

# FORT SAM HOUSTON News Leader

“HOME OF ARMY MEDICINE”

## Taking care of Soldiers:

### Warriors in Transition benefit from changes to disability evaluation system

By Elaine Wilson  
Fort Sam Houston Public Information Office

From severance pay to disability ratings, Warriors in Transition are benefiting from changes to the Physical Disability Evaluation System brought about by the 2008 National Defense Authorization Act.

“The NDAA affected the Physical Disability Evaluation System for all services,” said Lt. Col. Bruce Romanick, chief, Client Services, Office of the Staff Judge Advocate. “The goal is to improve and standardize processes throughout the Department of Defense.”

At Fort Sam Houston, Warriors in Transition have already been affected by several of the changes, which

became effective Jan. 28, while other changes are slated for upcoming months. Among the changes include:

#### Medical Evaluation Board review

Starting July 1, Soldiers will be able to request an independent physician review of their Medical Evaluation Board results.

The MEB is an informal process comprising at least two physicians who compile, assess and evaluate the medical history of a Soldier to determine how an injury or disease will respond to treatment, according to the U.S. Army Human Resources Command Web site. The MEB documents the extent of the injury or illness and decides if

See TAKING CARE P7

## One size fits all



Photo by Esther Garcia

Col. Wendy Martinson, commander, U.S. Army Garrison, Col. James Beesley, chief of staff, 90th Regional Readiness Command, and invited dignitaries prepare to officially break ground for the Armed Forces Reserve Center at Camp Bullis March 13. See related article on Page 4.

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## Dorm construction impacts traffic on post

By Elaine Wilson  
Fort Sam Houston Public Information Office

The construction of two new dormitories will soon be under way, marking another step in the creation of a joint enlisted Medical Education Training Campus at Fort Sam Houston.

Upon completion, each dormitory will house up to 1,200 Air Force and Navy students, and be part of a campus that will include an average daily student load of about 9,000 Sailors, Soldiers and Airmen,

### Post plans to close roads, relocate gate

according to John Hudson, civil engineering technician, real estate section, Directorate of Public Works.

The \$140 million project, slated to begin early next month, will impact traffic on the west side of post as contractors work to meet their 2010 deadline.

An immediate impact will be the closure of Williams Road, which will close from Schofield

to W.W. White roads for the duration of the construction. Additionally, Binz-Engleman will be closed from Schofield to Garden.

In the May-June timeframe, the Binz-Engleman Access Control Point will move up to a location just east of the fire station and power distribution center on Schofield Road. At that time, S-33 will be blocked to prevent traffic from Binz-Engleman from entering. People can still access S-33 from the north end.

See DORM CONSTRUCTION P6

E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL

# Warriors in Transition invited to career fair

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

All injured service members, their spouses and caregivers are welcome to attend. More than 80 Department of Defense, federal and private-sector recruiters will be on-hand to

discuss employment opportunities in various career fields.

The following Career Fair preparation classes will be offered:

### Federal Job Application Development

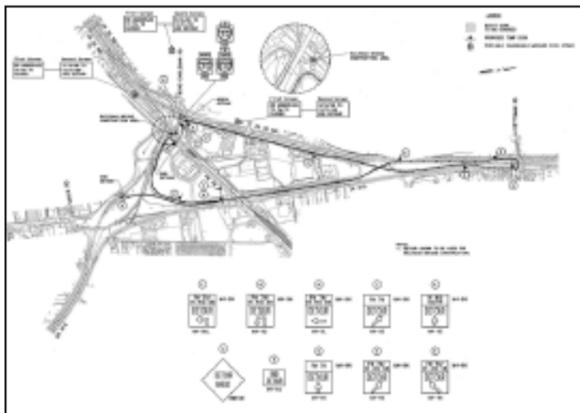
The Civilian Personnel Advisory Center will sponsor a Federal Job Application Development class followed by live, online input. Classes will be held today from 1:30 to 3:30 p.m. at the Warrior and Family Support Center, in the Powless Guest House, 3625 George Beach Blvd., second floor. This class will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

### Hiring Heroes Career Fair Preparation Workshops

Resume writing and career fair preparation workshops will be held Monday from 9 a.m. to

See CAREER FAIR P9

# Look for detours on IH35, FM 78 starting Monday



A Union Pacific Railroad bridge project on FM78 will change traffic routes entering and leaving Fort Sam Houston at Binz-Engleman Road and Brooke Army Medical Center at IH35. The Union Pacific Railroad will be replacing their bridge over FM 78 beginning April 7. Detour signs will be located on IH 35 beginning Monday. The construction project will close the underpass at Binz-Englemann and prevent left turn onto Binz-Engleman from the IH 35 frontage road.



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# News Briefs

## Women's History Month commemoration

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

## Women's History Month Health Fair

A Women's History Month Health and Wellness Fair will be held Friday from 10 a.m. to 1 p.m. in Army Community Service, on Stanley Road. A variety of health-related information and services will be offered, to include cholesterol and diabetes screening, injury protection, and organ and tissue donations.

## Audie Murphy induction ceremony

The Sergeant Audie Murphy Club will host an induction ceremony for Staff Sgt. Christopher Glass Friday at 4 p.m. in Blesse Auditorium. The guest speaker will be Sgt. Maj. Tabitha Scrivens, chief enlisted instructor, Department of Medical Science. For more information or reservations, call Master Sgt. Edward Kelsey at 221-4027 or Sgt. 1st Class Tammy Crawley at 215-3325, or send an e-mail to edward.kelsey@amedd.army.mil.

## Spouses' Club luncheon

The Spouses' Club of the Fort Sam Houston area will host the 2008 Joint Services Luncheon Wednesday at 11 a.m. at the Sam Houston Club. The featured keynote speaker will be Tanya Biank, author of "Army Wives: The Unwritten Code of Military Marriage," the basis for Lifetime Television's series "Army Wives," and attributing writer for "Military Spouse Magazine." The event is open to all military spouses in the San Antonio area. The cost is \$17. The Spouses' Club has sponsored tickets and free childcare available to spouses based on financial need. Seating is limited due to room capacity; hourly childcare slots are also limited. For more information, call Marcella Garcia at 677-5187. For more information or reservations, call Sigrid Reitstetter at 226-8806 or Marcella Garcia at 677-5187.

## 'It's Not Easy Being Green'

The Army Community Service's Army Family Team Building will host the 2008 "It's Not Easy Being Green" Spouse's Conference

See NEWS BRIEFS P4

# Joint basing plan takes shape in San Antonio

## Fort Sam to combine functions with Randolph, Lackland

By Michael Briggs  
Air Education and Training Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas – Joint Basing is a reality, it's happening in San Antonio, and it will effectively support the city's military communities.

That's the message from local military leaders as they move toward consolidating support operations at three San Antonio installations as mandated by the 2005 Base Closure and Realignment Commission.

Under the BRAC Joint Basing plan, installation support functions at the Army's Fort Sam Houston will combine with those at Randolph and Lackland Air Force bases to form what could be the largest base organization in the Department of Defense when actions are completed by 2011.

San Antonio is one of 12 locations worldwide where DoD sites are combining to form joint bases. The Air Force is the executive agent for Joint Basing in San Antonio.

"Our goal is to create a joint basing command that provides outstanding support to the mission commanders and the people who work, live and train at our installations," said Dr. Clarence "CEM" Maxwell, deputy director of the San Antonio Integration Office. SAIO is responsible for oversight of the 2005 BRAC program in San Antonio.

He said current planning involves comparing how various services are being provided today with the intent to identify and apply the best alternatives in the future.

