



Briefs . . .

Women's History Month event

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

Women's workshop

The Fort Sam Houston Chapter of Federally Employed Women will host a workshop called "Keys to Success" Wednesday from 7:30 a.m. to 4:30 p.m. at the Radisson Market Square Hotel, 502 West Durango Blvd. Topics include social security updates, interviewing skills and building relationships in the workplace. The deadline to register is Friday. For more information, call Roz Wise at 820-8201, Rebecca Ayala at 435-6620 or Arcy Longoria at 658-4046.

Change of responsibility

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

Spring clean-up

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

WWII anniversary ceremony

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

World War II tribute

The Fort Sam Houston National Cemetery and Department of Defense World War II 60th anniversary tribute and wreath laying will be April 4 at the cemetery. A musical prelude starts at 9 a.m. and the ceremony at 9:30 a.m. The speaker is retired Lt. Gen. Ed Soyster, World War II 60th Anniversary Commemoration Committee chairman.

See BRIEFS on Page 3

Life saver



Photo by Elaine Wilson

Fort Sam Houston firefighter Joseph Munoz uses the Jaws of Life to cut through the cap of a pickup truck to get to a "victim." Firefighters demonstrated a variety of extrication techniques Tuesday for students from the Basic NCO Course at Fort Sam Houston. See related article, Pages 16 and 17.

Sanchez honors recovering warriors at BAMC

By Nelia Schrum
Brooke Army Medical Center Public Affairs

The field commander for military forces in Iraq for 14 months, Lt. Gen. Ricardo Sanchez, stopped by Brooke Army Medical Center Tuesday to award Purple Hearts to two Soldiers recovering at the hospital.

Sgt. Felix Vargas and Spc. Nicholas Heary, who both sustained injuries from improvised explosive devices, received Purple Hearts from Sanchez who commanded the Combined Joint Task Force 7 for Operation Iraqi Freedom. He now serves as the Commanding General of V Corps, United States Army Europe and Seventh Army, Germany.

Welcoming the staff and guests who came to the ceremony, BAMC Commander Brig. Gen. C. William Fox, said today's generation of Soldiers are defending this nation with a compassion and devotion often attributed to previous generations of Americans. The Soldiers today have proven themselves to be

courageous in the defense of our freedoms.

Fox noted that the survivability from wounds in the Global War on Terrorism is 91 percent, representing an increase of 15 percent from wound survival during the Vietnam era.

He said the improvement was the result of many factors including body armor, combat medic and combat life saver training for non-medics, evacuation care, forward surgery and critical medical protocols.

Heary, a field artilleryman with the 1st Armor Division, was serving his second tour in Iraq when he was injured while conducting a sweep. The Daytona, Fla., native suffered orthopedic injuries.

Vargas, a combat infantryman from New York attached to the 1st Cavalry Division, was injured in Baghdad in November, sustaining orthopedic injuries.

Sanchez said the ceremony at BAMC gave him a tremendous opportunity to give thanks for the sacrifice of the 330,000 military members who served in the complicated expeditionary environment in Iraq.

See **SANCHEZ** on Page 3

New policy authorizes BAH for single staff sergeants

Single staff sergeants on stateside military installations will be allowed to live off post thanks to a new policy announced March 9.

The policy authorizes non-dependent basic allowance for housing pay to single staff sergeants on installations in the continental United States, Hawaii and Alaska. It does not apply to overseas facilities.

George Lloyd, a strategic planner for Army Unaccompanied Personnel Housing, said the goal of the new policy toward staff sergeant housing is twofold.

"It provides these Soldiers with more

stability and gives staff sergeants the ability to plan their lives a little better," Lloyd said.

Lloyd said staff sergeants who want to take advantage of the new policy should contact their commanders. When the policy is fully implemented three years from now, staff sergeants will live off post automatically, officials said, unless they apply for senior enlisted rooms and compete along with master sergeants and sergeants major where that type of billeting is available.

"The information has gone out to the field and is on our Web page," he said.

The change comes at a time when the

Army is making numerous changes to the way it houses Soldiers, according to information from the Army's Office of the Assistant Chief of Staff for Installation Management.

Earlier this year, the housing allowance increased by 8 percent, to cover a 4.5 percent increase in housing costs nationwide. An E-8 with dependents now receives about \$60 more in each paycheck than before the change; an E-4 with dependents receives \$47 more.

Staff sergeants will not all move off

See **NEW POLICY** on Page 4

DoD's top doctor praises medical services

By Gerry J. Gilmore
American Forces Press Service

The assistant secretary of defense for health affairs used six words to sum up the military's health care mission: "We take care of our people."

Dr. William Winkenwerder Jr. addressing the annual TRICARE conference in January, lauded the many "bright and creative" military, civilian and contracted caregivers for the important work they do.

"We will carry on in excellence," he stated, as the Department of Defense strives "to find better and better ways to fulfill our mission."

Winkenwerder cited several health-system successes as the war against global terrorism continues. For example, he

noted, medical technology advances have caused more severely wounded service members to be saved than at any time in U.S. military history.

He also said that more than 600,000 pre- and post-deployment health assessments have been completed. The collected data, Winkenwerder remarked, "is already helping us to better plan follow-up care and treatment" for service members returning from Afghanistan and Iraq.

"War," Winkenwerder acknowledged, "is always a difficult undertaking." He noted that stress, uncertainty, separation from loved ones, the daily risk of death or bodily harm and the witnessing of horrible events causes "mental injuries for many service members — even the very strong and the very brave."

Attending to service members' mental health needs, Winkenwerder noted, represents "a challenge that we must meet, and we will, in a straightforward and timely fashion." Overseas combat-stress control teams, he said, "are doing a great job and they're making a difference."

And service members' post-deployment health assessments and family support services, he said, identify those troops who need care and support upon redeployment.

"However, we must do more," Winkenwerder asserted. Therefore, he said the current post-deployment health follow-up program will be expanded, "to include a required visit" with a health-care provider, along with the submission of a health questionnaire.

All active, Guard and Reserve mem-

bers, he explained, are required to make the visit and submit the questionnaire within three to six months after returning from deployment. Experience shows "this is the period of highest risk for mental and family readjustment problems," Winkenwerder noted.

Not every returning service member has serious mental readjustment issues, Winkenwerder emphasized. Those so affected, he pointed out, represent a minority of the total force.

"We want to remove stigma," he explained, "and bring every service member in and ask him or her personally, 'How are you doing? How's your family?'" If things aren't going well, Winkenwerder emphasized, "then, we want to help you."

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Briefs cont. . . .

Newcomers' Extravaganza

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

Parent University

The Family Advocacy Program will present a three and half-day educational session to enhance family relationships April 12 to 15. The deadline for registration is April 1. For more information, call 221-0349 or 221-2418.

Volunteer of the year

The Installation Volunteer Advisory Council will host the annual Installation Volunteer Recognition Ceremony and Reception May 11 from 10 a.m. to noon at the Sam Houston Club. To nominate an organization volunteer of the year, contact a Volunteer Advisory Council representative or the installation volunteer coordinator for nomination forms. Nominations are due to the installation volunteer coordinator March 31 by close of business. For more information, call the Installation Volunteer Coordinator at 221-2705 or 221-2418.

Washer, dryer repair in barracks

To request washer or dryer repair in the barracks, Soldiers should call 221-3144 with the building number, point of contact, phone number, washer or dryer control number and a detailed description of the problem. The service call clerk will provide the caller a service order number to track the request. If the problem isn't resolved in 24 hours, call Pat Seader, service contracts, at 295-4813.

Graphics/AV relocation

Visual Information Graphics has relocated from Building 2005 to Building 913 (rear entrance) on Patch Road. Audio Visual has moved from Building 2267 to Building 914 (rear entrance) on Patch Road. Both offices are open daily from 7:30 a.m. to 4:30 p.m., Monday through Friday. For more information about VI Graphics, call Jack Boyer at 221-9279. For more information about Audio Visual, call 221-5117. People can call the Visual Information Office chief at 221-5152.

Lawn maintenance

Landscape maintenance is provided to unfenced areas. Reesidents should pick up all items in their yards prior to their scheduled mowing day. Mowing begins at 8 a.m. and ends at 6 p.m. daily. Saturday will be used for rain make up days starting at 9 a.m. Due to inclement weather conditions, the lawn maintenance schedule in the Fort Sam Houston Family Housing Villages has been delayed. Gratr Landscape will provide service as weather permits and will return to its regular schedule by the end of the week. For more information, call the housing office at 270-7638.

Kerrville Soldier receives Purple Heart

By Norma Guerra
Brooke Army Medical Center
Public Affairs

Spc. Ryan L. Crunk of Kerrville, Texas, was awarded the Purple Heart March 17 at Brooke Army Medical Center for injuries sustained from a grenade blast on Jan. 30 while supporting the Global War on Terrorism.

Col. Kurt W. Fuller, commander, 2nd Brigade, 82nd Airborne Division at Ft. Bragg, N.C., accompanied by Command Sgt. Maj. Kenneth Riley presented Crunk with the Purple Heart.

