



## Briefs . . .

### Spring cleanup

Fort Sam Houston will conduct an Installation Spring Clean-Up Monday to April 14. The event, for military and civilian, concentrates efforts on the appearance of areas adjacent to work places and assigned police areas of responsibility as outlined in Fort Sam Houston Regulation 420-2. Take pride in the appearance and beautification of the installation. For more information, call Staff Sgt. Mirko Maravi at 221-2539 or 336-4937.

### MEDCOM awards banquet

The Medical Command NCO and Soldier of the Year Awards Banquet will be held Friday from 11 a.m. to 1:30 p.m. at the Sam Houston Club. Tickets are \$12. For more information, contact a command sergeant major or first sergeant or call Sgt. 1st Class Bryant Perry at 916-0317.

### Fisher House Golf Tournament

The annual Fisher House Golf Tournament at The Dominion Country Club will be held Monday; tee time is 1:30 p.m. Tournament cost is \$110 per person, and includes green fees, cart fee, box lunch and dinner, T-shirt and assorted prizes. For more information, call Ellyn Gilbert at 481-1161 or Irene Meadows at 403-0199.

### Tax center extends hours

Normally, April 15 marks the last day to file, but since it falls on a Saturday, the deadline has been extended until April 17. This year, the Tax Assistance Center will offer extended hours during the last week of tax filing, Monday through April 17. The extended hours will be Monday through Friday from 9 a.m. to 9 p.m. and Saturday from 9 a.m. to 6 p.m. The center will be closed April 16. For more information or to make an appointment, call 295-1040 or 295-0061.

### Fort Sam Houston celebrates Fiesta

Fort Sam Houston Fiesta will be held April 23 at MacArthur Parade Field and Pavilion on Harry Wurzbach and Stanley Roads. The Country Fair begins at 1 p.m. and will feature military equipment displays and exhibits, live entertainment, kid's carnival, games, food and drink booths. At 4:30 p.m. the Golden Knights Army Parachute Team will perform aerial acrobatics and precision landings to begin the Fiesta ceremony on MacArthur Parade Field. The event includes participation by the Fife and Drum Corps, dressed in colonial-style period uniforms; the traditional Army pass in review of Soldiers; equestrian drill team, Escaramuza de Castilla from San Antonio; the 82nd Airborne Chorus; the 1812 Overture by the U.S. Army Medical Command Band; and a grand finale of fireworks. The celebration is free and the public is invited. Visitors are advised to use the Walters Street Gate of Interstate Highway 35. Coolers and pets are not permitted.

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## 90th RRG transfers command to 208th RSG

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

Soldiers assigned to the 90th Regional Readiness Group, commanded by Brig. Gen. Philip Hanrahan, posted their colors for the last time Sunday during a transfer of authority to the 208th Regional Support Group at Blesse Auditorium.

As the narrator for the ceremony read the history of the 90th RRG, affectionately regarded as the "Tough 'Ombres," outgoing commander Hanrahan and Command Sgt. Maj. David Stading furl the colors for the 90th RRG closing a chapter in the unit's history.

And, when Col. Jimmie Jay Wells, 208th RSG commander, ordered, "Uncase the colors!" to the 208th color sergeant, a new organization was born.

The 208th will provide the 90th Regional Readiness Command, headquartered in Little Rock, Ark., a deployable, brigade-level, combat service support command and control structure for major combat operations. Their mission is to support more than 2,000 Soldiers representing 21 units located throughout Texas, Arkansas and Louisiana by assisting subordinate units in meeting training, readiness and deployment requirements.

The 90th RRC includes troop units in Arkansas, Texas, Oklahoma, Louisiana and New Mexico with more than 15,000 Soldiers.

Maj. Gen. James Sholar, 90th RRC commander and guest speaker for the ceremony, said, "This is a day of mixed emotions as we see the colors cased. But things change, and we will make the best of those changes."

Sholar recognized previous commanders attending the ceremony — Maj. Gen. Elvin Schofield, who commanded the then 90th Army Command from January 1984 to March 1988, and Brig. Gen. Bruce Moore, who commanded the 90th RRG from April 2000 to April 2004.

"We are about change; we are an institution that changes as world conditions change, and if we didn't, we most certainly would die. We recognize that. We also understand students of the world, students



Maj. Gen. James Sholar, commander, 90th Regional Readiness Command, Little Rock, Ark., salutes as Brig. Gen. Philip Hanrahan, outgoing commander, 90th Regional Readiness Group, and Command Sgt. Maj. David Stading begin to furl the colors for the 90th RRG at the transfer of authority ceremony Sunday at Blesse Auditorium.

of society and culture. We understand that if we don't change with the times, someone else can do what we do," said Sholar.

"I said to the Soldiers of the 208th yesterday, there is an institution, organization or contractor somewhere in the world who can do anything the Army does for the citizens of this country except one thing, plant the American flag where we deem it necessary or wherever our presi-

dent or Congress says that it needs to be. No institution or contractor, no one can do that except our Army and our sister services. This is not going to change."

The history of the 90th RRG is a proud one. The group is a descendant of the famed 90th Infantry Division, a division of reserve Soldiers first organized

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## Show of support

### Employers go 'above and beyond' for reserve employees

By Elaine Wilson  
Fort Sam Houston Public Information Office

(This article is the second in a three-part series about the National Committee for Employer Support of the Guard and Reserve)

Alex Del Rio was thrilled when he scored a job as a physical security specialist at USAA. Although he pulled in some money as an Army reservist, he needed the benefits and a full-time salary to support his 4-year-old daughter.

But after just one day on the job, the call came – his Reserve unit was deploying.

The Marine left for Iraq in January. Four months later, the Humvee Del Rio was riding in was hit by an antitank mine. Del Rio survived the attack but lost both his legs.

The past year has been full of uncertainties for Del Rio, but,

throughout his painful recovery, there has been one thing he could count on – a job.

When Del Rio is ready to work, we will honor his re-employment rights at USAA, said Mike Kelly, USAA executive director of military communications.

"I feel proud to work for a company like that," said Del Rio, who is recovering at Brooke Army Medical Center. "I just feel bad because I'm ready to work and can't yet."

USAA's commitment to reservists earned the company national recognition in 2005 with the Secretary of Defense Employer Support Freedom Award, presented by the secretary of defense to the nation's most supportive employers of the year. The award is sponsored by the National Committee for Employer Support of the Guard and Reserve, a Department of Defense organization dedicated to educating and recognizing civilian employers throughout the country.

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**Commander's Proclamation****'Protect children: recognize, respond, report'**

To the Fort Sam Houston Community:

I proclaim April as Child Abuse Prevention Month in the Army.

The most recent Department of Army report on child fatalities teaches us a great deal about preventable child deaths. The report is a sobering reminder of the need for an effective, installation-wide response.

- We need to recognize child abuse and the dangerous circumstances that can lead to a child's death.
- We need to respond to what we see and know, keeping the safety of our children uppermost in our minds.
- We need to report all forms of child abuse. Situations of child neglect can lead to child deaths.

Building stronger links to the civilian community is another important factor. The report on child fatalities shows that all too often, child abuse incidents that were

identified off post were not reported to military authorities who could have offered intervention services.

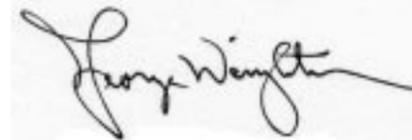
Family stress and family dysfunction are deep concerns. For instance, 56 percent of the adults involved in Army child abuse fatalities had substance abuse and/or behavioral health issues. In six child fatality cases, death occurred while the Soldier was deployed. Two fatalities were identified as possible Shaken Baby Syndrome cases. Three fatalities were directly attributed to post partum depression.

Our smallest children are the greatest victims. In fact, 76 percent of all child abuse fatalities involved children under the age of 3.

We must dedicate ourselves to preventing these tragedies. We must commit ourselves to protect our children, and keep them safe. What does it take?

- Pay attention to the early warning signs.
- Reach out to families under stress.
- Mobilize the whole community, both on post and off.
- Know what services and programs are available.
- Recognize, respond and report child abuse and neglect.

For information and support in preventing child fatalities, call Marjorie Loya, Family Advocacy Program manager at 221-2418 or 221-2705.



GEORGE W. WEIGHTMAN  
Major General, MC  
Commanding

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## Briefs cont. . . .

### Activation ceremony

The 201st Military Intelligence Battalion, 470th MI Brigade, will activate during a ceremony April 12 at 9 a.m. at the MacArthur Parade Field.

### Change of command

Capt. Martin L. O'Donnell will relinquish command of Headquarters Company, Special Troops Battalion, to Capt. Clayton D. Curtis, Monday at 1 p.m. at the post flagpole on Stanley Road.

### ISR Part 1 - Infrastructure Training

The Installation Status Report Part 1 - Infrastructure Training will be held Tuesday from 1 to 4 p.m. at Building 4196, Room 22 (Scheduling Room). Training is mandatory and is the last for the year. The class will include ISR documentation and instruction on how to conduct an ISR inspection. For more information, call Judy Barta at 295-4922 or e-mail Judy.Barta@samhouston.army.mil.

### Neanderthal Trail Run

The Neanderthal Trail Run, sponsored by E Company, 32nd Medical Brigade, will be held April 17 at 6:30 a.m. at Building 5130. The 5.2-mile course comprises rugged off-road terrain with challenging trails. Unit T-shirts and guidons are welcome. The event is open to active duty service members and Army civilians. The cost is \$10 and includes a T-shirt and refreshments. For more information or to register, call Sgt. Anthony Derencius at 295-7645 or e-mail anthony.n.derencius@us.army.mil.

### Setting it straight

In the March 30 issue of the News Leader, the article "AER campaign: Soldiers helping Soldiers" states that last year's campaign totaled \$940,000. The correct amount is 94,000.

### Employee of the Year with a Disability

Post leadership can recognize an employee with a disability who has made outstanding contributions to a work unit or organization, Fort Sam Houston and the Department of the Army with a nomination for the 2006 Army Employee of the Year with a Disability Award. Nomination packages are due by Wednesday. For more information, call Glenn Ribblett at 221-9401.

