

FORT SAM HOUSTON News Leader

"One Team, Supporting Military Missions and Family Readiness!"

BRAC construction surge continues in San Antonio

The Base Realignment and Closure construction program in San Antonio has increased its growing impact on the city's economy with \$43 million in additional contract awards.

Three contracts have been awarded for BRAC projects at Fort Sam Houston, Lackland Air Force Base and Camp Bullis. These contracts are for construction of a medical field-training complex, laboratories, classrooms, and a telecommunications and computer operations center to prepare for the arrival of new military missions and the realignment of existing missions in accordance with the 2005 BRAC law.

The U.S. Army Corps of Engineers, Fort Worth District, awarded the largest of these contracts for construction of a 64,000 square foot medical field-training complex on Camp Bullis. The facilities will

See BRAC CONSTRUCTION P9



Courtesy photo

Construction is in progress on the Medical Education and Training Campus, Medical Instructional Facility #5, a 39,032 square foot, multi-story medical instruction facility that will provide general and applied instructional space, administrative areas, and automation-aided classroom space for METC students.

Former chief visits CFI



Former President George W. Bush chats with wounded warrior, Sgt. Nate Hunt, March 24 on the third floor in the physical therapy area of the Center for the Intrepid as Sgt. Michael Lowe looks on. During his visit, Bush met with a group of Soldiers, Sailors, Marines and Airmen, who are currently undergoing care at CFI and Brooke Army Medical Center.

Photo by Jen Rodriguez

March is Brain Injury Awareness Month

Army actively addresses TBI, PTSD, stress on care providers

By Lori Newman
Fort Sam Houston Public Affairs Office

Traumatic Brain Injury and Post Traumatic Stress Disorder have become known as the "signature wounds" suffered by combat veterans returning from

the Global War on Terrorism. Soldiers may not know they have suffered such a wound.

According to the Department of Defense 11, 945 Soldiers suffered some

See TBI P7

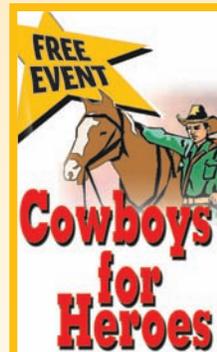
INSIDE

NEW FOB



FOB Courage offers state-of-the-art training for combat medics

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Cowboys for Heroes
Fort Sam Houston Equestrian Center
March 27
6 to 9 p.m.
March 28
9 to 6 p.m.

March 27 event kick-off bonfire social
March 28 variety of food, horseback rides and entertainment.

For more info call (210) 224-7207

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FSH Construction Zones – Drive to Survive

For the men and women who work in construction zones, each day is a risk.

Texas Department of Transportation along with the Federal Highway Administration and other transportation partners will observe the 10th annual National Work Zone Awareness Week April 6 through 10. The purpose is to raise awareness of the hazards of work zones for both the worker and motorists.

More than 40,000 injuries and 1,000 fatalities occur each year in work zones around the nation. Four out of five of those killed are motorists.

TxDOT maintains about 80,000 miles of highway with more than 1,000 construction or maintenance projects underway at any given time. With so much construction, it



Photo by Minnie Jones

Construction bubbles on Fort Sam Houston are designed to provide safe access for large construction vehicles in and out of BRAC construction zones. Construction traffic is directed to various designated access points based on project locations. Post employees should be cautious about large vehicles moving on post roads and construction workers guiding vehicles on and off the construction sites. The Texas Department of Transportation also is preparing new traffic lanes and constructing the new six-lane bridge over IH-35.

is all too common for motorists to encounter work zones. For more information, visit Texas Department of

WORK ZONE SAFETY STATS

- Nationally, there are over 1,000 fatalities and 40,000 injuries in work zone-related crashes each year.
- In Texas, around 150 people are killed annually in highway construction and maintenance zones.
- More than four out of every five work zone fatalities are motorists traveling through the work zones.
- Speeding and inattention are the most cited causes of work zone crashes, and one in three work zone crashes is a rear-end collision.

Transportation at www.keep-texasmoving.com or www.txdot.gov.

(Source: TxDot Press Release)

Army Emergency Relief Campaign kicks off

By Cheryl Harrison
Army Community Service Marketing

The Fort Sam Houston Financial Readiness Program and Army Emergency Relief will kick off the AER campaign March 31.

In an effort to reach out to all Soldiers and retirees in the Fort Sam Houston area, the campaign will provide everyone an opportunity to learn about AER and contribute to this worthy cause.

The goal for the 2009 campaign is to reach all service-members and retirees; and surpass last year's contributions. The campaign can succeed with the participation of the Fort Sam Houston community and generosity of Soldiers and retirees. The commitment to Army Families is strengthened

by the community's contributions to AER.

The purpose of the Army's annual AER Campaign is twofold. The first purpose of the AER Campaign is to create greater awareness of the Army Emergency Relief benefits and programs available to Soldiers and their Families. The second purpose is that the campaign provides an opportunity for Soldiers to help fellow Soldiers by donating to the AER campaign and continue the proud legacy of helping the Army take care of its own.

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff for Soldiers and their Families who needed financial assistance during World War II. Since its founding, AER has

provided over \$1 billion in financial assistance in no-interest loans or outright grants.

AER assistance is available to Soldiers and their Families, wherever they are located and the amount of assistance is only limited by a valid need.

Today AER also provides educational assistance in the form of scholarships to children and spouses of active-duty, retired Soldiers, along with support to surviving Families of fallen Soldiers, and grants to widows, and wound-

ed warriors.

In 2008, AER provided more than 70,000 active-duty and retired Soldiers and their Families with well over \$83 million in assistance. AER provided assistance for unexpected financial stress including travel, housing, car repair, utilities, medical expenses, funeral costs and disaster relief.

"The Fort Sam Houston Financial Readiness Program and Army Emergency Relief

See RELIEF P8

Weekly Weather Watch

	MARCH 26	MARCH 27	MARCH 28	MARCH 29	MARCH 30	MARCH 31
San Antonio	85s Rain Chance	76s Partly Cloudy	70s Clear	74s Clear	77s Clear	77s Clear
Kabul Afghanistan	59° Rain Chance	57° Rain Chance	60° Rain Chance	66° Rain Chance	64° Partly Cloudy	66° Partly Cloudy
Baghdad Iraq	75° Clear	80° Clear	80° Clear	75° Partly Cloudy	75° Rain Chance	78° Clear

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

Thought of the Week

One who lets slip by the opportunity to serve another misses one of the richest experiences life has to offer

— Pali Text

(Source: Bits & Pieces, March 2009)

News Briefs

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza will be held March 31 from 9:30 to 11 a.m. at the Sam Houston Club. The extravaganza is for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. This is an opportunity to learn about Fort Sam Houston and the San Antonio area, and meet representatives from different organizations, programs and businesses. Commanders and supervisors are encouraged to allow Soldiers and civilian employee's administrative time to attend. Soldiers, spouses and Families are welcome, as are civilians new to the area. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

ISR 1 training

Installation Status Report, Infrastructure (ISR 1) training will be held April 7 from 7:30 to 11:30 a.m. in Evan Theater, Building 1396. The training is for directors, program managers, or representatives for installation activities required to complete ISR ratings. No reservation is needed, but commanders are requested to notify Judy Barta on who their point of contact will be, with POC phone or e-mail contact information. For more information, call 295-4922 or e-mail judy.barta@us.army.mil.

Fort Sam Houston spring cleanup

Fort Sam Houston tenant units and staff directorates will conduct spring cleanup April 13 to 17 in order to enhance the appearance of the installation and post training areas and conduct environmental maintenance of the installation to improve the quality of life and promote a clean work environment.

Civilians Community FIRST Focus Group

The Fort Sam Houston Department of the Army Civilians Community FIRST Focus Group will be held April 15 from 8 to 11:30 a.m. in Building 122, Stanley Road, Garrison Command Conference Room.

SSN removal from I.D. cards

Social Security Numbers will be removed from all Department of Defense I.D. cards. Changes to I.D. cards will occur when cardholder's expired card is renewed. For more information, visit www.formi9.com.

Audie Murphy Club inducts new members

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

Noncommissioned Officers Staff Sgts. Tresbien Adams, Rachel Lester and Caleb Ekane became the newest members to join the prestigious Sergeant Major Leon L. Van Autreve Chapter, Sergeant Audie Murphy Club, during an induction ceremony March 20 at Blesse Auditorium.

Maj. Gen. Russell J. Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, provided the welcoming remarks.

Sgt. Maj. David Steel, Brooke Army Medical Center, and a member of the Sergeant Audie Murphy Club, was the keynote speaker.

Staff Sgt. Tresbien Adams, born and raised in Honolulu, Hawaii, joined the Army in January 2001. Adams completed basic training in Fort Leonard Wood, Mo. and Advanced Individual Training at Sheppard Air Force Base in Wichita Falls, Texas, as a dental assistant. Adams served five years in Landstuhl, Germany. During that time she was deployed to Kosovo and also served two tours in Iraq. She then transferred to Fort Riley, Kan. followed by her current assignment at Fort Sam Houston with the NCO Academy, as the Small Group Leader in the Advanced Leadership Course, formerly known as the Basic Noncommissioned Officers Course.

Adams, a single parent, who loves the Army said, "The Army is helping me with my son's life, and offers many opportunities. I can attend school, I get to meet great people, grow personally and you learn about leadership, discipline and dedication. It's a good way to serve your country."

Adams' goal is to become a sergeant major, and is also exploring the possibility of becoming an officer.

Staff Sgt. Rachel Lester joined the Army in December 2000. Following her basic training at Fort Leonard Wood, Mo., Lester completed her AIT as a combat medic here at Fort Sam Houston. Her other assignments included Tripler Medical Center, Hawaii; Fort Carson, Col.; Fort Benning, Ga.; and a one year deployment to Afghanistan.



Sgt. 1st Class Raquel, Army Medical Department Center and School, presents Staff Sgt. Tresbien Adams the Certificate of Achievement Medical Command Sergeant Audie Murphy award. Adams became one of the newest members to join the elite Sergeant Audie Murphy Club



Lester's goal is to retire as a Sergeant Major. She is married with three children, 4-year-old twins, Mailk and Rahzarion, and 6-year-old son, Nathaniel.

"They are the driving force of everything I do in the military," said Lester, assigned to the NCO Academy.

When asked what opportunities the Army offers for her and her family, Lester said, "I like the structured life. I wake up every day knowing I have a job. I know my children will have a good education. I like the health benefits, educational benefits and discipline."

Staff Sgt. Caleb Ekane joined the Army in August 2001. He completed his basic training at Fort Benning, Ga., and AIT here at Fort Sam Houston and at Fort Stewart as a medical lab technician. Ekane, who has been with Brooke Army Medical Center for the past three years, is currently the medical lab NCO. His prior assignments include Fort Riley, Kan.

See AUDIE MURPHY P9



Maj. Gen. Russell Czerw, commanding general, Army Medical Department Center and School congratulates Staff Sgt. Rachel Lester at the Sergeant Audie Murphy Club induction ceremony. Each inductee received the Sergeant Audie Murphy Medallion, a certificate of achievement, congratulatory letters signed by the commanding general and post Command Sgt. Maj. Howard Riles.



Staff Sgt. Caleb Ekane receives the Sergeant Audie Murphy Medallion from Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, during the Sergeant Audie Murphy induction ceremony March 20 at Blesse Auditorium. When a soldier is inducted into the club, he or she is given the medallion suspended by a broad powder-blue ribbon representing the traditional color of the infantry.