"There hasn't been a day that we haven't thought of you, and it is my honor and a privilege to be here with you today," Fuller told Crunk as he pinned on the award.

Crunk, a paratrooper with the 325th Airborne Infantry Regiment, also was awarded the Army commendation medal

for meritorious service in support of ground combat operations against anti-Iraqi forces while assigned as a rifleman.

"His performance during combat was a key factor in enabling his unit to defeat the anti-Iraqi forces and to stabilize their zones in Baghdad and Mosul," Fuller said.

In addition, Crunk was presented with a new unit coin by Riley to replace the one Crunk lost with his wallet during the accident in Iraq.

"Here at BAMC it is always an honor and a privilege to be a part of a Purple Heart ceremony," said Brig. Gen. C. William Fox Jr., BAMC commander. "It is how we recognize these servicemen and women who have fought for our freedom. They serve with honor, dignity and pride."

Crunk, who has been at BAMC since Feb. 7, said it was an honor for him to receive this award.



Photo by Nelia Schrum

Col. Kurt W. Fuller, commander, 2nd Brigade, 82nd Airborne Division, Ft. Bragg, N.C. presents Spc. Ryan L. Crunk the Purple Heart at Brooke Army Medical Center as Command Sgt. Maj. Kenneth Riley looks on.

"I receive e-mails from people I don't even know letting me know how proud they are of me, and I am very touched by the love the community has had for me and my family," said Crunk. "I want to thank

everyone. I will drive on and get better and do the best that I can."

Also in attendance at the ceremony were Crunk's family, fellow Soldiers, BAMC staff and guests from Kerrville.

Sanchez

Continued from Page 1

He said that each day in Iraq, service members were called upon "to strap on their body armor and Kevlar and get out there against a brutal enemy."

Even though military members faced harsh combat environments, Sanchez said, like the two Purple Heart recipients, Soldiers were willing to lay their lives on the line.

Sanchez said the Soldiers in combat know their lives are at risk, but never waver against an enemy who is deeply committed to defeating America through terrorism.

"We must fight it (terrorism) and be vigilant around the world and take it on," he said.



Photos by Kelly Schaefer

(Right) Lt. Gen. Ricardo Sanchez, the commander of V Corps, awards the Purple Heart to Spc. Nicholas Heary, who was wounded when an improvised explosive device struck his vehicle. Sanchez stopped by Brooke Army Medical Center Tuesday to award Purple Hearts to wounded warriors.

(Left) Sgt. Felix Vargas, who was hit by an improvised explosive device in Baghdad, Iraq, receives the Purple Heart Tuesday from Lt. Gen. Ricardo Sanchez. Sanchez was the field commander for military forces in Iraq for 14 months.



Lincoln is 'at your service' for maintenance requests

Lincoln Military Housing provides property management services for Fort Sam Houston Family Housing, LP, which owns and operates military housing on post.

Lincoln will address residents' needs on a daily basis to include 24-hour, seven-days-a-week emergency maintenance response. A service request line, called "Lincoln at Your Service," accepts and records maintenance requests.

Lincoln Military Housing will assign service requests a routine or emergency status. Routine service requests will be responded to by the end of the next business day and emergency service requests within one hour from receipt of a call after business hours and 30 minutes from receipt of a call during normal business hours.

Lincoln Military Housing has a busy maintenance schedule as a result of deferred and newly originated service requests. During this period, routine service requests may be completed within seven days.

To facilitate completion of service requests, residents are offered two options when making service requests. Residents may sign a "Permission to Enter" form or

schedule an appointment. The PTE allows Lincoln's maintenance staff to enter a residence without the resident being present. The PTE must be submitted in writing, can be changed at any time and is available on the Lincoln Military Housing Web site at www.samhoustonlpc.com.

The PTE form permits the maintenance staff to respond to service requests the next business day; however, the staff will not complete service requests if a minor is home alone.

Appointments are scheduled based on the availability of both the resident and maintenance staff. Appointments are scheduled in four hour time periods and residents are required to be present the entire time. If residents are not at their scheduled appointment, Lincoln's maintenance staff will make every effort to contact the resident before departing. The maintenance staff will attempt to return to the appointment; however, attending to other service requests may not make this possible. Residents currently scheduling appointments may be required to wait as long as one month for an available time period.

Lincoln's maintenance staff is respond-

ing to all service requests. However, some requests are for interior and landscape upgrades, tile and carpet replacement, shrub pruning and tree trimming, which are scheduled during the renovation of homes. Renovations will take place during vacancies to minimize inconvenience to the service members and reduce intra-post moves.

Lincoln will respond to all service requests and determine the severity of the interior service request, the length of time before renovation, and replace or repair as necessary.

Lincoln is finalizing the tree trimming scope for bid which will address all villages within Fort Sam Houston family housing areas. Shrub pruning is part of the lawn maintenance. A schedule will be published in April.

Service requests may be submitted in person or by telephone. Normal business hours are weekdays from 7:30 a.m. to 5 p.m. in Building 367. People can call the "Lincoln at Your Service" service request line at (888) 578-4141, the housing office at 270-7638, or go to www.samhoustonlpc.com.

(Source: Residential Communities Initiative Office)

Army reserve components boost enlistment age limit

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. — The Army Reserve and the Army National Guard have raised the age limit for recruits from 34 to 39, Defense Department officials said.

The move will add 22.6 mil-

lion people to those who could potentially enlist in the reserve components, said Pentagon spokeswoman Air Force Lt. Col. Ellen Krenke.

No other reserve component is contemplating such a move, officials said, and raising the age limit on active duty Soldiers would require a change in law.

The idea came from the Army Reserve's translator aide program. That program admits Arab linguists to the service up to age 41.

The new program will run for three years, Krenke said.

The Army National Guard and Army Reserve need people. The Army Reserve has recruited

6,230 Soldiers through the end of February. This is 89.7 percent of the year-to-date mission. The Army Guard is at 76 percent of their year-to-date mission, having recruited 16,835 Soldiers. The Guard started the year with a 5,000-Soldier deficit.

The limit to age 34 goes back

to at least 1968, but older citizens have been allowed to enlist in the past. Dashiell Hammett, born in 1894, served nearly a half century later during World War II as an Army private in the Aleutian Islands.

Doctors, lawyers and chaplains also are allowed to join the officer ranks beyond age 34.

Center offers respite for wounded troops, families

Story and photo by Donna Miles
American Forces Press Service

It's just across the parking lot from Brooke Army Medical Center, and yet a world away.

For troops undergoing medical treatment — most for wounds received in Iraq and Afghanistan — and their families who have come here to be with them as they recover, the Soldiers and Family Assistance Center offers a welcome respite from the hospital environment that's become all too familiar to them.

Tucked away in the post guest house, across the street from the barracks and next door to the Fisher House, the Soldiers and Family Assistance Center provides a friendly, comfortable environment where troops and their families can unwind and relax from the stresses of long-term recovery.

They can catch a movie on the big-screen TV, check their e-mail or use the Internet, play a computer game, pick up a book or magazine, make a phone call or just grab a cup of coffee, a bottle of water or a home-baked goodie.

And when they're feeling down, they can always find a sympathetic ear or a reassuring hug. "People can walk in here and cry and laugh and make a friend," said Judy Markelz, the center's director, called simply "Mom" by troops and family members at the center.

Col. Edward Maney, chaplain for Fort Sam Houston, said the center goes a long way in helping wounded troops and their families through a difficult period. "They've done a phenomenal job of facilitating the healing process," he said.

Staff Sgt. Michele Mitchell, who has undergone treatment at BAMC since she was wounded in Iraq last April, agrees that the center is "very therapeutic" to her and her fellow outpatients at the hospital, as well as their families. "This is a great outlet," said Mitchell, who visits the center regularly between medical treatments. "It's a place where you can relax and get away from the stress of being (at the hos-

pital)."

"Plus," Mitchell said, "we do a lot of fun things here."

Markelz works to keep the center's activities calendar chock-full. She sponsors weekly bingo games and quilting classes, runs special activities like picnics and parties, and is putting together plans for a casino night.

She also runs regular off-post excursions that give families a chance to shop or get manicures. "It's amazing to see the transition that takes place within a block of leaving the gate," she said. "Suddenly they become the people they were before they got that phone call that wasn't supposed to come (that their loved one had been wounded)."

Pfc. Daniel Almonaci, who was wounded by a suicide bomber in Ramadi, Iraq, last November, calls time spent at the center and through its activities a welcome respite from the four walls of his barracks or his medical treatments. "I come here to hang out," he said. "They have everything you could want here — TV, computers, snacks. It's a pretty good place."

Spc. Traci Williams said the support she's found at the center has offered her far more than an interesting diversion from her medical treatments. "Without them, I would not have made it," she said of the staff and fellow patients at the center. "This is a great place, but it's the people who make it so special. They've become my family."

Stepping into the center, it's hard to imagine its barebones beginnings. Markelz recalls opening the facility just over a year ago with borrowed furniture, old computers and a coffee pot from the post's lending closet.

