

“One Team, Supporting Military Missions and Family Readiness!”

Hospital Medical Logistics Course debut

By Maj. Scott Woodard
Special to the News Leader

Eleven members of the U.S. Army's Health Services Materiel community, ranging from sergeant first class to major, completed the pilot Hospital Medical Logistics Course in January. The majority of students, comprised of officers, noncommissioned

officers, and Department of the Army civilians, were serving in their first fixed hospital facility. Historically, there has been an education gap between the time most personnel train in the art of supply chain management and the time where they practice their craft in an actual medical activity, medical center, or medical treatment facility.

There are invaluable skills obtained and practiced in a combat support hospital in Baghdad, but medical logistics in a level-four medical center in San Antonio is quite a different challenge. Discussing the disparity and her extensive time in field units Master Sgt. Jennifer Davis, non-commissioned officer in charge

of the Logistics Division at Eisenhower Army Medical Center shared, "... my present assignment in a fixed facility was quite a challenge and I had to adjust fire." It is within this gap, which the U.S. Army Medical Department and School intends to

See LOGISTICS P7

Traumatic Brain Injury: symptoms, diagnosis, treatment

By Jerry Harben
U.S. Army Medical Command

A roadside explosion throws a Soldier against the side of his vehicle, with force that shakes his brain inside his skull. Another Soldier is in a traffic accident on the way to work, her head thrown forward into the windshield. A family member takes a hard fall during a sports game, hitting his head on the ground.

Different situations, but often the same result - a mild traumatic brain injury, better known as a concussion.

A concussion is an injury that causes an alteration of the person's

See TBI P6

Viva Fiesta!



Photo by Esther Garcia

Texas Cavalier King Antonio LXXXVII Stephen Cavender pays a special visit to the Warrior and Family Support Center to learn about the center's activities assisting wounded warriors and their Family members. Cavender met with wounded warriors and their Families and presented King Antonio Fiesta medals. During the visit and tour of the facility Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, presented Cavender with a replica of the combat medic statue and his commander's coin acknowledging appreciation of the Texas Cavaliers activities supporting the San Antonio military community.

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News Leader
 "Our Team, Supporting Military Missions and Family Readiness"

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New pet policy for garrison residents

The Assistant Secretary of the Army, Installations and Environment has standardized the pet policy for privatized housing under the Army's Residential Communities Initiative program.

The new policy takes into consideration the safety, welfare and quiet enjoyment of all residents in privatized housing, and was developed with input from current housing residents, garrisons and privatized partners.

Lincoln Military Housing has incorporated the new pet policy and residents are to adhere to the following requirements:

- The maximum number of pets combined is limited to no more than two dogs and cats in any combination.
- Permitted pets include cats and dogs. Small caged ani-

mals such as hamsters and birds are allowed.

- Prohibited dogs include Pit Bulls, American Staffordshire Bull Terriers or English Staffordshire Bull Terriers; Rottweiler's; Doberman Pinschers; Chow-chows; wolf hybrids; and mixed breeds of these dogs. German Shepherds must have documentation from a non-Army veterinarian verifying the dog is non-violent.
- Prohibition also extends to other dogs that demonstrate a propensity for dominant or aggressive behavior such as:
 - Unprovoked barking, growling or snarling at people approaching the animal
 - Aggressively running along fence lines when people are present
 - Biting or scratching people

See PETS P7



Weekly Weather Watch						
	March 19	March 20	March 21	March 22	March 23	March 24
San Antonio	81° Partly Cloudy	76° Partly Cloudy	74° Partly Cloudy	74° Partly Cloudy	76° Mostly Cloudy	74° Rain Chance
Kabul Afghanistan	64° Rain Chance	62° Rain Chance	62° Rain Chance	57° Rain Chance	57° Rain Chance	59° Rain Chance
Baghdad Iraq	77° Scattered Clouds	78° Rain Chance	73° Scattered Clouds	78° Rain Chance	77° Scattered Clouds	71° Scattered Clouds

(Source: Weather Underground at www.wunderground.com)

Thought of the Week

One of the hardest tasks of leadership is understanding that you are not what you are, but what you're perceived to be by others. — Edward Flom
 (Source: Bits & Pieces, March 2009)

News Briefs

Sergeant Audie Murphy Club induction ceremony

Commanding General Maj. Gen. Russell Czerw and Command Sgt. Maj. Howard Riles, Fort Sam Houston and U.S. Army Medical Department Center and School will host the Sergeant Audie Murphy Club induction ceremony March 20 at 4 p.m. in the Blesse Auditorium. Guest speaker is Sgt. Maj. David T. Steeley, Executive Service and Operations, Brooke Army Medical Center. The event is open to the public. For more information, call Sgt. 1st Class Raquel Dantzier at 221-7729 or e-mail raquel.dantzier@amedd.army.mil.

Women History Month observances

The 232nd Medical Battalion will host a Women History Month observance March 19 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. Sgt. Maj. Tabitha Scrivens will speak about women in the military.

The Fort Sam Houston Women's History Month observance will be held March 20 from 11 a.m. to 1 p.m. at the Roadrunner Community Center, Building 2797, Stanley Road. The host unit for the Women's History Month is U.S. Army South. For more information, on Women's History Month events, call Sgt. 1st Class Darwin Pettis at 295-6295 or 602-0207.

Quadrangle closure

The Fort Sam Houston Quadrangle will be closed to the public March 21. The South Texas Branch Veterinary Services will be conducting an annual inspection and vaccination of the deer and wildlife. The Quadrangle will re-open to the public March 22 for normal hours of operation.

United States Military Academy

The admissions department of the United States Military Academy, West Point, N.Y. will present a briefing March 22 at 2 p.m. in Evans Theater, Building 1396, Garden Ave. The briefing will focus on the opportunities available at West Point as well as the admissions process for Soldiers applying to the service academy. For more information, call Maj. Jeffrey Colon, Soldier admissions officer, Directorate of Admissions, at 845-938-5780 or DSN 688-5780.

GoArmyEd, eArmyU briefings

Effective March 23 education

See NEWS BRIEFS P4

Fort Sam Houston Women's History Month celebration

Story and photos by Army Sgt. Nina J. Ramón
 U.S. Army South Public Affairs Office

The month of March is nationally recognized as Women's History Month; a time to reflect on the many contributions of women in history. U.S. Army South is sponsoring the Women's History Month activities for the Fort Sam Houston installation.

This year's theme is "Women Taking the Lead to save our Planet" and throughout March, everyone here will have the opportunity to participate in various events to help save our planet.

March 5 initiated the celebrations with the reading of a proclamation signed by San Antonio Mayor Phil Hardberger and read by U.S. Army Garrison Commander, Col. Mary Garr during a cake-cutting ceremony at the Post Exchange.

Generations of women have dutifully served in the Armed Forces, in official capacities and other positions that display their patriotism and mental and physical strengths.

"When our nation was founded, women couldn't serve," said Garr. "Women were serving but not officially or dressing up as men and serving in disguise. So throughout the various wars, women have been able to play more substantial and valuable roles."

From the American Revolution to the current Global War on Terror, women have increased their visibility in the military as well as their responsibility. Since women were officially integrated into the military in 1975, the doors continue to open.

Garr cited the Army's first four-star general, Gen. Ann E. Dunwoody, as an

example of the advancement of women in the military when she was promoted to general in 2008.

"In [Gen. Dunwoody's] words, she wasn't trying to break down doors as a female, she was out there being a Soldier which is what all of us do," said Garr. "The things we are doing today are making history for tomorrow."

Garr went on to say, it is important to continue recognizing the contributions of everyone, including women, in support of our military and our nation.

"The things we are doing today are making history for tomorrow," said Garr.

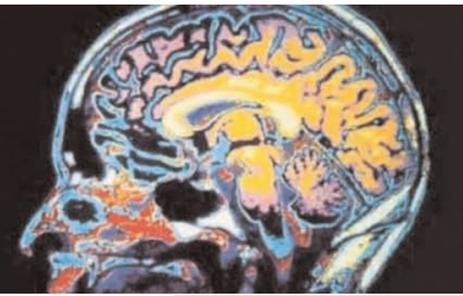
Future events include a Women's History Program March 20 at the Road Runner Community Center, Building 2797 and a 5K run/walk March 28 at the Jimmy Brought Fitness Center.