FSH Women's History Month celebration

By Minnie Jones

Fort Sam Houston Public Affair

Fort Sam Houston Soldiers and civilians were on hand to celebrate Women's History Month March 20, at the Army Community Service building with Col. Mary Garr, U.S. Army Garrison commander.

Garr spoke to the Fort Sam Community about the difficult paths that woman in history and still today must walk for women's equality.

Garr took the audience back in history and up through today's culture. She talked about Egypt when male pharaohs ruled the land and when Queen Hatshepsut was born. Although she was the rightful heir to the throne, she could only rule as a regent or agent until her stepbrother became of age.

Despite her attempts to change herself physically into a male by wearing a beard and ruling the country for 20 years, she had no legitimate claim to the throne because she was a woman. She also introduced the listeners to several strong leaders in history who happened to be women, Queens Elizabeth and Victoria, who were both great and notable rulers.

Fort Sam Houston Soldiers dressed in period Army uniforms, brought back memories of yesteryear at the Women History Month luncheon. Soldiers left to right are Staff Sgt. Chimea Harris, Sgt. Nina Ramon, Staff Sgt. Tamara Smith, Spc. Leticia Cortez and Pvt. Amanda Rajkumar.

Photo by Gregory Ripps

Listing women serving in the military, Garr said that World War II was a significant time for women in history. Over 150,000 women not only served in the military but they also served with distinction.

Since the Global War on Terrorism has started, 120 females have been killed in Iraq and Afghanistan. Within the U.S. Army Medical Department Center and School, 16 Soldiers have been killed.

She named Col. Oveta Culp Hobby from Killeen Texas, who was the director of the Women's Army Corps, and awarded the Distinguished Service Medal. She spoke of Command Sgt. Maj. Yzetta Nelson, the first female promoted to the highest enlisted rank in the Army.

Garr, a trailblazer herself, stood fast against opposition and antagonism in her personal life throughout her career climb in the Army, sometimes making her the only female succeeding in a group of her male's peers. Garr listed some of her experiences

throughout her career in the Army, notably one, while attending airborne school.

Stating that her airborne school class started with several female officers and enlisted Soldiers, and that the airborne school instructors, commonly referred to as "Black Hats," told her group up-front that they planned to "weed them out," especially the females, because, in their words, "they didn't think they could hang." Garr said, "By the end of the three-week course, I was the only female officer in my class and the only female in my platoon to earn my wings."

In spite of her challenges and experiences in the Army, Garr still believes in the earlier Army slogan, "Be All You Can Be." "It is a great motto, which we should strive to follow," Garr said.

Garr notes, that today women comprise about 14 percent of the active duty Army, and that 20 percent of the Reserve and 12 percent of the National



Photo by Gregory Ripps

Col. Mary Garr, U.S. Army Garrison commander speaks at the Women's History Month luncheon in the Army Community Service building March 20.

Guard are women.

"Although many doors have opened in the last couple of decades, women still cannot serve directly in the combat arms branches, special forces, infantry, armor, combat engineer companies, ground surveillance radar platoon, or

See **WOMEN'S P16**



Photo by Robert Ramon

Col. Michael Feil, U.S. Army South Deputy Commander for Operations, opened the Women's History Month luncheon in the Army Community Service building March 20.

Fort Sam Houston Tax Center breaks record

Customers at the Fort Sam Houston Military Tax Assistance Center have received more than \$5.4 million in refunds, already surpassing last year's record of \$4.5 million. The tax center has provided its free assistance to more than 2,300 patrons, saving the community more than \$365,000 in estimated tax preparation fees.

The increase in refunds this year resulted in large part from various changes in the

tax laws, most notably the new First-Time Homebuyers' Credit. Taxpayers who bought a home after April 8, 2008, and before Dec. 1, 2009, and did not own a home in the three years prior to the purchase, are eligible for the credit.

Many in the Fort Sam Houston military community have been able to take advantage of this credit, which amounts to up to a \$7,500 interest-free loan for 2008 homebuyers and an \$8,000

credit if the home is purchased in 2009. Due to a provision in the recent stimulus package, taxpayers receiving the \$8,000 credit for homes purchased in 2009 will not have to pay the money back.

As the April 15 deadline looms, the MTAC expects to be busier than ever. At the main site, April appointments are already filling up, while the BAMC satellite office's schedule has been consistently full nearly a week in advance.

In previous years, every appointment, though April 15, has been filled by early April. Eligible customers (active duty servicemembers, retirees, and their dependents) who are not able to get an appointment can still come in for blank forms, instructions, and assistance with filing for the automatic 90-day extension.

The main MTAC is located in Building 133, immediately behind the Staff Judge Advocate's Office, at the corner

of Stanley and Liscum. It is open Tuesday through Friday from 9 a.m. to 5 p.m., and Saturday from 9 a.m. to 2 p.m. To help meet the anticipated demand, the MTAC will also open April 12. Appointments can be made by calling 295-1040.

The BAMC satellite office is located in the lower level, near housekeeping, and is open Monday through Friday from 9 a.m. to 4 p.m. The BAMC appointment phone line is 916-1040.

Soldiers enjoy Women's History Month at the Hacienda

By Ben Paniagua

Hacienda Recreation Center

About 175 Soldiers from the 32nd Medical Brigade packed the Hacienda Recreation Center March 19 to celebrate the annual Women's History Month Commemoration. This year's theme was "Women taking the Lead to Save our Planet."

Guest speaker for the event was Sgt. Maj. Tabitha Scrivens, chief instructor and writer, Department of Medical Science, U.S. Army Medical Department Center and School.

Scrivens held the rapt attention of the young Soldiers in the audience with her speech on the accomplishments of women in the history of the United States. She spoke on how some famous women concentrated on the environment and saving the planet, like Rachel Carson, the author of "Silent Spring."

A big highlight of the



Courtesy photo

Lt. Col. John Lamoureux, commander, 232nd Medical Battalion, presents guest speaker Sgt. Maj. Tabitha Scrivens, chief instructor and writer, Department of Medical Science, U.S. Army Medical Department Center and School, a framed copy of the Women's History Month proclamation signed by San Antonio Mayor Phil Hardberger.

evening was a dance performance by the Great Jubilee Dancers who performed some spectacular dance interpreta-

"I have never seen so many Soldiers in attendance at one of these events and the big thing is that they all were highly entertained."

Jewel Terrell,

Recreation assistant at the Hacienda Recreation Center

tions with hints of worship dancing and self-expression dance. The Soldiers seemed to thoroughly enjoy this part of the evening.

"I thought the whole evening was sensational, especially the dancers and the great speech by Sgt. Maj. Scrivens," said Jewel Terrell, recreation assistant at the Hacienda Recreation Center.

"I have never seen so many Soldiers in attendance at one of these events and the big thing is that they all were highly entertained," she said.

Sponsors of the event were HG Innovative Marketing

Solutions, who provided the refreshments and the grand prize for the drawing held at the end of the evening. The winner of the grand prize, an iPod Shuffle, was Pvt. Victoria Bryant, B Company, 264th Medical Battalion.

The event was in partnership between the Hacienda Recreation Center and the Equal Opportunity Adviser of the 32nd Med. Bde. in an effort to provide young Soldiers with diverse cultural awareness in an educational and entertaining manner. Members of the 232nd Med. Bn. hosted the evening's event.

Army South, Caribbean leaders enhance regional capabilities

By Robert R. Ramon
U.S. Army South Public Affairs Office

U.S. Army South Commander Maj. Gen. Keith M. Huber is a leader who considers face time with partner nation counterparts a privilege. When senior military leaders representing four Caribbean countries came together during the Caribbean Military Leaders Conference hosted at Army South headquarters March 15 through 19, it was an opportunity to foster a spirit of cooperation geared toward enhancing capabilities in the region.

“What an opportunity we have for the members of U.S. Army South to learn by listening to the experience and perspectives of the leaders we’re privileged to have here,” said Huber.

Representatives included Maj. Gen. Stewart Emerson St. Leonard Saunders, Jamaica Defense Force chief-of-defense staff, Brig. Gen. Dario Tapia, Belize Defense Force commander, Commodore Gary Best, Guyana Defense Force

chief-of-staff, and Col. Alvin Quintyne, Barbados Defense Force chief-of-defense staff.

The purpose of the conference was to bring regional military leaders together with common goals and interests in one forum to discuss regional challenges. Topics of discussion included peacekeeping operations, humanitarian assistance and disaster relief operations.

Each leader also conducted briefings to highlight his military’s capabilities; thus finding the most effective ways to work together.

“Many of the challenges and transnational threats are the same and I think we can learn from each other,” said Tapia.

Saunders agreed and said, “We will achieve more success in dealing with transnational threats, security issues and other common challenges together rather than separately.”

Huber said each nation faces common challenges that are best tackled by the sharing of perspectives.

“I’m confident that if each of us were to write down what



Photo by Doug Meyer

(From left) Col. Alvin Quintyne, Barbados Defense Force chief-of-staff, Maj. Gen. Stewart Emerson St. Leonard Saunders, Jamaica Defense Force chief-of-defense staff, Maj. Gen. Keith M. Huber, U.S. Army South commander, Brig. Gen. Dario Tapia, Belize Defense Force commander, and Commodore Gary Best, Guyana Defense Force chief-of-staff attend the Caribbean Military Leaders Conference hosted at U.S. Army South headquarters. The purpose of the conference was to bring regional military leaders together with common goals and interests in one forum to discuss regional challenges. Topics of discussion included peacekeeping operations, humanitarian assistance and disaster relief operations.

we believe to be our top five transnational threats, we’d have similar lists,” said Huber. “How important it is for us to understand each others’ cultures, experiences and perspectives to gain an apprecia-

tion that will allow us to effectively work together.”

The conference allowed the senior leaders “some private time together to feel the intimacy of a family and to feel totally at ease to discuss any topic that we desire,” said Huber. “We had the privilege to discuss and to share what will grow into a bond of mutual respect and friendship.”

The informal atmosphere was well received by each attendee and contributed to a constructive exchange of ideas and knowledge.

“[The conference] will strengthen the bonds of friend-

ship that I know have existed between our countries,” said Quintyne. “I look forward to an even stronger relationship in the years ahead.”

The senior leaders took time out during the four-day conference to tour Brooke Army Medical Center’s Center for the Intrepid, Fort Sam Houston’s combat medic training facility, the Alamo and the historic River Walk. Also, Huber’s wife Shelly accompanied the senior leader spouses through an Army Family Team Building presentation and a tour of the historic San Antonio missions.

TBI from P1

form of a TBI in 2007. The numbers for 2008 are incomplete.

If the head is hit or shaken, a concussion or closed head injury can result. Concussions are seldom life threatening. Doctors often use the term "mild" when the person is only dazed or confused or loses consciousness for a short time.

However, concussions can result in serious symptoms, and people who survive multiple concussions may have problems that are more serious.

Common symptoms of TBI can be:

- Feeling light-headed or dizzy
- Difficulty organizing daily tasks
- Blurred vision or eyes tire easily
- Headaches or ringing in the ears
- Feeling sad or anxious
- Easily irritated or angered
- Feeling tired all the time
- Trouble with memory, attention, or concentration
- More sensitive to sounds, lights or distractions
- Impaired decision making or problem solving
- Difficulty inhibiting behavior; impulsiveness
- Slowed thinking, moving, speaking or reading
- Easily confused or feeling easily overwhelmed
- Change in sleep pattern

Some symptoms may be immediate while other symptoms can appear much later.