### Unit Prevention Leader Seminar

Fort Sam Houston's Army Substance Abuse Program will sponsor a Unit Prevention Leader Seminar April 24 to 28 in Willis Hall, Room 2206. This is a mandatory class for UPLs currently on orders to collect drug-testing specimens for their unit. Certificates of completion may be used for promotion points. Reservations will be on a first-come, first-served basis, and registration must be done via e-mail. For more information or to register, e-mail April.Johnson-Walker@samhouston.army.mil or Angela.Moss@samhouston.army.mil.

### Brigade run

The 32nd Medical Brigade will sponsor a brigade run called "Viva Fiesta" April 14 at 5:30 a.m.; the assembly area is the BG Johnson Track Field.

### Mobile radio system down for upgrade

The Fort Sam Houston trunking land mobile radio system is scheduled for upgrade through May. The upgrade will require the system to be down May 24 from 7 a.m. to 5 p.m. First responders will not be able to use the system and may have to go conventional. For more information, call Jane Schlinke, directorate of information management, at 221-0612.



Photo by Cheryl Harrison

## Medical Retention Processing Unit opens for business

(From left) Spc. Kristian Peska, assigned to the Medical Retention Processing Unit; Col. Wendy Martinson, U.S. Army Garrison commander; Lt. Col. Ricardo Glenn, Brooke Army Medical Center Troop commander; and Capt. Patricia Hull, commander, MRP unit shared the honors in a ribbon cutting ceremony held Friday, commemorating the opening of the new MRPU. The MRPU is designed to evaluate and treat Reserve component Soldiers with in-line-of-duty incurred illnesses, injuries or diseases, or aggravated pre-existing conditions, and, as soon as possible, return these RC Soldiers back to duty.

## Handicapped accessibility rooms are occupant ready

(From left) Col. Wendy Martinson, U.S. Army Garrison commander, Capt. Norman Ayotte, Brooke Army Medical Center Medical Company commander, Lt. Col. Ricardo Glenn, BAMC, troop commander and Staff Sgt. John Sanchez, a patient, shared the honors of cutting the ribbon in Building 2641, celebrating the completion of four of 12 barrack rooms with handicapped accessibility. Sanchez said "Being in the room helps me out with all of my needs. They are needed, because more Soldiers are coming back in wheelchairs."



Photo by Cheryl Harrison

# Soldiers prohibited from wearing non-standard armor

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON – U.S. Soldiers deployed in Afghanistan and Iraq are prohibited from wearing non-standard-issue body armor, a senior Army officer told reporters here Friday.

Parents of Soldiers serving in overseas combat zones "ought to feel comfortable with the fact and know ... that we have provided the best body armor that is available anywhere in the world," said Maj. Gen. Jeffrey Sorenson, the Army secretary's deputy assistant for acquisition and systems management.

Claims of superiority voiced by some manufacturers whose body armor isn't certified for Soldiers' use are just claims, Sorenson said at a Pentagon news conference. Such equipment, he said, hasn't been tested or evaluated. "They have not passed the rigor that we put into standards determining whether something is safe, effective and suit-

able," Sorenson said. "And, until such time that they can do that, we will not give them, if you will, the 'Good Housekeeping Seal of Approval.'"

Sorenson referred to an Army safety message dated March 17 that directs commanders in Iraq and Afghanistan to ensure their Soldiers wear only Army-tested and -approved body armor. Commanders have 30 days after receipt of the message to conduct inspections to see that Soldiers are in compliance, according to the message.

The message also cautioned commanders that some Soldiers might be wearing a specific brand of non-Army-certified body armor that hasn't undergone standardized testing procedures, a commercial body armor called "Dragon Skin," made by Pinnacle Armor.

Sorenson confirmed that Dragon Skin currently is not authorized for Soldiers' wear. The manufacturer has received Army funding to develop lighter-weight body armor. However,

that system has yet to be subjected to Army certification tests.

Plenty of standard-issue body armor is available for Soldiers serving in overseas combat zones, Sorenson said. In fact, more than 200,000 sets of tested and authorized body armor, he said, have been forwarded to U.S. military theaters of operation.

Some Soldiers in Afghanistan and Iraq have complained about the heavy weight of the body armor now being issued. Sorenson said the Army continues to address such Soldier concerns. Providing Soldiers more comfortable and effective body armor "is what everybody is interested in," he said.

Meanwhile, the Army continues to examine "all types of composites, all types of materials" in the search for better body armor, he said. "So, this is just a constant evolution. And, if someone finds the 'holy grail' (of body armor), then we'll be right there to back up the dump truck and buy it," Sorenson said.

## New civilian personnel system transition includes pay increase

By Donna Miles  
American Forces Press Service

WASHINGTON – Most of the first 11,000 Defense Department civilian employees to convert to the new civilian personnel system in April will receive a pay increase, an official said March 30.

About 85 percent of people will see an initial bump in pay when they are enrolled in the new National Security Personnel System, said Joyce Frank, spokeswoman for the system.

The first employees to make the switch in "Spiral 1.1" of the phase-in process will automatically convert to the new system April 30, she said. "No one loses pay" as they convert from the old Civil Service System to the new pay-for-per-

formance NSPS, Frank said. Most, in fact, will qualify for a one-time, prorated within-grade increase buy-in.

Employees in Step 9 or lower of their current GS grade and with acceptable performance will receive credit toward their next scheduled within-grade step increase, Frank explained. The so-called WGI buy-in will be based on the number of days accumulated toward the increase and will be factored in for eligible employees before their positions are converted to pay bands.

The NSPS Web site will offer a conversion tool so employees can determine where they will fall in the pay band system when their positions convert to NSPS, Frank said. Another new feature on the Web site will be a Web-based training program for employees to learn about NSPS, she said.

# Schoomaker tours USAMITC

The commanding general of the Medical Research and Materiel Command and Fort Detrick, Md., visited the U.S. Army Medical Information Technology Center at Fort Sam Houston March 8 to tour the facility and visit with staff.

During his tour, Maj. Gen. Eric Schoomaker was briefed about the various tools USAMITC uses to support the Army Medical Department's messaging networks — tools to monitor connectivity and routing, bandwidth availability, software distribution, spam

protection and more.

Additionally, Schoomaker said the efforts of USAMITC staff are critical to supporting the information management and information technology needs of the nation's warfighters.

After the tour, Schoomaker spoke to a gathering of employees and presented awards. He encouraged employees to continue to do their best and be good stewards of the government's resources and reminded them that their efforts are making a difference.

(Source: USAMITC)



Photo by Martha Louise Reyna

Mark Robinson, U.S. Army Medical Information Technology Center, explains the USAMITC trouble ticket system to Maj. Gen. Eric Schoomaker, commanding general of the Medical Research and Materiel Command and Fort Detrick, Md., while Scott Holmes looks on. The USAMITC Enterprise Service Desk was just one of the stops Schoomaker made March 8 during a tour of the center.

## 208th RSG

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for World War I as part of the American Expeditionary Forces, and which fought as part of Patton's Third Army in World War II. Soldiers wear the distinctive T-O patch which not only stands for Texas and Oklahoma, but also for how the Soldiers are more affectionately regarded — "Tough 'Ombres."

Since September 2001, more than 4,000 Soldiers have been deployed, both individually and with their units. As of March 2004, more than 43 units of the 90th RRG had deployed in support of Operations Noble Eagle, Enduring Freedom and Iraqi Freedom. These Soldiers provide a critical service in transportation, maintenance, supply, personnel and military police.

While the 90th RRG is casing its colors, most of the units remain and will continue to meet the challenges of providing trained Soldiers and units to accomplish their mission anywhere in the world.

"This is no accident that this is the best Army, the best Army Reserve that has ever

existed, best trained, and best equipped. It is made up of dedicated patriots and that is what we need in this time of long war," said Sholar.

"We will come out of this change in better force, an Army Reserve better qualified, better prepared, better equipped to meet the mission and the needs of the citizens. I am totally confident of that," he said.

Pointing to the Army flag behind him on stage, Hanrahan talked about the battle streamers attached to the Army flag. He said the streamers represent numerous campaigns through numerous wars that American Soldiers fought, died for and won.

"There is the possibility that at some point in the future the 208th will receive battle streamers for its action going forth, and I have every confidence in the Soldiers, officers and non-commissioned officers of the 208th that each and everyone of you will play a valuable card in the continuing history of the United States Army's 229th-plus history, and will do the 208th proud just as you have done the 90th RRG and the 'Tough

'Ombres' tribe," said Hanrahan.

Incoming commander Wells, said, "With our nation at war we will have continuing greater requirements with reduced resources." Wells said the Army Reserve is leading the front lines.

"All that remains in the Army reserves in the future will be expeditionary forces; we are capable of deploying and that is what we are going to do," said Wells.

Hanrahan received the Meritorious Service Medal for his outstanding contributions as commander for the 90th RRG. The U.S. Army Medical Command Brass Quintet provided patriotic music before and after the ceremony.

Soldiers assembled at the ceremony represented the 363rd Quartermaster Battalion, the 467th Quartermaster Battalion, 607th Military Police Battalion, 694th Maintenance Battalion and the Headquarters and Headquarters Company 90th RRG; each of these commands represent more than 2,500 officers and Soldiers from the five-state areas of the 90th RRG.



Photo by Esther Garcia

Col. Jimmie Jay Wells, incoming commander for the 208th Regional Support Group, gives the command to "Present arms" and salutes following the unfurling of the 208th colors.

## Show of support

Continued from Page 1

"We're definitely proud to be an ESGR Freedom Award recipient, but we're even prouder of the 'Citizen Soldiers' who risk their lives each day in defense of freedom," said Joe Wehrle, president of USAA's Property and Casualty Company.

While outstanding for its contributions, USAA is just one of hundreds of employers throughout the nation committed to supporting its service members. In turn, ESGR is committed to recognizing these employers for the support they give.

