

# FORT SAM HOUSTON News Leader

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

## NCO awarded Silver Star at BAMC

By Maria Gallegos  
Brooke Army Medical Center Public Affairs

Spc. Aaron Davis, D Company, 2nd Battalion, 503rd Infantry, 173rd Airborne Brigade Combat Team, received the Silver Star and Purple Heart March 27 at Brooke Army Medical Center for his valor while serving as an infantryman during his deployment in Afghanistan.

While Davis and his team were patrolling in northeast Afghanistan, July 13, 2008, Taliban fighters attacked the surrounding area, causing Davis to



take action on the battlefield. During combat, Davis was hit with shrapnel to his right leg from a rocket-propelled grenade. Even though he was injured, he remained on the battlefield to assist three injured Soldiers to a medivac helicopter.

“I wanted to help those who had

See **SILVER STAR P7**



Photo by Maria Gallegos

Spc. Aaron Davis, Silver Star and Purple Heart recipient and his mother, Davlyn Davis, proudly hold the award as Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center, pins Davis at his ceremony, March 27 in the Brooke Army Medical Center Auditorium.

## Fort Sam Houston revives historic structures for BRAC arrivals

By Brian Dwyer  
Fort Sam Houston Joint Program Management Office

Some of the oldest structures in the U.S. Army's inventory are gaining new life and uses under the Base Realignment and Closure construction and renovation program on Fort Sam Houston.

Construction of the post began in 1876, and Fort Sam Houston has more historic structures than any active military installation in the United States.

Today, several of these 800 buildings are part of a massive transformation of the post to accommodate the arrival of thousands of military person-

nel, federal employees, and new missions required by the 2005 BRAC law.

The restoration of historic structures on Fort Sam Houston will provide administrative space primarily for about 3,000 military personnel and civilian employees who support a variety of realigned agencies and commands:

Installation Management Command, including its headquarters IMCOM-West, Family and Morale, Welfare and Recreation Command, and Army Environmental Command; Mission and Installation Contracting Command; and Network Enterprise Technology Command, including the 106th Signal Brigade. New

facilities built through other BRAC projects are expected to bring an additional 9,000 individuals to Fort Sam Houston.

### Attention to Detail

These renovation projects include about two dozen structures, many of which are more

See **BRAC P6**

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# Cole High School Junior ROTC students visit operating room

Photos by Esther Garcia



Staff Sgt. Jose Mendez instructs Junior ROTC students from Cole High School in the proper way to hand scrub as they prepare for a surgical procedure. Lt. Col. Kathleen McArthur, chief, and Sgt. 1st Class Frankie Lucas, noncommissioned officer in charge, Operating Room Branch, Department of Nursing Science, and staff hosted more than 100 JROTC students from Robert G. Cole High School March 25.



John Martinez, 68D - Operating Room Specialist instructor, teaches the students gowning and gloving techniques (aseptic technique) before the students approach the sterile surgical field.



Melanie Draper practices using the Bovie, an electrical surgical unit, which cuts and cauterizes tissue. Students were shown the sterile back table set up, mayo stand, ring stand and the sterile field (patient prep) all items located in an operating room.



Using simulated bones, students use various orthopedic instruments to saw bones, put in screws, hardware, and to ream and drill on a bone. Students had the opportunity to see what happens in the operating room, performing duties of the surgeon, operating room nurse, surgical technician or nurse anesthetist.

After eating lunch at the Sam Houston Club, students were given a combative demonstration at the Central Post Gym by members of the Operating Room Branch.



Sgt. 1st Class Latonya Miller, Operating Room Specialist instructor, operating room technologists, teaches gowning techniques before approaching the sterile surgical field to learn how the sterile field is set up for surgeries



Sgt. 1st Class Frankie Lucas presents coins to the recruiters representing the Army Medical Department, Incarnate Word, the Ophthalmology Department, and the Licensed Vocational Nurse School with the operating room branch coin in appreciation, for their participation with the tour. Operating Room Branch staff includes Sgt 1st Class Latonya Miller; Staff Sgts. Zulaika DeLeon, Richard Jones, Jose Mendez, Roger Nation, Chris Smith, instructors John Martinez and Mamie Underwood and Julie Vasquez who coordinated the events for the students

# Celebrities visit WFSC

The Warrior and Family Support Center was buzzing with activities on March 27. The center was filled with anticipation of the arrival of the former Dallas Cowboys

quarterback, Roger Staubach. Staubach, a Hall of Fame and Heisman Trophy Winner, played for the Cowboys from 1969 to 1979. Staubach served also in

the military. He was in the Navy before he joined the Dallas Cowboys.

Wounded warriors and their Families stood in line with Dallas Cowboys' memorabilia waiting for autographs. Items varied from miniature helmets, footballs, Staubach cards,

T-shirts, and posters.

Another celebrity in the midst of all the Cowboy fans was J.R. Martinez, who was wounded in Iraq in April 2003 and spent 34 months at Brooke Army Medical Center recuperating. Martinez is currently playing the role of a

wounded warrior on ABCs All My Children. Martinez signed autographs and took pictures with his fans.

Another group in attendance was the Love Stitchers, who gave away free afghans to the military and their Families.