To promote healing, people should get plenty of rest,

increase activity slowly, write things down that they have trouble remembering, establish a daily routine, and only do one thing at a time.

Avoid activities that could lead to another injury, such as contact sports.

Avoid alcohol; caffeine; pseudo ephedrine contained in some over the counter cough, cold and allergy medications; and excessive use of over the counter sleep aids.

TBI from a car accident is distinguishable from a TBI that has elements of Post-Traumatic Stress Disorder resulting from a combat injury such as the explosion of an Improvised Explosive Device.

Symptoms of PTSD can sometimes mask a mild TBI. If the symptoms persist for weeks to months it is more probable that the real issue is PTSD.

According to Dr. Gerry Grace at the Army Medical Department Center and School, "PTSD can be the gradual, silent but cancerous intrusion into a Soldier's life that eats away at the quality of his or her individual and Family life."

PTSD can develop after a

life-threatening experience, such as combat. Soldiers who have experienced threatened death or serious injury, causing an emotional reaction of intense fear hopelessness or horror may be experiencing PTSD.

People with PTSD may have various kinds of experiences for weeks, or even months after the event is over. They may re-experience the event over and over in their mind; have repeated nightmares about the event; vivid memories, almost like it was happening all over again; or a strong reaction to a sound, reminding them of the event, such as a car backfiring. They may avoid people, places or feelings that remind them of the event. They may also feel keyed-up or on-edge, startle easily, be irritable or angry for no apparent reason, be hyper-vigilant to their surrounding and have trouble relaxing or sleeping.

The AMEDDC&S is actively addressing the growing number of cases of TBI and PTSD by implementing the Provider Resiliency Training Program.

PRT program focuses on the medical provider who may

have high case loads, works very long hours, and has a high acuity of Soldiers with mild TBI, PTSD and physical challenges. The combination can lead to high levels of stress among providers placing them at risk for fatigue or burnout.

PRT is an interactive, continuing process of self-care and prevention designed to improve not only a provider's ability to perform their mission but to enhance their quality of personal and interpersonal life.

The AMEDDC&S offers two programs within the Army Medical Command.

The first program involves the placement of Provider Resiliency Trainers at major medical training facilities to foster an environment of self-care and resiliency among care-providers. The PRT trainers conduct two hour classes that define provider fatigue and burnout. In this class, a self-care plan looks at ways to improve mental, emotional, physical, spiritual, and social well-being.

The second program that is in development for launch in early summer includes a resident course to enhance profes-

sional resiliency. The Professional Resiliency Resident Course targets professional medical staff such as doctors, nurses, and ancillary staff. This program focuses on the most advanced research, concepts, and theories related to self-care management. Attendees will have the opportunity to participate in various practical learning activities that involve self-help techniques. By using personal introspection, participants will focus on internal and external stressors that contribute to burnout and compassion fatigue.

"Through these programs, there is an opportunity for us to reflect on what makes us strong and what, if thoughtfully considered and consistently applied, could make us both stronger and wiser as we meet the continual challenges of our times," said Cheryl Camarillo, PRT team leader, AMEDDC&S Center and School.

If people are experiencing symptoms of PTSD there is a quick self-assessment available online through the Mental Health Program at www.militarymentalhealth.org.

For more information about

Leaders meet to discuss changes in medical support

By Jerry Harben
U.S. Army Medical Command

Leaders from throughout the Army Medical Department met at Fort Sam Houston last week to discuss changes in medical support for the Army as thousands of Soldiers and their Families relocate due to initiatives of Base Realignment and Closure and Army Transformation.

“Leadership asked us to provide an update of where we were in 2006, where we are today, where we’re going and synchronize support for Families and Soldiers,” said Carey Klug, director of AMEDD transformation at Medical Command Headquarters.

Army Surgeon General Lt. Gen. Eric Schoomaker presided over the Rehearsal of Capability drill. Other participants included the commanders of MEDCOM’s regions and major subordinate commands, the deputy commanding general of Installation Management Command, the deputy chief of staff G1/4 for Training

and Doctrine Command, command surgeons from Forces Command, Training and Doctrine Command, Installation Management Command, Army Materiel Command and First Army, and representatives from the TRICARE regional offices.

“The Surgeon General thought it was important that our strategic partners were there,” Klug said.

“Their participation is vital to improve communication and understanding about what we’re doing to deliver quality health care.”

The briefing included discussion of changes in population, medical enrollment, manpower, facilities, direct medical care and specialty care for 34 installations impacted by BRAC and Army Transformation. It also addressed deployments and redeployments due to Army Force Generation.

“It was a team effort that showed everything we’re doing across MEDCOM and DENCOM to support Army Transformation,” Klug said.

“Leadership asked us to provide an update of where we were in 2006, where we are today, where we’re going and synchronize support for Families and Soldiers.”

Carey Klug, director of AMEDD transformation

The briefing team also included Col. Mark Bodenheimer, MEDCOM’s chief of reserve component operations; Col. Robert Goodman of AMEDD decision support and business operations; Col. Ken Canestrini, chief of the TRICARE division in the Office of The Surgeon General; Col. Ronald Hamilton, director of human resources at OTSG; and Col. Bradley Dunbar, commander of the Health Facility Planning Agency.

“The Army is fighting a war, moving units around, reflagging and/or building brigade

combat teams,” she added. “We’re looking hard into direct care and purchased care. There was discussion of Korea moving into normalization. We also touched on proposed MEDCOM reorganization.”

Fort Sam Houston is one of the installations to be greatly changed by BRAC, with realignment of Brooke Army Medical Center and Wilford Hall Medical Center into the San Antonio Military Medical Center, construction of the Joint Center of Excellence for Battlefield Health and Trauma Research, and co-location of

military medical enlisted basic and specialty training at the Medical Education and Training Campus.

“We’re at the halfway point for BRAC. Timelines are tight, especially on the facility side,” Klug said.

She said the Defense Department and Congress have been very helpful in providing funds for new or expanded medical facilities necessary to support BRAC and Army Transformation.

After this ROC drill, leaders have a better understanding of what is being done and what still must be done to ensure healthcare support matches growth of population at some installations, while maintaining support during the drawdown at those locations losing population.

“One significant outcome was to enable MEDCOM and its strategic partners to have a common operating picture of where we are in supporting Soldiers and Family members,” Klug said.

RELIEF from P2

staff is excited about the annual AER campaign. Last year’s contributions came to about \$144,000. A person can contribute through allotment, cash or check and they can obtain the documents from their unit’s Project Officer and/or key

person. They can also come to our office or mail it in,” said Tania Cuervo, Army Community Service Financial Readiness Program manager.

Everyone is encouraged to do their part to meet the needs of our Army Families by donating generously to the AER.

There is not a minimum donation amount and like most contributions, it can be deducted from one’s pay. AER’s sole mission is to help Soldiers and their Families.

“We should also mention the fact the contributions can be deducted from ones taxes if

they itemize. So not only are they helping a worthy cause, it can be tax beneficial,” added Ann Mancillas, AER counselor, Financial Readiness Program. Mancillas is also an accountant and volunteers at the Fort Sam Houston Tax Center.

For more information about

the campaign, call the Financial Readiness office at 221-1612. The AER staff is available to answer any questions or concerns. Soldiers and their Family members requiring AER assistance can contact their unit chain of command or go to their installation AER office.

BRAC from P1

allow enlisted personnel to apply medical knowledge and skills gained in the classroom to realistic situations in an outdoor environment.

The \$17.9 million contract went to the MCC/Catamount, LLC, which operates a regional office in San Antonio and is based in Greenwood Village, Colo.

The Corps of Engineers also awarded a \$14.9 million contract to build the last of five medical instructional facilities that will be part of the Medical Education and Training Campus on Fort Sam Houston. The 47,000 square foot facility will include classrooms and laboratories. The contractor is Innovative Technical Solutions, Incorporated, which maintains a local office in San Antonio and is headquartered in Walnut Creek, Calif.

METC will consolidate the enlisted medical training pro-

grams of all branches of the U.S. military. In addition to classrooms and labs, METC's 1.9 million square feet of facilities will include dormitories, a physical fitness center, a headquarters building and an 80,000 square foot dining facility.

The Air Force Center for Engineering and the Environment awarded a \$10.2 million contract to Toltest, Incorporated for construction of an Intelligence Operations Center at Lackland AFB. The 40,000 square foot facility will be used to support units that monitor and assess Air Force telecommunications and computer systems. Toltest, Incorporated will oversee this project through its regional office in San Antonio. The company is headquartered in Maumee, Ohio.

These three contracts are among 30 contracts worth more than \$700 million that are scheduled to be awarded for BRAC and other military



Majors Herbert Lorfil and Leslie Latimore-Lorfil proudly pose for a Family photo with their children, (from left) Jessika, 2 years old, Darius, 5, LaTe'sjia, 9, Avery, 13, Antoinette, 7, and Christa, 10 months old following their promotion ceremony March 13 at the Roadrunner Community Center. Another daughter, Drulonda Walker, who lives in Alabama, was unable to attend the ceremony. Maj. Gen. David Rubenstein, U.S. Army Deputy Surgeon General, hosted the ceremony. Numerous Families and friends traveled from across the country to celebrate with the Lorfil the happy occasion. Latimore-Lorfil currently serves as the chief of Officer Management at Headquarters U.S. Army Medical Department. Lorfil is the executive officer, 17th Motorized Transportation Regiment, Medical Military Transition Team.

Courtesy photo

construction projects in fiscal year 2009, which runs through Sept. 30. These contracts come in addition to the \$1.2 billion in BRAC and BRAC-related construction contracts that were awarded in fiscal 2008. The prime contractors that receive

contracts are expected to hire a multitude of subcontractors from the San Antonio area to help complete their projects.

The peak of BRAC construction activity is anticipated late this summer, when more than

2,200 construction workers are expected to be spread across various project sites.

(Source: U.S. Army Corps of Engineers, Fort Worth District)

AUDIE MURPHY from P3

Ekane said the Army has been good to him. "It has allowed me to impact a Soldier's career. It's rewarding to see a Soldier work independently because of what you have taught them."

Ekane hopes to one day become a doctor and specialize in Dermatology.

Lt. Audie Murphy became a national hero during World War II as the most decorated combat soldier of the war. He received 33 awards that included the Congressional Medal of Honor, the highest military decoration awarded for bravery and valor to a Soldier. In addition, he was also decorated for bravery by the governments of France and Belgium. Murphy was credited with killing over 240 of the enemy and wounding and capturing many more.

Beginning his service as an Army private, Audie quickly rose to the enlisted rank of staff sergeant, was given a "battle field" commission as second lieutenant, was wounded three times, fought in nine major campaigns across the European Theater, and survived the

war.

Discharged from the Army on Sept. 21, 1945, Murphy went to Hollywood at the invitation of movie star James

Cagney. He stayed in California and became a well-known western actor and producer. Murphy also wrote the lyrics to 16 country and western songs.

In 1950, Murphy joined the 36th Infantry Division (T-Patchers) of the Texas National Guard and served until 1966. Murphy was killed in a plane

crash on a mountaintop near Roanoke, Va. on May 28, 1971. Fittingly, his body was recovered two days later on Memorial Day.

April, Child Abuse Prevention Awareness Month

By Bob Harry

Family Advocacy Program Army
Community Service

The need to protect children from the harmful effects of child abuse and increase public awareness has been an ongoing concern that was initially set forth through the passage of the Child Abuse Prevention and Treatment Act of 1974. The most recent change to this was in 2003 with the passage of the Keeping Children and Families Safe Act.