"We recognize companies that not only talk the talk, they walk the walk," said Findley Brewster, ESGR volunteer and chairman of the San Antonio Area Committee. "I've seen some outstanding employers whose commitment extends far beyond the law."

For example, "some employers give full pay while the reservist is deployed," Brewster said, adding that there is no requirement for employers to give any pay at all during a deployment.

Other support Brewster has seen includes care packages, welcome home parties, a "wall of heroes" with pictures of deployed employees, and volunteers will

ing to do "honey do" chores around the house of a spouse with a deployed service member.

The recipients of these "extras" can thank their employers for the support by nominating them for an ESGR Employer Recognition Award.

"Our Employer Recognition Awards are all based on nominations from reservists," said Caryl Hill, ESGR volunteer. "We encourage people to nominate their employers for support so they can thank them and serve as an inspiration to other companies."

The first step in the recognition process is to nominate an outstanding employer for a "My Boss is a Patriot" award. Nominations can be made online at [www.esgr.com](http://www.esgr.com).

Every employer nominated will receive an award certificate and lapel pin, according to an ESGR fact sheet.

The nominations don't stop there; an ESGR committee then reviews the Patriot award nominations for consideration for higher levels of recognition.

At the state level, the employer can earn the "Above and Beyond" and "Pro Patria" awards. The first is for employers who have exceeded legal requirements as outlined in the Uniformed Services Employment and

Reemployment Rights Act for granting leave and supporting military duty. The other is presented annually to one employer in a state or ESGR territory that "provided the most exceptional support of our national defense through leadership practices and personnel policies" in the support of Guardsmen and reservists, according to a fact sheet.

The most prestigious of the ESGR awards is the Secretary of Defense Employer Support Freedom Award, Hill said. The recipients of this award are picked through a separate nomination process conducted in January and February each year.

"The Freedom Award is not part of the progression from the Patriot Award, although the nomination must come from a reserve component employee," Hill said.

The recognized employers for all awards range from companies with thousands of employees, like USAA, to smaller ones like G.B. Sign Service in San Antonio, with just six employees. Although the company employs only one reservist, Cpl. Christopher Marmolejo, the size of the staff



Photo by Elaine Wilson

Cheryn and John Fasano, both reservists and USAA employees, greet John's boss, Chris Canter, at USAA in San Antonio. The Fasanos deployed to Iraq together in 2003 and both think highly of the company's support of its reservist-employees. "Our employer's support of our Reserve duty is a major reason we stay," said John. "When we were deployed, our co-workers sent us e-mails, pictures and letters, and our bosses sent us USAA information so we stayed in the loop."

means a big hit in manpower when one person is away from work.

"He deployed last year, but we managed," said company owner George Bratton. "We were supportive of his decision when he joined the Reserve, and the war and his sacrifice made that support even more important."

Bratton and his employees remained in close contact with Marmolejo's family and in touch with the Soldier while he

was deployed.

The selfless support resulted in an "Above and Beyond" award for the company this year.

"The good thing is that Corporal Marmolejo took the time and initiative to nominate his employer," Hill said. "Without his nomination, the company would never have gotten the recognition it deserved."

For more information about ESGR or to nominate a civilian employer, visit [www.esgr.com](http://www.esgr.com).

# 'Phishing' scam targets Thrift Savings Plan participants

By Samantha L. Quigley  
American Forces Press Service

WASHINGTON — Participants, as well as some non-participants, in the Thrift Savings Plan are targets of a "phishing" scam, an official with the board administering the program said March 20.

Tom Trabucco, director of external affairs for the Federal Retirement Thrift Investment Board, said phishing is an "attempt to get recipients of the unsolicited e-mail to compromise themselves by giving up their personal financial information."

TSP administrators would never request personal or financial information via e-mail, Trabucco said. "Do not respond to unsolicited e-mail, and never give out information of a personal nature (through) unsolicited e-mails," he said.

"Phishing is an 'attempt to get recipients of the unsolicited e-mail to compromise themselves by giving up their personal financial information.'"

Tom Trabucco  
*director of external affairs for the Federal Retirement Thrift Investment Board*

The Federal Retirement Thrift Investment Board alerted TSP coordinators to the scam in a March 17 memo, the day after the scam was discovered. The memo described it as an unsolicited e-mail with a link to a bogus Web site appearing to be the thrift plan's account-access site.

The bogus site asks for a recipient's Social Security and TSP personal identification numbers. Entering this information takes the user to another screen where they are asked for financial information,

including a credit card number, he said, adding that this information can be used to steal an individual's identity.

As long as participants have not responded to this scam e-mail, their accounts have not been compromised, investment board officials said in the memo. Those who did respond should contact their financial institutions immediately for guidance. They should also call the TSP at (877) 968-3778 and ask to have their account access blocked, according to the memo.

Phishing e-mails generally appear to be from a business or organization the recipient may deal with, according to a Federal Trade Commission Consumer Alert issued in June 2005. It may request that the recipient update, validate or confirm account information, the alert said.

Participants are encouraged not to attempt to access their accounts by clicking links offered in any e-mail, according to the memo. Only by opening a new Internet browser and typing the Thrift Savings Plan's Web site into the address field (<http://www.tsp.gov>) can a participant be sure of accessing the authentic thrift plan Web site.

The thrift plan is a retirement savings plan for 3.6 million federal civilians and service members, Trabucco said. Officials don't know how many plan participants the scam has affected, but the FBI is investigating, he added.

## Civilian personnel

Continued from Page 3

A new publication on the Web site, to be issued in hard copy to Spiral 1.1 employees, explains details of the new system, which ultimately will affect more than 650,000 DoD civilian employees.

"HR Elements for Managers, Supervisors and Employees: A Guide to NSPS," gives employees an overview of the critical elements they need to understand as they convert to NSPS, Frank said. It covers pay increases and bonuses, pay bands and job

objectives, among other topics.

On the guide's opening page, Mary E. Lacey, program executive officer for the NSPS, encourages employees to work with their supervisors to establish job objectives and discuss evaluation criteria and how to improve their

on-the-job performance.

"NSPS is a system that is good for the department and it is good for you," Lacey wrote. "It will strengthen our ability to accomplish our national security mission and provide opportunities to enhance your personal

growth and development."

Implementation of the new system represents "the beginning of a long journey for all of us, and we will learn from one another," she wrote.

For more information, visit <http://www.cpms.osd.mil/nsps>.

# Dining facility offers up some 'food for thought'

Story and photos by Minnie Jones  
Fort Sam Houston Public  
Information Office

Before the sun rises, Van Roberts, manager of the Rocco dining facility and his crew arrive to work to prepare meals for Soldiers stationed at Fort Sam Houston. The Rocco dining facility is one of two dining facilities located on Fort Sam Houston; the other is the Slagle dining facility that is devoted to serving students attending technical training.

The Rocco dining facility is smaller in size but its staff can still speak proudly about their part in feeding Fort Sam Houston's Soldiers. On any given day, the facility can serve more than 3,200 meals. "It costs about \$925,600 a year to keep Soldiers happy and satisfied," Roberts said.

"Most Soldiers don't worry

about the cost per meal, which averages about \$3.55 per meal," said Roberts. However, sometimes they tend to take more than they are allowed.

"Patrons are entitled to only one serving per visit, which consists of one starch, one vegetable and one meat," he continued. "The cost of food like everything else is going up and we have to be mindful about quantities that are taken or consumed in excess of what is permitted."

Some patrons, due to lack of awareness, have come into the facility and loaded up on bulk items such as packets of creamer, sugar or fruit, Roberts said. "This practice is not acceptable," he said.

Since its opening in May 2003, the cost of running the Rocco dining facility has increased by 40 percent; this does not include other operating expenses like the purchasing of

new equipment. Monthly expenses are close to \$200,000.

"Patrons are still getting a good deal; the Basic Daily Food Allowance that changes monthly and set by the government is well under what it would cost for them to go out and purchase food from local restaurants," he said.

The Rocco dining facility has a lot to offer. Some amenities that the Rocco dining facility dishes up are ethnic meals daily, including Italian, Hispanic, Asian, Southern or German cuisines. The facility also observes ethnic heritage months, with more emphasis placed on that month's cuisine. Some pastry food items are baked on site; "most cakes, homemade rolls or cornbread are baked daily," Roberts said.

The "Take Out Service" also offers short order foods like hamburgers and healthy food choices with fresh fruit and lighter options like low-calorie cereals. The take-out counter is located to the right of the paying line, and operating hours are longer than the regular dining facility.



Soldiers from A Company, 264th Medical Battalion are being served lunch at the Rocco dining facility.

"Our goal is to provide the best possible meal to each person that walks through our doors," Roberts said. The Rocco dining facility is open to all Soldiers, their dependents on designated occasions, Department of Defense civilians and government contractors.

The dining facility is open weekdays for breakfast from 6:15 to 8:15 a.m., lunch from 11 a.m. to 1:30 p.m., and dinner from 5 to 7 p.m. On weekends and holidays, breakfast hours are from 8 to 9:30 a.m., lunch from 12 to 1:30 p.m. and dinner from 5 to 6:30 p.m.



Faye Coleman, in the carryout section, prepares barbecue chicken for the lunch crowd.

## Water-saving tips

- Check your water meter and bill to track your water usage.
- Minimize evaporation by watering during the early morning hours, when temperatures are cooler and winds are lighter.
- Wash your produce in the sink or a pan that is partially filled with water instead of running water from the tap.
- Use a layer of organic mulch around plants to reduce evaporation and save hundreds of gallons of water a year.
- Use a broom instead of a hose to clean your driveway or sidewalk and save 80 gallons of water every time.

(Source: Fort Sam Houston Environmental Office)



## New first sergeant

First Sgt. Jessie Hall accepts the D Company, 187th Medical Battalion guidon from Sgt. 1st Class Tammy Crawley, senior cadre sergeant, at the change of responsibility ceremony March 31 as he prepares to relinquish responsibilities to 1st Sgt. David Roberts.