U.S. Army Garrison Commander, Col. Mary Garr reads a proclamation signed by San Antonio Mayor Phil Hardberger. U.S. Army South is sponsoring the Women's History Month activities for the Fort Sam Houston installation. This year's theme is "Women Taking the Lead to Save our Planet."

(From left) Sgt. Laura Carter, U.S. Army South Ambassador 2009, Col. Mary Garr, garrison commander, and Lt. Col. Louann Tucker, U.S. Army South initiate the Women's History month celebrations March 5 with a cake cutting ceremony.

Symptoms of concussion can include confusion, headaches, dizziness, ringing in the ears or nausea.



TBI from P1

mental status. You had your "bell rung." You are dazed and confused. More serious brain injuries that cause unconsciousness for 30 minutes or more are usually quickly recognized, but concussions may be dismissed and go untreated.

"It's the same as we see in a football game on TV, but no one comes out and holds up two fingers for you to count," said Lt. Col. Lynne Lowe, TBI program director in the Office of The Surgeon General of the Army.

"If you have a car accident and the EMTs come, they are likely to tend to your bleeding and not check for concussion. You are likely to be so happy you're alive, you don't think about concussion," she added.

Most people recover from concussions in a short time, as long as they do not repeat the injury.

"If someone has a concussion, we want them to be evaluated. It is very important that we protect them from getting another concussion before their brain heals," Lowe said.

Symptoms of concussion can include confusion, headaches, dizziness, ringing in the ears or nausea. These symptoms usually resolve within hours or a few days. Some people do have more persistent symptoms, which can include trouble sleeping, irritability or blurred vision.

"Providers can give medication for headaches or dizziness, and reassure them that they will be OK, because most people will be OK," Lowe said.

"We teach them about what it means to have a concussion, and some of the warning signs of a worsening condition. If symptoms last longer, more formal testing can be done and, if needed, rehabilitation. It's a step-care model, give them what they need, while always using our best judgment and available guidance."

"Just reassurance is very therapeutic in itself. Research proves that reassurance and education contribute to better outcomes," she said.

The military has developed two tools to help medical professionals diagnose concussions. The Mild Acute Concussive Evaluation is part of treatment protocols used in the Department of Defense for injuries less than seven days old. A doctor or medic will ask

about the subject's medical history and test memory and thinking ability. The subject may be asked to repeat a sequence of words or count backwards.

"It isn't that a bad score means you have a TBI," Lowe said. "The score means nothing by itself. It informs the decision, but doesn't form a diagnosis."

The Automated Neuropsychological Assessment Metric is a computer-based neurocognitive test. From the full 45-minute test battery, the military has extracted several tests associated with brain injury that take about 15 minutes to complete. Soldiers complete this test before deploying. If there is an incident that might produce a concussion, medical personnel on site can e-mail for the baseline results and compare them to a post-injury test.

Again, ANAM is not diagnostic, it is a tool used by a trained healthcare provider to help in making a diagnosis.

The Army has conducted a well-publicized campaign to convince Soldiers who may have suffered a concussion in

combat to seek treatment. But this is not an injury limited to combat, it can result from sports, vehicle accidents or everyday activities that produce falls or bumps.

"Whether you're going down a snow ramp on a tube, riding a bicycle or playing contact sports, it's a good idea to wear a helmet," said Larry Whisenant, chief of the safety office at Army Medical Command Headquarters. "Even children on a bicycle carrier should have helmets. It's such an easy thing to do and it can prevent a lot of grief."

"Some states don't require a helmet when riding a motorcycle, but the Army requires it of Soldiers regardless of state law," he added.

Whisenant said safe helmets should bear a seal of approval from either the U.S. Department of Transportation or the Snell Memorial Foundation.

"A Nazi-style helmet that lacks a DOT or Snell seal is not good. It may look good riding down the highway, but it doesn't provide the protection you need," he commented.

Army's top medic visits 'Lifeline' crew in Iraq

By Spc. Dustin Roberts
Army News Service



Staff Sgt. Randy Maurer (right), a medic serving with C Company, 299th Brigade Support "Lifeline" Battalion, shows the inside of a Heavy Armored Ground Ambulance to Command Sgt. Maj. Althea Dixon, senior enlisted advisor to the Army Surgeon General, at the Riva Ridge Troop Medical Clinic on Camp Liberty, Iraq.

BAGHDAD — With top leaders in the U.S. Army naming 2009 as the "Year of the Noncommissioned Officer," the Army's senior medic flew from Fort Sam Houston to Camp Liberty to meet with Multi-National Division-Baghdad's Army Medical Corps enlisted leaders and Soldiers.

Command Sgt. Maj. Althea Dixon, senior enlisted advisor to the Army Surgeon General, U.S. Army Medical Command, paid a visit to medical Soldiers serving with the 299th Brigade Support "Lifeline" Battalion, 2nd Heavy Brigade Combat Team, 1st Infantry Division, at the Riva Ridge Troop Medical Clinic on Camp Liberty, March 5.

PETS from P2

– Escaping confinement or restriction to chase people

• The following are not permitted: ocelots, coatimundi, snakes, prairie dogs, minks, reptiles, rodents other than hamsters and guinea pigs, ferrets, hedgehogs, skunks, rats, raccoons, squirrels, pot-bellied pigs, monkeys, arachnids, any farm or exotic animals.

• All pets must be kept inside residents home, on a leash accompanied by an adult, or secured in a fenced

backyard approved by LMH.

• Dog runs are not permitted and pets cannot be chained or tethered. Pets must be provided with adequate water, food, shelter from climatic conditions. Pet houses are allowed in backyards only with written permission from LMH.

• Per Army Medical Department Center and School and Fort Sam Houston, Regulation 40-3, all pets are required to be registered with the Fort Sam Houston Veterinary Treatment Facility and micro-chipped. Pets must be current

on their on their annual and rabies vaccinations and are required to wear rabies tag at all times. Dogs are required to be tested for heartworm disease biannually and on heartworm prevention year-round. Documentation of vaccinations must be provided yearly to LMH. The Fort Sam Houston Veterinary Treatment Facility's phone number is 295-4260.

• Pet owner is responsible for keeping the premises and common areas free of animal waste and debris. Pet owners not properly disposing of their

going on in the Army medical department. "As the senior medic in the Army, I try my best to meet and talk with each and every medical Soldier, or as much of them as I can, and hear their concerns and ideas."

Dixon informed the Lifeline

leaders about the recently released Army Medicine Strategic Map, which shows the key tactics and objectives for the medical corps in terms of leading, guiding and developing Soldiers.

"I want them to know where they fit in that strategy," said Dixon. "Our mission is to train, develop and equip a medical force that supports full spectrum operations."

Dixon also detailed the various aspects of being a leader in a Warrior Transition Unit, where many Soldiers in the Army's medical field may find themselves working.

WTUs were created in 2007 to provide critical support to Soldiers wounded in combat and are expected to require at least six months of rehabilitation care and mental health

management for themselves and their Families.

"Working in a WTU is one of the toughest leadership jobs there is. In addition to taking care of injuries and medical problems they are taking care of emotional and Family issues," said Dixon. "There are many challenges to being a leader in a WTU; it's not a 'take a knee' kind of job."

Serving as a medical Soldier working in combat operations because is a stressful job because of the long hours of medical service to Soldiers, Dixon said.

"I am so proud of what these folks are doing out here. They are well trained, they are highly motivated and they are all about service, so I am really pleased at what I have seen so far."

pets waste will be subject to a fine. The owner is responsible for any damage caused by the pet to the property or the property of others. LMH reserves the right to charge for de-flea, deodorize and enzyme shampoo.

• LMH is held harmless from all damages, claims, injuries suffered by a person or damage to property, which are caused by a pet and any errors, omissions, or negligence in the supervision of your pet including injuries caused by any pet bites and

diseases caused or carried by a pet.

This new policy is effective immediately. Current residents who have pets that met the March 1, 2005 pet policy but do not meet the requirements of the new pet policy are grandfathered until they vacate on-post housing or unless the pet demonstrates a propensity for dominant or aggressive behavior as described above.