Since then, she said she's witnessed "incredible support" from the local community for the center and the wounded troops and their families that it serves.

Local businesses, churches, schools and residents donated a big-screen TV and DVD player, boxes of DVDs, video



A Soldier and his daughter enjoy the home-baked treats local community groups regularly drop off at the Soldier and Family Assistance Center.

games, books, magazines and toys for children and regularly deliver a mouth-watering array of baked goods and snacks.

Markelz is on the lookout for new furniture for the facility, but insists that whatever she gets "has to look like it belongs in a living room, not a waiting room."

While helping make the center as comfortable as possible, local donors also provide a much-needed outlet for troops and their families, some of whom have been here for more than a year. They drop off tickets to the NBA's Spurs basketball games and other sporting events, sponsor group dinners at local restaurants and even donated 50 box seats to the popular San Antonio Rodeo.

"I couldn't exist without this community," said Markelz, marveling at the fact that "donations fall in my lap" to support the center.

Except for Markelz, the only paid staffer, the center is run completely by volunteers, and there's a waiting list for others who want to join them. After duty

hours, Soldiers from the Medical Holding Company keep the center open until as late as 10 each night.

Spc. Travis Kennedy, assigned to the Medical Holding Company here while he completes his medical treatment, said he enjoys staffing the center at night so he can offer distraught family members "a shoulder to cry on."

"Being (in the hospital) wears on you after a while," said Kennedy. "That's why it's important for me to be here, to help the families."

Thera Frentz, who came to Fort Sam Houston to serve as "a motivator, a cheerleader and a nurse" for her twin sister, Air Force 1st Lt. Therese Frentz, being treated for wounds received in Baghdad last October, calls the support she's found at the Soldiers and Family Assistance Center a godsend.

"You feel like a family member to everyone here," she said. "I've learned a lot about life and compassion through the actions of the people who work here."

People can nominate patient advocates for recognition

Brooke Army Medical Center's Department of Clinical Operations will host a National Patient Advocacy Week celebration April 18 to 22.

During this week, the department will conduct a Champion Advocate contest to recognize the valuable contribution of people who are "a voice for the patient." This includes people who go above and beyond for BAMC patients who are experiencing difficulties or need additional help.

Patient advocacy is a job for everyone and not just for patient representatives. Anyone who has gone above and beyond in the delivery of service to BAMC customers can be nominated.

Attributes to look for: stepping outside job

descriptions to help a customer, taking extra time and effort to assist a customer, providing assistance to a co-worker to help a customer, someone willing to serve others rather than be served or any effort that defines a champion.

Nomination forms and contest guidelines are located in the Patient Representative Offices, all clinics, wards and at the information desk. People should submit nominations to the Patient Representative Offices, Rooms 158-5 Medical Mall, no later than April 4.

A first, second and third place winner will be announced during Patient Advocacy Week.

(Source: BAMC Public Affairs)

New policy

Continued from Page 1

post immediately, officials said. They said the policy is designed to work by attrition.

Suzanne Harrison, chief of Army unaccompanied personnel housing, believes it will be about three years before all single staff sergeants move out of barracks, as noncommissioned officers move and are reassigned in the normal course of Army operations.

The Army will pay for moves when staff sergeants are told to move off post. Soldiers who elect to move on their own must do so at their own expense, officials said.

Staff sergeants can remain in

their current billets until they are reassigned, officials said. When staff sergeants have a permanent change of station to another duty station in the 50 United States, they will be authorized to live off post.

Lloyd emphasized that Soldiers should work with their on-post Community Housing Relocation and Referral Services to ensure that they receive affordable and safe off-post properties when they are renting or buying.

For more information on the new policy, see "Hot Topics on the ACSIM Web site: www.hqda.army.mil/acsimweb.

(Source: Army News Service)

Commander meets with customers, discusses support operations

By Phil Reidinger
Fort Sam Houston Public Affairs

The budget, common levels of support and changes in post operations were topics discussed with installation tenant commanders and their representatives during a U.S. Army Garrison Commander's Customers Luncheon hosted Tuesday by U.S. Army Garrison Commander Col. Garry Atkins.

Although the Army Budget Office is forecasting an increase in funding, current deficits in base operations and repair and maintenance funding are resulting in reduction in grounds maintenance and custodial contracts, and limiting repair and maintenance to only emergency, health and safety work orders.

Atkins noted that the Plans, Analysis and Integration Office is the staff responsible for coordinating garrison customer support for space requests, support agreements and new or expanded mission-related requirements such as information technology infrastructure. He also explained that the garrison support is impacted by a strength level of 81 percent of authorized personnel due to priority placement of employees adversely impacted during A-76. The situa-

tion is compounded by having to train more than 100 new employees in various functional areas such as logistics, public works and information management.

"We still have 84 contract personnel in place to provide support while managing personnel turbulence," he said.

On the horizon are military to civilian conversions of 102 military positions in six garrison activities that have been directed by Department of Army to be completed by June of this year. Most affected is the Provost Marshal with the conversion of 72 military police positions. Another change facing garrison operations is common levels of support.

"The Army has task organized 54 base operations activities and prioritized them from most to least important to ensure a standard level of service at all garrisons," Atkins said. "The garrisons will be funded to a certain priority level and will not be able to provide a support service beyond that."

Atkins said the installation varsity sports program would be discontinued this year following the basketball season because of funding limitations.

The Residential Communities Initiative leasing and maintenance teams assumed

responsibility for post housing operations in March. Demolition of Harris Heights houses has begun and construction of 181 new three- and four-bedroom homes will begin in April. New pools and community centers will be constructed in Harris Heights and the former Officers' Club area.

The maintenance team has completed 300 of 504 service requests received this month, with 100 pending appointments with residents and 70 waiting for parts or work vendor.

"I am working with the RCI team to establish procedures to clear quarters, including pre-inspections to establish minimum cleaning guidelines, understanding of normal wear and tear, and home condition documentation at move-in to ensure noted deficiencies are not charged to residents at move-out," Atkins explained.

Atkins also reminded commanders that designated parking policies are described in post regulation 190-5 and that all parking spaces are designated by type such as government vehicles, handicapped, and vehicle loading and unloading zones. Directions for submitting requests can be obtained from the Provost Marshal.

Atkins also touched on computer violations.

"Peer-to-Peer file sharing is illegal and is not permitted on any Army information management networks," Atkins reminded commanders.

This procedure degrades information assurance and network defense posture by opening backdoors and allowing the potential for malicious code to enter the network, bypassing firewalls and critical e-mail virus filtering software, he said.

"We can identify such computer use and will investigate any violations," he said.

Atkins reminded attendees that March and April are Army Emergency Relief campaign months.

"Last year, the program provided \$1.2 million in financial assistance to more than 1,300 Soldiers, retirees and their families at Fort Sam Houston," he said. Atkins said he urges the post community to support AER.

In August, the Fort Sam Houston Post Exchange will open a full-service day spa in Building 372 as well as a United Postal Service store annex. An 8-percent increase in store profits will mean increased Army and Air Force Exchange Service returns to the post Morale, Welfare and Recreation fund.

Cyber mentoring

Army National Guard offers mentoring through Web site

By Tech. Sgt. Gregory Ripps
Texas National Guard Public Affairs

DALLAS, Texas – Mentoring is only a few clicks away for National Guard Soldiers who want the advice and encouragement a mentor can provide.

The Army National Guard's e-Mentoring Program provides a means whereby Army National Guard officers, enlisted and civilians throughout the states, U.S. territories and the District of Columbia who want a mentor can find one. It also allows other members of the Army National Guard to pass on to others the knowledge they have gained from experience.

The National Guard Bureau officially rolled out its e-Mentoring Program at the State Diversity Initiatives Coordinator and

E-Mentoring Workshop Feb. 25. Brig. Gen. William Goodwin, assistant adjutant general of Texas and chairman of the NGB Equal Opportunity/Equal Employment Opportunity/Diversity Committee, attended the event and urged participation in the voluntary program.

"The e-Mentoring Program uses readily accessible technology to allow Soldiers to ask questions and mentors to share their experience," Goodwin said. "It will not only enable members of the Army National Guard to further their personal development but also preserve institutional knowledge. In addition, deployed Soldiers can avail themselves to mentoring through this excellent tool."

People can register on the e-Mentoring Program Web site as either a mentor or a mentee. A mentor query tool will match

mentors and mentees using specific search criteria.

Once a mentor-mentee match is made, both of them sign a partnership agreement to demonstrate their commitment to the program. However, they will be able to evaluate the program and recommit to their partnership at six-month intervals. They also will have access to mentoring coordinators, tools such as self-assessment surveys, and links to participation guidelines, frequently asked questions and more.

The e-Mentoring Program came about after studies found there was a lack of access to peer networks and concluded a need for a program that would provide opportunities and critical professional development insights to members.