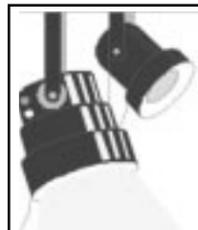
Photo by Esther Garcia



Photo by Nelia Schrum

## VFW donation

Brig. Gen. James Gilman, Brooke Army Medical Center commander, accepts a motorized wheelchair donated by the Veterans of Foreign War Post 4443 for orthopedic patients. Bob Burrill (left) and Don Braun, from the Highland Hills - Oak Hills VFW Post in Austin, Texas, presented the wheelchair to Gilman for use by orthopedic patients.



## Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news. leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

# Career Day

Eric Dotson, third grader, and Lucila Usinger, fifth grader both from Tynan Elementary School in San Antonio, study the bones of a small animal displayed by the Veterinary Clinic at the Fort Sam Houston Community Mentor Program Career Day March 29 at the Main Post Chapel on Wilson Road. A number of agencies were present with displays, information and give-away items for children from seven local schools, ranging from elementary to high school.



Photo by Olivia Mendoza

## Troop Salute

### 232nd Medical Battalion



#### Soldier of the Week

**Name:** Pfc. Curtis Vernlund

**Unit:** C Company

**Hometown:** St. Cloud, Minn.

**Reason for joining:** To serve my country, follow in my family's footsteps of serving in the Army, to better myself.

**Hobbies:** Snowboarding, running and backpacking



#### Junior Leader of the Week

**Name:** Pfc. Chad Evans

**Unit:** C Company

**Hometown:** Tarkington Prairie, Texas

**Reason for joining:** To get the training and discipline to be a leader and Soldier

**Hobbies:** Baseball, music and drawing

## Congratulations, Graduate

The Army Continuing Education System presents and congratulates the latest Webster University graduates:

#### Master's degrees

Lt Col. Talford Vann Mindingall  
Lt. Col. John Thomas Solon

Capt. Robert Anthony Garcia  
Capt. Luis Rafael Hernandez  
Capt. Robert Garcia  
Lt. Donald William Carden  
Sgt 1st Class Robert Christopher Briley  
Staff Sgt. Mischelle Denine McCall  
Staff Sgt. Myra Reed Phillips  
Sgt. Gay Alberta Lawson  
Sgt. Michael August Jackson  
Sheryl A. Emerich  
David Anthony Grider  
(Source: Fort Sam Houston Education Office)

# Shaken Baby Syndrome is preventable

By **Juliana A. Perez**  
Family Advocacy Program

In the first two months of this year, children from ages 6 weeks to 4 years old made headline news in San Antonio. They were severely injured by their own mothers, fathers, parental figures or child care providers. None of the offenders had a previous history of abusing children.

Except for the child care provider, what the offenders had in common was youth, lack of parenting skills and child development knowledge, poor judgment, and low income and education.

Family violence, drugs and alcohol were other contributing factors to these incidents. The injuries inflicted on the children ranged from broken arms, legs and wrist; abrasions and bruising to head, neck, back and body; skull fracture; brain hemorrhage and death. No one thinks they are capable of losing control with their own child, yet it happens. Children in this age range are helpless and

their developing brains are so fragile that severe injuries and even death can happen very quickly when an adult shakes, slaps or hits an infant.

The brain of a newborn is only about one-fourth the size of an adult's. A baby's and toddler's healthy brain development is the key to successful lifelong learning abilities. The muscles of an infant's neck are not strong enough to support the head. When shaken, a baby's neck snaps back and forth and the sensitive nerves and spinal bones that connect the brain to the body via the neck are affected. Brain injury occurs when the brain strikes the inside of the skull and blood vessels are ruptured.

The effects of these injuries often cause irreversible damage and are known as Shaken Baby Syndrome. The children who survive SBS may experience partial or total blindness, hearing loss, seizures, developmental delays, impaired intellect, speech and learning difficulties, attention span problems, severe mental retardation, coma or paralysis.

Newborns and children 3 to 5 years old are at high risk of injuries because they do not have language skills to make their needs known. Newborns have basic needs that must be met; they must be fed, clothed and nur-

tered. Newborns communicate with their senses to make their needs known — they grimace, whimper and cry in different tones.

Toddlers' limited language and their curious nature can be stressful for adults. Newborns are supposed to cry and toddlers are supposed to explore, say no and begin to assert their personalities.

Caregivers of small children need to feel confident in their knowledge of child development and how to cope with situations when they feel stress.

The Family Advocacy Program offers the following parenting skills classes: You and Your Baby, Single Parenting, Dad Difference and Parenting for School Aged Children. A new addition to the class schedule is specifically for parents of toddlers, Solve 1 and 2. The New Parent Support Program Plus provides supportive services to families with home visitation. Remember, Shaken Baby Syndrome is 100 percent preventable.

For information on New Parent Support Proactive Plus, call 221-2334; to register for classes, call FAP at 221-0349. For information about child development and Shaken Baby Syndrome visit [www.zerotothree.com](http://www.zerotothree.com), [www.brainconnection.com](http://www.brainconnection.com) or [www.dontshake.com](http://www.dontshake.com).

## Army Community Service

### Family Advocacy Program – April Class Schedule

Class	Dates	Time
Boys Only! Ages 6 to 8	Monday	4 to 5 p.m.
B.E.A.M.S. (series 5 and 6)	Monday	11 a.m. to 12:30 p.m.
Building effective anger management skills B.E.A.M.S. (six-part series)	Wednesday and 19	4:30 to 6 p.m.
Dad Difference	Monday	2 to 3:30 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, 18 and 25	9 to 11 a.m.
Negotiating Conflict	Tuesday	1 to 2:30 p.m.
S.T.E.P. Program for Parents of School-Age Children	today, 13, 20 and 27	1 to 2:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday, 18 and 25	11 a.m. to 12:30 p.m.
Truth or Consequences?	Tuesday, 18 and 25	4:30 to 6 p.m.

Class space is limited. To register or for more information, call ACS Family Advocacy Program at 221-2418.

## Brooke Army Medical Center

### Health Promotions April Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday, 18 and 25	2 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Breast-feeding Class	Fridays	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room
Breast and GYN Cancer Support Group	Wednesday	9:30 a.m.	Call for location, 916-3352
Cholesterol Management	19 Tuesday and 25	1 to 2:30 p.m. 10 to 11:30 p.m.	BAMC Health Promotion Center (This class is by consult only)
Diabetes Management	Monday and 17 Tuesday and 18	Call for more information	BAMC, call Lila Kinser at 916-0794 to sign-up
Diabetes Management (Pre-Diabetes)	Wednesday	Call for more information	BAMC, call Lila Kinser at 916-0794 to sign-up
* Tobacco Use Cessation B	Tuesday and 18	5 to 6:30 p.m.	BAMC, fourth Floor Conference Room, Room 413-11
* Tobacco Use Cessation C	today, 13 and 20	3 to 4:30 p.m.	BAMC, fourth Floor Conference Room, Room 413-11
Weigh for Health (Weigh to Stay) Active Duty Military	Wednesday	2:30 to 3:30 p.m.	Call nutrition care at 916-7261 for class location
Yoga	Wednesday, 19 and 26	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

\* To schedule these classes, call 916-9900 and choose option number 4. For more information, call 916-3352.

## March to remember



Courtesy photos

(From left) Maj. Janice Baker, of Fort Bragg, N.C.; Capt. Rachel Wienke, of the Army Medical Department Student Detachment; 1st Sgt. Paula Chavez, of A Company, 264th Medical Battalion; and Sgt. 1st Class Brande Dietrich, of B Company, 187th Medical Battalion, meet Bataan Death March survivor Cpl. David Tellez March 26 at the halfway point of the 26.2-mile Bataan Memorial Death March at White Sands Missile Range, N.M. The Soldiers, along with Lt. Col. Teresa Galgano, of Northwestern State University ROTC Battalion in Natchitoches, La., comprised the "Army Chicks" team that took first place in the female military heavy division of the march.

Sgt. 1st Class Brande Dietrich, of B Company, 187th Medical Battalion, takes the reenlistment oath administered by Capt. Rachel Wienke, of the Army Medical Department Student Detachment, March 26 shortly after their team, the "Army Chicks," finished the Bataan Memorial Death March.



## Wounded warriors take on Bataan Death March challenge

By Michael Dulevitz  
Brooke Army Medical Center Public Affairs

A team from Brooke Army Medical Center took part in the 17th annual Bataan Memorial Death March on March 26 at White Sands Missile Range, N.M. The BAMC team was comprised of active duty and retired military and a civilian.

The tough 26.2-mile course is a challenge for any participant, but presented unique challenges for the BAMC team. Six of the eight members were amputees recovering from wounds received in the Global War on Terrorism. Despite this fact, they all volunteered to not only take part in, but surmount the challenges of the grueling march.

The wounded warriors were retired Staff Sgt. Brian Neuman; Sgts. Steve Bosson and Moses Sonera; Spcs. Steve Robison and Domingo Soto-Santana; and Marine Sgt. Michael Owens. Two staff members, Capt. Justin Laferrier and Matt Parker, joined the team to ensure all went well for the patients.

The route starts on the White Sands main post, crosses dusty and hilly desert terrain, circles a small mountain, and returns to the main post through sandy desert trails and washes. The elevation ranges from about 4,100 to 5,300 feet. It is not for the faint of heart.

When asked why he volunteered for the march, Soto-Santana said, "I wanted to see if I still had the ability to carry a ruck and do a road march." He said it was a good getaway from the hospital environment. More importantly, Soto-Santana said, "to represent the Army in such an event felt really good." Soto-Santana was the first of the BAMC group to complete the march.

"The thing that struck me the most was that

everyone that we ran into told us that we were their source of inspiration and motivation," Robison said. He said before, during and after the march he ran into people who wanted to shake the hands of BAMC team members, thank them for their service and tell them that it was their performance that spurred so many others on to complete the course.

Parker, recounting a verbal exchange with an Army colonel, said, "This man had only intended to do the short version of the march, but after seeing the BAMC amputees in action, he told me he was inspired to complete the course and did."