For more, call the LMH at 270-7638 or visit ftsamhoustonquestions@lpsi.com.

LOGISTICS from P1

mediate with the Hospital Medical Logistics Course. January's training focused on the principles and techniques required to manage medical logistics functions in support of medical activities, medical centers, or medical treatment facilities.

Some areas discussed were advanced application of medical logistics management; automation systems; inventory management; property management; facilities management; environment of care; procurement and acqui-

sition; joint commission; life-cycle maintenance; supply chain management; cold chain management; national and retail Class VIII Department of Defense supply category for medical requisitions; Installation Medical Supply Activity roles and responsibilities; and storage and quality control procedures for Class VIII.

Referencing the modules covered during the three weeks Davis remarked, "I have gained invaluable knowledge and was introduced to people, systems, and programs that have provided

me the tools necessary to efficiently carry out my duties..."

For many students, highlights included several off-site training events at the San Antonio Military Medical Center - North, covering joint commission areas of interest utilizing the tracer methodology on a patient floor or applying lessons initially discussed in the classroom by conducting the event in the Medical Materiel Branch warehouse.

This course is open to senior O-3 and above Medical Service Corps commissioned

officers. The area of concentration being 70K and Combined Logistics Captain's Career Course or the Army Medical Department Captain's Career Course graduate, warrant officers in the grade of CW2 and above in the career field 670A, non-commissioned officers in the grade of E-7 and above with Military Occupational Skill 68A and 68J, and Department of Army civilians in the grade of GS-11 and above who are currently serving or enroute to hospital logistics management positions.

Currently, courses are

offered twice a year - January and August.

According to the Director of the Logistics Management Branch, Lt. Col. Dave Sheaffer, "Our desire is to maximize enrollment in order to justify a future increase in the number of iterations offered."

Student feedback has been extremely positive and the staff is looking forward to the August class. For further information, go to the Logistics Management Branch Web site at <http://www.cs.amedd-army.mil/details.aspx?dt=151>.

201st MI Battalion Soldiers undergo drownproofing

Story and photos by Gregory Ripps
470th Military Intelligence Brigade

Soldiers of the 201st Military Intelligence Battalion made a big splash in the pool at the Jimmy Brought Fitness Center March 6 to undergo "drownproofing."

"The purpose of this training is to provide our Soldiers with the skills and confidence to survive an emergency in a water environment," said Lt. Col.

Dennis Lewis, who commands the battalion.

The training requires each Soldier to complete four scenarios:

The first scenario requires the removal of equipment in deep water, which requires jumping into the pool with Interceptor Ballistic Armor, helmet and weapon and removing them and treading water for two minutes.

The long swim is were the

Soldier jumps in the pool with gear including weapon, vest, boots and helmet and swims one length of the pool, 25 meters.

Soldier uses their uniform as an improvised floating device, and swim three lengths of the pool, a total of 75 meters. The third scenario is called the confidence float.

The last scenario submerged water egress training is where a Soldier, after being

strapped into a chair and turned upside down under water, releases the seatbelt, exits through a latched door and reaches the surface.

The March 6 training followed an hour of classroom training on the preceding day. The more experienced swimmers of the battalion completed the training first so they could assist the Soldiers and monitor the training the next day. Pool personnel also lent a hand,

with pool manager Ignacio Flores leading the egress training.

About 120 of the battalion's Soldiers completed the drownproof training. Although drownproofing is a regular occurrence at the fitness center pool, it's been a while for 201st MI Battalion Soldiers.

"I've been in the unit about four years and this is the first time I've done it," said Staff Sgt. Jason DeFrain.

First Sgt. Darin Schartner emerges from the water after swimming with his weapon and helmet as part of his drownproofing. He and other Soldiers of the 201st Military Intelligence Battalion underwent drown-proof training in the Jimmy Brought Fitness Center pool March 6.



Ignacio Flores, Jimmy Brought Fitness Center pool manager, gives final pointers to a Soldier before he is dunked. The Soldier had to release his seatbelt and exit through a latched door to complete this segment of drownproofing that he and other members of the 201st Military Intelligence Battalion accomplished March 6.



Sgt. Micah Legg swims using part of his uniform as an improvised flotation device. He and other Soldiers of the 201st Military Intelligence Battalion underwent drown-proof training in the Jimmy Brought Fitness Center.

Wounded warriors enjoy barbecue with special guests



The "Almost Patsy Cline Band" entertains wounded warriors and their Families with favorite country and western tunes at the Warrior and Family Support Center during the annual "Good Ol' Boys Hunt Club" barbecue dinner planned for the fourth year by club coordinator Roger Bales.



Staff Sgt. Shawn Breen and Sgt. Maj. Mary Hayes practice their Texas two-step during the Warrior and Family Support Center barbecue.



Chris Duell, ESPN Sports radio interviews San Antonio Rampage hockey team players while visiting the Warrior and Family Support Center.



ESPN Sports Radio announcer, Chris Duell, interviews Texas Attorney General Greg Abbott who visited with wounded warriors and their Families and helped serve barbecue plates during the dinner.



Evelyn Jackson (left) and Judith Markelz welcome Kansas City Chiefs football star Priest Holmes to the Warrior and Family Support Center.

Tax tips: mortgage debt forgiveness

If your mortgage debt is partly or entirely, forgiven during tax years 2007 through 2012, you may be able to claim special tax relief and exclude the debt forgiveness income.

Normally, debt forgiveness results in taxable income. However, under the Mortgage Forgiveness Debt Relief Act of 2007, you may be able to exclude up to \$2 million of debt forgiven on your principal residence. The limit is \$1 million for a married person filing a separate return.

Taxpayers may exclude debt reduced through mortgage restructuring, as well as mortgage debt forgiven in a foreclosure. To qualify, the debt must have been used to buy, build or substantially improve your principal residence and be secured by that residence. Refinanced debt proceeds used for substantially improving your principal residence also qualify for the exclusion.

However, proceeds of refinanced debt used for other purposes (for example, to pay off credit card debt) do not qualify for the exclusion.

If you qualify, you claim the special exclusion by filling out Form 982, Reduction of Tax Attributes Due to Discharge of Indebtedness, and attaching it to your federal income tax return for the year.

Debt forgiven on second homes, rental property, business property, credit cards or car loans does not qualify for the new tax-relief provision. In some cases, however, other tax relief provisions, (for example, insolvency), may be available. See Form 982 for details.

If your debt is reduced or eliminated you will receive a year-end statement, Form 1099-C, from your lender. By law, this form must show the amount of debt forgiven and the fair market value of any property foreclosed.

The IRS urges borrowers to examine the Form 1099-C carefully. Notify the lender

immediately if any of the information shown is incorrect. You should pay particular attention to the amount of debt forgiven in Box 2 and the value listed for your home in Box 7.

For more information about the Mortgage Forgiveness Debt Relief Act of 2007, visit the IRS Web site at IRS.gov.

The Fort Sam Houston Military Tax Center is located in Building 133, near the intersection of Stanley and Liscum, immediately behind the Office of the Staff Judge Advocate. The office is open Tuesdays through Fridays from 9 a.m. to 5 p.m. and Saturdays from 9 a.m. to 2 p.m., call 295-1040.

A satellite office is located in Brooke Army Medical Center's lower level. The satellite office is open Monday through Friday from 9 a.m. to 4 p.m., call 916-1040.

(Source: IRS)

Sam Houston Club hosts FMWRC Texas Hold'em tournament

Story and photo by Paul Kotchman
Directorate of Family Morale, Welfare and Recreation Marketing



Tournament Winner Hector Garcia holds the \$500 American Express gift card.

Fort Sam Houston Family and Morale Welfare and Recreation hosted the 2009 Texas Hold'em Tournament March 13 at the Sam Houston Club. Fort Sam Houston is one of 50 installations selected by the U.S. Army Family and MWR Command to host a local Texas Hold'em Tournament. The winners of each local tournament earn the opportunity to compete against each other in a national online tournament April 25.

Each contestant was assigned a table and seat number at check in. A total of 58 contestants filled eight tables to make up the tournament field.

The meal for the evening consisted of a submarine sandwich, chips, cookies, and unlimited soft drinks.