The implementation plan calls for stand up of a joint base wing with initial operating capability by January 2010, and with full operating capability by October 2010.

More than 40 support functions will combine to form the joint base wing, which a brigadier general will command, with three subordinate support groups, one at each San Antonio installation, Maxwell said. Those functions include command support operations like safety and public affairs, and natural and built environment functions such as public works (also known as civil engineering) and housing. Other functions aligning under the joint base wing include community services and morale programs, such as police, fire, chapel, youth activities, lodging and dining facilities, and resource functions like supply, transportation, finance and information technology.

A lot of planning and analysis must still take place to make the joint base reality, but Air Force and Army leaders

and functional working groups have been meeting regularly to ensure they keep progress on track. "Locally, we have established a Joint Basing Integration Office led by a colonel," Maxwell said. "The office is staffed by full-time Air Force and Army members supported by a few contract personnel. This staff has been working hard to develop the plans to get us to full operational capability."

The JBIO team has trained more than 240 employees from the three installations in how to create a memorandum of agreement, or MOA, that will provide the framework for joint basing operations, said Col. Vincent Feck, chief of the JBIO.

"Our goal is to create a joint basing command that provides outstanding support to the mission commanders and the people who work, live and train at our installations,"

Dr. Clarence Maxwell  
Deputy Director of the San Antonio Integration Office

The colonel added the next steps in the process involve drafting the MOA by May and then evaluating the effectiveness of the MOA this summer.

The ultimate goal for the JBIO team is to make the changeover to the joint base as seamless as possible, Feck said.

"Where there is change, we will communicate it, but we really want the transition to be transparent to the customer," he said.

Employees in the support functions should know their jobs are secure, Maxwell said.

"I think people's greatest concerns are whether they will lose their jobs or have to move," he said. "On the installations, I frankly do not see jobs being eliminated or moved. We will need just as many support personnel tomorrow as we have today. In fact, we believe we will need more. We will be creating some new positions and people may desire to apply for these positions, so there could be some voluntary moves, but I do not foresee involuntary moves."

Since the Air Force is the agent establishing the joint base in San Antonio, civilians whose jobs end up in the joint base wing will become Air Force employees.

"I made that move recently myself," Maxwell said. "I am of the opinion employees will see little difference."

To ensure people have the opportunity to get all the information they need about joint basing, the integration team will hold town hall meetings and other forums within the San Antonio military community. The Web site at www.aetc.af.mil/library/saio will also include joint basing updates and information.

## News Briefs

from P3

March 27 and 28 from 8 a.m. to 2 p.m. at Dodd Chapel. The purpose of the conference is to uplift, enlighten, motivate and strengthen husbands, wives, fathers, mothers and the invaluable contributors to the Army community. The registration fee is \$5 and some classes may be an additional \$5 to cover supplies. For more information, call 845-4490 or 241-0811.

### Graduate School Open House

An Army Medical Department Center and School Academy of Health Sciences Graduate School Poster Session and Open House will be held March 31 from 12 to 2 p.m. at Army Community Service, on Stanley Road. The event will highlight recent research conducted in the graduate school. Presenters will be on hand to collaborate on their research and network with attendees. For more information, call Lt. Col. Sarah Flash at 221-3659.

### RecruitMilitary Career Fair

A free hiring event for veterans, Warriors in Transition, Reserve, Guard, and military spouses will be held April 3 from 11 a.m. to 3 p.m. in Houston at the Minute Maid Park. The fair is presented by RecruitMilitary, the President's National Hire Veterans Committee, the American Legion and the Military Spouse Corporate Career Network. For more information or to register as a job-seeker, visit [www.recruitmilitary.com](http://www.recruitmilitary.com).

### Fort Sam Houston Fiesta & Fireworks

The public is invited to Fort Sam Houston for a free Fiesta celebration April 20 from 1 to 9 p.m. Fiesta at Fort Sam begins with a Country Fair that features military equipment displays, various exhibits, live entertainment, children's activities, carnival rides, games, food and drink booths, and continuous entertainment. Adding pageantry and elegance to the military parade will be the Army Drill Team, the Continental Old Guard, and the Fife and Drum Corps. The public is requested to enter Fort Sam Houston from Interstate Highway 35 at the Walters Street gate. No pets or coolers are allowed.



### Committee volunteers needed

The United States Army Dental Command, in support of the Installation Equal Opportunity Office, is looking for volunteers, military or civilian, to serve as committee members for the Days of Remembrance observance recognizing the Holocaust on May 2. For more information, call Sgt. 1st Class Guster Cunningham at 221-6326 or e-mail [guster.cunningham@amedd.army.mil](mailto:guster.cunningham@amedd.army.mil).

# Armed Forces Reserve Center training facility breaks ground

By Esther Garcia

Fort Sam Houston Public Affairs Office

The groundbreaking of the Armed Forces Reserve Center on Camp Bullis is the third Base Realignment and Closure project begun at Fort Sam Houston.

Guest speaker Col. Wendy Martinson, commander, U. S. Army Garrison, Fort Sam Houston, spoke about the history of Camp Bullis and the continued working relationship with the city of San Antonio and local counties about the growth and development surrounding Camp Bullis.

"In 1890, the Army began to lease land in Bexar, Comal and Kendall counties that would become Camp Bullis and Stanley," said Martinson.

In 1906 the Army purchased the first tracks of land that would evolve into a huge maneuver area supporting training for units assigned to Fort Sam Houston, Army Reserve and the National Guard," continued Martinson.

Martinson said prior to World War II, Fort Sam Houston was the Army's largest post. The post was home of the 2nd Infantry Division and trained both the 88th and the 95th Division for

combat. The memorial highway signs on Military Highway are testimony to San Antonio's shared heritage with the 2nd "Indian Head" Division.

Martinson, said "As we break ground for this new Army Reserve training center we are recommitting ourselves to providing the best possible training environment and training facilities at Camp Bullis for Army, Marines, Navy and Air Force personnel assigned to both the active and reserve components."

Martinson spoke about a second Joint Land Use Study that was initiated by the City of San Antonio and a submission to the Army to initiate a Compatible Use Buffer Zone Study. These studies will determine how best to preserve the national training center at Camp Bullis.

The Armed Forces Reserve Center at Camp Bullis is designed to support the training and readiness activities of Army Reserve personnel. The center consists of five buildings which include an organization maintenance shop, an area maintenance support facility, two unheated storage buildings, a heated storage building and a training center building.

The training center building and the unit and individual equipment storage building will be a combined gross area of 160, 550 square feet.

The maintenance shops including the organizational maintenance shop, the area maintenance support activity and the joint maintenance areas will be a combined 38,900 square feet.

The unheated storage building includes 7,950 square feet.

The training center will incorporate classrooms, a family support center, training aid storage and an entry vestibule.

The Armed Forces Reserve Center is a joint venture between Walbridge and Bartlette/Cocke. Walbridge headquarters is located in Detroit, Michigan and Bartlette/Cocke is a San Antonio company.

Martinson recognized the companies involved in the building of the center for the training of the National Guard and Reserve, and their partnership with the Corps of Engineers and the Garrison staff, "to be able to make this come to fruition in just 18 months is going to be quite a feat," Martinson said.

See TRAINING FACILITY P8

# Army documentary earns video award

By Cheryl Harrison

Fort Sam Houston Public Information Office

The film industry has their Oscar, television has Emmy, the stage has the Tony award and not to be ignored, the Army has the Department of Army Visual Information Video Production Awards Program.