"People get lost in the shuffle," said Chief Warrant Officer Julius Buckner,

diversity coordinator for the Texas Army Guard. "E-mentoring allows mentor and mentee to hook up with each other."

Chief Buckner, a health services specialist assigned to Camp Mabry in Austin, Texas, said one of the reasons he wants to drum up interest in the e-Mentoring Program is to keep quality people in the National Guard.

"We're trying to retain good people," Buckner explained. "Consequently, we need to know the direction they are going and how to get them there. The e-Mentoring Program will help. It makes a big difference if you know someone you can call when you need to."

Interested people can register by visiting <https://gko.ngb.army.mil> and going to the ARNG e-Mentoring Program Web page.

Educational requirements change for mid-career officers

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

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

One version of this new program is a nonresident offering for active duty, National Guard, and

Reserve officers, which is reduced in length from the most recent four phase, two year CGSC nonresident model. Nonresident ILE consists of three sequential phases normally completed in 13 months.

Phase I is a two-week class which will be offered by the instructional staff of the 11th Battalion (CGSC) at either Fort Leavenworth, Kan., starting June 18, or at Trinity University in San Antonio starting July 24. Students can choose the offering most convenient to their requirements.

Phase II will be offered in the San Antonio area by the 11th Bn.

(CGSC) over an approximately eight-month period from early October to mid-May. The classes consist of four-hour blocks of instruction offered in one of three course venues: Tuesday or Thursday nights throughout the academic year, or a one-week-end-per-month version covering a 16-hour block of instruction per weekend meeting.

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

Phase III is another two-week session planned for both Fort Leavenworth and Trinity

University in San Antonio for summer 2006. Upon successful completion of this phase, students will graduate from ILE. A correspondence version of this course is not scheduled for release until the fall.

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

(CGSC) unit administrator at (816) 836-0005.

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

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

Early distributions from retirement plans need not be 'taxing'

An early distribution from an Individual Retirement Arrangement or a qualified retirement plan need not be a "taxing" experience, according to the Internal Revenue Service.

Any payment received from an IRA or qualified retirement plan before age 59 and a half is normally called an "early" or "premature" distribution. As such, these funds are subject to an additional 10 percent tax. But, there are a number of exceptions to this rule that people should investigate if they make a withdrawal. Some of these exceptions apply only to IRAs, some only to qualified retirement plans and some to both. For more information, reference IRS Publications 575, Pensions and Annuities, and 590, Individual Retirement Arrangements.

In addition to the 10 percent tax on early distributions, people will add to their regular taxable income any distributions attributable to "elective deferrals" contributed from pay, an employer's contribution and any income earned on all contributions to the account. For those who made nondeductible contributions, that portion of a distribution is not taxed since tax was already paid on this amount.

A "rollover" can help people avoid

paying tax on early distributions. A rollover is a tax-free transfer of cash or other assets from an IRA or qualified retirement plan to an eligible retirement plan. An eligible retirement plan is a traditional IRA, a qualified retirement plan or a qualified annuity plan. People must complete the rollover within 60 days of when they received the distribution. The amount rolled over is generally taxed when the new plan pays the taxpayer or a beneficiary.

If the early distribution from an employer's plan is paid directly to the taxpayer, the plan administrator will normally withhold income tax at a 20 percent

Crunch time for taxes

Tax returns must be postmarked by midnight April 15 to be filed on time. The Fort Sam Houston Tax Assistance Center can help people make that deadline. All active duty service members, retirees, family members and reservists on active duty orders for more than 29 days are eligible for assistance. The center is located in the former Officers' Club, Building 407, on Dickman Road, and is open Tuesday through Saturday from 9 a.m. to 5 p.m. People can also use the satellite tax center on the fifth floor of Brooke Army Medical Center. The BAMC Tax Center is open Monday through Friday from 9 a.m. to 5 p.m. To make an appointment, call 295-1040.

rate. If rolled over to a new plan, people must replace that 20 percent of the funds that was withheld and deposit that amount in the new plan, or they will owe taxes on that amount. To avoid the inconvenience of this withholding, people can have their old plan's administrator transfer the rollover amount directly to the new plan or to a traditional IRA.

All early distributions must be reported to the

IRS. Tax-free rollovers are reported on lines 15a and 16a of Form 1040 along with any taxable distributions. Only the taxable amounts that aren't rolled over are entered on line 15b or 16b. If applicable, figure the 10 percent tax or exceptions on

Form 5329 and then carry any resulting tax to line 59 of Form 1040. Taxpayers may also report rollovers on Form 1040A, but they must use Form 1040 if there are any distributions to which the 10 percent tax applies.

Important tax information should be reported by a plan administrator on Form 1099-R. This will show the distribution amount, the taxable portion, any tax withheld, and a distribution code related to the 10 percent tax. If an early distribution is subject to the 10 percent tax and distribution code 1 is correctly shown in box 7 of Form 1099-R, the taxpayer does not have to complete Form 5329. Just multiply the taxable distribution amount on line 15b or 16b by 10 percent and enter the result on line 59 of Form 1040. Also, put "No" to the left of line 57 to indicate you don't have to file Form 5329.

People can download Publications 575 and 590, along with any related forms and instructions, through "Forms and Publications" on the IRS Web site at www.irs.gov. People can also order forms by calling (800) TAX-FORM ((800) 829-3676).

(Source: IRS)

Proper plant selection ensures water-efficient landscape

By Jackie Schlatter
Environmental and Natural Resources Office

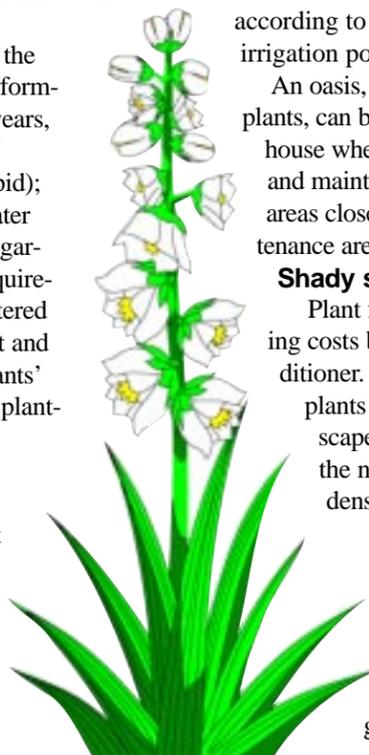
(Note: This is the second in a series of articles concerning "green living" and water conservation.)

Selecting plants can be the most rewarding part in creating a xeriscape, which is a water and energy-conserving landscape. Choosing native plants or plants that have adapted to central Texas will ensure a successful and water efficient garden.

To choose plants, consider the following aspects of plant performance: size and width at five years, 10 years and maturity; rate of growth (slow, moderate or rapid); flowering times and color; water requirements; nutrient needs; garden soil type and drainage requirements; light (shade, sun or filtered shade); hardiness to cold, heat and wind; relationship to other plants' moisture needs; and the ideal planting season.

Micro-climates

Yards have areas with different climatic conditions that should be considered when planting, including slope, drainage, shady and sunny areas, wettest and driest areas, and prevailing wind directions and sun patterns.



Zoning and creating an "oasis"

Zoning means grouping plants together by their water needs. This technique means that plants with moderate water requirements should be grouped together and not placed with low water use plants. This will make watering easier, prevent wasting of water (or even killing plants with too much water) and save time. Annual and exotic plantings can be located in small, easily accessible areas to make maintenance easier. Irrigation can then be zoned according to plant water needs to make efficient irrigation possible.

An oasis, such as a turf area with related plants, can be created as a high-use area near the house where it's easily accessible for irrigation and maintenance. Be sure to locate the turf areas close to the house, and the lower-maintenance areas near the edges or rear of the lot.

Shady sides vs. sunny sides

Plant for the conditions and reduce cooling costs by shading your house and air conditioner. Use sun-loving and heat-tolerant plants on the hot, sunny parts of the landscape and use shade-tolerant plants on the north side of your house or under dense canopy trees.

For more information about plant selection and maintenance, people can call Jackie Schlatter, Environmental and Natural Resources Office, at 221-5093 or contact a local landscaper or garden center.

Post veterinary facility reiterates pet regulation

The Fort Sam Houston Veterinary Treatment Facility has several guidelines regarding the control of animals and pets on post.

Provost Marshal personnel will capture stray animals and transport them to San Antonio Animal Control as set forth in the contract between San Antonio Metro Health Department and U.S. Army Garrison. They will scan for a microchip to identify animals registered with the post Veterinary Treatment Facility before transporting animals to the San Antonio Metro Health Department.



San Antonio Animal Control will impound stray animals for three days if the animal's owner cannot be identified, and 10 days if the animal is microchipped

or has some other form of identification. This time period will allow the owner to claim the animal.

Using microchip identification, the Veterinary Treatment Facility will attempt to contact owners of positively identified animals residing on post prior to the animal being taken to San Antonio Animal Control.

People residing on post must register their animals at the Veterinary Treatment Facility.