Parker said this was the effect the wounded warriors had on many at the event. He pointed out that Owens had just had an upper extremity revision one week before the march, and he not only participated in the march, but was also the second one to complete the trek for the BAMC group.

The BAMC team members said the nearly 20 Bataan Death March survivors who came to the event were the focal point for them. Retired Chaplain (Maj. Gen.) Robert P. Taylor, a lieutenant at the time of his capture, was on hand for the event. Taylor is the only chaplain still in military service who survived the horrors of 42 months of Japanese prison camps.

The march is held annually in honor of World War II veterans who were forced by Japanese captors to take the trek from Mariveles to Camp O'Donnell in the Philippines. The capture of the estimated 75,000 American and Filipino troops took place following their surrender April 9, 1942. The prisoners endured a 60-mile trek over a period of several days that caused the death of many and conditions that could only be deemed appalling.

For more information, visit <http://www.bataan-march.com>.



Courtesy photo

### Bataan memorial

Capt. Nathaniel Garza, 79th Ordnance Battalion (Explosive Ordnance Disposal) participated in the Bataan Memorial Death March on March 26 at White Sands Missile Range, N.M. The Bataan Memorial Death March honors the World War II heroes who were responsible for the defense of the islands of Luzon, Corregidor and the harbor defense forts of the Philippines. This year's march drew nearly 3,900 service members and civilians from all 50 states as well as the United Kingdom, Germany, Canada and Korea. The march is a 26.2-mile course through sand-pit trails and washes including an elevation incline from 4,100 to 5,300 feet.



Photo by 1st Sgt. Armand Fermin

### Race for a cure

More than 150 Soldiers from C Company, 232nd Medical Battalion, join the nearly 30,000 people who participated in the 2006 Komen San Antonio "Race for the Cure" Saturday in downtown San Antonio. Capt. Eric Swiger, company commander, led the Soldier formation for the 5K event. Pvt. Zachary Hines was the overall third place finisher with a run time of 18:05. "Many of these Soldiers had never heard of this nationwide event and were ecstatic to be involved," said 1st Sgt. Armand Fermin. "The people of San Antonio were pumped up as the 'Cougar Medics' showed their pride."



### Intramural Volleyball Standings

As of March 30

Team	Win	Loss	
BAMC	10	0	
232nd Med	7	3	
264th Med	5	5	
Baylor	5	5	
Navy	3	7	
DENTAC	0	10	
<b>March 30</b>			
232nd Med	2	264th Med	0
Navy	2	DENTAC	0
BAMC	2	Navy	0

### Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9V, Brooke Army Medical Center, or call 916-3352 or 916-5538.



## High school news



Courtesy photo

The Cole High School Color Guard and Sabre Guard honor breast cancer survivors Saturday at the 2006 Komen San Antonio "Race for the Cure."

# FSHISD participates in 'Race for the Cure'

By retired Lt. Col. Robert Hoffmann  
Robert G. Cole Jr./Sr. High School

Fort Sam Houston Independent School District had a strong representation at the 23rd annual Susan B. Komen "Race for the Cure" in downtown San Antonio. Runners and walkers braved the early morning hours to participate in race activities.

The Robert G. Cole High School's Junior ROTC joined nearly 30,000 of their friends and neighbors at the Alamodome. For the fifth year in a row, the cadets participated in the event and provided a Sabre Guard to honor the runners and breast cancer survivors. In addition, for the first time, JROTC cadets provided the national colors.

"Getting up so early in the morning was tough," said Jennifer Gibson, Cole sophomore

color guard member. "But seeing all those runners and proud ladies made it worth it."

More than 50 staff members from Fort Sam Houston Elementary School participated in the race to support friends, colleagues and all breast cancer victims. A busload of enthusiastic and energetic supporters completed the 5K run.

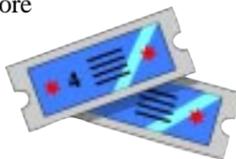
"It gets very emotional to see so many people in the pink shirts (breast cancer survivors)," said Amy Cichon, Fort Sam Houston Elementary physical education teacher and team captain.

"Participating in the race not only creates camaraderie among the participants, but provides support to all the people in the pink shirts."

In its ninth year in San Antonio, the event has become the largest series of 5K run and fitness walks in the world. It is the premier fundraiser and awareness-raising device for the nationwide fight against breast cancer.

### ***Fiesta parade tickets***

The Cole Jr./Sr. High School Cougar Pride Club is selling tickets to the Battle of Flowers Parade and the Fiesta Flambeau Parade. Tickets are \$8. For more information, call Lana Dochnal at 226-2746.



### **Blood is fluid of life**

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



## Trustee attends governance, legal seminar

By Dr. Gloria Davila

Fort Sam Houston Independent School District

Board President Keith Toney, of Fort Sam Houston Independent School District, joined trustees from throughout the state at the Texas Association of School Boards' Winter Governance and Legal Seminar March 2 to 4 in Corpus Christi, Texas.

The seminar included in-depth sessions which focused on the basics of school budgets and finance, district planning and accountability, boardsmanship, teamwork and school law.

"The seminar provides experienced board members practical continuing education on key issues facing local districts, including school finance, the board's role in improving student achievement and legal updates," said Dr. Gail Siller, superintendent of schools.

"I was impressed with the opportunities for learning about high school redesign, technology immersion, school partnerships with education, and many more important issues that help me in my capacity as board member," noted Toney.

Toney, the school liaison officer for Fort Sam Houston, has served on the district's school board since March 1998 and as board president since April 2001.

TASB is a nonprofit association established in 1949 to serve local Texas school districts. School board members are the largest group of publicly elected officials in the state. The districts they represent have a combined annual budget of \$38 billion, employ about 583,000 people, and serve more than 4.38 million students.



Board President  
Keith Toney

### Volunteers needed for super quiz

Volunteers are needed to work the United States Academic Decathlon National Championship Meet super quiz event April 28 from 10 a.m. to 5 p.m. at Laurie Auditorium, Trinity University campus. Positions available are proctor super quiz, crowd control and team line-up. Training and lunch will be provided. For more information, call Gail Siller at 368-8701 or e-mail gsiller@fshisd.net.

## Fort Sam Houston Independent School District

### Weekly Calendar - Monday to April 15

#### Fort Sam Houston Elementary School

TAKS Spirit Week

#### Monday

Hawaiian day

Pre-registration packets go home

Third grade field trip to zoo

Book fair hours, 7:30 a.m. to 4 p.m.

#### Tuesday

50s Day

First grade field trip to Institute of Texas

Culture

#### Wednesday

Twin day

Early dismissal - kindergarten to fourth grade, 2 p.m.

Early dismissal - fifth and sixth grade, 2:45 p.m.

#### April 13

Sport day (wear a baseball jersey or T-shirt)

TAKS pep rally, 8 a.m.

Third grade math olympics, 9:30 to 10:30 a.m.

Fourth grade math olympics, 1:30 to 2:30 p.m.

Pre-registration packets due back

#### April 14

Good Friday/school holiday

#### Robert G. Cole Jr./Sr. High School

#### Monday

Cole baseball at Randolph Air Force Base, 6 p.m.

Toyota Manufacturing Co. meeting with junior and senior classes during advisory in cafeteria

CVC autism awareness activities during junior and senior lunch

#### Tuesday

CVC autism awareness activities during junior and senior lunch

District 27AA track meet at Blanco, TBA

Talent show tryouts in Moseley Gym, 3:30 p.m.

Poetry slam in mall area, 6:30 p.m.

#### Wednesday

District 27AA Band Region XI C/SR competition

CVC autism awareness activities during junior and senior lunch

#### April 13

District 27AA track meet at Blanco High School, TBA

CVC autism awareness activities during junior and senior lunch

#### April 14

Good Friday/school holiday

## Religious Happenings . . .

### **Easter Sunrise Service**

There will be an outdoor ecumenical Easter Sunrise Service April 16 at 6:45 a.m. next to the Main Post Chapel.

### **Chapel youth group**

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders and is sponsored by the chapel congregations. The theme, "Where Faith and Life Meet," is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

### **PWOC weekly Bible studies**

The Protestant Women of the Chapel invites women in the Fort Sam Houston community to weekly Bible studies at Dodd Field Chapel. The daytime study meets Wednesdays from 9:30 to 11:30 a.m. and the evening study meets Thursdays at 6:30 p.m. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

### **PWOC seeks homeschool moms**

The Protestant Women of the Chapel invites women who homeschool their children to attend PWOC programs Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail [jecsones@earthlink.net](mailto:jecsones@earthlink.net).

### **Officers' Christian Fellowship**

The Officers' Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail [rgriffith3@satx.rr.com](mailto:rgriffith3@satx.rr.com) or [robert.griffith1@amedd.army.mil](mailto:robert.griffith1@amedd.army.mil).

## Post Worship Schedule

**Main Post Chapel**, Building 2200, 221-2754

#### **Catholic services:**

4:45 to 5:15 p.m. - Confessions -

Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

#### **Protestant services:** Sundays -

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

**Jewish services:** 379-8666 or 493-6660

8 p.m. - Fridays - Worship and

8:30 p.m. - Oneg Shabbat

#### **Protestant services:**

10 a.m. - Worship service - Sundays

12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel**, Building 1398, 221-4362

**Troop Catholic Mass:** Sundays:

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

**Troop Protestant gospel service:**

9:45 a.m. - 32nd Med. Bde. Soldiers -

Sundays

**Troop Protestant service:**

8:30 a.m. - 32nd Med. Bde. Soldiers -

Sundays

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

#### **Catholic service:**

12:30 p.m. - Mass - Sundays

#### **Protestant services:**

10:30 a.m. - Collective gospel Protestant

- Sundays

9:30 to 11:30 a.m. - Women's Bible

Study (PWOC) - Wednesdays, child care

is provided.