Action began heating up quickly and the first contestant was eliminated on the first hand of the competition. Many

others followed suit shortly and within an hour and a half, the tournament field had dwindled down to five tables and it was time for a 15-minute break.

After the break, the competition moved quickly and by 10 p.m. only the eight tournament finalists remained. It wasn't until after 11:30 p.m. when only one person remained from the tournament field, Hector Garcia.

Garcia was awarded with a \$500 American Express gift card and a seat in the national online Army Texas Hold'em Tournament. The other seven finalist received prizes including an iPod Touch, \$175 and \$100 gift cards from Home Depot, U.S. Army Mirror, World Poker Tour Polo Shirt, and two \$20 gift cards to Buffalo Wild Wings.

For the players that were eliminated from the tournament early, a consolation table was provided by FMWR.

National Flood Safety Awareness Week Be prepared for flooding

Flooding is the most common natural disaster and can occur anywhere. Flooding can be localized in a particular neighborhood or widespread, affecting entire cities or large portions of states and territories.

Floods can develop over a period of days, giving people adequate time to prepare; however, flash floods can develop in a matter of minutes. Flash flood waters can be caused by heavy rain, levee breaches or dam failures. Rushing flood waters can be deeper and stronger than they look. These waters are also destructive and can carry debris, rocks and mud.

How to prepare for a flood:

- Determine whether home or work place is in a predetermined flood plain.
- Stay informed and know flood terminology:
 - Flood Watch - flooding is possible. Stay tuned to radio or TV for more information.
 - Flash Flood Watch - flash flooding is possible. Stay tuned to radio or TV for more information. Be prepared to move to higher ground.
 - Flood Warning - flooding is currently occurring or will occur soon. Listen for further instructions. If told to evacuate, do so immediately.
 - Flash Flood Warning - flash flooding is currently occurring or will occur soon.

Seek higher ground on foot immediately.

- Get an emergency supply kit, and store it where it can be accessed by all family members.
- Know the installation's plan, and develop an evacuation procedure as a family.
- Develop a communication plan in case you are not together during evacuation.
- Identify where to go to reach higher ground quickly and on foot.

• Keep enough fuel in the gas tank to evacuate. Expect a high volume of slow traffic.

What to do if there is a flood:

- Stay tuned to the radio or TV for further information and instructions.
- If ordered to evacuate:
 - Take only essential items.
 - Turn off gas, electricity and water.
 - Disconnect appliances.
 - Do not walk in moving water.
 - Do not drive in flood water. As little as six inches of water can cause loss of control and stalling of a vehicle.
 - Follow the designated evacuation procedure.
- If not ordered to evacuate:
 - Stay tuned to emergency stations on radio



or television.

– Listen for further instructions.

– Prepare to evacuate to a shelter or a neighbor's home if your home is damaged.

• Once in a safe place, report to your command or supervi-

sor.

What to do after a flood:

- Listen to news reports to make sure water supplies are not contaminated.
- Stay clear of flood waters, standing and moving, as they may be contaminated or deeper than expected.
- Beware of downed power lines.
- Avoid any roads where flood waters have receded as they may have weakened and could collapse under the weight of a car.
- Be extremely cautious when entering buildings and homes,

as there may be unseen damage.

• Clean and disinfect everything that was touched by flood water, as it can contain sewage and other contaminants.

Ready Army is an Army-wide campaign developed by the Headquarters Department of the Army, Army Emergency Management Program. The campaign seeks to inform the Army community of all hazards, manmade and natural, and encourages Soldiers, their Families, civilians and contractors to -- Get a kit. Make a plan. Be informed. For more

Hometown star

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

Whether active duty, Reserve, Guard or a Department of Defense civilian, you can fill out the Hometown News Release, the Department of Defense Form 2266, and forward it to Public Affairs. PA will then forward the form to the Air Force News Agency for distribution to every media outlet within a 50-mile radius of the zip code specified on the form.

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

For more information, visit <http://www.samhouston.army.mil/publicaffairs>, call 221-1139 or 221-0546; or e-mail Minnie Jones at innie.l.jones@us.army.mil.



Study looks at diabetes, heart disease prevention

By Athena Martinez

Diabetes Prevention Education Specialist

The 21st Annual American Diabetes Alert Day is March 24. This is a "wake-up" call to save lives.

Diabetes affects nearly 24 million children and adults in the United States. Approximately one-fourth, or 5.7 million of these people do not know they have diabetes. This is why it is considered a "silent killer."

One-in-five Americans is at risk for developing type-two diabetes.

The seven most common risk factors are being over 45 years of age; race or ethnic background, African-Americans, Latinos and Native-Americans have a higher incidence; Family history of diabetes; being very overweight; low level of physical activity; high blood pressure or taking blood pressure medications; and a history of diabetes during

pregnancy.

Symptoms of diabetes are frequent urination, being very thirsty, being more tired than usual, unusual weight loss, being very hungry and blurry vision. Individuals who have a combination of these symptoms should contact their doctor as soon as possible.

Diabetes can lead to heart disease, stroke, foot and skin problems, nerve damage, depression, eye problems, blindness, and kidney problems.

Take a free diabetes risk test by calling 1-800-DIABETES (342-2383), or visit www.diabetes.org/alert.

Wilford Hall Medical Center is conducting research on diabetes and heart disease prevention. Those who qualify will be able to participate in a 12-week group lifestyle program that will focus on exercise, balanced nutrition and healthy lifestyle behavior choices. For more information, call 292-2842.



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

Taking a healthy bite out of your food budget

By 2nd Lt. Carly Hayward

Dietetic Intern, Brooke Army Medical Center

With the current economy, we all are looking for ways to pinch pennies where we can.

According to the U.S. Department of Agriculture the average person spends nearly 10 percent of their monthly income on food.

While food is not a luxury, there are many ways we can prevent food costs from taking a bigger bite out of our budget and still eat healthy.

Here are some simple tips people can use at the grocery store and at home to keep food costs low, reduce waste, and eat healthfully.

Meal planning

Planning meals for the week will help organize a shopping list and prevent people from buying extra food. Meal planning can help people choose healthier food by looking for

recipes using leaner meats, whole grains, and lots of vegetables. Modify some of family favorites to make a healthier version; for example, add diced vegetables into a meatloaf mix to reduce the amount of lean ground sirloin or ground turkey used.

Take inventory

Check the refrigerator and pantry first for items needed to prepare meals and avoid buying something you already have. Check for basic, everyday items that are getting low, such as bread and milk, and for expired food that needs to be tossed. Taking 5 to 10 minutes to check stock and clear space will save time when you get home from the store.

Coupons: deal or trick?

Coupons can save money if people use them wisely. Don't use a coupon for an expensive item that's not needed; you might end up spending more

than you save. Be wary of using coupons for name brand items since they may cost more than the generic or store brand.

Compare prices and brands

Compare the unit price listed on the shelf tag in the grocery store of two or more brands to find the best price. Check the store's weekly sale ads for specials.

Buying in bulk

Buying in large quantities can save money if the product is something used frequently. Always compare unit prices because sometimes small quantities are cheaper. In addition, buying more than people really need can lead to a crowded pantry and wasted food.

Avoid impulse buys

Aisle displays and checkout counter items frequently draw attention with outrageous

deals on our favorite convenience foods and seem too good to pass up. If you didn't plan on buying the item to begin with, then you are spending more than originally planned - even if it seems like a great deal. Plus, calorie-dense snacks, candies, and beverages offer little nutritional value.

Look for low cost healthy foods

Healthy foods don't have to be expensive. Choose seasonal fresh fruits and vegetables to get the best price and add variety to your diet. Skip the produce that is already trimmed, chopped, and ready to eat, like bagged salad mixes, since they cost more. Chose the out-of-season produce from the frozen section rather than the canned food aisles since sugar

and salt are often added during canning. Limit convenience and snack foods that offer little nutrition beyond calories; chips, cookies, soft drinks, and candy are of little importance to a persons' diet and can be considered budget and diet luxuries. Beans are a good alternative to meat since they are a good source of protein, high in fiber, and very inexpensive.