Army Medical Department Center and School and Fort Sam Houston Regulation 40-3 can be viewed at http://www.cs.amedd.army.mil/rmb/sn_regulations/AMEDDCS_FSH_Reg_40-3_Control_of_Animals_and_Pets.pdf.

For more information, call the Veterinary Treatment Facility at 295-4260 from 8 a.m. to 4 p.m. weekdays. The facility does not offer after-hour emergency services. For care after business hours, people should call their civilian emergency veterinarian.

(Source: Fort Sam Houston Veterinary Treatment Facility)

D Company scores top 187th Med. Bn. honors

D Company, 187th Medical Battalion, was recognized recently for its outstanding accomplishments.

The company won the 187th Med. Bn. squad level drill and ceremony competition and best barracks for the second quarter. These honors helped the company also earn the 187th Med. Bn. Honor Company of the Quarter.

Command Sgt. Maj. Stephen Paskos, 187th Med. Bn., presented the company with two newly-earned streamers March 10.

"This is because of your efforts and your hard work," said Paskos. "I encourage you to continue to lead by example."

D Company trains Soldiers in 14 military occupational specialties and nine additional skill identifier courses.

(Source: 187th Medical Battalion)



Courtesy photo

Capt. Donald Carden, D Company commander, and 1st Sgt. Jessie Hall assist Command Sgt. Maj. Stephen Paskos in awarding the honor company streamer March 10 to D Company, 187th Medical Battalion.

Help a hero



Photo by Bart Keyes

Spc. David Hawking donates to the Red Cross Hero's Campaign at the Fort Sam Houston Post Exchange as Theresa Mathis and Sharon Reeves, Eisenhower Bank staff volunteers, look on. All donations will go to the Fort Sam Houston Red Cross in support of wounded Soldiers and their families at Brooke Army Medical Center. The last opportunity to donate is Friday from 11 a.m. to 2 p.m. at the post exchange, the commissary and the BAMC dining facility.

232nd announces Soldier, Junior Leader of the Week



Courtesy photos

(Left) Soldier of the Week, Pvt. Elizabeth Prickett, is from Eugene, Ore. Assigned to A Company, 232nd Medical Battalion, Prickett said she joined the Army to get her start in the medical field "Both my parents are in the military." Prickett plans to become a dental hygienist in the Army. Her hobbies include singing and dancing.



(Left) Pfc. Jinyoung Tripp, Junior Leader of the Week, is from Newbern, N.C. Tripp is assigned to A Company, 232nd Medical Battalion. "I joined the Army because it was a good start for me in the medical field," said Tripp. Tripp plans to become a Korean linguist and enjoys basketball as a hobby.

DO YOU KNOW WHAT IS ON YOUR CREDIT REPORT?

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



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

Akeroyd Blood Center needs O negative blood

To donate, call the Akeroyd Blood Center at 295-4655 or 295-4989 or stop by the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays.



American Legion Post 667 celebrates 86th birthday

By Diana Raciti
American Legion Post 667

The American Legion Post 667 celebrated its 86th birthday Saturday. The post is located in Universal City, Texas.

This time-honored tradition dates back to 1919 when the American Legion was founded.

The guest speaker was Capt. Marc Raciti, B Company, 187th Medical Battalion, a veteran of Operation Desert Shield and Desert Storm, who recently returned from Iraq in support of Operation Iraqi Freedom.

Prior to the benediction, Raciti delivered a speech on Operation Iraqi Freedom and received a standing ovation for his presentation.

"Being asked to speak to these fine veterans on such an occasion was a tremendous honor for me," Raciti said.

After dinner, the American Legion Auxiliary



Courtesy photo

Capt. Marc Raciti (middle left), commander of the B Company, 187th Medical Battalion, spoke at the American Legion Post 667's 86th birthday celebration Saturday. Other attendees included: Joe Schaefer (far right), Raciti's wife, Diana, and Gene Elliot.

20th District presented awards to members of the American Legion Auxiliary Club for the most volunteer hours. Auxiliary Club members serve the community in many ways including sending deployed Soldiers hygiene items, socks and other needed items.

National Nutrition Month

Obesity epidemic can be halted with dietary change

By 2nd Lt. Kyle Peper
Brooke Army Medical Center dietetic intern

Obesity is an epidemic in America with prevalence rising to almost one third of the population. Changes to the average American diet are an important intervention for overcoming the obesity epidemic.

Nearly one half of women and one third of men in America are currently dieting. Those seeking to lose weight have many approaches to diets ranging from the low fat, high carbohydrate approach to the increasingly popular high fat, low carbohydrate approaches.

Established health and nutrition principles suggest shedding unwanted pounds by monitoring portion control and decreasing calories.

In 1992, the U.S. Department of Agriculture developed the Food Guide Pyramid, a model of healthy eating intended to help Americans meet their nutritional needs from the five major food groups. The key aspects were variety, moderation and portion control, and overall balance.

Increasingly, Americans are choosing popular new alternative approaches to dieting that stray from established health and nutrition principles. The idea of a quick fix to a weight problem with minimal effort and indulgence provide the attraction to popular diets. Popular diets commonly exclude specific foods or nutrients labeling them as "bad" and promote infinite amounts of "good" foods or nutrients. The resulting behaviors culminate in diets that subsequently rely on supplementation to correct imbalances.

The latest of the popular diet approaches is the high fat, low carbohydrate craze. These diets

boast instant and dramatic fat loss by reducing or eliminating foods containing carbohydrates from the diet. Advocates claim the consumption of "bad" carbohydrates send blood sugars in the body soaring too high too fast consequently prompting the body to release excessive amounts of insulin, a hormone that regulates blood sugar levels. Too much insulin causes blood sugar to plummet as the sugar leaves the blood and enters the cells. Excess sugar then converts to fat and the resulting low blood sugar induces incredible hunger and cravings for more carbohydrates leading our bodies into a vicious cycle, which often results in excess pounds.

Currently, scientific evidence offered by the Friedman School of Nutrition Science and Policy at Tufts University disagrees with the high fat, low carbohydrate diet theory. Most evidence suggests no direct correlation to weight gain from "good" or "bad" carbohydrate foods and additionally no cause and effect between fluctuating blood sugar levels and hunger. Although high fat, low carbohydrate diets promote weight loss, the mechanism behind the weight loss is consistent with the principles of decreased calorie consumption and not carbohydrate intake.

In hopes of improving the average American diet and stemming the growing obesity epidemic, the USDA is planning a reassessment of the Food Guide Pyramid. The reassessment will reflect the latest in nutritional science. The modified Food Guide Pyramid will be released this year. People can view the current pyramid at www.usda.gov.

National Nutrition Month

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

- Saturday – Free fun run and nutrition information from 9 a.m. to noon.
- Monday – Nutrition Education "Eating on the Run" at 10 a.m.

For more information, call 221-2020.

Adult CPR class

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

SPORTS



Photo by John Rodriguez

Muscle man

Lucian Kimble (right), fitness coordinator, presents Andre Gholson with a first place trophy after the Jimmy Brought Fitness Center Bench Press contest March 16. Gholson benched 475 pounds. The Jimmy Brought Fitness Center offers regular fitness programs including a Health and Wellness Fair April 13 and an Aerobathon May 14. For more information about upcoming events, visit the Morale, Welfare and Recreation Web page at www.fortsamhoustonmwr.com.

Results from March 16 Fort Sam Houston Bench Press Contest				Intramural Volleyball Standings as of March 17		
Name	Gender	Unit	Best Lift	TEAM	W	L
Deveen Harper	F	187th D, Company	130	BAMC #1	5	0
Bruce M. Leno	M	Civilian	250	Acad Bn #1	6	1
Erich Zink	M	187th D, Company	200	D, BAMC	5	2
Jose A. Gutierrez	M	187th B, Company	350	Co A, STB	5	3
Daniel Hux	M	187th D, Company	255	BAMC #2	2	6
Frank Battle II	M	187th B, Company	405	USARSO	2	6
Billy Cooper	M	7083 Rimwood	410	NMCRC	0	6
Chad Watts	M	187th E, Company	430			
Stephen Osborne	M	BAMC, D, Company	225	Intramural Spring Flag Football Standings – as of March 15		
Kent Byas	M	Lackland NCO Acad	440	TEAM	W	L
Don Williams	M	Civilian	350	BAMC	4	1
Eubanks Deshun	M	Brigade Legal Office	275	Co A, STB	3	1
Jenna Rodriguez	F	Civilian	95	G 232nd Med	2	2
Chase Kelley	M	Civilian	260	2nd, 75th Inf	0	5
Marcus Samuelson	M	Civilian	350			
Andre Gholson	M	Civilian	475			
Villallago	F	Civilian	100			

SPORTS BRIEFS . . .

All Army Men's Basketball

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

Youth football program

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

Track and field registration

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

MWR

Win Spurs tickets on the spot



Throughout April, visit Morale Welfare and Recreation facilities where facility managers will randomly award four Spurs tickets to patrons for a home game in April. See Quick Reference Guide (right) for a list of MWR facilities.