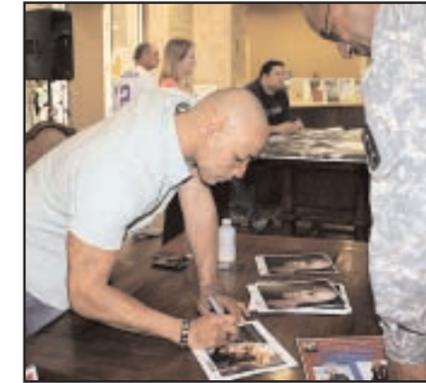
More than 100 women from Athens, Texas City and Junction City, Texas, crocheted afghans and donate them to nursing home residents and shut-in patients. The Midway Baptist Church in Athens, Texas sponsors the group.



Sgt. 1st Class Udorn Williamson receives an afghan crocheted with patriotic colors from a member of the Love Stitchers in appreciation for her service to the Nation at the Warrior and Family Support Center March 27.



Former Dallas Cowboys quarterback Roger Staubach shakes hand with one of his fans at the Warrior and Family Support Center.



J. R. Martinez signs an autograph for one his fans at the Warrior and Family Support Center. Martinez currently plays the role of a wounded warrior in ABCs All My Children.



Sgt. 1st Class Adam Mayo, Spc. Timmy Nolte and Sgt. 1st Class Martin Monceballez, check to see who has the best Dallas Cowboys memorabilia at the Warrior and Family Support Center while they wait for the arrival of former Dallas Cowboys quarterback, Roger Staubach.

**BRAC from P1**

than 75 years old and several that are more than a century old. As federal historic renovation efforts, the projects are proceeding within the parameters of the National Historic Preservation Act.

A special Army Alternate Procedures agreement is also in place that outlines more specific management practices to ensure that the visual character of the buildings is maintained. Under this agreement, project teams consult regularly with the Advisory Council on Historic Preservation and the Texas Historical Commission.

“Renovation projects like these require extraordinary effort because intricate architectural features must be preserved to achieve an appearance that is true to the original designs,” said David Thomas, director of the Joint Program Management Office, which is overseeing the San Antonio

BRAC construction and renovation program. “Extra care and diligence are also necessary in carrying out the work because of the delicate state of some of these buildings.”

All of the historic structures require extensive rehabilitation to become suitable for their new tenants. In most cases, existing interior partitions, electrical wiring, plumbing, climate control systems, and interior and exterior lighting fixtures need to be replaced. Stairways, ceilings, wooden floors, structural roof members, interior and exterior doors and windows are also being repaired, refinished, or replaced.

**The Past Re-visited**

The Building 600 area represents the oldest group of buildings on Fort Sam Houston. Between 1885 and 1889, Buildings 603 through 609 were constructed as officers’ quarters and barracks. These structures, which are known as the “Long Barracks,”



Building 2270 opened as a movie theater in 1935. The renovation of this building is slated to be completed by spring 2011.

Photo by  
Lori Newman

are attached by common two-story walls and have masonry exteriors and wooden floors.

Building 613 is a three-story structure that is located in the middle of the Building 600 area and sits above a sallyport. It was constructed in 1887 as a regimental headquarters and has masonry exterior walls and wooden floors. Building 615 was built nearby in 1891 as a consolidated dining hall, post exchange, and gymnasium. It includes two stories with a basement and an attic, and is made of limestone walls supported by wood and masonry columns.

Buildings 603 through 609 and Building 613 will be turned into office space. These projects are currently scheduled

to be finished in late 2010. Work on Building 615 concluded in the fall of 2008. It has been converted into a band facility with music rooms and assembly areas.

Building 2000 was built in 1908 to serve as the installation’s new hospital, replacing the hospital that had been constructed in 1886. The building is a three-story wood and masonry structure with a basement and an attic. It has limestone exterior walls, wooden and masonry columns, wraparound wooden verandas on the first and second floors, and a wood-framed roof structure. In 1910, two wings were added to the east and west giving the building its current “U” shape.

Buildings 2001 and 2007 were built in 1917 adjacent to the Building 2000 hospital. Building 2001 served as a hospital annex and 2007 functioned as a hospital ward. They both share many of Building 2000’s design features and structural materials. Both Buildings 2000 and 2001 are scheduled to be ready for occupancy this year. Renovations to Building 2007 were completed last fall.

Buildings 145, 146, 147 and 149 originally functioned as barracks when they were completed in 1908. All of the buildings are two-story, brick masonry buildings with basements. They also have exterior porches on the first and second floors that extend across the length of the buildings, along with wooden floors and wooden interior stairs. Three of the buildings are scheduled to receive tenants in the summer of 2010, while the fourth is scheduled to be finished in the summer of 2011.

Buildings 2263

through 2266 are three-story structures that were constructed as an infantry regimental headquarters and an infantry battalion barracks between 1928 and 1929. Building 2270 opened as a movie theater in 1935. All of these renovation projects are slated for completion by the spring of 2011.

Building 1001 is among a cluster of medically related buildings that were built in the Spanish Colonial Revival style. San Antonio architect Atlee B. Ayers had organized a successful local campaign prior to World War II to incorporate Spanish-influenced architectural features into new buildings constructed on Fort Sam Houston.