"Army Medic: The Spirit of Courage" video was selected 1st place in the documentary category and first place overall in the 2008 Department of Army Visual Information Video Production Awards Program

The Visual Information Awards Program is designed to recognize, reward, and promote excellence among military photographers, videographers, journalists and graphic artists for their achievements in furthering the objectives of military photography, videography and graphic arts as a command information and documentation media within the military.

The Army Medical Department Center and School Television created a video depicting the Army medic.

"Army Medic: The Spirit of Courage" is a video documentary in which the history of a battlefield job is depicted, a job that has grown to become one of the most honored of



Photo by Carlos Martinez

(From left) Philip Roy, actor; Larry Lonas, cinematographer; Jeff Schmidbauer, sound and Christopher Snell, director stand nearby while shooting a Vietnam firefight scene for the video production of "Army Medic: The Spirit of Courage."

military occupations.

With a team effort of more than 100 Soldiers, civilians, actors and crew members the video took over a year from

See DOCUMENTARY P5

## DOCUMENTARY from P4

start to finish.

Christopher Snell, director for the project, said, "We interviewed over 30 people for the project. Getting the interviews was the hardest part; we had to find the people to interview. We did interviews for a year straight. It was such an honor to meet all of those Soldiers who have contributed so much."

The interviews were accomplished by talking with three generations of Soldiers, Family members, and Army medics. The video, which took about a year to complete, revolves around the heroic frontline stories of three highly decorated combat medics from three different generations – World War II, Vietnam and today's conflict. Some vie for the Expert Field Medical Badge and the best of the best compete in the Expert Field Medical Competition to

demonstrate their skills.

Tech Sgt. Richard Linn, from the 324 Infantry Regiment in World War II, disobeyed orders to be evacuated due to a fracture in his arm Oct. 24, 1944, so he could stay behind and aid wounded comrades. Linn received the Distinguished Service Cross for his dedication. Linn, now in his 80s, is featured in the video, giving an account of his army medic days during WWII.

Spc. Keith Campbell was posthumously awarded the Distinguished Service Cross for his act of heroism during the Vietnam War, February 1967. With only a tree as protection Campbell quickly administered aid to wounded Spc. Edward Torres, but was unable to protect himself from the sniper fire that killed him. Torres is alive today and shares his account in the film.

In today's Global War on Terrorism, Cpl. Angelo

Vaccaro, a combat medic assigned to A Company, 1st Battalion, 32nd Infantry Regiment, was killed Oct. 2, 2006, in Korengal, Afghanistan, while attempting to recover wounded Soldiers from the battlefield.

Maj. Gen Russell Czerw, Army Medical Department Center and School and Fort Sam Houston commander, said, "A combat medic has only one chance to save a Soldier's life and in order to do that he has to be an expert," referring to the scenes from the Expert Field Medical Competition which takes place at Camp Bullis, Texas.

During a recent tour of the AMEDD Museum, a group of visitors from the Covenant Presbyterian Church of Austin had the opportunity to view the video.

When asked what they thought about the documentary Sue Brewer said, "The video was engaging, it covered different points of view such as fellow Soldiers and medics. The sound track complimented the subject matter really well."



Photo by Carlos Martinez

(From left) Larry Lonas, cinematographer; Christopher Snell, director; Bryce Rushing, sound and Sgt. 1st Class Will Ott and Sgt. 1st Class Brian Chase, producers/military advisers Army Medical Department Center and School TV, captures the action as the actors rush toward them during the production of "Army Medic: The Spirit of Courage."

Susan and Frank Gibson added, "It brought out the dangers and the team work between the medics and unit. The video gave a good balance of history between the medics back then versus today. It left a favorable impression and courage was definitely followed out. They are heroes."

Who are these men and women? How have they become who they are? These are some of the questions explored in, "Army Medic: The Spirit of Courage."

The video is available for public viewing along with additional information about these heroes and the production of the documentary on a special Web page produced by AMEDDTV linked on Army Knowledge Online at <https://www.us.army.mil/suite/page/481146> on the AMEDDC&S Portal <http://www.cs.amedd.army.mil>, and the AMEDD Regiment Web site at <http://ameddregiment.amedd.army.mil/>. For more information, e-mail [spiritof.courage@us.army.mil](mailto:spiritof.courage@us.army.mil).

## DORM CONSTRUCTION from P1

The ACP move will enable contractors to enter the construction site without having to pass through a gate, which can lead to backed-up traffic and a distraction for already busy security officers.

"The Binz-Engleman Gate is second only to the Walters Gate for incoming and outgoing traffic," Hudson said. "It's a massive undertaking, but we're working to deal with it in the optimal way."

Construction on a third dormitory is projected to begin in 2009; however, the construction area will remain about the same.

Hudson advised people to be prepared for the changes, particularly residents who take Nursery Road to the elementary school and BAMC employees who take the back gate in to work.

"People may want to start

thinking about alternate routes and ACPs to take onto post," he said.

The post community has seen more than its share of construction lately, with fences and detours popping up throughout post. The \$3 billion construction boom is related, for the most part, to the 2005 Base Realignment and Closure legislation.

"You can't put this much construction in without affecting traffic," said Hudson, adding that the construction will only increase in coming months. "But we're working to minimize the impact."

Along with the dormitories, the medical campus will include a new dining facility and five new instructional facilities, ranging in size from 50,000 to 245,000 square feet. The Navy Medicine Training Center, which was commissioned Feb. 29, and the Air Force service element will be housed together in a new two-



The area pictured in orange is where construction is projected to take place. To accommodate the increased construction traffic, the Binz-Engleman Access Control Point will be relocated farther up Schofield Road, near the fire station.

story building.

Further down the road, in 2013, the Army is projected to

start construction on new barracks that will be built to the same specifications as the Navy

and Air Force, with suites that include a common area and shared bathroom.

## TAKING CARE from P1

the medical condition is severe enough to question the Soldier's ability to continue to serve in a full-duty capacity.

Currently, Soldiers have three days to review the MEB findings by themselves or with Soldier's Counsel, Romanick said. Soldiers who do not agree can appeal to the deputy commander of clinical services at the hospital where the MEB is conducted. DCCS can send it back for follow-up work or sign off findings as complete and send to the Physical Evaluation Board.

The PEB conducts a review of the medical and non-medical evidence of record contained in the MEB. If the Soldier is determined unfit for duty, the PEB then decides whether or not the Soldier is eligible for disability benefits.

While the current appeal process will remain in place, the independent review gives the Soldier another course of action.

### Disability rating criteria

The law also limits the service secretary's ability to change rating criteria, Romanick said.

To determine disability ratings, each service uses the Veterans Affairs Schedule for Rating Disabilities. Once rated, the service-connected disability is assigned a rating percentage from 0 to 100 percent. A dollar amount is associated with each percentage.

Prior to the change, each service had its own guidance on how to read and interpret

the VASRD. This created confusion for a Soldier who, for instance, may have a comparable disability to a Sailor, but a different rating.

Furthermore, servicemembers were seeing a disparity between service ratings and VA ratings, which are determined after separation from service. The VA also uses the VASRD to determine ratings, so the rating should be similar, if not the same, as the service-based rating.

By keeping variations limited, ratings will be more consistent throughout the Department of Defense, as well as after separation with the VA, Romanick said.

If a service seeks a variation of the VASRD, the service secretary and VA secretary will have to jointly prescribe the deviation, Romanick said, and can only make changes if the rating will be made higher as a result.

As a result of the change, "Ratings have gone up, which is to the Soldier's benefit," Romanick said.

### Prior-to-service rule

The act also works to the Soldier's benefit in terms of medical issues that were once suspected to have existed prior to service.