The week of June 6 to 12, 1982 was designated as the first National Child Abuse Prevention Week. Congress made an even stronger commitment to this campaign when they designated April 1983 as the first National Child Abuse Prevention

Month.

In 1989 the Blue Ribbon Campaign began in Virginia by a grandmother who tied a blue ribbon on her car to commemorate her grandchild who had died as a result of child abuse. Since then blue ribbons have been used to draw awareness to this program.

Various Federal and private organizations in 2004 began to see the need to enhance public awareness, prevention measures though the promotion of strengthening and supporting Families through developing parenting skills and enhancing community support.

The Fort Sam Houston Family Advocacy Program has prepared a variety of activities in recognition of April as Child Abuse Prevention and Awareness Month. Beginning April 1

First Term Spouses Orientation



Courtesy photo

Army Community Service Family Readiness Employment Program held a First Term Spouses Orientation March 19 at Building 2797. The quarterly event offers first term spouses who are new to the Army way of life, the opportunity to ask questions, receive helpful information about ACS and the programs it offers as well as meet other new spouses and become acclimated to their new home and Family. About 25 attended and enjoyed the informative event as well as homemade refreshments. The next First Term Spouses Orientation will be held June 11 from 10 a.m. to noon.

FAP employees will hand out blue ribbons at the installation gates to promote the Blue Ribbon Campaign.

April 3

A reading of the installation Proclamation in support of Child Abuse Prevention will be held at Cole Middle School.

Winners of the Cole Middle School Art Contest reflecting the theme Army Strong: Keeping Families and Children Safe will be announced; and a special performance of the Fort Sam Houston Elementary School Children's Choir will be presented.

The First Annual Fort Sam Houston Baby Shower, from 1 to 4 p.m., will be held at the Army Community Service, Building 2797. This event is for all new parents-to-be and parents of children up through age one. This fun and informative event will offer games, demonstrations, prizes, gifts and plenty of vendors will be on site to offer all kinds of helpful information about the care and nurturing of new babies.

April 4

A Family Fair and Baseball Opening Day Ceremony between Child, Youth, and School Services and FAP from 10 a.m. to 2 p.m. will be held at Youth Services, Building

1630. The Family Fair activity will offer large bouncers, face painting, a puppet show, a Wii station, games, refreshments, various demonstrations and information booths.

Family Advocacy continues to provide a wide variety of programs to help Soldiers and their Families. These programs offer lessons for both parents and children and childcare is available. Deployed parenting, single parenting, blended Families are all subject areas that are also offered. Additionally, FAP offers a variety of classes related to pregnancy and bringing home baby. The New Parent Support Program is available to assist those who cannot attend classes with a home visitation element.

For additional information about the available classes offered through the Family Advocacy Program or to register for classes, call 221-0349 or 221-2418, or visit at ACS, Building 2797.

News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-1031.

Army leaders weigh medical conditions when disciplining Soldiers

By Gary Sheftick
Army News Service

Army leaders say they are committed to balancing the medical needs of recovering Soldiers with maintaining good order and discipline in Warrior Transition Units.

“The issue of misconduct and non-judicial punishment in WTUs is one of the issues we’re looking at,” said Col. Jimmie Keenan, chief of staff of the Army’s Warrior Care and Transition Office during a Blogger’s roundtable Tuesday. She explained that WTU leaders who consider disciplinary action take into account the special circumstances of Soldiers who are wounded, ill or injured.

Four Soldiers in the Warrior Transition Battalion at Fort Bragg, N.C., reportedly complained last week to the Associated Press that they had received Article 15s or other disciplinary action unfairly.

The Army is looking into the complaints at Fort Bragg,

Keenan said, explaining specifically that the XVIII Airborne Corps staff judge advocate is investigating the cases.

Secretary of the Army Pete Geren visited with WTU Soldiers Monday at Fort Bragg. He was at the installation to participate in the 50th anniversary of the Army’s Golden Knights parachute team, but also met separately with wounded warriors.

“I’m here to listen,” Geren said in a videotaped interview before talking with the WTU Soldiers. “I’m here to learn first-hand what their experiences have been.”

“These are men and women who carried the burden of battle for our country,” he said, “and we’re doing everything we can to make the Warrior Transition Units work for them.”

“Across our Army, these Warrior Transition Units have helped get Soldiers back on their feet,” Geren said.

“It’s really focused on reha-

bilitation,” Col. Patrick Sargent said about cases where WTU commanders are forced to issue non-judicial punishment. He said it’s a way of helping Soldiers straighten out without ruining their careers.

“It makes sure that good order and discipline is maintained – which is critical for a military unit,” said Sargent, “and it gives the military a way to rehabilitate a Soldier without using formal charges with permanent marks on his or her record.”

Sargent returned in October from Baghdad where he commanded a brigade task force responsible for medical care in Iraq. He is preparing to take over Keenan’s job when she moves to an assignment at the WTU and hospital at Fort Carson, Colo.

More than 24,000 Soldiers have transitioned through WTUs since the units were created less than two years ago, Keenan said, adding that more than half of them

returned to military duty.

“So the system is doing what it was designed to do,” Keenan said. “At this point, we are focused on making the policies and procedures work more efficiently, effectively and more responsively for Soldiers and Families.”

Currently 36 Warrior Transition Units are located across the Army, along with nine Community-based WTUs that provide care to troops near their hometowns. The units collectively now have about 10,000 Soldiers assigned.

Only about 11 percent of those WTU Soldiers actually have a combat injury “where metal entered their body,” according to Keenan. About a third of the WTU Soldiers were evacuated from the theater of operations, Keenan

said, but explained some of these Soldiers had accidents and others developed illnesses.

Another third of the WTU Soldiers were injured during training before deploying, or developed an illness during mobilization, or had ailments related to their service in the War on Terror, Keenan said. Others were involved in traffic accidents after returning from Iraq or Afghanistan.

WTU Soldiers have injuries ranging from severe Traumatic Brain Injury to amputations to illnesses that require more than six months of rehabilitative care and case management, Keenan said.

“We continue to develop these WTUs,” Geren said. “They’re works in progress.”

The first Warrior Transi-

See MEDICAL P13



Sports

Lifeguard Classes

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

Intramural spring softball

Fort Sam Houston intramural spring softball season begins April 6. For more information, call Earl Young at 221-3003.

Weight room triathlon

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

Intramural soccer

Fort Sam Houston intramural soccer season begins April 7. For more information, call Earl Young at 221-3003.

Intramural archery

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

Intramural spring flag football

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

106th Signal Brigade Fiesta Golf Tournament

The 106th Signal Brigade will host a

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

11th Annual City Military Championship

The 11th Annual City Military Championship will be played April 25 and 26 at the Fort Sam Houston Golf Club. There will be an 8 a.m. shot-gun start on both days. Flights will consist of a championship flight, men's open flight, ladies open flight, a senior flight, wounded warrior flight, junior flight and a super senior flight. The two-day stroke play championship will be played on the La Loma Grande and the Salado Del Rio courses. The entry fee is \$40 for Fort Sam Houston

Golf Club members and \$80 for all non-members. Fee includes green's fees, carts, awards and a social following Sunday play. The event is open to all active and retired military, Department of Defense civilians, contractors and Family members with a government issued I.D. card. Registration is due by April 20. All fees must be paid at time of sign-up. For more information or to register, call 222-9386.

Texas independence Relay



Courtesy photo

Twelve runners and two drivers representing the U.S. Army Institute of Surgical Research and Burn Center competed in the Texas Independence Relay March 7 and 8. The relay is composed of 40 relay legs of various lengths, totaling over 200 miles. The course starts in Gonzales, where the Texas Revolution began, and finishes at the San Jacinto Monument in Houston, where Texas Independence was won. The team from ISR completed the relay in 29 hours.

Nutrition and Injury: Providing building blocks for better healing

By 1st Lt. Kayla Ramotar, RD, and
2nd Lt. Carly Hayward, dietetic
intern
Brooke Army Medical Center

Better body armor, better trained combat medics, rapid movement of the wounded to medical care, and the use of forward medical teams have led to the survival of larger numbers of injured warriors.

During times of stress, injury, and healing the nutritional needs of the body change and some nutrients are used differently. Registered dietitians adapt nutrition during recovery of the wounded to allow the body to better handle stress and heal quicker.

Energy needs in times of physical stress

One major change during the healing process is the amount of energy, or calories, the body needs. Energy needs are different for every body, but some people may need close to 1,000 extra calories daily. The amount of energy a patient needs can be estimated based on several factors: age, body weight, number and size of wounds, nutritional state prior to injury and level of stress. If the body does not get enough energy to support healing it will search for other sources and break down muscles and other tissues to meet its needs.

The power of protein

Protein is also in large demand during the wound healing process. Protein is mainly used to keep skin healthy and help repair and grow muscle tissue in the body. Even short periods of low protein intake can cause a delay in wound healing. We get protein in our diets from animal products like meat, fish, eggs, milk, cheese, as well as some legumes such as pinto beans, lentils, and black eyed peas.

How much protein do I need? Most women need about 4 to 5 ounces and most men need between 5 to 7 ounces of meat or meat alternatives everyday. A typical serving is

about 3 ounces or the size of the palm of the hand.

What about the other nutrients known as carbohydrates and fat? They are still used as sources of energy and are important during the wound healing process. However, carbohydrates from foods like breads, grains, fruit, vegetables, and sugar are not used as fast during healing and too much can actually lead to high blood sugar. Fat is also helpful to meet increased calorie needs, especially healthy fats from nuts, olive oil, canola oil, and avocado.

Vitamins and minerals: side-kicks for healthy recovery

Certain vitamin and minerals have been shown to help in the healing process as well. Vitamin A and C help the body maintain healthy tissue and helps our ability to fight off colds and infection. Foods high in vitamin A include whole

eggs, milk, liver, carrots, squash, sweet potatoes, apricots, cantaloupe, peaches, and fortified cereals. Foods high in vitamin C include citrus fruits and juices, green peppers, strawberries, tomatoes, broccoli, and cantaloupe. Another important nutrient to healing is zinc; it is a mineral needed for cell growth and making new proteins. Zinc can be found in foods like oysters, meat, fortified cereals, beans, and nuts.

The Bottom Line

Nutrition plays a key role in the wound healing process. Dietitians work closely with other members of the medical team to determine the nutritional needs for each person to help wounds heal properly. The important things to remember are that eating enough can help speed up recovery and most nutrient needs can be met through a well balanced diet.

MEDICAL from P11

tion Unit was established less than two years ago following complaints from Soldiers being treated at Walter Reed Army Medical Center. The WTUs put into place a "triad" of care with a cadre of squad leaders, nurse care managers and medical treatment professionals.

Special training was set up for WTU staff members. Mobile training teams taught about special needs of recovering Soldiers, and how they are to deal with their Families. Training was given on traumatic brain injuries and about suicide prevention.

In October, the first resi-

dent class for WTU staff members began at the Army Medical Center and School.

"We'll never say mission complete," said Keenan. "We have to listen to our Soldiers and Families and continue to improve."

A number of new initiatives are being developed for WTU Soldiers, Keenan said. One of them is an internship program for Soldiers transitioning out of the Army. The Army is collaborating with other agencies such as the Internal Revenue Service and Department of Labor to train Soldiers in different job skills.

"The program provides hope to transitioning Soldiers and their Families," Keenan

said, "and new skills that boost their confidence as they go out into the job market."