Building 1001 was completed in 1936 and served as nurses’ quarters. It is next to the original Brooke Army Medical Center, which was built in the same style. Restoration of Building 1001 is expected to be finished by the end of 2011.

**SILVER STAR from P1**

more severe injuries than I did,” said Davis.

As he returned from the helicopter, he was hit again. This time, the shrapnel was scattered throughout his body, arms and face.

“Blood was everywhere, I couldn’t see, I was hurting everywhere. I didn’t want to leave the premises or leave my comrades, but this time I had no choice,” added Davis.

More than 70 Family members, comrades and medical staff took time out of their schedules to show their respect for his bravery, sacrifice, dedication and service to our country.

“With all my years in

“Although it’s hard to think about what happened in the battlefield, I am glad I was there to help my comrades.”

*Spc. Aaron Davis, D Company*

the Army, I have never pinned a Silver Star to a Soldier. This ceremony is a huge honor for me,” said Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center.

Davlyn Davis, mother of Davis, emphasized the ceremony is not only about her son but also for the ones that perished from the fight.

“They are the true

heroes; I’m proud to be a mom of a Soldier. Everyone involved in this journey took extraordinary measures to ensure my son and my Family was in good hands,” added Mrs. Davis.

The Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy.

The Silver Star is the third highest military dec-

oration that can be awarded to a member of any branch of the United States Armed Forces. It is also the third highest award given for valor, in the face of the enemy.

“Although it’s hard to think about what happened in the battlefield, I am glad I was there to help my comrades,” said Davis.

Davis remains as an outpatient with BAMC but hopes that when he makes a full recovery he can return to be a squad leader with the Warrior in Transition Unit.

“I’d really like to stay on and help out with the other Soldiers who are coming back; I know what it’s like. I’ve been through it,” concluded Davis.

**BRIEFS from P3**

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.

**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](http://www.formi9.com).

**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.

**Construction of new elevator**

Construction of new elevator in the North courtyard of Willis Hall began March 30. Expect brief but high levels of noise caused by the removal of existing concrete and masonry work through April 9. After this initial period, there will continue to be lower levels of noise throughout the construction period expected to last until August.

**News Briefs**

## Positive discipline for children

By Mary Scott

New Parent Support Program,  
Army Community Service

Many new parents do not understand what positive discipline consists of and how it can be administered.

The meaning of discipline is to teach and to guide. Positive discipline simply means to act in a positive way when teaching and guiding children.

In reality, it sounds so simple. However, what about when that curious one year old keeps going for the DVD player after repeatedly being told no; or when a three year old has a temper tantrum, or a teenager feels he should be able to stay out all night. These are all frustrating scenarios for parents.

There are many different ideas, but none of them will work unless parents are consistent and united. This means both parents should stick to whatever rules and consequences they have set, or the children will



not see a need to follow those rules either.

### Tips for implementing positive discipline:

Know that babies and toddlers are naturally curious; ensure “interesting” items are out of reach or sight. Instead of saying no, offer choices, tell them or show them what they can do or play with.

Prevent tantrums by avoiding things that will frustrate a toddler. If a child is hungry, angry, lonely, tired, or triggered it is probably not a good time for anyone to speak in a rational manner or make good decisions or choices. It may be best to deal with the issue when everyone is calm.

Teenagers naturally want to have control over aspects of their lives. It is important for parents to allow teens to make decisions about hair, clothes

or the condition of their room for instance. This gives them some say in things that are important to them. Establish rules up front, and talk about consequences if the rules are broken. Then if a teen makes a mistake, they will already know the consequence.

Always keep the lines of communication open with children. It is important to listen to what they have to say, and then they too, will listen to you. Don't expect to be perfect; parents will make mistakes. Also, don't expect children to get it right every time. Children depend on their parents to continuously teach and guide them. Set a good example; as a parent, you are your children's most important role model.

To learn more about positive parenting techniques and classes visit [www.fortsamhouston-mwr.com/default2.asp](http://www.fortsamhouston-mwr.com/default2.asp) or call Family Advocacy at 221-0349.

## Teens speak their mind at AFAP Conference

By Cheryl Harrison

Army Community Service,  
Marketing

Imagine if you will, being a teenager, on a Saturday morning. Most teens would be sleeping in and not giving a thought to the betterment of life on Fort Sam Houston.

That wasn't the case March 21 at 9 a.m. The Fort Sam Houston Youth Center was invaded by teens willing to give up precious sleep time to speak their minds and help shape their community by participating in the Army Family Action Plan Conference.

Huddled around card tables, energized by juice packs and sugar-laden donuts, teen Family members brainstormed and discussed AFAP issues. The issues submitted by teens involved subjects such as Internet in the youth center, books

at the Keith L. Campbell Memorial Library, and comfortable furniture for the youth center.

Subject matter experts on hand to oversee discussions were Fort Sam Houston Independent School District Administrator, Dr. Gail Siller and Cole High School Principal, Isabel Clayton, Cynthia Rodriguez, AFAP manager and Sarah Small, AFAP Volunteer manager, kept the delegates on track and helped guide the debates. The teens were instructed to present a point of view and act as the decision maker.

“We also reminded them of the importance of keeping an open mind and respecting other's opinions and positions,” Small said. “Listen to what others are saying and remain objective.”