All in all, putting these smart shopping practices to use can help you trim the budget and the waistline. Taking small steps to change the way we think about grocery shopping and meal planning can help us get there. The most important things to remember are, plan ahead, shop smart, and do a little more work from home.

CAREER FAIR SUPPORTS WARRIORS IN TRANSITION

By Cheryl Harrison
Army Community Service, Marketing

Another successful Hiring Heroes Career Fair was held March 9 and 10 at the Sam Houston Club offering employment opportunities to injured servicemembers, their spouses and main caregivers. The event was sponsored by the Department of Defense, Civilian Personnel Management Service and Fort Sam Houston.

The event brought together more than 77 employers whose primary purpose in attending was to speak with Warriors in Transition, their Family members and caregivers regarding employment opportunities available to them once separated from military service. Employers from the federal sector, government affiliated agencies, contractors and corporations were present, among them being Defense Energy Support Center, Bureau of Alcohol Tobacco, Firearms and Explosives, central Intelligence Agency, and United States Border Patrol, just to name a few.

The day prior to the career fair the Fort Sam Houston Army Career and Alumni Program Center and the Office

Personnel Management conducted classes to help people prepare for the next day's Hiring Heroes Career Fair.

With over 20 computers and the help of about 30 volunteers, job seekers were shown tips on completing the federal application, where to find federal jobs and inputting an application into USAJOBS a website operated by the Office of Personnel Management that lists civil service jobs from federal agencies. Also offered was one-on-one help to assist Soldiers in building and fine-tuning resumes and applications.

Kim Goffer of the Civilian Personnel Advisory Center said, "Some hiring will be done on the spot, but we are really looking at this as long term career planning. That is why we are referring to it as a 'career fair' rather than a job fair. This gives some Soldiers insight into what they might need to do to better their marketable skills for when they do plan to join the civilian sector."

Fort Hood was represented as well, when two busloads of Warriors in Transition were unloaded at the club's door.

"We brought down about 30 Soldiers to spend the afternoon at the career fair. They are excited and pre-

pared for the job search experience," said Capt. Jutane Craigg, activities director for the Warriors in Transition Brigade, Fort Hood, Texas.

The Fort Hood Soldiers were part of

a steady stream of customers who kept employers busy during the day-long event. The career fair was deemed another successful event in taking care of Soldiers and their Families.



A volunteer helps a Hiring Heroes career fair attendee with his resume March 9 at the Sam Houston Club.

A member of the Texas State Troopers discusses job opportunities with a wounded warriors March 10 at the Hiring Heroes career fair. Recruiters from various federal, county and municipal law enforcement agencies also attend the job fair.



U.S. Army Garrison Command Sgt. Maj. Pedro Class visits with representatives from WorkVa during the Hiring Heroes career fair.



About 30 Soldiers from the Warriors in Transition Brigade, from Fort Hood, Texas were transported down to participate in the Fort Sam Houston Hiring Heroes event.

A representative from the Dustless Air Filter Company talks with 2 Soldier, from the Warrior Transition Battalion, about job opportunities at the air filter company, during the Hiring Heroes Job Fair at the Sam Houston Club.



More than 77 employers provided wounded warriors, their Family members and caregivers with information about their companies and job opportunities within their organizations March 10 at the Hiring Heroes career fair.



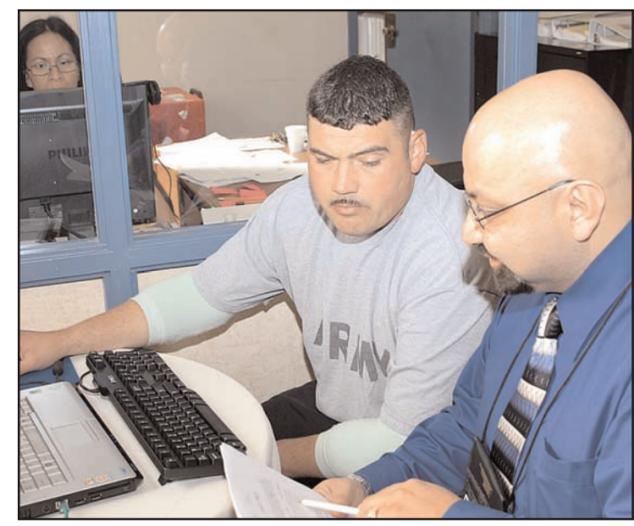
Helen Smith from the Department of Human Resources registers career fair attendees and provides them with a bag to collect the information they receive from over 77 potential employers.



Spc. Debra Brooks receives information from Bill Copp, director, International Recruiting for ManTech International Corp. about employment opportunities during the recent Hiring Heroes Career Fair March 9 and 10 at the Sam Houston Club. Brooks, National Guard Warrior in Transition Battalion asked questions about career possibilities.



Various booths were set up at the Hiring Heroes event March 10 at the Sam Houston Club to keep the fair interesting. The event brought together 77 employers from across the country to participate in the bi-annual event.



With over 20 computers and the help of about 30 volunteers, job seekers were shown tips on completing the federal application, where to find federal jobs and inputting an application into USAJOBS a website operated by the Office of Personnel Management.



Warrior Amazing Race Competition

Brooke Army Medical Center Warrior Transition Battalion challenges warriors of all services, Family members and support staff to compete in the Warrior Amazing Race Competition March 24, starting at 8 a.m. for a BAMC and garrison route. Teams must be co-ed, consists of at least a warrior, staff member, civilian contractor and inter-company military members. Sign up by March 20.

Prizes awarded for first, second and third place. For more information, call A Company, Staff Sgt. Reed, at 508-8674; B Co., Staff Sgt. Mack at 557-9087 or C Co., Sgt. Price at 394-7061.

Support the Troops 5K run/walk

The 32nd Medical Brigade will sponsor the inaugural Military City USA Support the Troops 5K March 21 at 8 a.m. at the Fort Sam Houston Mac Arthur

Parade Field. The run is open to the public and as well as active, reserve, National Guard and greater San Antonio ROTC units. Registration forms can be picked up at any post fitness center and any local running store. The cost is \$12 prior to March 13 and \$15 the day of the Run. To register online, visit www.cs.amedd.army.mil/5krun.aspx. For more information, call 497-8214.

Lifeguard Classes

The Jimmy Brought Fitness Center will host weekend lifeguard classes April 4 and 5; 11 and 12; 18 and 19 and 25 and 26 from 8:30 a.m. to 4:30 p.m. at the Jimmy Brought Fitness center. Cost is \$160 per class. For more information, call Ignacio Flores at 221-1234 or 221-1532.

Intramural spring softball

Fort Sam Houston intramural spring

softball season begins April 6. Letters of intent may be sent to Earl Young, 1212 Stanley Road Building 124, Suite 20, Fort Sam Houston, TX 78234 or they may be dropped off at the Brigade Gym by March 20. For more information, call Earl Young at 221-3003.

Weight room triathlon

The Jimmy Brought Fitness Center will host a weight room triathlon event April 4 and 5 from 9 a.m. to 4 p.m. The competition is a timed event; competitors must complete the bicep curl, bench press and leg press in the fastest time. A \$10 fee will include a T-shirt and trophies will be awarded to the overall winner, best of the female and best of the male. For more information, call 221-1532 or 221-1234.

Intramural soccer

Fort Sam Houston intramural soccer season begins April 7. Letters of intent may be sent to Earl Young, 1212 Stanley Road Building 124, Suite 20, Fort Sam Houston, TX, 78234 or they may be dropped off at the Brigade Gym by March 20. For more information, call Earl Young at 221-3003.

Intramural soccer

Fort Sam Houston intramural archery season begins April 14. Letters of intent may be sent to Earl Young, 1212 Stanley Road Building 124, Suite 20, Fort Sam Houston, TX, 78234 or they may be dropped off at the Brigade Gym by April 2. For more information, call Earl Young at 221-3003.

Intramural spring flag football

Fort Sam Houston intramural spring flag football season begins April 13. Letters of intent may be sent to Earl Young, 1212 Stanley Road Building 124, Suite 20, Fort Sam Houston, TX, 78234 or they may be dropped off at the Brigade Gym by April 3. For more information, call Earl Young at 221-3003.