Prior to the act, for Soldiers who served for less than eight years, any injury, illness or disability that, in a medical opinion, might have existed prior to service was considered "Existing Prior to Service" and the servicemember was precluded from disability pay.

Under the new rule, as long as the medical issue was not noted prior to signing up or during the first six months of service, then the injury, disease or disability is considered Army related.

However, the Army still can pursue claims that clearly existed prior to service, such as a disease that medical experts determine could not have developed within the timeframe of military service.

"If there is compelling evidence of an EPTS disability, then the Army can take measures to prove it, but there must be compelling evidence," Romanick said.

### Severance pay

Severance pay is another area of improvement for Soldiers. Soldiers who are separated due to a combat-related injury will now receive a severance-pay package based on a minimum of six years of service. In other words, if the Soldier has only served two years, he will still receive severance pay based on his pay at the six-year point of his career. If the separation is not due to a combat-related injury, a three-year

minimum is applied.

A severance-pay package is calculated by taking two months of base pay for every year the Soldier is in service. For instance, if Soldier serves for six years, the severance package would be six multiplied by two months of base pay.

Additionally, prior to the act, severance pay was capped at 12 years, so a Soldier who served for 18 years would only be able to receive severance pay based on his base pay at the 12-year mark. The maximum is now 19 years.

The changes to severance pay became effective Jan. 28 and apply to any servicemember who had not out processed the military as of that date.

### Review board

Servicemembers who were separated with a disability percentage of 20 or lower since Sept. 11, 2001, can now request a review of their case. A Physical Disability Review Board is slated to stand up in late April to review submitted cases.

"Soldiers who have been separated with less than 20 percent between the dates of

Sept. 11, 2001, and Dec. 31, 2009, may submit the request for a review," Romanick said.

Romanick stressed the review is not automatic; Soldiers have to submit a memorandum through official channels.

### Questions?

Since many of the changes are new or not yet implemented, Romanick recommends that servicemembers seek legal assistance if they have any questions or need guidance. Romanick is one of five reservists activated last year to aid Soldiers through the medical board process. The activation was part of an Army Medical Action Plan initiative to improve Soldier medical care.

"We were due for changes," said Romanick of the NDAA impact on the disability system. "The updates will help Soldiers. We're already seeing a huge benefit."

For more information or to seek legal advice on the board process, call 295-0432 for an appointment; or stop by Building 140, behind Building 122 on Stanley Road.

### Green for a day



Photo by Esther Garcia

Humvee driver Sgt. Eddie Lozano and Staff Sgt. George Wible, 32nd Medical Brigade, escort Navy personnel during the 40th St. Patrick's Day Parade through downtown San Antonio, sponsored by the Harp and Shamrock Society of Texas. The society sponsors various events throughout the year highlighting the contributions and history of the Irish through articles, music, art, literature and the theater.

### TRAINING FACILITY from P4

"This national treasure that we have here at Camp Bullis will live on into the future to be able to continue to provide a training environment for our Soldiers, Sailors, Marines, and Airmen, because they deserve nothing less than the very

best we can give them," said Martinson.

Col. James Beesley, chief of staff, 90th Regional Readiness Command, in his closing remarks said, "This facility signifies the nation's commitment to train reserved forces and that this facility will be here for many years to come.

## FSHISD students win essay contest

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

The James McHenry Chapter of the Daughters of the American Revolution recognized two Fort Sam Houston students, who are the chapter's American history essay winners, their Families and teachers, March 8 at Holy Spirit Community Center during a special meeting of the chapter.

Daughters of the American Revolution Chapters are encouraged to conduct the American History Essay Contest in public, private, and parochial schools, and



(From left) Karla Galindo, James McHenry Chapter, Daughters of the American Revolution and Essay Contents Committee Chairwoman; mother, Bitsey; grandmother Antoinette Mahon; father, Brig. Gen. Francis Mahon; Kathlee; teacher, Velma Uriegas; and Marilyn Loop, Chapter Regent; congratulate Kathleen for her winning essay about Christopher Columbus.



(From left) Karla Galindo, James McHenry Chapter, Daughters of the American Revolution and Essay Contents Committee Chairwoman; parents; Staff Sgt. Daniel Juni, Army Medical Command Band; mother, Sandra; brother David; Colleen; sister Katlyn; Marilyn Loop, Chapter Regent, congratulate Colleen for her winning the American History essay. Colleen's teacher is Nora Gonzales.

registered home-study programs.

This year Kathleen Mahon, a junior at Robert G. Cole High School, had the winning high school American History essay. This year's topic was "How Did the Four Voyages of Christopher Columbus Change our Perception of Geography and Alter World Economies." This contest is for students in grades eight to 12. This is the first year that Cole High School has participated in this contest.

Colleen Juni, who attends Fort Sam Houston Elementary, won the fifth grade history essay. Her topic was "I Spy - Espionage during the American Revolution."

"I am very proud of her for doing this," said sister, Katelyn.

Her mother Sandra said, "She is very imaginative and likes to write."

Each student read their essays and received a special certificate and a \$50 U.S. Savings Bond. In addition, Mahon received a 1992 U.S. commemorative Christopher Columbus coin.

The DAR, founded in 1890 and headquartered in Washington, D.C., is a non-profit, non-political volunteer women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education for children.

Any woman is eligible for membership who is 18 years of age or older, can prove lineal, blood line descent from an ancestor who aided in achieving American independence. She must provide documentation for each statement of birth, marriage, and death.



Courtesy photo

(Top row, far left) FBI Special Agents Jason Hudson, Steve Gomez, (top row, far right) David Paerine and Charles Torres presented Training Support Company Soldiers with certificates of achievement for their Combat Lifesaver Training Feb. 25 at Camp Bullis.

## FBI recognizes Soldiers for Combat Lifesaver Training

By 2nd Lt. Bobb Rousseau  
Training Support Company Executive Officer

Four special agents from the Federal Bureau of Investigation Joint Terrorism Task Force recognized Soldiers from the Training Support Company, 32nd Medical Brigade, for their Combat Lifesaver Training.

The agents presented certificates of achievement to six TSC Soldiers during a ceremony Feb. 25 at Camp Bullis.

The special agents attended a CLS class at Camp Bullis Jan. 15 to 17. They said they were overwhelmed with the professionalism, discipline and knowledge of the TSC instructors. In appreciation, the FBI

presented the certificates, letters and JTTF coins to TSC and 32nd Med. Bde. commanders for their efforts in teaching, mentoring and leading Soldiers to be strong warriors.

After the short ceremony, the FBI special agents answered questions relating to the mission of the FBI in San Antonio and also visited the TSC training site where Soldiers are conducting medical training in preparation for the 32nd Med. Bde. Expert Field Medical Badge competition.

The ceremony was visible evidence of the lasting and productive relationship between the military and the law enforcement in San Antonio.

### CAREER FAIR from P2

4 p.m. at the Sam Houston Club, 1395 Chaffe Road. Attendees will receive one-on-one resume assistance, how to work the career fair, interviewing tips and can attend various workshops throughout the day. Workshop attendees are urged to prepare resumes ahead of time. For more information, call the ACAP Center at 221-1213 or visit the center at 1706 Stanley Road.

Beginning at 9 a.m. Monday at the Sam Houston Club, guest speakers representing compa-

nies such Lockheed Martin; Defense Logistics Agency; West Corporation; Naval Sea Systems Command; Department of Homeland Security; Fort Sam Houston Non-appropriated Fund jobs and the Provost Marshall Office; U.S. Department of Labor; USAA; Central Intelligence Agency and Army Materiel Command will be available for Warriors and their Families. These agencies will be presenting information on their companies and is an excellent way to get first hand information from the employers/vendors.