An important part of

See AFAP P11

## Cole outstanding students



Each month Cole Middle and High School recognizes one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the school. Their teachers nominate the students and then the faculty of each grade level selects one student. The recipients for February are (back row, from left) Tyler Hallstrom, 10th grade; Brea Carrillo, 12th grade; Seth Lougee, 11th grade and Aida Mojica, ninth grade; (front row, from left) Teresa Cenney, eighth grade; Emily Porter, sixth grade; and Megan Sauer, seventh grade.

Photo by Elizardo Hernandez

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES APRIL 6 TO 11

### Fort Sam Houston Elementary School

April 6 - TAKS LAT fifth grade math  
April 7 - TAKS fifth grade math  
April 9 - DARE ceremony, 9 a.m.  
April 10 - Holiday-Good Friday

### Robert G. Cole Middle and High School

April 6 - TAKS LAT eighth grade math  
April 7 - TAKS eighth grade math  
Cole baseball vs. Randolph at Cole, 4:30 p.m.  
April 8 - JV/V boys' and girls' tennis meet at Boerne, 8 a.m.

Varsity boys' and girls' track meet at

Central Catholic high school, half day  
April 9 - JV/V boys and girls tennis meet at Boerne, 8 a.m.

Cole baseball at Comfort, 6 p.m.  
April 10 - Holiday-Good Friday

# Wilford Hall nurse wins USA Power Lifting Competition

By Senior Airman Josie Kemp  
59th Med Wing Public Affairs

A nurse consultant for the Critical Care Air Transport Team at Wilford Hall Medical Center won the USA Power Lifting Military Nationals competition in Killeen, Texas, March 14.

After only three years in competitive power lifting, retired Army Noncommissioned Officer, Andre Gholson has won the USAPL Texas State Championship for the second consecutive year for his performance in full competition which included bench press, squats and dead lift.

Gholson, 38, received first-place for the 275-pound weight division and first-place for bench press in his weight class.



Courtesy photo

Andre Gholson, nurse consultant, 59th Medical Wing Critical Care Air Transport Team, attempts to dead lift over 600 pounds during a USA Power Lifting Military Nationals competition in Killeen, Texas, March 14.

Gholson lifted 450 pounds on the bench press, squatted 705 pounds, and picked up 628 pounds in the dead lift competition.

"I did body building

when I was younger, between the ages of 17 and 23, then I started doing bench press competitions," said Gholson. "I wanted to get into

strong-man, but a friend asked if I had any interest in doing a full power lifting competition."

According to the USAPL Web site, athletes are categorized by sex, age and bodyweight. Each competitor is allowed three attempts at each lift with the best lift in each discipline being added to their total. The lifter with the highest total is the winner. In cases where two or more lifters achieve the same total, the person with the lightest bodyweight wins.

"It's hard work ... it's hard to stay strong," said Gholson.

In order to compete in a USAPL event, all athletes must be drug tested to ensure that all athletes have gained their strength and muscle naturally.

## Amazing race



Photo by Jen Rodriguez

Team, Extreme Heat, Pricilla Knight-Mcleary, Katesha June, Vincent Tancredi, Giovanni Pascascio, James Reese, Philippe Tourville and Tony Smith won the first Brooke Army Medical Center Warrior in Transition Battalion's Warrior Amazing Race Competition, March 24. Extreme Heat, won with a time of 2:42., Team, Wolf pack, placed second at 2:48 and Ramrod came in third at 2:49 with a five-minute penalty. Saddling a horse to ride, unscrambling words, solving riddles and taking photos were some of the tasks they had to endure during the competition.

## Road to recovery



Photo by Jen Rodriguez

Wounded warrior Marine Cpl. Travis Dodson keeps up with the pack during the Road 2 Recovery Don't Mess with Texas Challenge on March 30. The challenge started at the Center for the Intrepid and ends April 4 in Arlington at the Texas Ranger's Ameriquest stadium. Dodson, along with eight other warriors; active duty Soldiers and civilians participated in the ride. Road 2 Recovery helps to make a difference in the lives of wounded warriors by assisting with their rehabilitation programs.

## AFAP from P9

the conference is the volunteers. Volunteers make up the majority of the conference workers and without their dedication and caring, the conference would not be successful.

Geana Henkes, a volunteer said, "I volunteered because it was a unique opportunity to help make changes in my community."

"I came to say what I was thinking and to try to improve my community," echoed Cameron Banks.

Banks and Wisper Sanson-Herron, teen volunteers agreed they'd "like to see more opportunities for kids."

The teens involved in this year's teen conference were Chelsey Henkes, Dana Hagan, Garrett Burgess, Kayheonna Miller, Bethany Henkes, Ruby Gibson, Wisper Sanson-Herron, Cameron Banks, Dominique Edmonds, Joe Cavazos, Tim Hogan and Dallas Mazak.

Fourteen issues were



Jeanne Warren (standing at far right) acts as a subject matter expert by answering questions asked by local teens at the Army Family Action Plan Teen Conference March 21 at the Fort Sam Houston Youth Center. (From back, left) Isabell Clayton, Cole High School principal; Geana Henkes, adult volunteer; Wisper Sanson-Herron, teen volunteer; (front, left) Cyndi Rodriguez, AFAP manager; Cameron Banks, teen volunteer; Ruby Gibson and Dana Hagan teen volunteers.

discussed and prioritized, and will be forwarded to Medical Command for review and to determine validity before being forwarded to the Department of the Army Conference.