#### **Samoan Protestant service:**

12:30 p.m. - Sundays

**FSH Mosque**, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's religious

education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult religious education -

Thursdays

**Evans Auditorium**, 221-5005 or 221-5007

#### **Mormon service:**

9:30 to 11:30 a.m. - Sundays

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

#### **Contemporary service:**

11:01 a.m. - Sundays

#### **Web site:**

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

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

#### **Catholic services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

# Post Pulse: What are the advantages and disadvantages of being a military child?



*"An advantage is they get to interact with different cultures and people from the different states. A disadvantage is moving around, making good friends and then having to leave them behind."*

**Sgt. Eva Cavazos**



*"An advantage is they can get good childcare on post that guides them through each phase in their development, teaching them useful things early on like frequent hand washing. A disadvantage is when both spouses are in the military and have to deploy at the same time."*

**Sgt. 1st Class Marques Entzinger**



*"A care, ethnic schoo stude attem vanta*

## Month of the Military Child

# Military 'brats' cope w

**Story and photo by Elaine Wilson**  
Fort Sam Houston Public Information Office

Deployed to Afghanistan for a year, Lt. Col. Timothy Newcomer will miss his son's prom, high school graduation and, a few months later, his departure to college.

But his son, Matt, is not upset in the least. "He loves to be a Soldier, and if it makes him happy, it makes me happy," said Matt, a senior at Robert G. Cole Jr./Sr. High School. How can I possibly complain that he's not watching me graduate when he's out there sacrificing for our nation?"

As a military child, Matt represents a segment of the military population sometimes referred to as "unsung heroes" because of the level of sacrifice they never signed on the dotted line to make.

"Children are really the hidden heroes of the military family," said Julie Coffey, a 10-year Cole counselor. "Their sacrifices may not be as visible as the sacrifices of service members, but are no less important.

"I've seen the faces and names change, but the challenges confronting military children always seem to remain the same throughout the years," Coffey said.

The challenges, in part, include frequent moves and subsequent loss of friendships, separation from parents due to temporary duty or deployments, and academic struggles when faced with differing curriculums and state requirements.

"Moving so much has made me cautious," said Keena Fisher, a Cole junior who said she has moved so much she can't "count the moves on both my hands." Keena is the daughter of Sgt. 1st Class Daniel Scott and wife, Tina.

"I used to find best friends right away, get really close, but then I'd have to move. It was devastating. I don't get as close to people anymore. I still open up but not as much as I used to."

"The hardest part for me is not making new friends, it's leaving the old ones behind," Matt added. "You know you're never going back and no matter how hard you try to stay in touch, the friendships drift away over time."

As friendships are lost throughout the years, Coffey said military children protect themselves by learning not to put down roots as quickly or deeply. "They may look like they are making friends, but, for many, it's not the same depth of commitment (as nonmilitary children)."

While the separations can be painful, Coffey said military children also manage to pick up a positive attribute along the way – adaptability.

Keena said frequent moves have better prepared her for future challenges. "When I was younger, change freaked me out, but not now. Moving so much has taught me to deal with transitions better.

"When I go to college, I don't think it will be as hard for me as other kids," she said. "I know how to adjust to change and feel prepared."

Their ability to adapt has been called upon frequently in recent years as military children have been confronted with not only a war, but the possibility their parent could be sent to fight in it.

Amazingly, Coffey said, many middle and high schoolers take the separation most likely due to a support system of military friends and family familiar with and struggles.

"I'm here with my family and friends and my father is alone in Afghanistan. I don't meet all new people," Matt said. "I realize the separation probably hurts him more than me. I don't think it's right to be selfish or self-indulgent when our parents are fighting for our freedom."

For the most part, even elementary-age children seem to have an uncanny ability to adapt, said Jayne Hatton, Fort Sam Houston Elementary School principal.

"After a while, I just dealt with it," said Marlene Renz, a fifth grader at Fort Sam Houston Elementary School. Her father, Lt. Col. Evan Renz, is a surgeon for the Army Medical Center burn unit on a six-month deployment to Iraq.

"I'm just happy he's coming home soon. It really helps that we can e-mail and talk on the phone a lot."

Some children handle the separation better than others, Hatton said, so most schools keep a keen eye on their students for signs of stress or depression and offer a variety of programs to help transitioning students. A more widespread concern among elementary students is academics, the principal said.

"The children are coming from schools from throughout the nation and they have different educational experiences that are inconsistent with Texas requirements," Hatton said. "We have to help them adapt to a new environment. It's hard enough to come to a new school without having to struggle academically."

Although confronted by a host of challenges, military children not only survive but thrive, said Hatton, also a military "brat."

"I've noticed that along with an ability to adapt, military children also have the ability to positively contribute to their community," she said. "You only have to look at the contributions of the military in this city to see it. Children pick up the values from their parents."

Keena said she is grateful for the values that have been instilled in her as a military child. "Being a military kid is a lot of responsibility, but that's a good thing. I've been raised to be a leader; my mom and dad are leaders. Because you have to deal with a lot more, you can deal with everyday life and situations better."

Matt said he is also grateful for his exposure to different cultures and parts of the world. "I know there are people in small towns who never left their hometowns, but I've experienced half of what I have," he said.

"It's a small Army," Marlene added. "I've run into people in the hall that I've run into in other places. I miss my old friends but I'll always remember them. And I never know when I'll run into them again too."

The military influence seems to be a lasting one, Coffey said. "A lot of them want anything to do with the military when they grow up, but end up in it anyway because they want to serve their country for the same reasons as their parents."

For more information on military children and support systems, visit [http://icasupportsyou.mil/americasupportsyou/military\\_child.html](http://icasupportsyou.mil/americasupportsyou/military_child.html).

# advantages for military children?

advantages include good health care, the ability to adapt to various environments, and access to better educational systems with lower teacher-to-student ratios and more one-on-one attention. I can't think of any disadvantages."

Naval Aviator Chief Eugenia Obannon



"Advantages are they get great medical care and a day care program that's more flexible with the military than private sector day care. A disadvantage is that for dual military families, the cost for on post day care is based on both ranks combined."

Staff Sgt. Vincent Langsam



"An advantage is more accessibility to services such as health care. A disadvantage is that, moving around a lot, they sometimes miss out on forming long-lasting friendships. It's also hard when parents deploy."

Sgt. Aja Rucker

# With challenges, thrive

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Sgt. 1st Class Eddie Mitchell shares a few minutes with his 6-year-old son, Desmond, April 4 at the Fort Sam Houston Elementary School.

## MWR hotline

Information about MWR events, activities and programs is available 24 hours a day at 295-3697 or visit [www.fortsamhoustmwr.com](http://www.fortsamhoustmwr.com).

## Community Recreation

### Fort Sam Houston Fiesta

Fort Sam Houston Fiesta will be held April 23 from 1 to 9:30 p.m. at the MacArthur Parade Field. The annual event will showcase live dance and musical entertainment, military static displays, family activities including a kids' carnival, and ceremonies rich in military pageantry provided by elite groups such as the Golden Knights Army Parachute Team. The evening concludes with a fireworks display. The event is sponsored by MWR, Ford, First Command Financial Planning and Hotel Marquis Airport.

### Post garage sale

The next post garage sale will be held May 6 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register by calling 221-2601 or 221-2523. A valid Department of Defense ID card is required to participate. Participants must bring their own tables to the event or may rent them from the Outdoor Equipment Center by calling 221-5224.

### Cycling classes

Cycling classes are held Tuesdays and Thursdays from 12 to 12:45 p.m. and Wednesdays from 4:45 to 5:15 p.m. at the Jimmy Brought Fitness Center. The classes are free. For more information, call 221-2020 or 221-1234.

### Canyon Lake trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake is not accepting trailer reservations until further notice. Trailers are

scheduled for renovation and construction soon. Only mobile homes will be affected by the construction project. The marina, cabana and beach areas will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

### Archery lessons

Indoor archery lessons from beginner to professional level are offered at the Archery Training Center at the Outdoor Recreation Center. Lessons are by appointment only Tuesday through Friday from 10 a.m. to 12 p.m. and from 1:30 to 6:30 p.m. Special group sessions are available on the weekend. For more information or to make an appointment, call the Outdoor Recreation Center at 221-5225 or 221-5224.

### Fun run/walk

The BG Johnson 5K and 10K Fun Run/Walk has been rescheduled to April 22 at 8 a.m. at the Brigade Gym. If interested in participating, call the Jimmy Brought Fitness Center at 221-2020 or the race director at 385-8248.

### Lifeguard class

The Jimmy Brought Fitness Center will sponsor a Red Cross lifeguard class Saturday and Sunday from 8:30 a.m. to 5:30 p.m. each day. Participants must be 15 years old and up. Cost is \$165 and includes course materials and AED training. No Department of Defense ID card is required for this class. For more information or to register, call 295-8861 or 221-1234.

### Federal tax forms

Federal tax and supplemental forms for 2005 are available at the Fort Sam Houston Library. Tax forms from previous years through 1997 are also available. For more information, call 221-4702.

### Cruiser bikes for rent

New men's and women's cruiser bikes are available for rent at the Outdoor Recreation Center. Cost is \$3 a day or \$5 for the weekend, and includes bicycle helmet and combination lock. For more information, call 221-5225 or visit the Outdoor

Recreation Center at 1111 Forage Ave.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Facility closure

The Sam Houston Club will be closed April 17 due to kitchen construction. The facility will reopen for business April 18 during normal operating hours. For more information, call 224-2721.

#### Club membership benefits

Become a member of the Sam Houston Club and receive special benefits such as a free first month of membership. The Sam Houston Club will soon offer a membership card which will give members the chance earn complimentary items such as Sunday brunch, weekday lunch meal, bowling games, a bingo package and dinner theater show. The club member will be offered one complimentary service after using or participating in 10 paid activities at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

#### Administrative Professionals' Day

In honor of Administrative Professionals' Day, the Sam Houston Club will offer a special lunch meal April 27. The meal will include spring mixed salad, pasta salad, marinated chicken breast with Alfredo sauce, fettuccini noodles, buttered broccoli, herbed fried mushrooms, Italian green beans, carrot or chocolate cake, garlic bread and iced tea. The cost is \$10 per person. Reservations are required by April 25. For more information or to make reservations, call 224-2721.