"It can be very frightening, especially when you look at the economic situation right now," Keenan said.

"Another new initiative is the Entrepreneurial Boot Camp Program. It helps transitioning Soldiers start a new business. The program started with the University of Syracuse Business School and spread to Florida State University, Texas A&M and other schools," Keenan said. Servicemembers attend 10-day workshops at the schools that help them set up business plans.

FOB Courage offers state-of-the-art training for

Story and photos by Lori Newman
Fort Sam Houston Public Affairs Office

A new forward operating base that will offer realistic, state-of-the-art training for combat medics was unveiled March 20 at the Soldier Medic Training Site on Camp Bullis during a ribbon-cutting ceremony hosted by the 232nd Medical Battalion.

FOB Courage is the second and larger of two FOBs on Camp Bullis.

"FOB Courage was designed and built to represent as accurately as possible forward operating bases throughout the world today, and to provide Soldiers a true and accurate representation of what life is like in today's areas of operation," said Master Sgt. James Kinser, 232nd Medical Battalion.

"The Soldier Medic Training Site was established in 1998 to provide a [field training exercise] facility to conduct realistic, hands-on, scenario-based training," Kinser said. "Since its inception there have been over 183,000 Soldier medics pass through here. These Soldier medics have participated in combat operations and saved countless lives in Kosovo, Iraq and Afghanistan.

"Today we begin a new era in turning our new young Soldiers into Soldier medics. The addition of FOB Courage to the Soldier Medic Training Site gives us the ability to prepare our Soldiers for combat like never before," he said.

Using pyrotechnics, Soldiers from C Company, 232nd Med. Bn. provided a demonstration of a simulated combat scenario

showcasing the skills they learn at the Soldier Medic Training Site.

"What you have witnessed today is just a small taste of the scenarios we can now put medics through that we couldn't before. Understand that this FOB is not designed to train Soldiers on how to protect or secure a FOB, rather it is a work in progress that allows us to simulate the very real situations faced by medics every day in places like Iraq and Afghanistan," said Lt. Col. John Lamoureux, commander, 232nd Med. Bn.

The training scenarios are based on lessons learned from today's battlefields and include operations based both inside and outside the FOB. The scenarios include operating a battalion aid station, dismounted combat patrols, mounted patrols, convoy operations, FOB security and reacting to both direct and indirect attacks, said Kinser.

"Remember our goal is to enable that medic who steps out of the back of a Stryker under fire, three or four months from now, to feel confident in their ability to save lives on the battlefield," said Lt. Col. Paul Mayer, director of Combat Medic Training.

Many combat medics deploy within six months of graduation from the 68W Combat Medic Training course.

Commanding General Maj. Gen. Russell Czerw, Fort Sam Houston and Army Medical Department Center and School, addressed the Soldiers saying, "This base and this training facility will allow you to train under

conditions that very much simulate what you are going to see on the battlefield. You will train in the environment and the conditions of stress; and that is going to help you prepare to be the best Soldier medic you can possibly be, because you have an obligation. That obligation is to take care of our most precious resource, our Soldiers."

Czerw thanked everyone who had a part in building FOB Courage, the instructors, both military and civilian; the command personnel; the Soldier medics; and Creative Building Products, the contractors who built the training facility.

Czerw then presented Gerard Muegerl and J.C. Brown from Creative Building Products with certificates of appreciation for assisting with the creation and building of FOB Courage.

Soldiers and distinguished guests, including retired Brig. Gen. Daniel Perugini, toured the facility after the ribbon-cutting ceremony.

FOB Courage consists of 460 "Houston" barricades equaling about 3,470 linear feet, enclosing about 25 acres; nine guard towers; five bunkered checkpoints; eight 50-man personnel bunkers; two vehicle entry points and three personnel entry points.

Twelve Alaska Structure sleeping tents hold 30 Soldiers each. The tents are heated and cooled, and have energy-efficient lights.

FOB Courage also houses the Soldier Medic Training Site headquarters, a company operations area, mock training area, hand wash stations, showers and latrines, weapons cleaning area and storage facilities.



Soldiers from C Company, 232nd Medical Battalion provide a demonstration of a simulated combat scenario showcasing the skills they learn at the Soldier Medic Training Site during the official unveiling of Forward Operating Base Courage on March 20.

or combat medics



Photo by George Torres

Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, cuts the ribbon unveiling Forward Operating Base Courage on March 20 at the Soldier Medic Training Site on Camp Bullis.



Courtesy photo

An aerial view of Forward Operating Base Courage shows the size of the Soldier Medic Training Site. FOB Courage consists of 460 "Houston" barricades equaling about 3,470 linear feet, enclosing about 25 acres.



Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, presents certificates of appreciation to Gerard Muegerl and J.C. Brown from Creative Building Products. The company helped create and build Forward Operating Base Courage.



As part of the training scenario, Soldiers practice evacuating the wounded with trainers close by to provide guidance.

Fort Sam Houston Elementary students compete for DAR writing title

By Dr. Kathy Maxwell

Fort Sam Houston Elementary School

Fort Sam Houston Elementary School fifth grade student, Adrianna Ibanez was named the first-place winner of the James McHenry Chapter, Daughters of the American Revolution essay competition. A Fort Sam Houston Elementary fifth grade student has received first-place recognition for the past four consecutive years.

The topic this year, "The meaning of the Gettysburg

Address" was selected to help commemorate the 145th anniversary of the completion of the historical document on Nov. 19, 1863. In order to compete, each student wrote 300 to 600 words and completed a bibliography to explain the meaning and the impact this document has on the United States today.

Fifth grade participants were Madison DeLozier, Cole Kirchen, Susy Cuervo, Xavier O'Neal, Adriana Valdez, Kristen Pauley, Leanne Ballares, Chase Miller, Mariah

Rogers, Daniela Riedlova, Dayna Howell, Madelyn Bishop, Hannah Wafford, Kyri Jackson, Kina Wong, Anjelica Cavazos, Olivia Lougee, Ashley Jeffords, Adrianna Ibanez, Tim Kalvaitis, Brandon Adams, Brianne Lausch, Josh Staton, Charlene Jordan, Connor Barr, and Elizabeth Rodarmer.

Karla Galindo, DAR historian shared that the process begins with chapter and district judging in November, state judging in December, followed by divisional and national judging.

even more importantly, find ways to break these barriers down, so that those following us, male or female, our sons and daughters, won't experience these discriminations,"

Garr concluded her presentation by saying the new Army motto, 'Army Strong' suits today's Soldiers, because we as male and female are strong, physically and mentally. We work together to build opportunities for everyone collective-

ly and individually to succeed."

The crowd was entertained by a dance performance by the Great Jubilee dance ensemble.

The event was hosted by U.S. Army South and included a multicultural buffet featuring foods from various ethnicities.

National Women's History Month offers an opportunity to educate the public about the significant role of women in American history and contemporary society.

DENTAC, FSH Elementary work to improve dental health

By Dr. Kathy Maxwell

Fort Sam Houston Elementary School

Fort Sam Houston Elementary School students learned first-hand the correct techniques for brushing and flossing from U.S. Army Dental Activity students during National Dental Health Month. Character productions, skits, game show styling, "Dental Rap" and demonstrations were used to teach children proper dental hygiene.

DENTAC students also talked about proper nutrition and the impact of nutrition on healthy teeth. Students learned how to prepare good snacks to make and keep a healthy smile with special attention given to the prevention of gum disease. The methods used by the volunteers and DENTAC students were energetic and engaging.

Kindergartners squealed and giggled at the antics of the DENTAC performers.

According to fifth grader Daniela Riedlova, "The funniest character was the Tootsie Roll guy."

Two other fifth grade students, Cedric Griggs and Mayceo Wilson said, "We really liked the 'Brush Your Teeth' rap. It was the best part."

Each year children and teachers look forward to this special time of "toothy teaching and learning." This year the DENTAC visitors included: Antonio Frank, Adriana Garcia, Derrick McIntyre, Jonathan Andrade, Raquel Fernandez, Alicia Roth, Liz Stanley, Darlene Furlow, Carrie Miller, Tabatha Phillips, Linsey Pearson, Tania Vega, Keisha Abbott, Joshua Harris, Albert Park, Kenneth Moss, Mitchell Mason, Anthony Sawyer, Andrew Bumgardner, Liana Camacho, Erika Serra, Jenna Gorman, Rebekah McAlister, Tavonna Walden, Johnny Williams, Charles Morgan, Mark Colville, Acklema Ali, Kai Hu, with coordinators, Maggie Nunez and Norma Espinoza.

Students received goody bags with a toothbrush, dental floss, a dental care sticker, a tooth-brushing timer and a special message pencil.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES MARCH 30 TO APRIL 4

Fort Sam Houston Elementary School

March 30 - Beginning of fourth nine weeks
Jump rope for Heart

March 31 - FSHISD School Board meeting in professional development center, noon

April 2 - Rey Feo visit and assembly, 2 to 2:25 p.m.

April 3 - Spirit day - Honor roll Snow Cone Party

Robert G. Cole Middle and High School

March 30 - Beginning of fourth nine weeks

Student of the month breakfast in middle school conference room,
8:30 a.m.

UIL contest at Blanco

March 31 - FSHISD School Board meeting in professional development center, noon

April 2 - Dual tennis meet with Pearsall at Cole, 2:30 p.m.

UIL contest at Blanco

April 3 - JV/V boys' and girls' track meet at Carrizo Springs High School,
half day

Baseball vs. Blanco, 4:30 p.m.

Cougar Battalion PT Teams Win Big at Fort Worth Competition

By Cadet 1st Lt. Samantha Costello
Cole Cougar Battalion Affairs Officer

Robert G. Cole High School JROTC male and female physical training teams competed Feb. 21 at the annual Birdville Independent School District Drill Meet in Fort Worth, Texas.

The male team consisted of Team Captain Jeremy Fuentes, Steven Wade, Aaron Avitia, and Ryan Well. The female members were Team Captain Samantha Costello, Stephanie Aviles, Ashley Erickson, and Kayanna Wade.

The competition was held under cold and blustery conditions at Birdville High School and consisted of two-minute push-ups, sit-ups, and a 100-yard dash.

The female PT team came in first-place overall out of 28 schools. The girls also placed second in team push-ups and

the 100-yard dash; and first in team sit-ups.

For individuals, Stephanie Aviles came in first-place overall, placing third in push-ups with 56 repetitions and first in sit-ups, completing 102. Ashley Erickson came in second-place overall and second in sit-ups with 102. Samantha Costello came in third-place overall and first-place in push-ups completing 71. There were 112 female competitors at the competition.

The male PT team placed second-place overall out of 33 schools. The boys finished in first-place in team push-ups and second-place in team sit-ups. Individually, Jeremy Fuentes came in first-place overall out of 132 male competitors. Fuentes also came in first-place for push-ups with 118 repetitions and 83 sit-ups.



Courtesy photo

(From left) Ashley Erickson, Stephanie Aviles, Samantha Costello, and Kayanna Wade, Cole JROTC's female physical training team sprints the 100-yard dash to overall victory Feb. 21 at the annual Birdville Independent School District Drill Meet in Fort Worth, Texas.



March 27
6 to 9 p.m. &
March 28
9 to 6 p.m.

FSH Equestrian Center Focuses on Wounded Warriors

Story by Farrah Rahm
Community Recreation Division
Programs

With the increase in patronage by wounded warriors, the Equestrian Center has begun to develop programs to ensure they meet the particular needs of Soldiers with a variety of injuries. This increase in use of the facility has caused the center to develop new programs and services.