# Indoor, outdoor triathlon held at Jimmy Brought

Story and photo by David Waugh  
Jimmy Brought Fitness Center



Jake Broyles rides to the finish line and wins the indoor/outdoor triathlon in the 11 to 14 age group. The triathlon was held at Fort Sam Houston March 9, the first in a series of races to be held throughout the coming months.

Center. Two races will be held in June, two in July and two races in August, with the championship race of the series to be held Aug. 31.

The series start with a race distance of a 200-meter swim, an 8-mile bike and 3-mile run. Each race gets longer throughout the series. To register, visit [www.runawayclub.com](http://www.runawayclub.com). For more information, call the Jimmy Brought Fitness Center at 221-1234.

Fort Sam Houston was host to an indoor and outdoor triathlon March 9 which featured a 200-meter swim, a 5K run to Salado Park and ended with a 10-mile bike ride. Jack Alexander won the race with a time of 50 minutes, 44 seconds. Alexander competed in the 1976 Olympics and is a regular triathlon competitor.

Chelsea Ward-Waller was the first female finisher with a top time of 1:6:47.

John Fulton, a competitor in the 60 to 69 age group, commented that his run was better than usual because his legs weren't tired from the bike.

Staff Sgt. Jon Thibodeau said, "It was cold when I left the pool, but I warmed up quickly."

Fort Sam Houston will host seven triathlons this summer at the Aquatics

## Sports

### Post-season basketball results

MRTC Magicians won the regular season and post-season basketball championships after struggling during the regular season. But they maintained a lead and won the regular season beating out East Recruiting. They waltzed through the playoffs beating the ACA Hawks 53-46 to claim the post-season basketball tournament championship held March 4 to 10. Congratulations to all teams that made the post-season tournament unpredictable until the very end.

### Boxers needed

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

### All-Army Chess Championships

The 2008 All-Army Chess Championships will be held May 11 to 17 at Fort Myer, Arlington, Va. This competition is open to all U.S. Army active duty, who are also a U.S. Chess Federation-rated member; 12 players

will be selected and funded by Family, Morale, Welfare and Recreation Command. All players must apply online or download the application and fax it to 703-681-7249 or DSN 761-7249. There is no on-site registration. For more information or to apply, visit [www.armymwr.com/portal/recreation/chess](http://www.armymwr.com/portal/recreation/chess) or call 703-681-7204, DSN: 761-7204. Other upcoming chess events include the 2008 Inter Service Chess Championships at Davis-Monthan Air Force Base in Tuscon, Ariz. from June 8 to 14 and the 2008 NATO Chess Championships in Brussels, Belgium (date to be announced).

### 5K run

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

### Join a intramural sports

For anyone interested in getting involved in sports, there is still time to sign up for intramural golf, tennis and soccer. For more information, call 221-3185.

### Intramural golf

There will be an additional coaches meeting for intramural golf Tuesday at 12 p.m. at the Golf Club House. For more information, call 221-3185.

### Intramural tennis

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

### Intramural flag football

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

### Intramural sports letter of intent

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

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

# National Nutrition Month

## The truth about weight loss, fad diets

By 2nd Lt. Amy Larsen  
Brooke Army Medical Center Dietetic Intern

The rate of obesity and overweight people continue to rise in the United States with around 65 percent of Americans classified as overweight and 30 percent as obese.

Because of this, Americans are fascinated with diets and weight loss. In fact, around 50 million Americans go on diets each year. Oftentimes these dieters turn to fad diets. Part of the reason fad diets are so popular is because they promise fast and easy weight loss.

### Fad diets

Fad diets may be beneficial for quick weight loss. In fact, 85 percent of people report losing weight on fad diets. However, only 15 percent are able to keep that weight off for more than two years. Fad diets typically promote the loss of water weight or muscle mass — not fat. Muscle helps to burn calories and keeps the metabolic rate high. By losing muscle mass, the metabolic rate

actually decreases, making it harder to lose weight in the future.

### What do the experts say?

When asked, most Americans define a dream weight loss as losing around 30 percent of their current body weight. For a person who weighs 200 pounds, that would be a weight loss of 60 pounds. Oddly enough, registered dietitians, the nutrition experts, have different ideas for weight loss. Dietitians define a “healthy weight loss” as one to two pounds per week. People who want to lose 10 pounds should take no less than five weeks to do it. Also, dietitians recommend losing 5 to 10 percent of weight and keeping it off before attempting further weight loss. This amount of weight loss has been shown to decrease many health-related risk factors and increase odds of long-term success.

### Gaining weight

The real question is, how do people

gain weight? Foods contain calories. When they are broken down, the calories are either used right away or stored. If calories are consumed in excess at a meal, then they are stored as fat, which results in weight gain. It only takes an extra 100 calories a day, less than half of a regular candy bar, to gain 10 pounds a year.

### The truth matters

Americans have many unrealistic ideas about weight loss. The truth is that losing weight is not easy, but that doesn't mean that it should be painful. One way to lose weight is to track calories. Calories measure the amount of energy in foods. In order to lose one pound, people will need to cut 3,500 calories. Sounds like a lot, doesn't it? However, dietitians only ask people to cut 3,500 calories in one week, which means cutting 500 calories each day. What does 500 calories look like? One 20 ounce soda and a regular-size candy bar each have 250 calories. To cut 500 calories a day, switch from a

regular 20 ounce soda to a diet soda or a bottle of water and go on a 30-minute walk. People who do this for seven days a week can potentially lose one pound.

### Getting started

Decreasing the number of calories consumed may be tricky. Start by reading nutrition labels on foods. Look at the number of calories per serving, serving size and the number of servings per container. This can be found at the top of the label. For example, if a bag of chips has two servings per container and each serving is 150 calories, the whole bag will have 300 calories. People can also make healthier choices at fast food restaurants, such as ordering a small French fry instead of a large. Ask for a grilled chicken sandwich without the mayo instead of a fried chicken sandwich or a double bacon cheeseburger.

Adding exercise or increasing physical activity helps people burn calories and lose pounds. Exercise can be anything from raking the yard or cleaning to playing a sport or going on a walk.

Remember that weight gain happens slowly, over time when people eat more calories than their body needs. Weight loss happens when the opposite is true. And remember, fad diets are a temporary solution that rarely result in long-term weight loss.

## BAMC, WHMC consolidate Dermatology clinics

By Col. Sandra Osswald  
Brooke Army Medical Center  
Dermatology Clinic

The Brooke Army Medical Center Dermatology Clinic will begin its goal to combine with Wilford Hall Medical Center this month to create one center of excellence. The move is part of the Base Realignment and Closure process to form the new San Antonio Military Medical Center Dermatology Clinic based at Wilford Hall.

"This move supports upcoming BRAC renovation and construction at BAMC," said Col. John LeVasseur, chief of dermatology at Wilford Hall. "The renovations will provide expanded services and new state-of-the-art surgical and LASER facilities, providing continued quality of care to our beneficiaries."

The BAMC Department of Dermatology is scheduled to move in two phases. Phase 1 will begin March 27 with BAMC moving most of its outpatient clinical services, Mohs micrographic surgery and LASER therapy to Wilford Hall's first floor located on 1A. The existing Wilford Hall Dermatology services will continue to function where it is currently located on 1G until Phase 2.

Phase 2 will begin in early 2009 once Wilford Hall's 2A renovations are complete. At that time all remaining BAMC outpatient services will combine with Wilford Hall dermatology forming the new SAMMC dermatology clinic on 1A and 2A.