### Bowling Center, 221-3683

#### Bowling championship

The Bowling Center will sponsor a free bowling championship Saturday and Sunday starting at 12 p.m. on both days. Any five members of the same unit may form a team. There is no requirement to enter averages. The top two teams

will be given individual awards. The registration deadline is Monday. For more information or to register, call John Fryman at 221-3683.

### Golf Club, 221-4388

#### Golf clinic

The golf course will sponsor a ladies golf clinic for beginners every Tuesday in April from 6 to 7 p.m. The cost is \$120. For more information, call 355-5429.

### Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre will present the comedy production, "Breaking Legs," by Tom Dulack Wednesday. In this production, murder and menace are served up with plenty of pasta and laughter. The Harlequin Dinner Theatre box office is open Monday through Friday from 12 to 5 p.m. and Saturday from 1 to 5 p.m. Military discounts are available. For more information or reservations, call 222-9694.

### MWR Ticket Office, 226-1663

Season passes to Fiesta Texas, Disney World and Universal Studios are available. For more information, call 226-1663 or 224-2721.

## March Madness

The Bowling Center continues March Madness through Friday.

Participate in Final Four Fridays for a chance to win \$100 cash. Bowl all you want Friday nights from 9 p.m. to 12 a.m. for \$4.95 per person, including shoes. Wear any basketball apparel and receive an entry form to enter a \$100 cash drawing.

The 2006 Bowling Center March Madness promotion is sponsored by MWR, First Command Financial Planning, Home Depot, Southwest Airlines and San Antonio Federal Credit Union.

For more information, call the Fort Sam Houston Bowling Center at 221-4740.

## Child and Youth Services

### Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

### Summer camp registration

Early onsite middle school/teen and School Age Services summer camp registration will be held Monday through April 14 from 9 a.m. to 6 p.m. at Building 1705 for active duty only. Registration for the community and active duty will be held April 17 to 21 from 9 a.m. to 6 p.m. at Building 1630 A. Registration is required for the camps even if currently using the program. A one week non-refundable deposit will be required. A current Child and Youth Services membership is required to participate. For membership registration, parents must bring a current leave and earning statement, current immunizations for kindergarten to fifth grade, physical for kindergarten to fifth grade, two local emergency designees and \$18 for the registration fee. Children must have completed kindergarten. For more information, call Central Registration at 221-4871 or 221-1723.

### Easter egg hunt

An Easter egg hunt will be held April 15 at Dodd Field baseball complex. Mr. and Mrs. Bunny will be available for

pictures from 9:30 to 11:30 a.m. for \$1 each. The times for the egg hunts are as follows: 10 a.m. – ages 2 and under; 10:15 a.m. – 3- and 4-year-olds; 10:30 a.m. – 5- to 7-year-olds; 10:45 a.m. – 8- to 10-year-olds and 11 a.m. – special needs children. For more information, call School Age Services at 221-4466 or Youth Services at 221-3505.

### Baseball, T-ball, softball registration

Registration for youth baseball is ongoing from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797. To register, parents must pay a \$45 activity baseball fee and bring updated immunizations for fifth graders and below, sports physical and a current leave and earnings statement. All participants must have a current Child and Youth Services membership. For more information, call 221-4871 or 221-1723.

### Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet April 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

### Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration at 221-4871 or 221-1723. Preschool is Monday through Friday from 9 a.m. to 2 p.m. Fees are based on total family income.

### Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care.

For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

### Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

## Youth Center happenings

Middle school and high school age youth are encouraged to check out the events at the Youth Center, Building 128.

Date	Time	Event
Today	4 to 5 p.m.	Arts and crafts – egg heads
	4 to 5 p.m.	Choice ball
	5 to 6 p.m.	PowerPoint
	5 to 6 p.m.	UNO
	5 to 6 p.m.	Photo club
Friday	4 to 5 p.m.	Balloon tennis
	5 to 6 p.m.	Cooking class – jelly bean confetti cake
	5 to 6 p.m.	Foosball
Saturday	5 to 6 p.m.	Junior teen council meeting
	10:30 a.m. to 5 p.m.	Poteet Strawberry Festival field trip, Cost is \$5 plus spending money.
Sunday	Closed	
Monday	4 to 5 p.m.	Option softball
	5 to 6 p.m.	Microsoft Word training
	5 to 6 p.m.	Putt putt
Tuesday	4 to 5 p.m.	Ultimate Journey
	5 to 6 p.m.	Around the world
	5 to 6 p.m.	Xbox
Wednesday	4 to 5 p.m.	Water balloon toss
	4 to 6 p.m.	Computer art
	5 to 6 p.m.	Smart Moves
	5 to 6 p.m.	4H meeting

All middle school and high school children interested in any of the activities must be registered through Central Registration. For more information, call Child and Youth Services at 221-4871 or 221-1723.

## Events

### Author discusses Vietnam War

Texas A&M presents a dinner presentation by author Joe Galloway Tuesday from 5 to 7:30 p.m. in the Memorial Student Union Ballroom. General admission is \$10 and \$5 for students. Seating for dinner is limited, RSVP by 5 p.m. Tuesday. For more information and tickets, call (361) 593-3918 or (361) 593-3207.

### A&M presents Vietnam Experience

The Texas A&M Kingsville Department of History presents the Vietnam Experience April 18 from 8:30 to 11:30 a.m. and from 1:30 to 4:45 p.m. in the Caesar Kleberg Wildlife Center, 1730 Corral St., Kingsville, Texas. For more information, call Pete Wyro at (361) 593-2208.

### St. Philip's College culture fest

Booth spaces are available for the St. Philip's College Culture Fest April 27. To sponsor a booth during the event, submit an application to the St. Philip's College Office of Student Life. Vendors must pay a \$75 security deposit at the Turbon Student Center, Room 115, by April 14. For more information and application forms, call 531-3240 or visit [www.accd.edu/spc/studact](http://www.accd.edu/spc/studact).

### 'Step to Your Health' health fair

The "Step to Your Health" health fair will be held April 18 from 9 a.m. to 1 p.m. in the basement of the Army Medical Department Center and School, Willis Hall, near the food court. Displays will focus on deployment health, sexually transmitted disease prevention, alcohol use and abuse, family advocacy, fitness and much more. The event is sponsored by the 6A-F5 Principles of Military Preventive Medicine class. For more information or to request space to exhibit, call Capt. Laura Thompson or e-mail [laura.thompson1@us.army.mil](mailto:laura.thompson1@us.army.mil).

### Children's parade

Heritage Village and the Museum of Texas Handmade Furniture in New Braunfels will host their annual "FolkFest" and the historic 151st "Kindermasken" Children's Parade April 22 from 10 a.m. to 6 p.m. and April 23 from 11 a.m. to 5 p.m. at 1370 Church Hill Drive, Exit 189 and U.S. Highway 35. Admission is \$5 for adults, \$2 for students ages 6 to 12 and free for children ages 5 and under. For more information or to register for the parade, call 830-6504 or visit [www.nbheritagevillage.com](http://www.nbheritagevillage.com).

### 'Our Tears Still Flood the City'

Trinity University presents "Our Tears Still Flood the City" Saturday at 7 p.m. in the Laurie Auditorium. Cost for general admission is \$10 and \$5 for Trinity students. The performances intended to rejuvenate the spirit of donating to a city still recovering from a devastating natural disaster. The Trinity Jazz Band members and alumni will accompany the production. Guest appearances include New Orleans jazz vocalists Troi Bechet and Gary Brown. All ticket proceeds, merchandise sales and a percentage of art auction proceeds will go to the United Way New Orleans. For more information, call 999-7547 or the box office at 999-8119.

### Cajun dance

The Cajun French Music Association, "de Fa Tras" Chapter of San Antonio will host a Cajun dance Saturday from 7:30 to 11:30 p.m. at the Hermann Son's Hall, 525 South Saint Mary's St. The dance will feature Cajun music artist Charles Thibodeaux and the Bayou Cajun Band. Donations are \$7 per person. For information, call 573-3403 or visit [www.defatrascajun.com/](http://www.defatrascajun.com/).

### San Marcos River, university walk

The San Marcos River Walkers Volksmarch Club will host a 5K and 10K walk along the San Marcos River, old railroad stations and part of Texas State campus Saturday and Sunday starting at the City Park recreation hall at 200 City Park Drive. For more information, call Barbara Piersol at (512) 396-4463 or e-mail [bpiersol@grandecom.net](mailto:bpiersol@grandecom.net).

### Comfort Easter egg walk

The Hill Country Volkssportsverein Volksmarch Club will host a 10K and 5K walk and Easter egg hunt April 15 at the Comfort Community Park on Highway 27 West, Comfort, Texas. For more information, call (830) 995-2421 or e-mail [tina.bohnert@comfort.txd.net](mailto:tina.bohnert@comfort.txd.net).

### Fiesta ticket sales

Tickets for Fiesta events are on sale at the Fiesta San Antonio Commission's consolidated ticket sales office, 2611 Broadway. Ticket sale hours at The Fiesta® Store are Monday through Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 3 p.m. Tickets are limited. For more information, visit [www.fiesta-sa.org](http://www.fiesta-sa.org).

## Meetings

### Sergeants Major Association

The Fort Sam Houston Sergeants Major Association will meet April 13, May 18 and June 15 at 5 p.m. in the Sam Houston Club. All active duty and retired sergeants major and command sergeants major (E-9 from all services) are welcome to participate in this community-based fraternal association. For more information, call Command Sgt. Maj. Timothy Burke at 221-8050 or Command Sgt. Maj. Stephen Paskos at 221-1676.

### Health care community meeting

Christus Santa Rose Health Care will sponsor a health care community meeting April 19 at 5:30 p.m. in the San Fernando Cathedral community center at 231 W. Commerce St. The informative meeting will focus on the health care system. Seating is limited. For more information, call 704-2955 or visit [www.citizenshealthcare.gov](http://www.citizenshealthcare.gov).