Brian Dougherty, Army Volunteer coordinator, representative for senior leadership and Jeanne Warren, youth center director acted as sounding boards as representatives presented the issues and recom-

mendations for further evaluation and resolution.

The next Installation AFAP Conference will be held Oct. 21 to 23. The Teen Conference will coincide with the installation conference. Both Siller and Clayton remarked that the conference was such a success they strongly suggested that the Teen Conference be held at the installation's high school.

"I'd like for people to

get involved by volunteering to be a part of the conference or by submitting issues to voice their concerns," added Rodriguez.

Issues can be submitted at any of the AFAP issues boxes located at the Fort Sam In/Out Processing, Building 367; Jimmy Brought Fitness Center; Firestone Service Center; Rocco Dining Facility; Army and Air Force Exchange Shoppette on Patch Road; Pxtra; Hacienda Recreation Center; Keith L. Campbell Memorial Library; Rhode Dental Clinic; Army Community Service, Building 2797; and other locations. Issues can also be submitted online at [www.samhouston.army.mil/cms/Form\\_ComFirst.asp](http://www.samhouston.army.mil/cms/Form_ComFirst.asp).

To see all issues, visit the Morale, Welfare and Recreation Web site, click Army Community Service and link to issues. For more information about AFAP, call Cyndi Rodriguez at 221-2611.



Providing a real western experience, stagecoaches and wagons escorted guests from the entrance of Fort Sam Houston Equestrian Center, March 27 and 28 and guided them back to the fun, food and musical entertainment that awaited them at the Cowboys for Heroes event.

## Cowboys and Heroes Turnout for Annual Event

By Minnie Jones  
Fort Sam Houston Public Affairs

Many came out to give gratitude, support and honor to Soldiers at the two-day Cowboys for Heroes event, March 27 at the Fort Sam Houston Equestrian Center.

Cowboys, cowgirls, supporters and musicians from as far away as Missouri joined the Directorate of Family and Morale, Welfare and Recreation in this fourth year event, and the best turn out so far, with over 1,000 participants partaking in the festivities this year.

Setting the stage and providing folks with a real western experience, stagecoaches and wagons greeted guests at the entrance of the center and took them back to the where the fun, food and musical entertainment awaited them.

Friday kicked off the event with chuck wagons preparing food throughout the day, ending with a sing-a-long and a bonfire that kept everyone warm when the temperature dipped down into the 40s that evening.

"It was nice seeing all the guests today including the wounded warriors and all the military throughout the day from our Veterans from World War II, Vietnam, Desert Storm and today's current war," said Natalie Robles, administrative assistant, Community Recreation Division, FMWR.

Saturday, breakfast, lunch and dinner were served up the authentic chuck wagon way, while horseback and mechanical bull riding took center stage for most of the children that day. Closing out the evening, Soldiers and Family members were entertained by several musical groups including the award winning inspirational music group Branded-Duo performing their award winning hit, "Heroes."

"The Equestrian Center was proud to host the event, which was well attended and appreciated by all. We hope to increase interest in the event by expanding the entertainment and activities in the future," said Cynthia Tripoli, manager, Equestrian Center, Fort Sam Houston.



Mason Taylor from Texas Fellowship of Cowboy Churches shows off his roping skills to the audience as he demonstrates roping a mechanical cow that dashes out beneath him at the Cowboys for Heroes event March 27 and 28.



Pappy David Roberts from the Deepfork Cattle Company piles on steak, beans, biscuits and peach cobbler on Staff Sgt. Tony Hall's plate, at the Cowboys for Heroes event at the Fort Sam Houston Equestrian Center.



Award winning singer, Robert Wm. Welch (left) from the group Branded-Duo said that the Cowboys for Heroes two years ago inspired, Paul Staggs the other duo to write their award-winning song "Heroes," which debuted at the event that year.



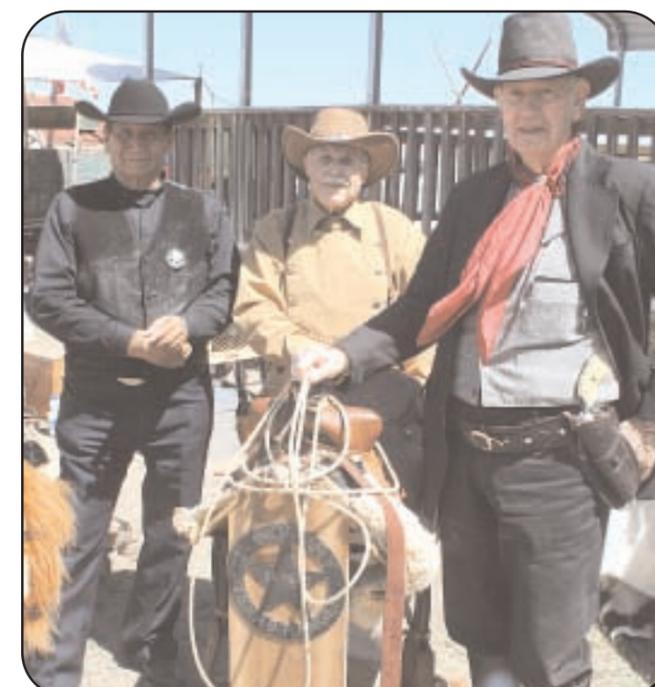
Robert Pierce from Conroe, Texas, has been hand making walking canes from the bark of the China Berry tree for six years, met Master Sgt. Mack Cole Jr., Warrior in Transition Battalion at the Cowboys for Heroes event March 28. When Pierce discovered that Cole had been wounded in Iraq in 2004, he measured Cole and offered to make him a cane.