11th Annual City Military Championship

The 11th Annual City Military Championship will be played April 25 and 26 at the Fort Sam Houston Golf Club. There will be an 8 a.m. shot-gun start on both days. Flights will consist of a championship flight, men's open flight, ladies open flight, a senior flight, wounded warrior flight, junior flight and a super senior

flight. The two-day stroke play championship will be played on the La Loma Grande and the Salado Del Rio courses. The entry fee is \$40 for Fort Sam Houston Golf Club members and \$80 for all non-members. Fee includes green's fees, carts, awards and a social following Sunday play. The event is open to all active and retired military, Department of Defense civilians, contractors and Family members with a government issued I.D. card. Registration is due by April 20. All fees must be paid at time of sign-up. For more information or to register, call 222-9386.

106th Signal Brigade Fiesta Golf Tournament

The 106th Signal Brigade will host a Fiesta golf tournament April 17 at 1 p.m. at the Fort Sam Houston Golf Course. The scramble format tournament is for military, civilian and contract IT professionals. The cost is \$30 for green fee and cart; and \$10 entry fee. Teams will be randomly selected based on handicap. For more information, call Bob Brown at 295-2051 or Joe Tavernier at 295-2042.

Kids have fun, learn to cope at Operation Purple camp

By Rob McIlvaine

FMWRC Public Affairs

The National Military Family Association's Operation Purple camp program will once again be accepting applications online at www.operationpurple.org.

The program aims to help military kids experience care-free fun while also learning coping skills to deal with war-related stress, and fosters relationships with others who know what they are going through. Operation Purple camp also helps kids to gain confidence and teaches them to be stewards of the community and of the environment.

In 2008, military children ages seven to 17 had a chance to stay at the free, week-long, overnight camp at one of 62 locations in 37 states and territories. Camps are free to all participants, thanks to support from the Sierra Club and the Sierra Club Foundation.

War takes its toll not only on the troops who fight in the field, but also on the Families who wait and worry at home. More than 155,000 kids have

at least one parent who is deployed in the war on terrorism. That number doesn't include those experiencing routine, but often lengthy, deployments and separations from loved ones through military service. Many of these children have more than one parent or family member deployed.

Any military child can apply, but priority is given to those who have a parent, guardian, or family household member deployed between September 2008 and December 2009. If all spaces are not filled with campers who meet the deployment criteria, the remaining camp slots are filled with any military child from any service branch, the National Guard, Reserve, U.S. Public Health Service and the National Oceanic and Atmospheric Association.

For more information about the program, visit www.operationpurple.org. For information about the National Military Family Association, contact the National Military Family Association at 703-931-6632 or at families@nmfa.org.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES MARCH 23 TO 28

Fort Sam Houston Elementary School

March 25 - Individual pictures

March 26 - Cougar Connection: Art Fun - explore fun techniques to build your child's creativity, 11:30 a.m. to 12:30 p.m.

March 27 - Spirit day - End of third nine weeks

Robert G. Cole Middle and High School

March 23 - C Awards in Cole Gym, 6 p.m.

March 24 - JV girls' and boys' tennis at Stockdale, 8 a.m.

Sixth, seventh and eighth grade Pre-AP science field trip to

Witte Museum, 8:45 a.m. to 12:30 p.m.

Baseball vs. Comfort at Cole, 4:30 p.m.

UIL One Act play dress rehearsal at Randolph

March 25 - UIL One Act Play dress rehearsal at Randolph

March 26 - JV/Varsity boys' and girls' tennis Brackenridge tournament,

8 a.m. Sixth grade field trip to San Antonio Water System

ground water sleuthing

March 27 - End of third nine weeks - JV/V boys' and girls' tennis -

Brackenridge tournament, 8 a.m. Baseball at Johnson City,

6 p.m. Middle school movie night in middle school mall, 6 p.m.

March 28 - JV/V boys' and girls' tennis - Brackenridge tournament,

8 a.m. JV/V boys' and girls' track meet at Randolph High School, all day



Announcements

Lunch and Bowl

The Fort Sam Houston Bowling Center's Lunch and Bowl program will change from Wednesdays to Thursdays beginning March 19. The time will remain 11:30 a.m. to 1 p.m. For more information, call 221-4740.

Ladies golf clinic

The Fort Sam Houston Golf Club will host a ladies golf clinic April 2, 9, 16, and 23 from 6 to 7 p.m. A participation fee of \$120 per player will apply. For additional information or to register, call 222-9386.

All Army Chess Championship

The All Army Chess Championship will be held April 4 to 10 at Fort Meyer, Arlington, Va. Each player must be U.S. Army active duty and a United States Chess Federation rated member. A total of 12 players will be selected and funded by Family and Morale, Welfare and Recreation Command. All players must apply online or download application and fax to 703-681-7249, DSN 761-7249 or DSN 761-7249 or 703-681-1616, DSN 761-1616. There will be no on-site registration. For more information, call 703-681-5221.

Pump Boys and Dinettes

The Harlequin Dinner Theatre is featuring Pump Boys and Dinettes through April 11 Thursday through Saturday evenings. The house opens at 6:15 p.m. for salad bar and cocktails. The dinner buffet opens from 6:30 to 7:30 p.m. with the show beginning at 8 p.m. For more information on ticket pricing or to make reservations, call 222-9694. Military and student discounts are available.

Calendar of Events

MARCH 19

Children and deployment training

The Army Community Service Mobilization and Deployment Program will hold a children and deployment training March 19 from 9 to 11 a.m. at ACS, Building 2797. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

First-term spouses orientation

Army Community Service will hold a first term spouses orientation March 19 from 10 a.m. to noon at ACS, Building 2797. The event will provide an overview of all ACS services offered to active-duty military and their Families. All spouses new to the military and to the Army are encouraged to attend. For more information, call 221-0427 or 221-2705.

Stress management

Army Community Service Family Advocacy Program will hold a stress management class March 19 fro 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. The class provides valuable tips to help manage stress. For more information or to register, call 221-0349 or 221-2418.

See MWR P19

Fort Sam Houston Equestrian Center

Cowboys for Heroes

Free Event

March 27, 2009 from 6 to 9 p.m. & March 28, 2009 from 9 a.m. to 6 p.m.

Activities provided will be:

<i>Chuck Wagon Cooking</i>	<i>Buffalo Soldiers Demos</i>	<i>Goat Tying</i>	<i>Clowns</i>
<i>Roping Demos</i>	<i>Wagon Rides</i>	<i>Hay Rolling</i>	<i>Moon Walks</i>
<i>The Texas Cowboys Demos</i>	<i>Horse Rides</i>	<i>Tug a War</i>	<i>Muttin Busting</i>
<i>Native Americans Demos</i>	<i>Mechanical Bull Rides</i>	<i>Horseshoe Toss</i>	<i>The Traveling Liberty Bell and More!</i>

March 27th, event kick off Bonfire Social.

March 28th, a variety of stage shows and award winning performances by:

Branded with Robert Welch and Paul Stagges.

The 101 Fort Sam Base Praise Band.

Back at the Ranch.

Jeff Gore, Charlie Ellis, and Dave Watson Cowboy Poets.

The All Around Cowboy Church Band.

Clifton Jansky.

And More.

For additional information please contact (210)224-7207.

MWR from P18

Negotiating Conflict

Army Community Service Family Advocacy Program will hold a class in negotiating conflict March 19 from 1 to 2:30 p.m. at ACS, Building 2797, Training Room 2. The class will offer tips to handle difficult people in your life. For more information or to register, call 221-0349 or 221-2418.

MARCH 20

Excel Level 3

Army Community Service will offer a Microsoft Excel Level 3 class March 20 from 8 a.m. to noon held at the ACS, Building 2797, in the computer lab. The class is open to all interested active-duty Soldiers, spouses and civilian employees. Registration is required. Watch for details on Microsoft Office 2007 classes to begin in April. For more information or to register, call 221-1841 or e-mail jennifer.lobo@us.army.mil.

MARCH 21

AFAP Teen Conference

The Army Family Action Plan Teen Conference will be held March 21 from 9 a.m. to 3 p.m. at the Youth Center, Building 1630, Watkins Blvd. Teens 13 to 18 years old are invited to attend. Interested teens can fill out and return a delegate or FRTI application as soon as possible. The AFAP Teen Conference will give teens the opportunity to speak their minds and help shape their community. For more information, call 221-2611 or 221-2705.

