blue female Indian Ringneck semi tame, \$150, \$250 with cage. Call 221-6385 or 533-1993.

For Sale: Blue genuine leather sofa and loveseat set with plush pillow back, pillow top cushions, \$1,200 obo; Cannon laser printer, fax, copier all in one, \$85 obo. Call Tracey at 832-8482 or 862-3071.

For Sale: Baldwin electric piano, looks and plays like a regular piano, but no tunings needed, relatively light weight, turns on and off and has optional head-

phones, \$150. Call Jennifer at 637-5538.

For Sale: Oak computer desk and cabinet, 5 feet by 5 feet, \$450; oak entertainment center, \$200; 1989 Ford 3/4-ton pickup 4 by 4, with campershell and lumber rack, low miles on engine, \$5,000 obo. Call 639-8997.

For Sale: Four tires, Fisk Phantom Radial HRX (tubeless) P185/60R14, \$60 obo. Call Aundra Davis at 221-1343.

For Sale: 2002 Dodge Grande Caravan with quad seats, 43,800 miles, front and back a/c, excellent condition, single CD and cassette player with cruise control options, \$14,000. Call Julie Gueller at 378-4007 or 659-8593.