Nancy Hilton, founder of Love Stitchers stands in front of the American Flag she stitched. The flag is 25 feet by 14 feet, with 20 miles of yarn and took her over 254 hours to make. Love Stitchers donated hand crochet lap afghans to veterans at the Cowboys for Heroes event at the Fort Sam Houston Equestrian Center.



Buffalo Soldiers from the Bexar County Soldiers Association and the Buffalo Soldiers Living History and Heritage, were at the Cowboys for Heroes to give an account and educate the public about the soldiers' Texas history.



(From left) Albert Arroyo, Wild Bill and Jim Ables, cowboy reenactors, were one of the many exhibitors at the Cowboy for Heroes events. The reenactors visit schools and teach gun safety.

# Cowboys for Heroes



## Announcements

### Sam Houston Club Express Lunch

The Sam Houston Club will offer healthy and convenient cuisine for SoldierS on the go. Beginning April 7 the Sam Houston Club will offer patrons the opportunity to purchase lunch items via a mobile catering unit in the Jimmy Brought Fitness Center parking lot between the hours of 11 a.m. and 1 p.m. Customers can choose from southern fried chicken or a healthy-heart menu choice. For more information, call 224-2721.

### Soldier Appreciation Day

The Fort Sam Houston Bowling center offers 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.

## Calendar of Events

### APRIL 3

#### Couples Enrichment class

Family Advocacy Program will begin a new series of classes entitled, Couple's Enrichment April 3, 10, and 17 from 5:30 to 7 p.m. This three-part class centers on reconnecting with your partner. Part one will discuss gender differences and communicating effectively, part two focuses on commitment and part three strives to enhance intimacy. For more information, call 221-0349 or 221-2418.

### Post-wide baby shower

The New Parent Support Program extends an invitation to all pregnant or new parents 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.

### APRIL 4

#### Family Fun Day

Child, Youth and School Services in conjunction with The Family Advocacy Program and Lincoln Military Housing will host a Family Fun Day April 4 from 10 a.m. to 11 p.m. at Dodd Field and the Fort Sam Houston Youth Center. This fun, full day of festivi-

ties will include the opening ceremonies for baseball, an Easter egg hunt, FAP Family Fun Fair, the grand opening of the new Fort Sam Houston Skate Park and end with a movie in the park. The all day event will include moon bounces, face painting, infant massage techniques, games, snow cones, cake walks, popcorn, car seat inspections, and much more. For more information, call 221-3502.

Family Fun Day schedule of events  
9 a.m. Baseball opening ceremonies  
9:30 to 10:30 First games of the season (six games)  
10 a.m. Family Fun Fair begins  
10:30 a.m. Easter Egg Hunt begins  
noon-Baseball games continue  
1 to 5 p.m. Skate Park grand opening  
9 to 11 p.m. Family movie night on Dodd Field

### Hearts Apart

A Hearts Apart Support Group

will be held April 4 from 1 to 3 p.m. at ACS, Building 2797. This group is for all military spouses whose partner is deployed, geographically separated, on unaccompanied tour or extended temporary duty. Registration is required. For more information or to register, call 221-2418 or 221-2705.

### APRIL 6

#### 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. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

### CYSS closure

Central Registration will be closed during the open house and ribbon cutting ceremony.

### 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.

### 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.

### APRIL 7

#### Bank account management

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

**See MWR P15**

### MWR from P14

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.

### Building Effective Anger Management Skills

A new series of B.E.A.M.S. classes will begin April 7 from 11 a.m. to noon at the Red Cross, Building 2650. This class helps to identify strategies to more effectively handle anger, resentment and frustration in one's personal and professional life. For more information, call 221-0349 or 221-2418.

### Women Encouraging Women

Army Community Service Family Advocacy Program will hold Women Encouraging Women, at lunchtime seminar, April 7 from noon to 1 p.m. at ACS, Building 2797. The topic will be, "Learn how to Plan Healthy Meals to Maximize your Health." For more information or to register, call 221-0349 or 221-0600.

### Basics of breast feeding

Army Community Service Family Advocacy Program will offer a basics of breastfeeding class April 7 from 12:30 to 2 p.m. at ACS, Building 2797, Training Room 2. The class provides current information and tips to make the early days of breastfeeding a positive experience. For more information, call 221-0349 or 221-2418.

### APRIL 8

#### You and Your Baby

Army Community Service New Parent Support Program will offer You and Your Baby, a two-part series, starting April 8 from 8 a.m. to noon. Learn how to care for your newborn baby and prepare for baby's homecoming and infant care infant safety and more. For more information or to register, call 221-0349 or 221-2418.