During Phase 1, a small number of dermatology outpatient appointments will continue to be available at BAMC. In

addition, phototherapy services and inpatient dermatology consultation will continue to be offered at BAMC. During Phase 2, BAMC will no longer provide outpatient dermatology clinical appointments, but will continue to provide inpatient dermatology consultation and a limited amount of phototherapy.

Clinics at Wilford Hall will have increased outpatient appointments and expand its scope of services to include Mohs micrographic surgery, additional LASER therapies and Patch testing.

Because the Department of Dermatology will be divided into several locations, even within Wilford Hall, patients are encouraged to verify the location of their appointments by calling the Consult and Appointment Management Office at 916-9900.

## LMH resident activities

Lincoln Military Housing announced their Mayor of the Year recipient. The winner, Jenny Koranyi, received a \$50 gift card for a trip to the Fort Sam Houston Day Spa and a large box of chocolates for her dedicated efforts as mayor for Harris Heights. Koranyi has been an invaluable asset to the LMH Mayoral Program.

LMH hosted several contests for Valentine's Day. The winner of the Valentine basket in Building 367 was Staff Sgt. Patrick McCaffrey. The Watkins Terrace winner Spc. Mickelowf Rosckowff who received a \$50 dinner gift certificate and a \$25 movie gift certificate.

The winner of the Kiss and Tell Contest at Harris Heights was Sgt. 1st Class Dela Foisie. A coloring contest for children up to age 12 was held and the

winner was Shaina Rhea. Each winner received gift and candy baskets. Names were drawn for prizes of boxed candy and stuffed animals. Those names drawn were Dora Rogers, Jenny Koranyi and their sons.

The Housing Office and Community Centers also had fresh baked cookies, candy gift bags and refreshments for all residents.

LMH Spring Garden Pack winners will be announced Friday.

LMH will host their annual Easter Egg Hunt with Child and Youth Services at Dodd Field Firday. The all-day event is open to all residents in on-post housing. There will be an Easter Egg Hunt, a DJ, hot dogs, drink, games, prizes and

See ACTIVITIES P19

## Program targets bullying, substance abuse

By Jayne Hatton  
Fort Sam Houston Independent School District  
Associate Superintendent

"Behind the Faces," a 45 minute presentation targeting bullying and substance abuse, was viewed by middle and high school students March 13 in the Moseley gym.

Seen on three screens, 150 feet in length, "the show captivates youth, speaking their language by incorporating movie clips, hit music and true life stories," said Lucien Robert

Costley, Region 20 Educational Specialist with the Office of Safe and Drug-Free Schools and Communities. "The program provides positive lessons on living, loving, consequences, and making good decisions."

"Although sad at times, I recommend that kids see this presentation every year. I was a peer mediator last year and know that you can solve problems early if you talk to your friends and adults," said sixth grade student Malik Robinson.

Students and staff responded positively to the program. Middle school

students enthusiastically applauded at the conclusion of the program. Teachers Nancy Hildenberg and Katie Michna felt the program's message correlated with their units of study.

Sixth grade teachers Mary Borden, Marcia Teter and Chanda Salazar commented on the relevance of the message for all students.

"I think this program will make a big difference in how kids talk to each other," said Hunter Stankiewicz.

Counselors Victoria Wood and Julie Coffey were available to speak

with students expressing concerns about the topics of bullying or substance abuse. Middle school students had the opportunity to talk with their teachers about the contents of the presentation during their advisory period.

Cole Middle School Assistant Principal Elizardo Hernandez said, "I encouraged students to go home and talk to their parents about the program. My door is always open to hear their concerns, knowing that the young adolescent years are very challenging."

## Cole gourmet cook qualifies for national finals

By Retired Lt. Col. Robert Hoffmann  
Robert G. Cole High School

Robert G. Cole High School senior Emily Roberts received word March 12 that she has qualified for the finals in the Johnson & Wales University National High School Chef of the Year competition. Out of more than 800 entrants, her recipe of "Boston Cream Pie with a Strawberry Twist" was chosen as one of 10 finalists in the dessert category.

Emily, along with her instructor, Cole nutrition teacher Nancy Hildenburg, will be traveling with all expenses paid to Miami April 11 to 13 to compete in the finals held at Johnson & Wales' Miami campus. At stake is a total of \$600,000 in college scholarships to the

competitors, with the first-place winner receiving a \$100,000 scholarship to Johnson & Wales University. Adding the strawberry twist also allows the recipe to be eligible for an additional scholarship sponsored by the Florida Strawberry Growers Association.

Judges for the finals will come from the "A-List" of American chefs, led by Tyler Florence of "The Food Network."

This year's competition called for a "family heritage dessert" that needed to be refined in order to be healthier, nutritious, and follow the guidelines of the American Heart Association and the National Cancer Society. Preparing for the new and improved recipe took a lot of time, research, and practice to

get it just right.

"I had to get on the Internet to find out just exactly what the AMA and Cancer Society guidelines were," said Roberts. "It was stressful, because you not only wanted it to be healthy, but taste good, and be visually appealing. I know I made at least 20 variations until I was satisfied."

Upon hearing of Emily's success, Hildenburg said, "When I saw her submission, I knew it was a winner! She has three hours to complete her final product from start to ready for consumption. The pressure will be on, but I know she is up to it."

Further commenting on her opportunity, Roberts added, "I am very thankful that I was chosen, and I am



Courtesy photo

Emily Roberts' Boston Cream Pie takes her to the national finals in Miami.

ready to smoke the competition! Really, I'm just thankful I made the finals, because I know a lot of people worked very hard, and to be a finalist is unbelievable!"

Emily is the daughter of Lt. Col. David and Joyce Roberts. She has been a student at Cole for the past two years and will be attending Johnson & Wales University either at their Providence, R.I. or Denver campus in the fall.

## Post Pulse

What woman past or present do you admire and why?



"I would say my mom; she was a stay home mom at first until my father passed away in 1996. She became the anchor for our family and worked in order to provide."

Rebecca Bulen, student,  
UTSA Women's Choir

"That would be the two ladies in my life. My mother who sacrificed herself by staying home to raise five children and my wife Rose who also sacrificed her career to care for our two children as well as supporting me through my military career."

Capt. Bryan Pickeral,  
HQ Medical Command



"My mother who is deceased, she raised my brother and I without any help; she led and guided us to the right path to be good citizens."

Gloria Cunningham,  
Army Medical Department  
Center and School

"My mama, she was a Cuban immigrant who went through trials and errors in her time. Hispanics at the time were not welcomed with open arms and were stereotyped. My mother pushed us hard to learn English and study hard for our education; she encouraged strong family values and for all of us to work hard to get where we want to be."

Command Sgt. Maj. Antonio Abin,  
232nd Medical Battalion



"I took some classes at the Army Community Service and I met this lady a couple of times and she spoke about her family from Mexico and how many people she met along the way that impacted her life in order to get where she is at now. She said 'no matter where you are from it is what you do with your life' and when I heard her story I really thought this lady has really got it together."

Terry Rodriguez,  
Army Medical Department Center and School

## Women's History Month

# Chief justice shares her success story

Story and photos by Olivia Mendoza  
Fort Sam Houston Public Information Office

Fort Sam Houston commemorated Women's History Month with a ceremony Friday at Army Community Service.

The theme this year is "Women's Art and Women's Vision."

"The 'Women's Art and Women's Vision' theme provides the opportunity to look at women's lives and accomplishments through new eyes and with an expanded focus. In learning art and vision we discover a world of originality, beauty and imagination," said Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center.