Recreation and fitness

Spurs Military Appreciation Night

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

Car care clinic

The post Auto Craft Shop will team with Caliber Collision Center to hold a car care clinic at the Auto Craft Shop April 2 from 10 a.m. to noon. Topics include general auto maintenance, proper use of seat belts and car seat safety. The clinic is free, and children are welcome to accompany parents.

Car a/c service

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

Catfish pond opens

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

3-D Archery at Camp Bullis

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

The 'Buns on the Run' fun run

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

Sixty days of fitness

This program is a motivating way toward fitness and weight loss to help safely lose 15 pounds in 60 days using a point system. This self-paced program requires to work out 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. There are also two 30-minute weight loss classes. Cost for the program is \$20, which includes a T-shirt. Contact Lucian Kimble at 221-2020.

Tax time help

The library offers federal tax forms and instruction booklets. The library can provide the main forms plus other frequently used forms. Visit the library at Building 1222, corner of Harney and

Chaffee Roads, Wednesday through Sunday from 11 a.m. to 8 p.m. For more information, call 221-4702 or 221-4387.

Equipment rentals

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

Dining and Entertainment

Sam Houston Club, 224-2721

Easter brunch

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

Weekday buffet

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

Bingo

Come play bingo Thursday and Friday nights and Saturday afternoons. Free buffet for bingo players.

Super TGIF

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

Sam's Sports Bar

Sam's Sports Bar features SoundTraxx DJ Greg Norton March 25. The bar opens at 4:30 p.m.

Golf Club, 221-4388

Spring sale

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

Bowling Center, 221-3683

Good Friday bowling special

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

Family bowling day

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

Soldier appreciation

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

Cyber Bowl

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

Harlequin Dinner Theatre

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

MWR Ticket Office

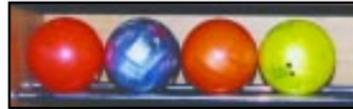
The ticket office has discount tickets available for several different events and attractions. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

Morale, Welfare and Recreation Quick Reference Guide

Army Community Service
221-2705
Building 2797, Stanley Road

Around the Corner Frame Shop
221-9013
Building 407, Dickman Road

Auto Craft Shop
221-3962
Building 2410, Funston Road



Bowling Center
221-4740
Building 2521, Schofield Road

Camp Bullis Outdoor Rec Center
295-7577
Building 6215, Camp Bullis

Canyon Lake Recreation Area
(830) 226-5357 or
(888) 882-9878
Building 300, Canyon Lake

Central Post Gym
221-3593
Building 961, Patch

Child Development Center
221-5002
Building 2530, Funston Road



Equestrian Center
224-7207
Building 3550, Hawkins Road

Golf Club
222-9386
Building 2901,
Harry
Wurzbach



Harlequin Dinner Theatre
222-9694
Building 2652, Harney Road

Jimmy Brought Fitness Center
221-1234
Building 320, Wilson Road

Library
221-4170
Building 1222,
2601 Harney Road

MWR Ticket Office
226-1663
Building 1395, Chaffee Road



Outdoor Equipment Center
221-5224
Building. 1111, Forage Road

RV Park
221-5502
Building 3514, 3820 WW White Road

Sam Houston Club
224-4211
Building 1395, Chaffee Road

Youth Services
221-3502
Building 1630, Watkins Blvd

32nd Medical Brigade Gym
221-3185
Building 2181, Garden Road

Bowled over



Photo by John Fryman

Col. Garry Atkins, U.S. Army Garrison commander, presents Rodney Bundy of the "Guys & Dolls" bowling league with an award for bowling a 300 at the Fort Sam Houston Bowling Center. A score of 300 is the highest a bowler can receive in a game. The Bowling Center offers a variety of leagues as well as summer bowling. For more information, go to www.fortsamhoustonmwr.com.

SCHOOL NEWS

FSH Independent School District

Weekly Campus Activities
March 28 – April 2, 2005

Fort Sam Houston Elementary School

Tuesday
Spring individual pictures
FSHISD school board meeting in the professional development center, 11 a.m.

April 1
Spirit Day

Robert G. Cole Jr./Sr. High School

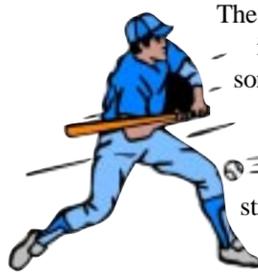
Monday
Student of the month photos and breakfast in mall area, 9:50 a.m.
UIL one-act play district competition at Randolph, 12 p.m.
Cheer classes in gym, 3:30 to 5 p.m.

Tuesday
UIL literary events at Cole, 8:30 a.m. to 3:30 p.m.
FSHISD school board meeting in the professional development center, 11 a.m.
Cheer tryouts in gym, 4 to 5 p.m.
Baseball at Randolph, 6 p.m.

April 1
Early dismissal (students only)
UIL high school literary competition at Cole High School, 8:30 a.m. to 7:30 p.m.
Baseball versus Navarro at Cole, 4 p.m.

April 2
UIL high school literary competition at Cole, all day
Junior varsity and varsity track meet at Randolph High School, all day (finals only)

Cole loses first game of season



The Cole baseball team lost its first game of the season Monday 5-2 against St. Anthony. Julio Burgos pitched for the Cougars and struck out eight in six innings. Burgos also hit his third home run of the year. The Cougars are now 6-1 for the year.

National teacher awards

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

Recruiting effort



Courtesy photo

Seaman Adam Flores, Navy recruiter, talks to Cole High School students about the advantages of joining the Navy. Army, Marine, Air Force and Navy recruiters visited the school March 11. The event included an "inflatable confidence course," a five-member Army band, football and Frisbee toss and information about the different services. Assistant Principal Elizardo Hernandez invited the recruiters to the school.

Dear Parents ...



Do your children need a safety helmet?

2005 annual ethics training schedule

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units has begun for 2005:

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

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

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

*The April 6 class will be taught by people from the Department of the Army Standards of Conduct Office. Attendees will have the opportunity to ask Army experts ethics questions.

DeCa Update

Say no to double bagging, yes to paper bags

Customers can help commissaries in the United States hold the line on supply costs by asking customers to "just say no" to double bagging and say "paper please" when they get to the register.

Customers who want plastic or double bags will be accommodated, but "we hope customers are interested in helping their commissary hold down costs," said Scott Simpson, chief operating officer for the Defense Commissary Agency. The awareness campaign to encourage customers to switch to paper bags is only taking place in U.S. commissaries because the cost of shipping the much bulkier paper bags to Europe and Far East outweighs any savings obtained by switching to paper. The campaign to reduce double bagging is worldwide.

Dollar days month at commissary

Commissaries across the U.S. will kick off the new "Dollar Days" sales event during the first two weeks of April. Patrons can take advantage of two-for-a-dollar deals or three items for \$2 specials.

Rescue 101

Fort Sam firefighters show BNCOC students

Story and photos by Elaine Wilson
Fort Sam Houston News Leader

Fort Sam Houston firefighters wrecked a truck Tuesday. They deflated the tires, cut the wires and tore off the cap of a pickup. And that was just for starters.

It may have looked like an exercise in demolition to passersby, but to a handful of students, it made perfect sense.

The firefighters took time out from life saving to demonstrate proper extrication techniques for the 91W combat medics attending Fort Sam Houston's Basic NCO Course.

"We talk about it in the classroom, but the actual physical demonstration makes it more meaningful," said Sgt. 1st Class Joanne Rollocks, senior instructor for the Advanced Training Branch of the Department of Combat Medic Training.

Although the combat medics have varying levels of experience, most in combat, all are required to complete Emergency Medical Technician Basic certification before graduating from BNCOC. To receive an EMT Basic

license, which is a national certification, students are required to be proficient in a variety of techniques, to include extrication. In the past, the extrication exercise was conducted in the classroom, but Staff Sgt. Ernest Barner, a BNCOC medical instructor, felt the students would be better served with hands-on training.

"I thought the training was something the students can take with them when they leave," he said. "I figured it would be more effective than training in the classroom."

Barner contacted the fire department hoping for a simple demonstration. The firefighters, always looking for training opportunities, decided that simple wouldn't cut it. They loaded a "victim" into a beat-up pickup truck and ripped it apart with the Jaws of Life, a motorized cutting tool used to cut through steel for victim access. After deflating the tires, bashing through windows and pulling off the cap, the firefighters showed how to stabilize and carry a patient to a triage area.

"We wanted to show the students

how to get to a victim using different points of entry," said Omar Perez, a firefighter and instructor for the training. "Vehicles vary, and some entry points have advantages others don't have. We wanted to show a variety."

Although extrication is a vital part of an EMT's job, equipment like the Jaws of Life is normally left to the firefighters.

"But it's important for EMTs to understand how our equipment works," Perez said. "We work closely together at the scene of an accident."

Most students said they were surprised at the extent of the training.

"I've never seen the Jaws of Life before," said Staff Sgt. Lucas Veras, from U.S. Army South at Fort Sam Houston. "I'm definitely more familiar with its operation and use now."