### BAMC chess club

The Brooke Army Medical Center chess club meets Wednesdays from 5 to 7:30 p.m. in the BAMC Medical Mall. The club is open to military and their dependents, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 513-3435 or e-mail [michael.veri@cen.amedd.army.mil](mailto:michael.veri@cen.amedd.army.mil).

### BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

## Training

### ACAP teacher certification seminar

A teacher certification seminar will be held April 24 from 9 to 11 a.m. in the Army Career Alumni Program Center, Building 2263, Room B-100, 1706 Stanley Road. A representative from the San Antonio College and "Troops to Teachers" will be available to provide details on becoming a certified teacher in Texas and to provide information on financial assistance.

### ROA offers college scholarships

The Reserve Officers Association will award up to 60 \$500 Reilly Scholarships to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren or spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any officer (active, Reserve, National Guard, retired or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or National Oceanic and Atmospheric Administration. To join ROA, call (800) 809-9448 or visit [www.roa.org](http://www.roa.org). For more information, call Chandra Oliphant at (800) 809-9448, ext. 730.

### Scholarships in health care careers

The PacificCare Foundation and the UnitedHealthcare Latino Health Scholars program offers 75 \$2,000 scholarships to Spanish speaking, bicultural high school students who want to pursue careers in the health care industry. Applicants must be high school seniors with a minimum grade point average of 3.0; fluent in Spanish and English; show proof of acceptance into a university, community college or accredited technical college; and enrolled in an approved health care program at the time they receive the scholarship. Applications are due May 29; visit [www.pacificarelaino.com](http://www.pacificarelaino.com).

### 416th IMA Detachment openings

The 416th Individual Mobilization Augmentee Detachment has openings for all ranks. The unit provides training opportunities for Individual Ready Reserve and IMA Soldiers to earn retirement points to achieve creditable years of service toward retirement Thursday evenings. For more information, call Col. John Daly at 859-9214 or e-mail [john.daly1@us.army.mil](mailto:john.daly1@us.army.mil).

### GED classes offered

General Equivalency Diploma classes are offered Mondays and Wednesdays from 6 to 8:30 p.m. in the Roadrunner Community Center, Building 2797, Stanley Road. Sessions are free and open to all military and dependents with ID cards. For more information or to register, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

### MOAA job seminar

The Military Officers Association presents retired Col. Dick Crampton Tuesday from 9 to 11:30 a.m. in the Blesse Auditorium, Building 2841, Stanley Road. His presentation, "Marketing Yourself for a Second Career," will cover several topics on job marketing after retirement. The event is free and open to the public. For more information, call Russ Lane at 221-1213.

### 'Troops to Teachers'

The Army Career and Alumni Program will host a "Troops to Teachers" and "Spouses to Teachers" briefing Friday from 1 to 3 p.m. at the ACAP Center, Building 2263, Room B-100, Stanley Road. Meryl Kettler, the state coordinator of TTT and STT, will brief about programs and will be available to answer questions afterwards.

### St. Mary's education office

A St. Mary's University representative is available Mondays and Tuesdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in pursuit of a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

## Volunteer

### Post volunteers needed

The Fort Sam Houston Army Volunteer Corps needs volunteers to help enhance and augment programs and organizations in the Fort Sam Houston community. Volunteers are needed at the Harlequin Dinner Theatre, Youth Services, the Red Cross and at the Fisher House Golf Tournament Monday. For more information, call Kim Taylor at 221-0921 or e-mail [kimberly.taylor2@samhouston.army.mil](mailto:kimberly.taylor2@samhouston.army.mil).

### Conservation Society

The San Antonio Conservation Society needs volunteers to help build and set up booths for the "A Night in Old San Antonio" event April 25 to 28. For more information, call Glenda Duffin at 226-5188.

### Girls, Boys Town seeks mentors

Father Flanagan's Girls and Boys Town of San Antonio is looking for volunteer mentors to help children improve their reading skills. For more information, call 271-1010 or e-mail [chavezm@girlsandboystown.org](mailto:chavezm@girlsandboystown.org).

### Cub Scouts seeks volunteers

Cub Scout Pack 23 is accepting applications for den leaders and committee members. Volunteers do not have to be parents of scouts. For more information, call Eric Craig at 683-3469.

### Fort Sam Houston's lost and found

For lost property on Fort Sam Houston, call the found property custodian at the Fort Sam Houston Police Department at 221-0990. All found property is held for 45 days.

## Alamo city gets ready to celebrate Fiesta 2006

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

### April 21

9 to 10 a.m. – Fiesta San Antonio Official Opening Ceremony in front of the Alamo. A ritual tie-cutting gives the cue to get the party started. The event features singing, dancing and all the merriment that is Fiesta San Antonio.

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

### April 22

7:30 a.m. to 3 p.m. – 10K Walk: Caminada de Fiesta, held through Fort Sam Houston, the San Antonio Botanical Gardens and the Army Medical Department Museum located at Stanley and Harry Wurzbach Roads. 7:30 to 8 p.m. – Investiture of King Antonio LXXXIV in front of the Alamo.

### April 23

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

1 to 9 p.m. – Fort Sam Houston Fiesta Ceremony and Fireworks at MacArthur Field, Fort Sam Houston. 3 to 4 p.m. – Day in Old Mexico and Charreada, 6125 Padre Drive.

### April 24

11 a.m. to 12 p.m. – Air Force at the Alamo.

4 to 5:15 p.m. – Pilgrimage to the Alamo, procession from Municipal Auditorium to the Alamo.

7:30 to 9:30 p.m. – Texas Cavaliers River Parade, San Antonio River.

### April 25

5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.

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

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

### April 26

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

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

5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.

### April 27

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

4 to 5 p.m. – Marines at the Alamo.

5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.

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

### April 28

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

5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.

### April 29

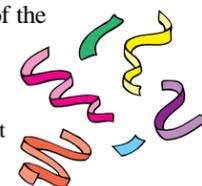
8:30 to 10:30 a.m. – Fiesta Pooch Parade, Alamo Heights Swimming Pool, 250 Viesca.

9:30 a.m. to 6 p.m. – King William Fair and Parade in the King William Historic District on South Alamo Street. 6:50 to 10 p.m. – Fiesta Flambeau Parade, Parade Route through downtown San Antonio.

### April 30

9 a.m. to 1 p.m. – Fiesta Bicycle Classic, Texas Research Park, 14815 Omicron.

1 to 6 p.m. – Day in Old Mexico and Charreada, 6125 Padre Drive.



**Submission guidelines:**

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** 2002 Chrysler Voyager, V6, 37,500 miles, onyx green, \$10,500 obo. Call Hector at 381-5722 or 381-8870.

**For Sale:** Contemporary Ashley sofa, sage green with off-white piping, new, \$250 obo. Call 875-5890.

**For Sale:** Wood futon with dark blue cushion, \$100. Call 373-7095.

**For Sale:** Occasional table set with rectangular coffee table, tables framed in wood with beige/tan tile center with curved antique ironwork legs, \$200 obo. Call 818-6585.

**For Sale:** White wicker desk, \$60; area rug, 5.5 feet by 7.5 feet with red, blue, beige and off-white colors, \$45; antique white metal bed frame with side rails, four-pieces, full size, \$75; Noritake dish set, 40 pieces, desert flower pattern, \$95. Call 495-2296.

**For Sale:** Horses, registered with American Quarter Horse Association or American

Paint Horse Association, \$700 to \$2,500. For more information, call 445-4299 or visit <http://wawwhite.net/dthorses>.

**For Sale:** 1992 Toyota DX, extended cab pick-up with topper, four-wheel drive, five-speed, V6, bed liner, AC, CD player, auto door locks, \$4,500. Call 262-5493 or 566-2169 after 6 p.m.

**For Sale:** Rims for 2003 Toyota Tacoma quad cab, four by four, like new, \$300 obo. Call 680-1079.

**For Sale:** 2003 Honda Valkyrie, low miles, many extras, \$9,600. Call (830) 914-4088.

**For Sale:** Mirrors (plate glass and beveled), \$10 to \$40; formal gowns, \$35; computer desk, \$66; four drawer wooden desk, \$115; new bike helmet, \$20. Call 313-0061.

**For Sale:** Guinea pig with cage and all supplies, \$40. Call 491-0944 or 410-7699.

**For Sale:** Medium size pet door insert for slid-

ing glass door, includes extension for tall doors, \$50. Call 630-0163 between 6 and 9 p.m.

**For Sale:** RCA 31-inch color TV, \$50 obo. Call 595-8079.

**For Sale:** Blue Ox Aventa tow bar, includes cover, light and safety cable, \$250. Call 437-0042.

**For Sale:** Saint Bernard puppies, parents on site, ready April 30. Call Kelly at 661-6944 for interview.

**For Sale:** Livestock guard Jenny donkey, due in August, best offer. Call 394-3210 or (830) 665-2508.

**For Sale:** Over 50 moving boxes with packing paper, various sizes, \$.50 to \$1 per box. Call 455-0764 or 833-9231.

**For Sale:** Nikon Prostaff rifle scope, three-to-nine by 40, \$130; Bose 141 bookshelf speakers, \$100. Call 685-0181.

**For Sale:** Thermador 24-inch electric dou-

ble oven, \$50; Thermador 36-inch electric cook top, \$25; Amana 25-cubic foot refrigerator with ice maker, \$200; RCA 120-watt, five speaker home theater system, \$30; Kenwood powered subwoofer, \$40. Call 930-8772 after 6 p.m.

**For Sale:** Electric outdoor grill, \$65. Call 630-0163.

**For Sale:** 1986 Oldsmobile 98, needs transmission work, \$500; 1972 Mustang, needs body work, \$3,500; Ford 250 17-inch tires/wheels, 23 miles, \$1,000. Call Bill Hall at 671-3722 day or 684-3633 evening.

**For Sale:** Boy's 16-inch Spiderman and girl's 20-inch pink Mysty bicycles, \$25 each. Call 363-5629.

**For Sale:** Kitchen table with six chairs (wood and white trim), \$125; two metal bar stools with brown cushion, \$40; full size wooden bar, \$150. Call 650-0337.