Gilman continued, "Knowledge of women's history provides the more experienced vision of what a woman can do; this perspective encourages girls and women to think larger and bolder and gives boys and men a better understanding of a female experience."

Chief Justice Alma Lopez, San Antonio Fourth Court of Appeals, the guest speaker, restated the theme by recalling a commercial from the past about an attractive woman with the

background music, "I can bring home the bacon and fry it up in a pan." Juggling schedules is nothing new for women. Neither is setting and accomplishing goals, she said.

"We realize that a glass ceiling does exist, but we also realize the only one to break that power is women," said Lopez.

She also shared her experience on how tough it was to compete with the male gender at school and at work. She enrolled into St. Mary's University and was one of 14 women on campus. The women were watched closely under a microscope in hopes that they would give up and leave school, but Lopez did not give up. She graduated in 1965 with a bachelor's of business administration degree and majored in financial management.

Lopez then decided to study law and encountered an instructor whose mindset was to make all females feel that they would not succeed, and that a woman's position in a law firm was to be placed in the back of the office.

Lopez failed several exams and wanted to drop out of law school, but with the support and encouragement

from her parents they asked her to give it another try. She continued with law and graduated with her Juris Doctor degree in 1968. Later, she became an associate in a law firm only to find out she was getting paid less than the male associates. She confronted her boss and questioned why she was getting paid less than her associates when she was working twice as hard. Lopez was given a raise, pay equal to her associates.

In the 1970s, she decided to make a point in court one day by purchasing a man's suit. Lopez went to court the next day wearing her new suit. She received odd looks from everyone, but the judge never said a word. Her point was well made, that she can wear pants just like any man and still be a lawyer. She encountered many challenges throughout the law field of men that made her feel as if she was not equal to them, but through determination and perseverance she conquered all that was given to her.

In 1993, Former Governor Ann Richards appointed Lopez as the first elected Hispanic female chief justice of the San Antonio Fourth Court of Appeals. She takes pride in knowing

she is the first female chief justice for the appellate court in the United States.

"Recently, I attended a luncheon with four female attorneys and learned that women today are still going through the same struggles I had 40 years ago when I practiced law," said Lopez. "We live in a time where a woman is one of the fore runners in the candidacy for the president of the United States and that is historic."

In closing Lopez said, "Two years ago I visited the Air War College at Maxwell Air Force Base and it gave me a tremendous respect for all the military personnel in doing what they do. Today I want to thank all the Soldiers here at Fort Sam Houston for the work they do for our country and allowing me to celebrate the commemoration of Women's History Month as we continue to make history."

The commemoration also included a fashion show by Joyce Stache, "Joyz of Artz;" University of Texas San Antonio Women's Choir; Delta Sigma Theta Sorority, Inc., table displays; a poster contest and refreshments donated by Los Barrios Restaurant and Twin Sisters Bakery and Café.



Chief Justice Alma Lopez, San Antonio Fourth Court of Appeals, receives a book called "Women at War" from Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center, March 14. Lopez was the guest speaker at Fort Sam Houston's Women's History Month ceremony.



Dr. Melody Rich and the University of Texas San Antonio Women's Choir perform several songs during the commemoration of Women's History Month at Army Community Service.



Seven ladies display clothing from their native countries during the "Joyz of Artz" fashion show at the Women's History Month event March 14.



Lt. Col. Dorothy Beebe, Chief of Army Public Health Nursing Preventive Medicine and a member of Delta Sigma Theta Sorority, Inc., straightens her display sign as Rebecca Bulen, student, University of Texas San Antonio Women's Choir, looks on.

## Women's History Month Trivia Contest

1. What woman served as a "conductor" on the Underground Railroad, freeing hundreds of southern slaves and leading them to safety in the North? A \$40,000 reward was offered for her capture.

2. Who was the first African-American woman poet to have her works published?

3. Who is the present 470th Military Intelligence Group Commander?

4. Who was the distinguished guest speaker for the 2008 Installation Women's History Month Commemoration?

5. Who is the present Great Plains Command Sergeant Major?

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

The answers to last week's trivia questions were:

1. Toni Morrison (1931)
2. Victoria Woodhull (1838-1927)
3. Nancy Lopez (1957)
4. Alice Paul (1885-1977)
5. Elizabeth Blackwell (1821-1910)

The winner of last week's trivia contest is Annalyn Wolf from Army Medical Department Center and School.



## Recreation and Leisure

### Library closed Easter Sunday

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

### Boxing at the Brought

Boxing at the Brought VI will be held at the Jimmy Brought Fitness Center April 5 at 6 p.m., doors open at 5 p.m. Admission is \$5. Come out and witness the strength and skill of

### Wii tournament

Fort Sam Houston's six night Wii competition will be held April 7 to 11 at 5:30 p.m. at the post exchange food court. The competition include challenges in each of the five Wii sports, that use the system's wireless controller to allow users swing and mock-throw it to play baseball, tennis, golf, bowling and boxing. A winner will be determined for each sport who will then compete in a local finale April 12. The overall winner will win a Nintendo Wii Prize Bundle Package. The Hacienda Recreation Center and the Bowling Center will hold Wii practice sessions through April 4, before the Challenge gets underway. Winners can receive a Rebounder Mini Trampoline, Mio Sport Watch, \$75 Nike Gift Card, Flip Video Camera and more. For more information call 221-2307 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

all the contestants bringing more extreme and competitive bouts. Pre-sales will be conducted Monday from 11 a.m. to 1 p.m. at the post exchange, Tuesday and Wednesday from 10 a.m. to 2 p.m. at Brooke Army Medical Center, March 27 from 11 a.m. to 1 p.m. at the Sam Houston Club, and March 28 from 5 to 8 p.m. at the post exchange. The

\$7 pre-sale includes admission to the event, the official event T-shirt and entry into the VIP Grand Prize Drawing. For more information, call 221-2020 or 221-1180.

### Fiesta Family Bowling Night

MWR's annual Fiesta Family Bowling Night will be held April 19.

### Texas Hold'em Tournament

The 2008 Family and Morale, Welfare and Recreation Texas Hold'em Tournament local competition will be held April 18 at 6 p.m. at the Sam Houston Club. The one-day event will continue until a winner is declared. The first-place winner receives a \$500 Army and Air Force Exchange Service gift card and a seat at the online finals tournament. First place winners from each participating Army installation will be invited to compete in the online final competition May 31 and get a chance to win grand prizes. The first-place online winner will receive a 42" Home Theater System which includes a 42" flat panel television and a BOSE Home Theater Sound System, second-place receives a laptop computer and third-place receives a Bose Wave. Participants must be at least 21 years old. The registration fee is \$20 and includes a special meal with unlimited soft drinks. Sign up by April 16. For more information or to register, call 224-2721 or 226-1663. For a complete list of prizes and official rules visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

Bring the family out for a night of bowling fun. For more information, call 221-3683.

## Dining and Entertainment

### MWR Ticket Office

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

### Sam Houston Club Easter Brunch

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

### Harlequin Dinner Theatre

#### 'Visit to a Small Planet'

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

See MWR P19

### MWR from P18

## Army Community Service

### Personal Financial Management

The next personal financial management class will be held Tuesday from 2 to 4 p.m. at Army Community Service, Building 2797. This class consists of information on credit reports, maintaining budgets and effective savings plans. For more information or to register, call 221-1612.