MARCH 21 and 22

Bowhunter education course

Camp Bullis Outdoor Recreation Area in conjunction with the National Bowhunter Education Foundation will hold a bowhunter education course March 21 and 22 at the Camp Bullis Outdoor Recreation Area. This is a 12-hour course

taught over a 2 day period. Participants are required to bring their own bow. Classes are open to the public and begin at 8 a.m. daily. Students must be 12 years or older to receive certification. Class sizes are limited to 25 students per class with a minimum of 10 students required. This course is mandatory for bowhunting on Camp Bullis. For more information, call 295-7529.

MARCH 23

Unit trauma training

The Army Community Service Mobilization and Deployment Program will hold unit trauma training March 23 from 9 a.m. to 2 p.m. at ACS, Building 2797. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

'Why is my brother different?'

Army Community Service Exceptional Family Member Program will hold a class entitled "Why is my brother different?" March 23 from 10 to 11 a.m. at ACS, Building 2797. The class will teach how to communicate appropriately with children about their special needs sibling. For more information or to register, call 221-0349 or 221-2418.

Savings and investing class

Army Community Service Financial Readiness will hold a savings and investing class March 23 from 2 to 4 p.m. at ACS, Building 2797. Class space is limited. For more information or to register, call 221-1612.

MARCH 24

Mandatory first-term PCS move

Army Community Service Financial Readiness will hold a mandatory first-term PCS move class March 24 from 2 to 4 p.m. at ACS, Building 2797. Class space is limited. For more information or to register, call 221-1612.

Women Encouraging Women

Army Community Service Family Advocacy Program will hold Women Encouraging Women, a lunchtime seminar March 24 from noon to 1 p.m. at ACS, Building 2797. The topic will be healthy eating habits. This class is held in conjunction with National Nutrition Month. Bring a "healthy" lunch, make new friends, and grow your potential. For more information or to register, call 221-0349 or 221-0600.

MARCH 25

Deployed parenting

Deployment and related parenting challenges will be discussed in a class March 25 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. The class will focus on the emotional challenges and transitions of military members through the deployment cycle. Learn way to provide children with reassurance, maintain a normal routine, and improve parenting skills during Family separation. For more information or to register, call 221-0349 or 221-2418.

First-term financial readiness

Army Community Service Financial

Readiness will hold a mandatory first-term financial readiness class March 25 at 1 p.m. at ACS, Building 2797. Class space is limited. For more information or to register, call 221-1612.

Battle-mind training for Families

The Army Community Service Mobilization and Deployment Program will hold Battle-mind training for Families March 25 from 2:30 to 4:30 p.m. at ACS, Building 2797. Classes are open to Soldiers, their Families and civilians interested in learning more and becoming knowledgeable in the Army life. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Nurturing Parents Early

Childhood

Army Community Service Family Advocacy Program will offer a 12-session class entitled, Nurturing Parents Early Childhood, beginning March 25 from 5:30 to 8:30 p.m. at Dodd Field Chapel, Building 1721. This nationally recognized parenting program helps Families with children from birth to four-years-old develop self-awareness, empathy, age-

appropriate expectations and positive discipline alternatives. Both parents and children are welcome to attend the separate groups for the majority of the sessions. For more information or to register, call 221-0349 or 221-2418.

MARCH 26 and 27

Family Readiness Group Leadership Academy

The Army Community Service Mobilization and Deployment Program will hold Family Readiness Group Leadership Academy March 26 and 27 from 8:30 a.m. to 3:30 p.m. at ACS, Building 2797. Classes are open to Soldiers, their Families and civilians interested in learning more and becoming knowledgeable in the Army life. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

MARCH 27 and 28

Time Management at the Work Place

Army Community Service Employment Readiness program will host a Time Management at the Work Place class

See MWR P22

Community

Announcements

Foster families needed for military work dogs

The Department of Defense Military Working Dog Breeding Program is currently looking for foster families. The role of a foster family is to nurture the military working puppy at 9 weeks into healthy adolescence at 6 months, and ensure that the puppy experiences the extensive socialization and environmental exposure that is crucial to producing a well-adjusted young working dog. The Department of Defense breeding program staff assists all foster families along the way with weekly contact, and conducting monthly exercises to assist in the development of the pup's self-confidence, retrieving behavior, and searching skills. The program provides all the necessary equipment for raising these dogs including food, carrier, toys, bowls, collars,

leashes, veterinary care and more. For more information, call Lynnette Butler at 671-3686 or e-mail lynnette.butler.ctr@lackland.af.mil.

Great Getaways Sweepstakes

Enter the Great Getaways Sweepstakes, an Army Family and Morale, Welfare and Recreation Command-sponsored contest to win a dream vacation. The grand prize includes a seven-night stay at one of five Armed Forces Recreation Centers, a luggage set, a digital camera, a set of golf clubs, and \$2,500 for travel expenses. Active-duty U.S. military personnel from all branches of service, reserve, National Guard, retirees, Family members and Department of Defense civilians 18 and year or older are eligible for the contest. Eligible patrons may enter online through May 31 at www.afrcresorts.com or via a three-by-five card with name, address,

telephone number and e-mail address sent to Great Getaways, PO Box 150304, Alexandria, Va. 22315. Limit is one entry per day.

Calendar of Events

MARCH 19 American Society of Military Comptrollers

The Alamo Chapter of the American Society of Military Comptrollers luncheon invites all members and non-members to attend a luncheon March 19 from 11 a.m. to 1 p.m. at the Fort Sam Houston Golf Club. The event is open to members and non-members. The event is hosted by the Air Force Audit Agency. The guest speaker will be Charles Carpenter, director, Programs, Resources and Analysis; North American Aerospace Defense Command and U.S. Northern Command, Peterson Air Force Base, Colo., the topic will be "Resource Management." For more information or to RSVP call Ellen Hester at 536-3311 by March 13.

Society for the Preservation of Historic Fort Sam Houston

The Society for the Preservation of Historic Fort Sam Houston will meet March 19 at 11:30 a.m. at the Stilwell House. The Guest speaker will be U.S. Army Garrison Commander Col. Mary Garr. For more information, call 822-6034.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club will host its annual speech contest March 19 from 11:45 a.m. to 1 p.m. at the San Antonio Credit Union, Fort Sam Houston branch in the conference room. The club meets the first and third Thursday of every month from 11:45 a.m. to 1 p.m. in the San Antonio Credit Union conference room. For more information, call Anthony Jones, president, at 221-8785 or Shannon Shelton, vice-president, at 221-7174.

March 21 The New Braunfels March-und Wandergruppe volksmarch club

The New Braunfels Marsch-und Wandergruppe volksmarch club will host a 5K and 10K walk March 21 and 22, starting between 8 a.m. and noon, finishing by 3 p.m. at the Wimberley Community Center, 14068 Ranch Road

12, Wimberley, Texas. For information, call Helgard Suhr-Hollis at 830-625-6330, e-mail helgard@satx.rr.com or visit www.muw.walktexas.org/.

MARCH 24 Retired Officers' Wives' and Widows' Club luncheon

The Retired Officers' Wives' and Widows' Club luncheon will be held March 24 at 11 a.m. at the Sam Houston Club. The Irish Clown will provide entertainment. For more information or reservations, call 822-6559.

MARCH 30 AUSA luncheon

The next Association of the United States Army luncheon will be March 30 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be J. Randall Robinson, regional director, IMCOM West. Tickets are available at the MWR ticket office at the Sam Houston Club.

April 15 Civilians Community FIRST Focus Group

The Fort Sam Houston Department of the Army Civilians Community FIRST Focus Group will be held April 15 from 8 to 11:30 a.m. in the Building 122, Stanley Road, Garrison Command Conference Room. If you wish to participate in this program in an effort to improve on garrison performance and importance of services, it is recommended that you confirm attendance by contacting the Customer Management Services Officer at 221-2543 or e-mail samh.cms@conus.army.mil. If you would like to submit issues, use the AFAP/Community FIRST Web Form or the Innovation Forum for Garrison for employees on the CMS Web sites.