"Starting in the summer of 2008, we saw an increase in interest," said Equestrian Center Manager, Cindy Tripoli, and it has been a work in progress ever since."

Tripoli and staff began to "think out of the box" regarding services they could provide servicemembers during their rehabilitation.

"There are so many possibilities with horseback riding," Tripoli said. "We are currently working on overnight trail ride experiences in the Hill Country. It's a great opportunity to include their Families."

The Equestrian Center is also looking into the possibility of offering evening trail rides for burn patients. Rides would leave when the sun goes down, allowing patients who have not had a chance to experience horseback riding to do so without the worry of exposure to sunlight.

Along with these new ideas, the Equestrian Center is hosting their third annual Cowboys for Heroes event on March 27 and 28. The free event is open to the military community and features authentic cowboy food prepared on 19th century chuck wagons, horse rides, rodeo-style games and a live concert.

The Equestrian Center staff encourages servicemembers to help develop programs and activities by sharing their ideas.

"We really want to focus on providing a great service to these Soldiers and their Families," Tripoli said. "If the interest is there, we can make it happen."

Team Building

TRAIL RIDE



ROUND UP YOUR TEAM, IT'S TIME FOR AN ADVENTURE!

With over 200 acres to explore on the Fort Sam Houston Equestrian Center is providing a team building Trail Ride. Enjoy a break outside every Tuesday, Wednesday, and Thursday between 11:00 a.m. and 1:00 p.m. Group rates are \$15.00 each and each rider must possess a DOD ID Card. Space is limited.

Please make reservations 24 hours prior to the event. Participants must check in 30 minutes before scheduled ride.

For more information call 224-7207.

*Space available for picnics, patrons are encouraged to bring their own lunch or outsource catering.





Announcements

Summer camp registration

Child, Youth and School Services will conduct summer camp registration April 13 to 18 at Army Community Service, Building 2797, for youth that have completed kindergarten through 11th grade. Active-duty only may register April 13 and 14 from 8:30 a.m. to 4:15 p.m. All eligible patrons will be able to register April 15 to 17 from 8:30 a.m. to 4:15 p.m. and April 18 from 9 a.m. to 2 p.m. Patrons registering youth kindergarten through 11th grade must have proof of current immunizations at time of registration. Children identified as having a special need must attend a Special Needs Accommodation Process prior to registration. For more information or additional registration requirements, call 221-4871.

Commanders training

The Family Advocacy Program, Commander and Senior Leader Training will be held the second Thursday of every month from 8 to 10 a.m. at Army Community Service, Building 2797, Stanley Road. The training is for new commanders, first sergeants, and senior leaders. This training needs to be completed within 45 days upon assumption of these positions. For more information or to register, call 221-0349 or 221-2418.

Soldier Appreciation Day

The Fort Sam Houston Bowling center offers a Soldier Appreciation Day every Saturday from 1 to 7 p.m. Active-duty military can bowl \$2 games with free shoes. The Strike Zone offers a full range of food and drinks at an additional cost. For more information, call 224-4740.

Truth or Consequences?

Army Community Service Family Advocacy Program will hold a four-part series called, Truth or Consequences? April 1, 8, 15 and 22 from 5 to 6:30 p.m. This series helps teens with anger, conflict, decision making, self-esteem and setting goals. For more information or to register, call 221-0349 or 221-2418.

Microsoft Office 2007 class to be offered

Army Community Service's Microsoft instructor will offer Microsoft Office 2007 classes from 8 a.m. to 12 p.m. for all interested active duty Soldiers, spouses and civilian employees. Registration is required. Classes are held at ACS, Building 2797 in the computer lab. April 1 - Word 2007 Level 1; April 3 - Word 2007 Level 2; April 6 - PowerPoint 2007 Level 1; April 8 - PowerPoint 2007 Level 2. For more information or to register, call 221-1841 or e-mail jennifer.lobos@us.army.mil.

Ladies golf clinic

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

All Army Chess Championship

The All Army Chess Championship will be held April 4 to 10 at Fort Myer, Arlington, Va. Each player must be U.S. Army active duty and a United States

Chess Federation rated member. A total of 12 players will be selected and funded by Family and Morale, Welfare and Recreation Command. All players must apply online or download application and fax to 703-681-7249, DSN 761-7249 or DSN 761-7249 or 703-681-1616, DSN 761-1616. There will be no on-site registration. For more information, call 703-681-5221.

Pump Boys and Dinettes

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

Calendar of Events

MARCH 27

Time Management at the Work Place

Army Community Service Employment Readiness program will host a Time Management at the Work Place class March 27 from 9 to 11 a.m. at ACS, Building 2797. The class will provide valuable information on topics varying from time management, goal setting to organizing. Seating is limited, registra-

tion is required. For more information or to register, call 221-0427 or 221-2705.

Cowboys for Heroes

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

MARCH 28

'Go Green' Bazaar

The Sam Houston Club will host a "Go Green" bazaar March 28 from 9 a.m. to 2 p.m. Vendors will be on hand selling items such as jewelry, crafts, cosmetics, and handbags. Food and drinks will be available for purchase. Patrons are encouraged to wear green and to bring an item for recycle. This event is free and open to the public. For information on becoming a vendor, call Chris Neubeck at 221-9912. For more information on the event, call 224-2721.

MARCH 30

"Stressed? Who me?"

Army Community Service Exceptional Family Member Program will hold a class

entitled "Stress? Who me?" March 30 from 10 to 11 a.m. at ACS, Building 2797. Raising a special needs child can be very stressful. This class will provide tips to reduce stress and teach how to manage stress before it gets out of hand. For more information, call 221-0349 or 221-2418.

MARCH 31

Home buying class

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

Women Encouraging Women

Army Community Service Family Advocacy Program will hold a Women Encouraging Women luncheon seminar March 31 from noon to 1 p.m. at ACS, Building 2797. The topic will be, "Healthy Habits; Check-out the Foxy Lady in the Mirror." Bring a "healthy" lunch, make new friends, and grow your potential. For more information or to register, call 221-0349 or 221-0600.

Dad Difference

Army Community Service Family Advocacy Program will hold a three session class entitled, Dad Difference March

See MWR P20

MWR from P19

31, April 7 and 14 from 11 a.m. to 12:30 p.m. at ACS, Building 2797. The class shows dad how to be involved with their babies from pregnancy to age five with practical tips to become more connected with their child. For more information or to register, call 221-0349 or 221-2418.

APRIL 2

Mandatory First Termer class

Army Community Service Financial Readiness will hold a Mandatory First Termer Class April 2 at 10 a.m. at ACS, Building 2797. Class space is limited. For more information or to register, call 221-1612.

Stress management

Army Community Service Family Advocacy Program will hold a stress management class April 2 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. This class will provide valuable tips to help manage stress. For more information or to register, call 221-0349 or 221-2418.

Infant massage classes

The New Parent Support Program will offer a five-week infant massage class April 2 to April 30 from 10 to 11:30 a.m. at the Dodd Field Chapel. This class is for babies from birth to one-year-old. The many benefits of massage may include

helping baby and parents sleep better and longer, decreasing stress and crying, and may help relieve baby's discomfort caused by gas or colic. Class space is limited, registration is requested. For more information or to register, call 221-0655 or 221-0349, or visit the NPSP office located in Army Community Service, Building 2797.

APRIL 3

Post-widow baby shower

The New Parent Support Program extends an invitation to all pregnant or new mommies who have babies up to age one for the First Annual Operation Baby Shower April 3 from 1 to 4 p.m. This free event is in conjunction with April the month of the Military Child and Child Abuse Prevention Month. Both moms and dads are encouraged to attend, visit with many vendors, play games, enjoy refreshments, receive gifts and win prizes. For more information, call 221-0326 or 221-2418.

ACS offers free movie night

Army Community Service and the Family Advocacy Program are offering a solution to that problem. Beginning April 3 the parade field in front of the ACS parking lot will be turned into an outdoor theater. At dusk the family-friendly movie "Kung Fu Panda" will be shown on a 'big screen.' The April 4 movie will be "E.T. The Extra Terrestrial" at the field

between the Youth Services and Dodd Field Chapel. The movies are free just bring your own lawn chairs, blankets and beverages. Also available for the fun evening will be bouncers, popcorn, snow cones and cotton candy. For more information, call 221-2418 or 221-0349.

APRIL 4

Family Fun Fair

Army Community Service Family Advocacy Program will hold a Family Fun Fair April 4 from 10 a.m. to 2 p.m. at the Child and Youth Services gym. This free event is for the entire Family and will offer cotton candy, snow cones, popcorn, bouncers, Wii games, puppet shows, a cake walk, Bingo and fun for everyone. For more information, call 221-0349 or 221-2418.

APRIL 6

Budget development class

Army Community Service Financial Readiness will hold a budget development class April 6 at 2 to 4 p.m. at ACS, Building 2797. Class space is limited. For more information or to register, call 221-1612.

Unit Family Readiness Training

The Army Community Service Mobilization and Deployment Program will hold Unit Family Readiness Training April 6 from 10 to 11 a.m. at ACS, Building 2797. Classes are open to

Soldiers, their Families and civilians interested in learning more and becoming knowledgeable in the Army life. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

CYSS closure

Child, Youth and School Services Central Registration will be closed April 6 from 11:30 a.m. to 1:30 p.m. to participate in the open house and ribbon cutting ceremony for our new office location in the Army Community Service, Building 2797. The office will resume normal hours of operation immediately following the ceremony. Please plan accordingly. For more information, call 221-4871.

CYSS open house

Child, youth and School Services will hold an open house and ribbon cutting ceremony April 6 from 11:30 a.m. to 1:30 p.m. to celebrate the opening of the new office location in the Army Community Center, Building 2797. Refreshments will be served. This event is open to the public. For more information, call 295-4806.

APRIL 7

Bank account management class

Army Community Service Financial Readiness will hold a bank account management class April 7 at 2 to 4 p.m. at ACS, Building 2797. Class space is

limited. For more information or to register, call 221-1612.

Windstar Casino Trip

The MWR Ticket Office will sponsor a trip to the Windstar Casino Resort in Thackerville, Okla. The bus departs the Sam Houston Club April 7 at 7 a.m. and returns April 8 at 10 p.m. The cost is \$50 per person for double occupancy or \$100 for single occupancy to include round-trip motor coach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$20 coupon for the casino. Must be at least 21 years old with a valid photo I.D. at all times. For more information or to make reservations, call 226-1663 or 224-2721.

Family Readiness Group Leader's Forum

The Army Community Service Mobilization and Deployment Program will hold Family Readiness Group Leader's Forum April 7 from 11:30 a.m. to 1 p.m. at ACS, Building 2797. Classes are open to Soldiers, their Families and civilians interested in learning more and becoming knowledgeable in the Army life. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

APRIL 8

Virtual Family Readiness Group Training

The Army Community Service Mobilization and Deployment Program will hold Virtual Family Readiness Group Training April 8 from 2 to 3 p.m. at ACS, Building 2797. Classes are open to Soldiers, their Families and civilians interested in learning more and becoming knowledgeable in the Army life. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.