### New Parents Support Program Plus

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

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

### Commanders' training

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

## Child and Youth Services

### Youth Easter Egg Hunt

Child and Youth Services, together with Lincoln Military Housing, is holding their annual Easter Egg Hunt Friday at the splash pad located on Dodd Field between the School Age Services and Middle School and Teen buildings. The first of several hunts begins at 10 a.m. Stop by for music provided by a live D.J. and food from 11 a.m. to 1 p.m. Come by for a variety of activities, prizes and visit

with the Easter Bunny. For more information, or the hunt times for each age group call 221-4455.

### Baseball registration

Youth baseball registration will be held through March 28. Patrons need to be registered with Child and Youth Services. To register, patrons need to have a current sport physical (valid for the entire season), \$45 activity fee, two local emergency fees, the child's Social Security number and updated shots record. For more information, call Central Registration at 221-4871 or 221-1723.

### FCC providers

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

### Saturdays at School Age Services

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

available questions from the residents.

For photos and upcoming activities, residents can log onto LMH's interactive Web site

at [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call LMH at 270-7638.

(Source: Residential Communities Initiative)

### February Survey of the Month

Marium Isibor

### February Yards of the Month

5412-B Johnston Circle  
825 Patch

526 Wheaton  
101 Artillery Post



# Post Fiesta T-shirt contest winner announced



Juan Nava of Brooke Army Medical Center was the lucky winner of the 2008 Fort Sam Houston Fiesta & Fireworks T-shirt contest.

Nava was presented a framed copy of his winning design and a Coin of Excellence by Command Sgt. Maj. Pedro Class, as well as a \$100 check and Morale, Welfare and Recreation Coin of Excellence by Paul Matthews, director, MWR. Nava's design impressed Class with the intricate graphic design work.

The competition was held from January until Feb. 29, allowing both civilians and military an opportunity to enter the contest. The rules

were clear: the design was required to be 8 inches wide by 10 inches long and representative of Fort Sam Houston. Judging then took place through March 4, allowing senior leadership from various tenant commands to view and select the design they felt was the strongest runner.

There were 12 entries in the competition, both military and civilian. Submissions were viewed by five judges.

The logo will be displayed on more than 500 T-shirts for the Fort Sam Houston Fiesta and Fireworks. Nava will receive the first T-shirt printed with his design April 20 at the Fort Sam Houston Fiesta and Fireworks. The T-shirt will also be framed for display. This is the first year this competition was held.

(Source: Morale, Welfare and Recreation)



Courtesy photo Command Sgt. Maj. Pedro Class and Juan Nava share a laugh after the presentation of Nava's award.

# For Sale Fort Freebies

## Submission guidelines:

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

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

**For Sale:** American bulldog puppies with National Kennel Club registration, extremely bully with great markings, \$750; infant car seat with second base unit, \$45. Call 666-0317 or e-mail [robertnalex@hotmail.com](mailto:robertnalex@hotmail.com) for pictures.

**For Sale:** Two tires, 205/60-15 from a Chevy Malibu, \$59 obo. Call 271-9250.

**For Sale:** 1998 Jeep Grand Cherokee Laredo, four-door, two wheel drive, power windows/ door locks/mirrors, cruise control, AM/FM/CD, tilt wheel, privacy glass, child safety set-

tings on rear doors, some dings and bumps, well maintained vehicle in good condition, \$2,700. Call Brian or Carolina at 659-2006.

**For Sale:** Bagboy push golf cart, \$75; golf clubs, great for beginners, 3-PW graphite, putter, \$60 obo. Call 697-9261 or 363-4056.

**For Sale:** Patio furniture set with four chairs, lounge and 48-inch octagonal table, \$75. Call 830-438-2860 or 210-218-2975, leave message.

**For Sale:** Solid wood, desk-type deluxe sewing cabinet with ample storage and table top extenders, rolling seat with storage and carpet casters, plus matching overhead cabinet, \$149; 1992 Ford Deluxe Conversion van, maintenance records available, loaded, \$2,995. Call 659-6741.

## Religion

### Easter Sunrise Service

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

# Community

## Events

### **Women's History Month commemoration**

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

### **Military Officers Association of America Golf Tournament**

The First Annual Military Officers Association of America –Alamo Chapter Golf Tournament will be held March 28 at 1 p.m. at the Fort Sam Houston Golf Club, Loma Course. The entry fee of \$75 includes greens fees, cart, goodie bag and awards dinner. Registration forms are located at military golf clubs. Please mail the registration form to MOAA-AC, P.O. Box 8037, San Antonio, Texas, 78207. For more information, call 228-9955 or e-mail

moaa-ac@sbcglobal.net.

### **Rampage Hockey Military Appreciation**

The San Antonio Rampage will honor the men and women of the Armed Forces during Military Appreciation Night March 29 at 7 p.m. at the AT&T Center. Plan to join the Rampage vs. Peoria Riverman. Stop by the Morale, Welfare and Recreation Ticket Office located in the Sam Houston Club and purchase tickets. Tickets are \$16 per person and include one lower level ticket and voucher for free hot dog, soda and chips. Tickets must be purchased by March 27 to be eligible for a MWR grand prize giveaway. For more information, call MWR Marketing at 221-2307 or the San Antonio Rampage at 444-5616.

### **Women's Healthcare Forum**

Registration is open for the Women's Healthcare Forum, which will be held April 4 and 5 at the George R. Brown Convention Center in Houston. Fort Sam Houston health

care professionals are invited to participate in the highly acclaimed continuing medical education conference on comprehensive and integrative health care for women. Health care professionals can register for \$75 a discount of 50 percent. To obtain the discount, register using priority code WHFH804. To register, visit <https://www.expotracshows.com/whf/2008/houston>. For more information, visit <http://www.womenshf.com>.

### **Senior Games**

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

### **Fisher House Charity Golf Tournament**

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

### **Spouses' Club Scholarships**

Scholarships are available for dependent children graduating from high school who are planning to attend college or a trade school, and dependent children who are already of undergraduate status. Application packets are available at the Army Community Service, Roadrunner Building, and deadline April 7. For more information, call Judith Markelz at 241-0811 or 655-0238.

### **Laughlin Air Force Base Adventure Race**

Laughlin Air Force Base is hosting Laughlin's Adventure Race April 26 at 7:30 a.m. at Laughlin Air Force Base, Del Rio. Entry fee is \$80 per team with completed registration no later than April 9. For more information, call the Losano Fitness Center at 830-298-5251/DSN: 732-5251 or visit [www.laughlinservices.com](http://www.laughlinservices.com).

### **Cowboys for Heroes**

Fort Sam Houston is hosting the third annual "Cowboys for Heroes" April 11 from 7 to 10 p.m. and April 12 from 9 a.m. to 6:15 p.m. Come by the Equestrian Center for free "Authentic Cowboy Food," a Buffalo Soldier demonstration, free activities, horse rides, and a free concert. For more information, call 221-3185.

## Meetings

### **Military Officers Association of America**

The Military Officers Association of America –Alamo Chapter will host a luncheon March 27 at 11 a.m. at the Randolph Officer's Club. The guest speaker will be Karla Ayala, executive vice president and founder of "Operation Homefront of Texas." Ther cost is \$16. Reservation deadline is Monday by 12 p.m. For more information, call 228-9955 or e-mail [moaa-ac@sbcglobal.net](mailto:moaa-ac@sbcglobal.net).

### **NCO Wives' Club**

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

## Training

### **Red Cross class**

The American Red Cross will hold a first aid, cardiopulmonary resuscitation and automated external defibrillator class March 29 from 9 a.m. to 6 p.m. for military and Families. For information and special price, call 221-3355 or to register, call 582-1931.