### Single parenting

Army Community Service Family Advocacy programs will hold a single parenting class April 8 from 11 a.m. to 12:30 p.m. at ACS Building 2797. The class provides skills uniquely designed for single parents. Topics include, dating, children, separation and more. For more information, call 221-0349 or 221-2418.

### Family Employment offers confidence tips

Army Community Service Family Employment Readiness Program will hold a class entitled Gain and Maintain Self Confidence April 8 from 12 to 2 p.m. at ACS, Building 2797. The class offers suggestions and ideas for gaining confidence and a feeling of strength. For more information or to register, call 221-0516 or 221-0427.

### 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. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

## Family Fun Fair



Photo by Cheryl Harrison

Pvt. Ashley Wardle tests one of the inflatable bouncers March 24 at Army Community Service. The ACS staff inflated the eight new bouncers or as they are sometimes called moon walks, to make sure they worked. With the auditorium filled with enticing fun, several Soldiers tried out the new "toys." The Family Fun Fair will be held April 4 from 10 a.m. to 2 p.m. at the Youth Center Gym, Building 1630, and nearby sport fields. The event is free and will include a cakewalk, Wii games, puppet shows, cotton candy, snow cones and popcorn. This event is one of several events planned in conjunction with Child Abuse Prevention Month. For more information, call 221-0349 or 221-2418.

# Community

## Announcements

### Warrant Officer Association meeting cancelled

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association April meeting is canceled. Members will be working at a booth at the Fort Sam Houston Fiesta April 19. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information or to volunteer, call Juan Gomez at 295-6596 or e-mail [juan.gomez@us.army.mil](mailto:juan.gomez@us.army.mil); or Jim Gonzales at 666-9818 or e-mail [rgonzales879@satx.rr.com](mailto:rgonzales879@satx.rr.com).

## Calendar of Events

### APRIL 4

#### Blue Star Families of San Antonio No. 4 Family picnic

The Blue Star Families of San Antonio No. 4 will host a Family picnic April 4 from 1 to 4 p.m. at Brackenridge Park, at the corner of Broadway Street and Hildebrand Road. All military Families and friends are invited. For more information, call Chris Peche at 681-1171 or e-mail [samomgroup@hotmail.com](mailto:samomgroup@hotmail.com); or call Edna at 865-3707 or e-mail [samomblues-tars@hotmail.com](mailto:samomblues-tars@hotmail.com).

### Tejeda History Faire and Culture Fest

The eighth Annual Tejeda History Faire and Culture Fest will be held April 4, from 10 a.m. to 4 p.m., Encino Park, 2909 E. Evans Road, off U.S. Highway North 281. Historical re-enactment groups and performers will be on the ground of Tejeda's History Hill. The event is a free, open to the public, and sponsored by the Tejeda Young Historian Club to promote cultural understanding and "living history."

### Kerrville Trailblazers volks-march club

The Kerrville Trailblazers volks-march club will host a 5K and 10K walk April 4 starting between 8 a.m. and 1 p.m., finishing by 3 p.m. at the Old Tunnel Wildlife Management Area, 10619 Old San Antonio Rd. in Fredericksburg, Texas. For more information, call

Rick Parkhurst 830-896-6260, e-mail [fparkhurst@sbx.rr.com](mailto:fparkhurst@sbx.rr.com) or visit [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/).

### Trash-Off needs volunteers

The Texas Department of Transportation hopes to gather more litter during the Don't Mess with Texas Trash-Off April 4. During Trash-Off, volunteers across the state will clean roadsides, parks, waterways and neighborhoods. The Don't Mess with Texas Trash-Off is the largest one-day statewide cleanup event in the U.S. and is a partnership between TxDOT and Keep Texas Beautiful. The public is invited to participate by signing up online at [www.ktb.org](http://www.ktb.org) or calling 1-800-CLEAN-TX.

### APRIL 8

#### BRAC contracting fair

Construction firms are invited

to attend the Fourth San Antonio Military Transformation Task Force Base Realignment and Closure contracting fair April 8 from 7 a.m. to 1 p.m. at the Henry B. Gonzalez Convention Center, 200 East Market St., River-Level Rooms 006 to 008. Contractors should bring business cards, copies of their Central Contractor Registration, marketing sheets and capabilities statement. To register, visit [www.sanantonio.gov/edd](http://www.sanantonio.gov/edd). To view the Procurement Technical Assistance Center Web site at [http://www.sanantonio.gov/edd/small\\_business/ptac.asp](http://www.sanantonio.gov/edd/small_business/ptac.asp).

### APRIL 9

#### RecruitMilitary career fair

A free RecruitMilitary career fair will be held April 9 From 11 a.m. to 3 p.m. at the Monarch Event Center, 6406 North Interstate Highway 35 in Austin. The event is for veterans, military

personnel who are transitioning from active-duty, reserve, National Guard, and military spouses. For more information or to register, visit [www.recruitmilitary.com](http://www.recruitmilitary.com).

### APRIL 14

#### 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 April 14 and 15 from 8 to 10 a.m. and 10:30 a.m. to 12:30 p.m.; and April 17 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](mailto:Julie.Gueller@amedd.army.mil).