Religious Briefs

Lent worship services

Lent worship services will be held March 18 and 25; and April 1 at 6 p.m. at the Dodd Field Chapel, Building 1721. For more information, call 221-5010 or 221-5432.

Journey to Jerusalem

The Fort Sam Houston Chapel community will host "Journey to Jerusalem," an exciting new Easter outreach activity, April 2 to 5 from 5:30 to 8:30 p.m. on the grounds of Main Post Chapel. A Jerusalem village will be created where participants will be actively involved in making crafts, participating in family traditions, and other customs of the time. The event is free and open to the community. The chapel is looking for volunteers to be marketplace workers, actors, or

Soldiers. For more information or to volunteer, call Brian Merry at 221-5006 or e-mail brian.r.merry@us.army.mil; or Bedell Springs at 897-6880.

PWOC meets

The Protestant Women of the Chapel is a Christ-centered group that encourages women to grow spiritually within the body of Christ through prayer, the study of God's word, worship and service. A Bible study is held Wednesdays from 9:30 to 11:30 a.m. and Thursdays at 6:30 p.m. Child care is provided. For more information, call 221-5007.

CWOC meets

The Catholic Women of the Chapel will hold an Enrichment Bible Study

Mondays at 9:15 a.m. at Dodd Field Chapel. Child care is provided. For more information, call 442-8957 or 830-914-2326.

Holy week events

Journey to Jerusalem - April 3 to 5
Palm Sunday - April 5
Jewish Passover - April 8
Living Last Supper - April 7 to 9
7 p.m. at Randolph Air Force Base
7 p.m. at Mt. Zion Baptist Church
7:30 p.m. at the Main Post Chapel
Good Friday - April 10
Outdoor Easter Sunrise Service - April 12 at 7 a.m. at MacArthur Parade Field



Main Post Chapel, Building 2200, 221-2754

Catholic Services:
4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays
Protestant Services - Sundays:
8 a.m. - Collective Protestant
11 a.m. - Collective Protestant
Jewish Services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

8:30 a.m. - Mass - Sundays
11 a.m. - Mass - Sundays
Protestant Services:
10 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:
5:30 p.m. - Coffee and fellowship - Sundays
6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services
Catholic Mass: 8 a.m. - Sundays
Contemporary Protestant Service: 9:30 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Fort Sam Houston Library, Building 1222, 221-4702

Church of Jesus Christ of Latter Day Saints:
8:30 a.m. - Sundays
Installation Chaplain's Office, Building 2530, 295-2096
Contemporary Protestant: 11:01 a.m. - Sundays

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays

Protestant Services:
10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided
Samoan Protestant Service: 8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

Web site: www.samhouston.army.mil/chaplain

MWR from P19

March 27 from 9 to 11 a.m. at ACS, Building 2797. The class will provide valuable information on topics varying from time management, goal setting to organizing. Seating is limited, registration is required. For more information or to register, call 221-0427 or 221-2705.

Cowboys for Heroes

The Fort Sam Houston Equestrian Center in partnership with Chuck Wagons for Christ will host the forth annual Cowboys for Heroes March 27 and 28. The bonfire kick off is scheduled March 27 from 6 to 9 p.m. A full day of events is scheduled March 28 from 9 a.m. to 6 p.m. Enjoy free food, horse rides, Buffalo Soldier demonstrations, mechanical bull rides, wagon rides, live music and more. The event is free and open to the public. For more information, call 224-7207.

MARCH 28 'Go Green' Bazaar

The Sam Houston Club will host a "Go Green" bazaar March 28 from 9 a.m. to 2 p.m. Vendors will be on hand selling items such as jewelry, crafts, cosmetics, and handbags. Food and drinks will be avail-

able for purchase. Patrons are encouraged to wear green and to bring an item for recycle. This event is free and open to the public. For information on becoming a vendor, call Chris Neubeck at 221-9912. For more information on the event, call 224-2721.

MARCH 31

Home buying class

Army Community Service Financial Readiness will hold a home buying class March 31 from 2 to 4 p.m. at ACS, Building 2797. Class space is limited. For more information or to register, call 221-1612.

Infant massage classes

The New Parent Support Program will offer a five-week infant massage class April 2 to April 30 from 10 to 11:30 a.m. at the Dodd Field Chapel. This class is for babies from birth to one-year-old. The many benefits of massage may include helping baby and parents sleep better and longer, decreasing stress and crying, and may help relieve baby's discomfort caused by gas or colic. Class space is limited, registration is requested. For more information or to register, call 221-0655 or 221-0349, or visit the NPSP office located in Army Community Service, Building 2797.

For Sale Fort Freebies

Submission guidelines:

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

For Sale: Strength shoes, size 10.5, \$75; Signature Smoothie blender, new, \$35; television/stereo surround sound, new, \$45; Randall amplifier, \$40; Jan-sport hiking backpack, \$50. Call 296-8158

For Sale: Gitano Blades and Cooper Extra Load 22-inch tires, model 114V, 305/40R22, includes one extra rim and tire, \$1,400 obo. Call 689-5433

For Sale: Full-length running boards for F150 crew pickup, chrome, like new, \$140. Call 221-3549.

For Sale: 2006 Yamaha V-Star 1100 Classic motorcycle, 6,600 miles, maintenance up-to-date, loud pipes,

Cobra jet kit, Yamaha racing air filter, Corbin leather seats with removable back rests, lots of chrome, \$6,750. Call 478-7726.

For Sale: Wood desk, \$195; boys' bike, \$15, collection of 50 children's books, including Sesame Street, Toy Story, Thomas and Blues Clues, \$50 set; bedroom-set, double bed, mattress, box spring, high boy dresser, large dresser with mirror and shelves, \$450; bowling ball, 12 pounds, \$10; Will take reasonable offer on all items. Call 548-2718 or e-mail e.steil@yahoo.com

For Sale: Five foot by eight foot tilt trailer with sides, includes spare tire, \$500. Call 214-6635

For Sale: Lowery organ with bench and sheet music, 34 inches wide by 36 inches high, \$100. Call 657-5137

For Sale: Stearns and Foster queen-size sleeper sofa, floral design, smoke and pet free, \$195. Call 495-2296.

For Sale: Mahogany computer desk, \$85; leather chair for computer desk, \$50; oriental rug, runner, 12 feet long by 4 feet wide, \$125; California beige rug, five feet wide by seven feet long, \$85. Call 262-3892.

For Sale: Sealy Posture Premier full-size cyan mattress and box spring, like new, \$200. Call 647-0980.

For Sale: Wood-grain wall-unit entertainment center, six feet high by five feet wide by 17 inches deep, \$150;

baby crib, needs refinishing work, \$25; pine-wood toddler bed, \$40; pillow-back sofa sleeper and loveseat, earth tones, \$225; Fisher Price outdoor picnic table, \$20. Call 852-9927.

For Sale: Maternity pants and tops, sizes 20 to 24, new with tags, \$20; Resistol hat, size 7.25, like new, \$75; Little Tikes Cozy Coupe, \$20; refrigerator with freezer, four feet tall by 2.5 feet wide, \$95; male pug, two-years-old, \$275. Call 633-3859.

For Sale: Exerciser, \$200; two bikes, \$35 each; buffet, \$75; giant custom-made pet house, \$225. Call 633-2247.

For Sale: Bookcase, three and a half feet tall, \$25; air compressor, new, six feet tall by 4 feet wide, \$850; 1962 Chevy II, good engine, new tires, \$2,500 obo; Honda off-road motorcycle with wide tires, \$450 obo; welder and rolling cart, \$150. Call 633-0881.

For Sale: Office desk, \$75; chairs, various sizes and prices. Call 550-7371.

For Sale: Small bookcase, \$5; Sony DVD player, \$25; La-z-boy five-piece sectional modular seating with queen-size sleeper, \$350 obo; portable stereo television, CD and radio, \$20; "Band of Brothers" video, full set, \$20. Call 662-8887.

Free: Recumbent stationary exercise bike, programs do not work, but can be fixed. Call Julie Gueller at 618-8457.

Wanted: Pipe-tile roofing tin to cover a patio, in good condition, reasonably priced. Call 550-7371.