"I have a greater appreciation for what firefighters do now and a greater understanding of what I need to do to help the victims," he added.

"We certainly do appreciate the training from the fire department," Rollocks said. "It definitely impacted the NCOs."



Omar Perez (left) and Anthony Garcia, Fort Sam Houston firefighters, hold C-spine on a "patient" and apply a collar for stabilization.



Fort Sam Houston firefighter Brian Davila shows Sgt. Samuel Fitz, a student at the Basic NCO Course, how to operate a fog nozzle.

(Right) Fort Sam Houston firefighters Joseph Munoz (left) and Anthony Garcia connect air hoses which operate "air bags," used to lift heavy objects to gain access to victims.



ents 'tricks of the trade'



Fort Sam Houston firefighter Omar Perez demonstrates proper C-spine immobilization for the Basic NCO Course students.



(Above) Fort Sam Houston firefighters Anthony Garcia (center) and Omar Perez instruct Sgt. Joshua Pierpont, a student at the Basic NCO Course, on the application of "air bags." Air bags are used to lift heavy objects, such as overturned vehicles, to extricate victims.

(Left) Fort Sam Houston firefighter Andy Reese breaks the rear window of a pickup truck to gain access to a "victim."



Staff Sgts. Daniel Herring (left) and Ernest Barner help Staff Sgt. Omar Anderson don firefighting bunkers and helmet so he can experience life as a firefighter.



Soldiers from the Basic NCO Course assist Fort Sam Houston firefighters with removing a "victim" from the scene of an automobile accident.

RELIGIOUS HAPPENINGS . . .

Living Last Supper

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

Sunrise service

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

Passover service

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

OCF Bible study

The upcoming Officers' Christian Fellowship Bible study sessions will be April 1, 15, 29 and May 13 at 1008 Gorgas Circle near old Brooke Army Medical Center from 6 p.m. for dinner and 7 p.m. for class. For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

POST WORSHIP SCHEDULE

Main Post Chapel, Bldg. 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - 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. - Traditional Protestant
 11 a.m. - Traditional Protestant

Jewish Services: phone numbers: 379-8666 or 493-6660

Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Bldg. 1721, 221-5010 or 221-5432

Catholic Services - Sundays: 12:30 p.m. - Bilingual Mass

Protestant Services:

10:30 a.m. - Collective Gospel Protestant - Sundays
 9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided

AMEDD Regimental Chapel, Bldg. 1398, 221-4362

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Gospel Services:

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Med. Bde. Soldiers

FSH Mosque, Bldg. 607A, 221-5005 or 221-5007

1:30 p.m. - Jumma - Fridays

10:30 a.m. - Children's Religious Education - Sundays

7:30 p.m. - Adult Religious Education - Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11:15 a.m. - Mass - Sundays

11 a.m. - Mass - Weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

232nd Medical Battalion Classroom, Bldg. 1380, 221-5005 or 221-5007

Mormon Services: 10:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain



2005 Brown Bag Series Calendar

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

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

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

Army Community Service

Family Advocacy Program Class Schedule – March

Class Title	Dates	Class Time
Building Effective Anger Management Skills Series (4-6)	today and 31	11 a.m. to 12:30 p.m.
Commanders Training	today	8 to 9:30 a.m.
Divorce Care	today and 31	11:30 a.m. to 12:45 p.m.
Getting Ready for Childbirth 1 and 2	today and 31	9 a.m. to 12 p.m.
Girl Talk! Ages 6-8	Wednesday	3 to 4 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Tuesday	9 to 11:30 a.m.
Teen Talk	today and 31	4 to 5 p.m.

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

Alamo city gets ready to celebrate *Fiesta* 2005

By Yolanda Hagberg
Public Information Office

Soon, more than 3 million people will take part in a crazy magical frenzy called "Fiesta" throughout the city of San Antonio. This year marks the 114th celebration of this unique festival, which honors the heroes of the Alamo and the winning of Texas independence at the Battle of San Jacinto.

So, spruce up the brightest clothes in your closet; find that old beach hat you thought you would never wear again; and get ready to join San Antonians as they celebrate Fiesta San Antonio from April 15 to 24.

There are more than 150 events scheduled during this 10-day fun celebration throughout San Antonio. Additional information about Fiesta events may be obtained by visiting the Fiesta San Antonio Commission Inc., 2611 Broadway Street, or by visiting its Web site at: www.fiesta-sa.org.

Listed below are just a few of the events open to the public:

April 15

9 to 10 a.m. - Fiesta San Antonio Official Opening Ceremony in front of the Alamo.

A ritual tie-cutting gives the cue to get the party started. The event features singing, dancing and all the merriment that is Fiesta San Antonio.

5 to 11 p.m. - Fiesta Oyster Bake at St. Mary's University Campus, One Camino Santa Maria

April 16

7:30 a.m. to 3 p.m. - 10K Walk: Caminada de Fiesta, through Fort Sam Houston, the San Antonio Botanical Gardens, and the Army Medical Department Museum located at Stanley and Harry Wurzbach Roads

7:30 to 8:30 p.m. - Investiture of King Antonio LXXXIII in front of the Alamo

April 17

8 to 9 a.m. - Fiesta Mariachi Mass, San Fernando Cathedral, 115 Main Plaza

1 to 9 p.m. - Fort Sam Houston Fiesta Ceremony and Fireworks at MacArthur Field, Fort Sam Houston

1 to 5:30 p.m. - Day in Old Mexico and Charreada, 6125 Padre Drive

April 18

11 a.m. to 12:15 p.m. - Air Force at the Alamo



4 to 5 p.m. - Pilgrimage to the Alamo, procession from Municipal Auditorium to the Alamo

7:30 to 9:30 p.m. - Texas Cavaliers' River Parade through the San Antonio River

April 19

5:30 to 10:30 p.m. - A Night in Old San Antonio (NIOSA), La Villita

7 to 9 p.m. - Fiesta in Blue (Air Force Musical Extravaganza) at Laurie Auditorium, Trinity University, 715 Stadium Drive

7 to 10 p.m. - Mariachi Festival, River Walk, River Bend and extension of the Paseo del Rio

April 20

9:30 to 10:15 a.m. - Lackland Fiesta Military Parade at Lackland Air Force Base parade grounds

3 p.m. to midnight - Texas National Guard Fiesta at Texas National Guard Armory, 4255 Interstate Highway 35

5:30 to 10:30 p.m. - A Night in Old San Antonio (NIOSA), La Villita

April 21

11 a.m. to 1 p.m. - Navy Day at the Alamo

4 to 5 p.m. - Marines at the Alamo

5:30 to 10:30 p.m. - A Night in Old San Antonio (NIOSA), La Villita

7 to 9:15 p.m. - Battle of Flowers Band Festival at the Alamo Stadium

April 22

11:50 a.m. to 5 p.m. - Battle of Flowers Parade in downtown San Antonio, beginning on Broadway and Grayson Streets

5:30 to 10:30 p.m. - A Night in Old San Antonio (NIOSA), La Villita

April 23

8 a.m. to noon - Fiesta Pooch Parade at Alamo Heights Swimming Pool, 250 Viesca

9 a.m. to 5 p.m. - Alamo City Fiesta Rugby Tournament at Brooks Field Park, 3606 Goliad Road

9:30 a.m. to 6 p.m. - King William Fair and Parade in the King William Historic District on South Alamo Street

6:50 to 10:30 p.m. - Fiesta Flambeau Parade, parade route through downtown San Antonio

April 24

8 a.m. to 5 p.m. - Fiesta Grande Bicycle Classic at Texas Research Park, 14815 Omicron

1 to 5:30 p.m. - Day in Old Mexico and Charreada, 6125 Padre Drive

CHILD AND YOUTH SERVICES

Youth Happenings

Easter egg hunt

School Age Services will have an Easter egg hunt Saturday from 9:30 to 11 a.m. at the Youth Services ball field next to Building 1630. The first egg hunt will begin at 10 a.m. and is free. Pictures with the Easter Bunny will begin at 9:30 a.m., and the cost will be \$1. In case of inclement weather or poor field conditions, the hunt will be cancelled. For more information, call 221-4466.

Teen dance

There will be a teen dance for youth in ninth through 12th grades Saturday from 8 to 11 p.m. The cost will be \$3 for members and \$4 for nonmembers. There will be refreshments for all youth. The teen room will be closed for the night, and the dance will be the only activity. For more information, call 221-3502.

Flashlight Easter egg hunt

The Middle School youth will have a flashlight Easter egg hunt from 8 to 9:30 p.m. at the Youth Center. There will be prizes. For more information, call 221-3502.

Photo club

The Photo Club will meet today from 4 to 5 p.m. Plans for the summer and the making of the videos for the Youth Center will be discussed. For more information, call 221-3502.

Good Friday camp

There will be a middle school Good Friday Camp Friday. The cost will be \$10 for the day. Camp will only be held if enough youth sign up. The minimum number of campers needed is eight. For reservations, call 221-3502.