# FORT SAM HOUSTON



# Fiesta & Fireworks

The public is invited to Fort Sam Houston for a free Fiesta celebration April 19 from 1 p.m. to 9 p.m. at MacArthur Field, at the corner of Harry Wurzbach and Stanley Roads. Fiesta begins with a country fair that features various military equipment and displays such as a mini-operating room. Live entertainment including the 82nd Airborne Chorus from Fort Bragg, N.C.; belly dancers; the Almost Patsy Cline Band from Bandera, Texas; salsa dancers; Tejano star, Patsy Torres with her band and dancers; the Kazamba Dance and Drum Group; Ballet Folklorico Dancers and Mariachis. The Army Medical Command Show

Band will be performing various musical selections to include patriotic music. Free T-shirts will be given away until they are gone. A variety of food, and drink booths, children's activities include face painting, carnival rides and games.

Adding pageantry and elegance to the military parade the Fife Drum Corps will join more than 300 Soldiers on the field during the military ceremony at 5:30 p.m. The public is invited to enter Fort Sam Houston from Interstate Highway 35 at the Walters Street gate, Harry Wurzbach Entrance or the Wilson gate on Cunningham Avenue, off Broadway Street. No pets or coolers are allowed.



### ON STAGE

1:00 to 1:30 p.m. - S-3 - Salsa Dancers  
 2:00 to 2:30 p.m. - Kazamba Dance and Drum Group  
 2:30 to 3:30 p.m. - Ballet Del Cielo Folkloric Dancers and Mariachi Group  
 3:30 to 4:00 p.m. - 82nd Airborne Chorus from Fort Bragg, N.C.  
 4:00 to 5:30 p.m. - The Almost Patsy Cline Band from Bandera, Texas

### Military ceremony at the Pavilion with more than 300 Soldiers in parade.

5:30 to 5:50 p.m. - Fife and Drum Corps performance and Retreat

6:00 to 6:45 p.m. - Fiesta Royalty awards, Fiesta Salute, Soldiers on Parade

6:45 to 7:15 p.m. - Escaramuza Rosas de Castilla, an equestrienne drill team

### BACK ON STAGE

6:45 to 7:45 p.m. - Tejano Star Patsy Torres featuring her band and dancers

8:00 to 9:00 p.m. - U. S. Army Medical Command Show Band featuring various musical selections for your entertainment to include jazz, country, and patriotic music.

9 p.m. - Fiesta ends with a Fireworks sponsored by Steves & Son, Inc.

## 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.

### 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 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.

### Holy week events

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

## 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.



### 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

### 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:

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](http://www.samhouston.army.mil/chaplain)

## For Sale Fort Freebees

**For Sale:** Solid wood chest of drawers, 75 inches long by 30 inches tall, nine drawers, matching six foot tall wardrobe, antique yellowish color, great shape, \$150 for both; Marshall 4x12 speaker cabinet, model JCM900, excellent condition, \$400; Marshall AVT 150H head, one year old, excellent condition, \$450. Call Kathy at 857-7678.

**For Sale:** Advanced Element 15-foot inflatable tandem kayak, paddles, blow-up pump, storage bag, \$400. Call 541-510-4555.

**For Sale:** Springfield XD .45 caliber pistol, carry case, two magazines, tactical holster, box of hollow points, fired probably 100 rounds, excellent condition, \$515 firm. Call Master Sgt. Robert Blume at 270-312-8373 or e-mail [bblume99@yahoo.com](mailto:bblume99@yahoo.com).

**For Sale:** Yellow lab puppies, born Feb. 18, both parents on-site, parents are not related, \$225. Call 687-1119.

**For Sale:** Full-length running boards for F150 pick-up, chrome on black, like new, \$145. Call 221-3549.

**For Sale:** Chinese Water Dragon, 36-inches long, with nylon cage and all accessories, \$100. Call 916-682-0013.

**For Sale:** 2006 Vulcan 900 Kawasaki motorcycle, very low mileage, excellent condition, never dropped or crashed, \$6,999 obo. Call 313-9061.

**For Sale:** Two-piece, wood-grain entertainment center, excellent condition \$250 obo; sofa and loveseat, purple, excellent condition, \$375 obo. Call 265-3193.

**For Sale:** 23-inch tires and rims, six lock-nut pattern, chrome, \$1,000. Call 557-0581.

**For Sale:** Wood-grain wall-unit entertainment center, six feet high by five feet wide by 17 inches deep, \$150; compact microwave, \$30; baby clothes, size newborn to 12 months, .50 to \$3; Fisher Price outdoor picnic table, \$20; Replogle Hastings 12-inch world globe, \$30. Call 291-5492.

**For Sale:** Small freezer, \$100; gas grill, in perfect condition, \$150; Whirlpool stove, \$200. Call 659-0713, 583-9041 or e-mail [carmen.walls2@yahoo.com](mailto:carmen.walls2@yahoo.com).

**For Sale:** Eighty-gallon air compressor, like new, \$850; power washer, \$245; Washburn bass guitar with amplifier, \$800; 1962 Chevy Nova, good engine, new tires, \$2,200; 1969 Jeep, runs, \$2,200. Call 633-0881.