Community

Announcements

Foster families needed for military work dogs

The Department of Defense Military Working Dog Breeding Program is currently looking for foster families. The role of a foster family is to nurture the military working puppy at nine weeks into healthy adolescence at six months, and ensure that the puppy experiences the extensive socialization and environmental exposure that is crucial to producing a well-adjusted young working dog. The Department of Defense breeding program staff assists all foster families along the way with weekly contact, and conducting monthly exercises to assist in the development of the pup's self-confidence, retrieving behavior, and searching skills. The program provides all the necessary equipment for raising these dogs including food, carrier, toys, bowls, collars, leashes, veterinary care and more. For more information, call Lynnette Butler at 671-3686 or e-mail lynnette.butler.ctr@lackland.af.mil.

Great Getaways Sweepstakes

Enter the Great Getaways Sweepstakes, an Army Family and Morale, Welfare and Recreation Command-sponsored contest to win a dream vacation. The grand prize includes a seven-night stay at one of five Armed Forces Recreation Centers, a luggage set, a digital camera, a set of golf clubs, and \$2,500 for travel expenses. Active-duty U.S. military personnel from all branches

of service, reserve, National Guard, retirees, Family members and Department of Defense civilians 18 years or older are eligible for the contest. Eligible patrons may enter online through May 31 at www.afrcresorts.com or via a three-by-five card with name, address, telephone number and e-mail address sent to Great Getaways, P.O. Box 150304, Alexandria, Va. 22315. Limit is one entry per day.

Free books for military members

Five Star Publications, Inc. is offering one free signed copy of any of their titles to members of the military. Military members need to send a request to info@FiveStarPublications.com indicating "Military Request" in the subject line. For more information on Five Star Publications or this promotional offer, visit www.FiveStarPublications.com or call 480-940-8182. Limit one free copy per military member. This offer is good while supplies last.

Adolescent obesity study

Brooke Army Medical Center and Wilford Medical Center are conducting an adolescent obesity study for children between the ages of 12 and 17 years old and who are overweight. The 12-month study will involve the child and their Families, and will include professional support along with medication for weight loss. There is no cost to participate. For more information, call 916-0607.

Bike MS: Valero 2009 Alamo

The National Multiple Sclerosis

Society, Lone Star Chapter, Valero 2009 Alamo Ride to the River will be held Oct. 3 and 4. The new ride features a route that begins and ends in San Antonio, with multiple mileage options. The goal is to raise more than \$2 million to support research to end Multiple Sclerosis and fund programs. The Lone Star Chapter hopes to attract more than 3,500 cyclists to the event. To register, visit www.bikemstexas.org.

Calendar of Events

MARCH 28

McReynolds Winery walk

The Selma Pathfinders volkssmarch club is hosting a 5K and 10K walk March 28 starting between 8 a.m. and 1 p.m., finish by 4 p.m., starting at the McReynolds Winery at 706 Shovel Mountain Road (Blanco CR-401) in Cypress Mill, Texas. For information, call Phyllis Eagan at 496-1402, e-mail milchene@juno.com or papre1947@yahoo.com, or visit www.geocities.com/Yosemite/Gorge/8195/.

MARCH 29

Special screening of Sesame Street production

There will be a special screening of Sesame Street's "Coming Home: Military Families Cope with Change" featuring Queen Laifah, John Meyer and Elmo March 29 at 3 p.m. at the Dodd Field

Chapel, Building 1721. The event is free and open to all military Families. For more information, call 221-5010 or 221-5432.

MARCH 30

AUSA luncheon

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

MARCH 31

Microsoft Word, PowerPoint training

The Army Medical Department Center and School Information Management Training Branch will hold hands-on training on the new Office 2007 version of Microsoft Word and PowerPoint March 31 from 8 to 10 a.m., 10:30 a.m. to 12:30 p.m. and 1:30 to 3:30 p.m. at Willis Hall, Building 2841, Room 2105C. Each class lasts two hours. Seating is limited. For more information or to register, e-mail Julie.Gueller@amedd.army.mil.

APRIL 3

Camp C.O.P.E.

Mo Ranch in Hunt, Texas will host Camp C.O.P.E., a therapeutic program that serves children of wounded and deployed military personnel, the weekend

of April 3 to 5. The camp is free and provides in-depth counseling through fun, interactive activities that teach children, ages 4 to 18, how to cope with the emotional and behavioral side effects of parents in war. Check-in at Mo Ranch is from 4 to 7 p.m. on April 3 and camp ends April 5 at 2 p.m. Spaces are currently available and applications can be downloaded at www.campcope.org. Campers will be accepted on a first-come, first-served basis. All meals, lodging and activities during the camp are provided at no charge.

April 15

Civilians Community FIRST Focus Group

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



Religious Briefs

Lent worship services

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

Journey to Jerusalem

The Fort Sam Houston Chapel community will host "Journey to Jerusalem," an exciting new Easter outreach activity, April 3 to 5 from 5:30 to 8:30 p.m. on the grounds of

Main Post Chapel. A Jerusalem village will be created where participants will be actively involved in making crafts, participating in family traditions, and other customs of the time. The event is free and open to the community. The chapel is looking for volunteers to be marketplace workers, actors, or Soldiers. For more information or to volunteer, call Brian Merry at 221-5006 or e-mail brian.r.merry@us.army.mil; or Bedell Springs at 897-6880.

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

CWOC meets

The Catholic Women of the Chapel will hold an Enrichment Bible Study Mondays at 9:15 a.m. at Dodd Field Chapel. Child care is provided. For more information, call 442-8957 or 830-914-2326.

PWOC meets

The Protestant Women of the Chapel is a Christ-centered group

Holy week events

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



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
 5:30 p.m. - Mass - Saturdays
 9:30 a.m. - Mass - Sundays
 11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant
 11 a.m. - Collective Protestant
Jewish Services: 379-8666 or 493-6660
 8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

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

Center for the Intrepid, first floor, 916-1105

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

AMEDD Regimental Chapel, Building 1398, 221-4362

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

Fort Sam Houston Library, Building 1222, 221-4702

Church of Jesus Christ of Latter Day Saints:
 8:30 a.m. - Sundays

Installation Chaplain's Office, Building 2530, 295-2096

Contemporary Protestant: 11:01 a.m. - Sundays

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

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

Catholic Services:

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

Protestant Services:

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

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

Catholic Services:

For Sale Fort Freebies

For Sale: 1986 Chevy Blazer, runs great, \$1,300. Call Benn at 909-2695.

For Sale: Patio swing bench, \$10; patio table and chairs, \$15; roof-rack luggage carrier, \$15; 21-inch television, \$10. Call 262-6114 evenings.

For Sale: Hummels, huge collection, trademarks two through six, prices start at \$75 and up; Also have some Metlach steins; cash. Call 223-0327.

For Sale: Samsung DVD player, model M301 with remote, \$25. Call 495-2296 or 365-7790.

For Sale: Wood-grain wall-unit entertainment center, six feet high by five feet wide by 17 inches deep, \$150; pillowback sofa sleeper and loveseat, earth-tones, \$225; baby crib, needs refinishing, \$25; Boys'

baby clothes, size newborn to 12-months, .50 to \$1; Fisher Price outdoor picnic table, \$20. Call 291-5492.

For Sale: Filing cabinet, two drawers, metal, \$15; floor lamp, black, \$10; entertainment center, \$40; computer desk, \$35; office chair, black, \$20. Call Sandy at 241-1291.

For Sale: Small bookcase, \$5; Sony DVD player, \$20; portable stereo, television, CD and radio, \$20; 13-inch television, \$15; CD and video storage cabinets, \$20 each. Call 662-8887.

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

Garage Sale: Steubing Ranch neighborhood garage and book sale, Saturday March 28, from 8 a.m. to 1 p.m. Northeast, Steubing Ranch located inside loop 1604 off O'Connor Road.

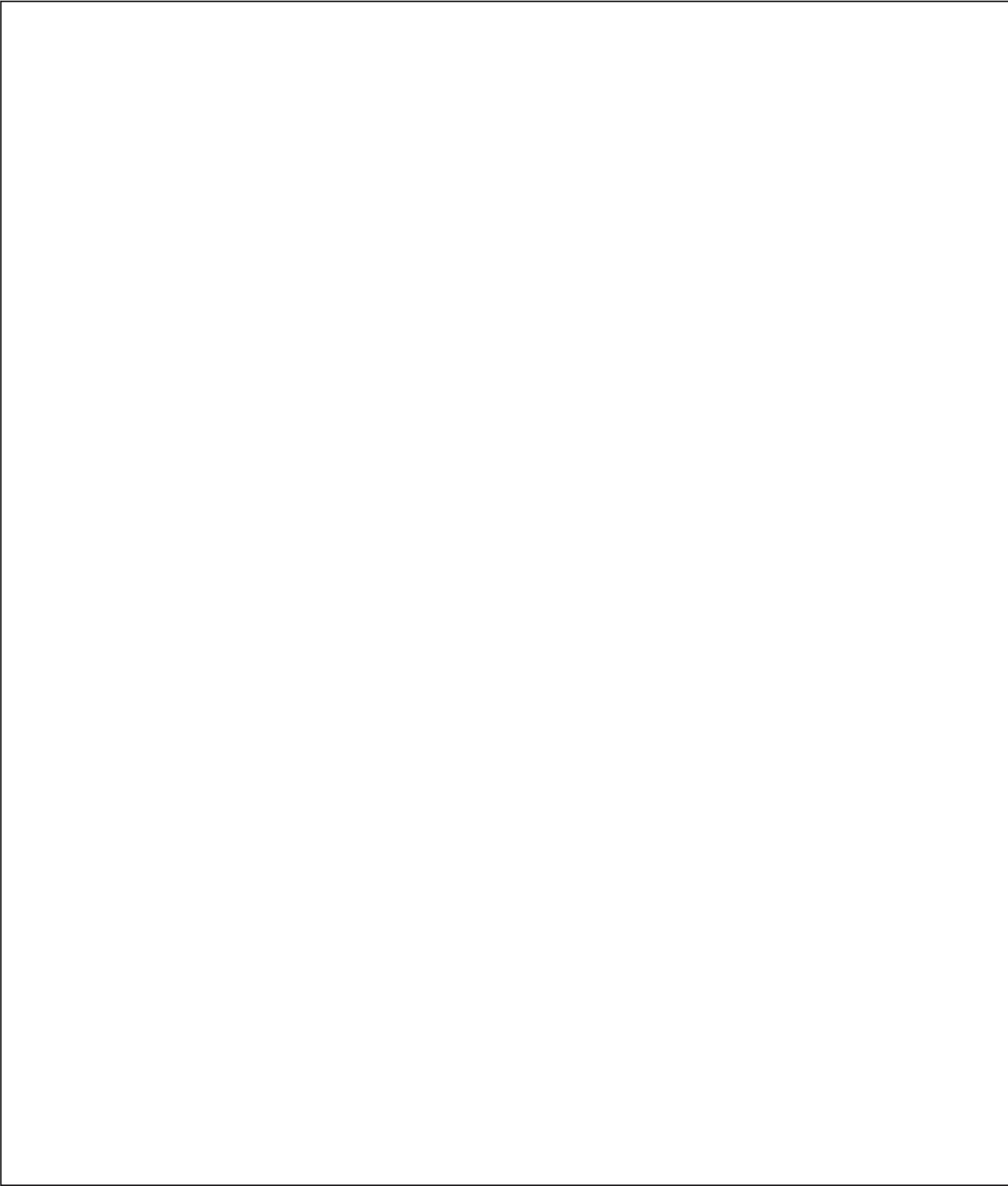
Submission guidelines:

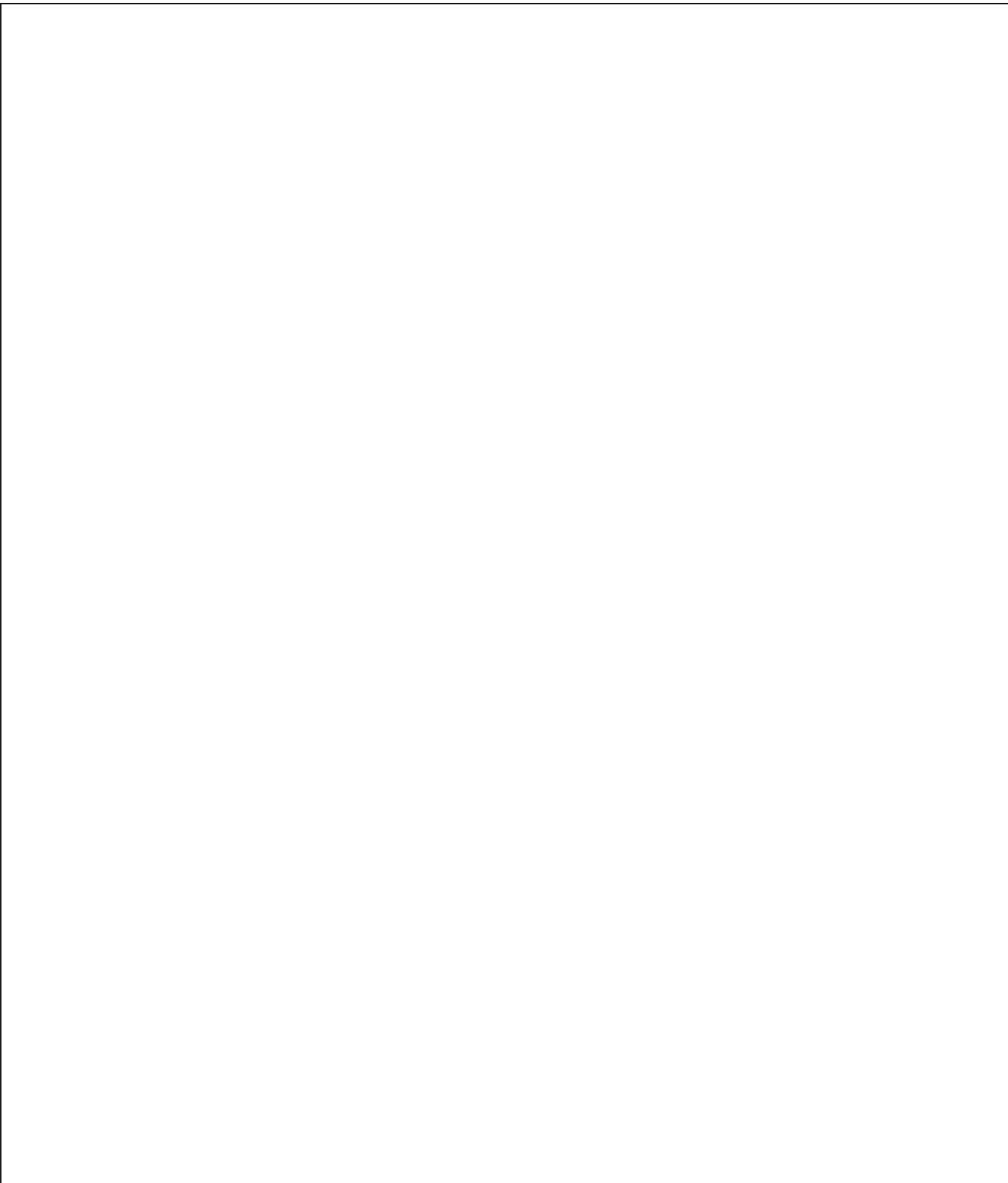
Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment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

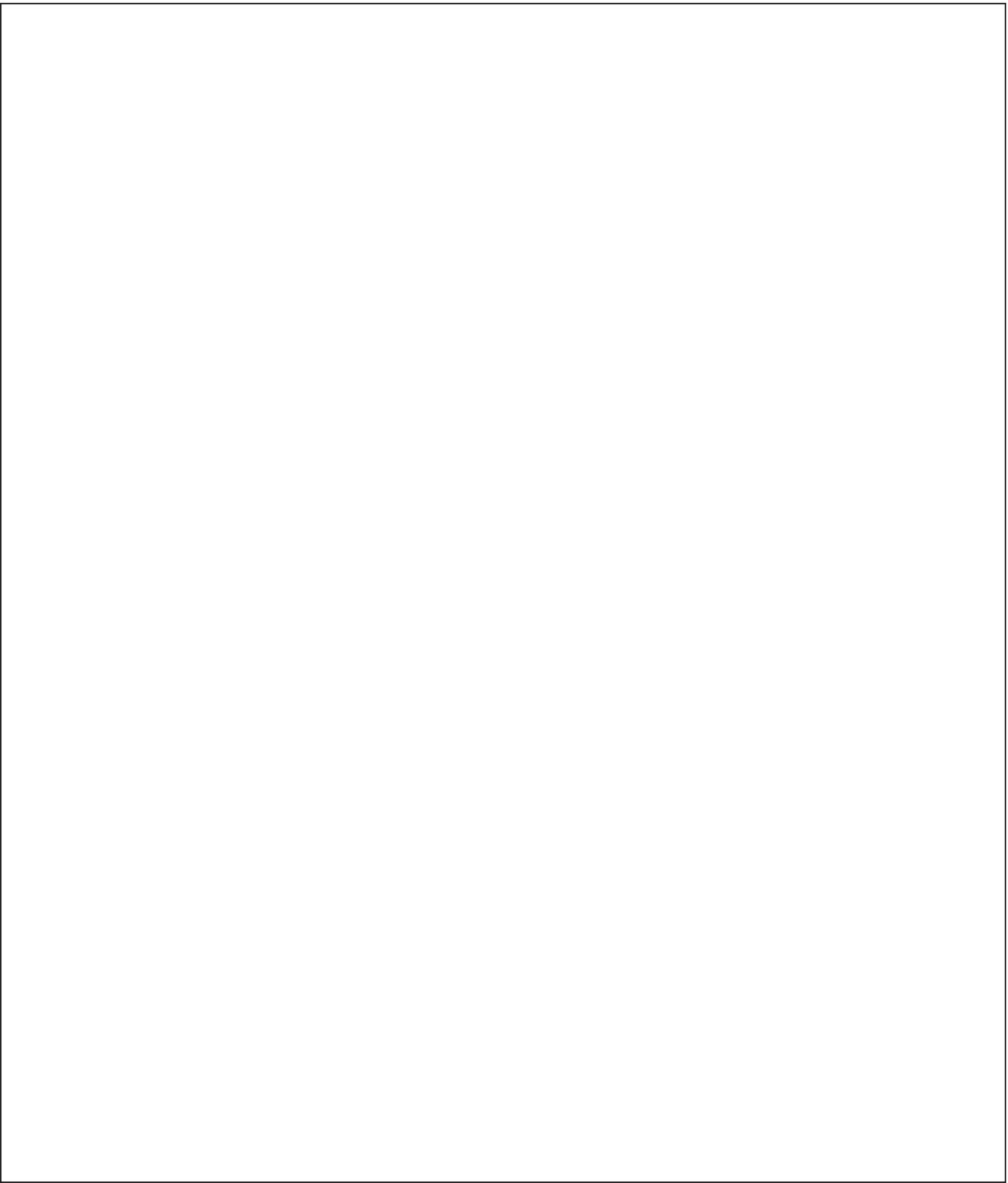
Maps will be available highlighting homes that have advertised sales. Hot dogs and drinks will be sold from 10am-1pm in front of the pool. Book sale going on also.

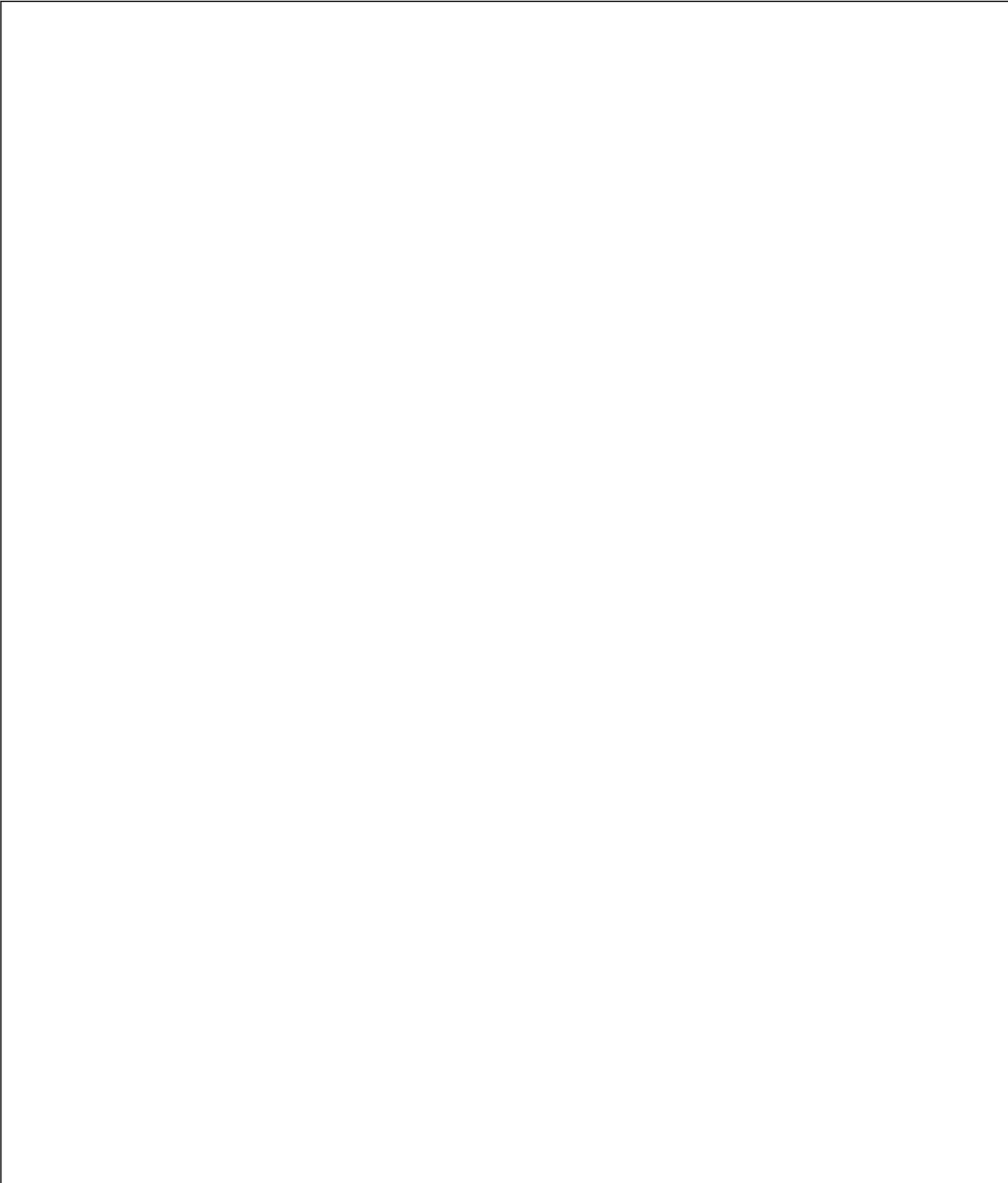
News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/pao/default.html>. For more information, call 221-0615 or 221-1031.









classifieds