Hail and farewell

There will be a Hail and Farewell March 31 from 6 to 7 p.m. in Building 1630A. This Pizza Party is for all new middle school or high school youth or those leaving Fort Sam Houston within a month.

Track registration

Youth Services track registration is ongoing and will continue through May 1 at the Youth Center, Building 1630. Registration

time will be from 10 a.m. to 7 p.m. Monday through Friday. The cost will be \$75 per participant. Track practice will begin April 4 and will be held Monday, Wednesday and Thursday from 5:30 to 7 p.m. at Cole High School Stadium. For more information, call 221-3502 or 221-5513.

Teen council meeting

The Teen Council Meeting is scheduled for April 9 from 4 to 5 p.m. All Council members are asked to be there to help plan future calendars and make plans for spring break and the summer events.

Summer camp

Early onsite registration for the School Age Services summer camp will be April 18 to 22 for active duty only and April 25 to 29 for active duty, Department of Defense civilians and contractors, and retirees from 9 a.m. to 6 p.m. at Building 1705. People must register for summer camp even if they are currently using the SAS program. People must bring updated shot records, \$18 (per child) registration fee, social security numbers, proof of income and proof of a physical within the past year. Spaces are limited. For more information, call central registration at 221-4871 or 221-1723.

Cooking class

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

Instructional classes

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

Boredom remedy

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

Open recreation

School Age Services offers after school, weekend open recreation and after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For

more information, call School Age Services at 221-4466. To register, call central registration at 221-4871 or 221-1723.

Free after school program

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

Volunteers needed

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

Saturday shuttle

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

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

The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in middle school and at 10:30 p.m. for those in ninth grade and up. The

shuttles are for youth who live on the installation. For more information, call 221-3502.

Parent News

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years old on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services central registration at 221-4871 or 221-1723.

PAC meeting

CYS Parent Advisory Council meeting will be April 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYC parents' opportunity to learn of upcoming events, meet staff and address concerns. Family Advocacy will be speaking on child abuse prevention.

FCC training

FCC will have an installation training for new providers April 25 to 29 from 8 a.m. to 4 p.m. For more information, call 221-3828.

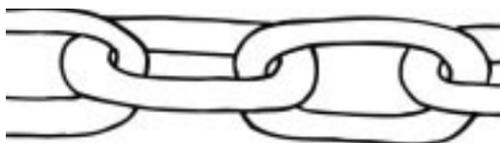
FCC providers

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

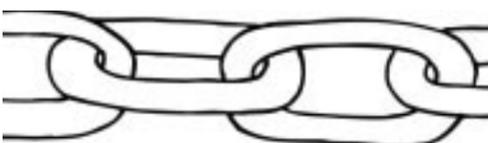
Check wait list

People on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call central registration at 221-4871 or 221-1723.

Due to an office move, Child and Youth Services central registration will not be able to register people Friday; they will only take appointments for registrations. Regular operations will resume Monday. For more information, call 221-4871 or 221-1723.



COMMUNITY LINK



Happenings

Trails and Tales tour

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

SBC giveaway

SBC will sponsor an event featuring costumed characters from the "Incredibles" movie Saturday at 10:30 a.m. at the United Services Organization in downtown San Antonio. SBC will distribute 200 free telephones and 5,000 promotional DVDs to military families at the event.

Walk and Easter egg hunt

The Hill Country Volkssportsverein volksmarch club will host a 10-kilometer (6.2 mile) and 5-kilometer walk and an Easter egg hunt starting at the Comfort Community Park on Highway 27 West in Comfort Saturday. The walk route is through the historic district in Comfort and the surrounding countryside. A limited number of large, decorated eggs will be hidden along the walk route and walkers will exchange them for a prize after returning to the start point. The start is between 7 a.m. and 12:30 p.m. and will finish by 3:30 p.m. For more information, call John Bohnert at (830) 995-2421, e-mail tina.bohnert@comfort.txed.net or view the event brochure at www.walktexas.org/.

Fiesta tickets

The Cougar Pride Club of Robert G. Cole High School has parade tickets for the April 22 Battle of the Flowers and April 23 Fiesta Flambeau. The tickets are \$8 and the seats are located along the 100 block of East Commerce Street. All proceeds go to the Cougar Pride Club, which provides scholarships to students and contributes to various activities at Cole High School. Call Lana Dochnal at 226-2746 for tickets.

Free SeaWorld admissions

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

Historic Fort Sam tour

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

must show a Department of Defense-issued photo ID. For more information, visit www.herosalute.com.

Scholarships offered

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

Professional Development

Free training

Army offers both Soldiers and civilians access to over 1,500 Web-based information technology, business and self development courses. IT certification is available for some of the courses. For more information, go to www.us.army.mil and select "My Education" under Self Service and click "Army e-Learning" or visit www.dls.army.mil and click on "Digital Training Facilities."

Jobs for veterans

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

Keys to Success seminar

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

St. Mary's University counselor

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

TSU degrees

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

Warrant officers needed

The U.S. Army is looking for highly

motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms and documents required to apply, visit the Web site: www.usarec.army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is (800) 223-3735, ext. 6 and the last four of the phone number.

Volunteer

Animal defense league drive

The Boy Scouts Troop 23 will sponsor an animal supply drive and bake sale April 16 at the post exchange, PXtra and commissary from 11 a.m. to 3 p.m. They will collect dog and cat food, collars, blankets, leashes, cat litter, towels and blankets. All items will be donated to the Animal Defense League on Nacogdoches.

WHMC periodontics seeks patients

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

Civil Air Patrol membership

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

Student exchange program

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

Caremobile drivers needed

Caremobile drivers work four hours a week using an electric cart to transport patients from the Brooke Army Medical Center parking area to the entrance of the hospital. Walking the distance of the large parking area in the heat or rain is often difficult for a parent with a sick child, patients undergoing cancer treatments, orthopedic patients and the elderly. If you would like to transport grateful patients, call the Office of Volunteer Services at 916-5083.

Meetings

Helicopter pilot association

The Combat Helicopter Pilots Association is incorporated in Washington, D.C. for the purpose of establishing a legacy organization

designed to forge links among past, present and future rated U.S. military helicopter aviators and to celebrate their unique, common and evolving combat heritage. CHPA will draw from a worldwide veteran and deployed membership base in all U.S. service branches. Several other membership categories related to combat aviation also exist. For more information, visit www.CHPA-US.org or contact its president, Steve Reilly, at (800) 832-5144 or e-mail him at President@chpa-us.org.

AUSA symposium

The Army Medical Department in cooperation with Association of the United States Army invites the Army medical community to attend the 2005 AUSA Medical Symposium at the Henry B. Gonzalez Convention Center in San Antonio from June 27 to 30. This year's theme is "Army Medical Department: At War and Transforming." For symposium information and registration, visit www.ausa.org. Reservations should be made as soon as possible. For all other inquiries, to include breakout session or military exhibitors, call Capt. Stephanie Wolf, AUSA project officer at 221-7124 or e-mail ausa.medcom@amedd.army.mil.

Purple Heart veterans sought

Purple Heart veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month at 9 a.m. at the Roadrunner Community Center to learn more about combat-related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD Form 214 and a short biography.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, invites all active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For more information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

FORT FREEBIES



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

For Sale: 2001 Featherlite all aluminum open utility trailer, 4 feet 6 inches by 8 feet, removable sides and built in ramp, great for motorcycle, All terrain vehicle or lawnmowers, half the weight of a steel trailer and no rust. \$1,000. Call Phillip at 945-4778 or 843-3584.

For Sale: Ivory and black lacquer bedroom suite, king/queen headboard, dresser with mirror, armoire, two night stands which include glass tops, \$500. Call 659-3624.

For Sale: White and beige queen sleeper sofa, \$75. Call 822-7900 or 385-6680.

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

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

For Sale: Large George Forman grill,

\$25; white KitchenAid mixer with attachments, \$25; meat and bread slicer, \$10; two new green and gold silk medium sized lampshades, \$10 for both. Call 494-0362.

For Sale: Whirlpool refrigerator, frost-free, 18 cubic feet, \$125; teak roll top desk, marble inset, \$150; black leather chair and ottoman, \$100; 19-inch computer monitor, \$40; Fuji road bike, \$40. Call 224-7541.

For Sale: 2003 white Dodge Durango, low miles, take over payments. Call 722-5270 or 646-8472.

For Sale: Desert camouflage and green camouflage field jackets, both medi-

um size and in excellent condition, \$35 each. Call 657-6264.

For Sale: Three red, male Miniature Pinscher puppies, AKC, tails and dew claws done, born Feb. 6, \$300; three-piece sectional, two ends recline, fair condition, blue. \$75; two upholstered chairs, \$10 each. Call Kim at 590-2985 or 789-5883 or leave a message.

For Sale: Imperial heavy duty upright commercial freezer, 20.7 cubic feet, 70 inches tall, 31 and 1/2 inches wide, 26 inches deep, \$750 obo. Call Ed at 232-0615 or 481-6961.