



Briefs

Residential Communities Office town hall meeting, tomorrow

The FSH Residential Communities Office will sponsor a town hall meeting for post residents at the Roadrunner Community Center tomorrow, 7:30 p.m. Post residents are encouraged to attend.

SonRise Service, April 11

The annual SonRise Service will be held April 11, 6:30 a.m. at the Main Post Chapel. Dr. Buckner Fanning will be the guest speaker. The service is open to all who wish to celebrate The Lord's Resurrection!

Camp Bullis Conference, April 15

Learn how to get the most from your training experience at Camp Bullis. Conference starts at 7:30 a.m. To register, call 295-7510/7616/7686 or send e-mail to alba.correa@samhouston.army.mil.

DRMO San Antonio closed April 22

Notice to all generators, reutilization or sales customers. The DRMO San Antonio will be closed for staff training April 22. For information, call Barbara Roberts at 221-3738 or Cynthia Gutierrez at 221-3651.

Bldgs. 367, 1290 and BAMC ID Card Office closed April 23

The Gen. Vogel Processing Center, Bldg. 367, the Student Personnel Center, Bldg. 1290 and BAMC ID Card Office will be closed April 23. Regular service will resume Monday, April 26, 7:30 a.m.



Photo by Sgt. Jan Allende

A candidate signals successful completion of the 12-mile road march, which is the final requirement to qualify for the Expert Field Medic Badge. The 2004 testing required using the newly established Army Medical Department standards employing an integrated lane combat scenario.

Expert Field Medical Badge test employs new criteria; 18 medics earn badge

By Capt. Carol Asadoorian
Special to the News Leader

Eighteen Soldiers from numerous installations around the United States completed final requirements and earned the prestigious Expert Field Medical Badge on March 25. Fort Sam Houston's

2004 EFMB testing used the newly established standards in the Army Medical Department Center and School Pamphlet 350-10, which employ a combat scenario integrated lane concept into the testing rotation. All of the required tasks were incorporated into four combat testing lanes, a written test and day/night

land navigation. Instead of separate lanes designated for Common Skills, Evacuation and Communication, Litter Obstacle, and Emergency Medical Treatment, the tasks from each of the lanes are divided into four integrated lanes. In addition to some of the lane

See EFMB on Page 19

'Cadillac' of prosthetics restores Soldiers' desire to stay in Army

By Capt. Mark Williford
BAMC Public Affairs

While many Soldiers may be contemplating leaving military service, Cpl. Alan Seals never fully realized how much he loved the Army until he lost his right arm in Iraq.

Seals, a limb-loss patient at Brooke Army Medical Center says his new myoelectric prosthetic arm has restored his confidence. His confidence is so high; he

wants to continue to serve.

"You meet so many great people in the Army," Seals said, "What I miss the most right now is being overseas with my Army family."

The Purple Heart recipient said when he enlisted three years ago in Beaumont, Texas, he had set his sights on making the Army his home for 20 years.

"My case manager said my chances of staying in after my injury may be slim to none, but I want to request to stay in,"

Seals said.

Seals was standing atop his Abrams tank, when a rocket propelled grenade exploded just inches from his chest. The explosion tore his stomach open and severed his right arm. Seals said he's battled depression and the loneliness of being separated from his wife and two children. The hardest part of his combat experiences has been the loss of his close friend to an Iraqi mortar attack.

But Seals said he is happy about the

care he's received at BAMC. Fitted with a robotic-like prosthetic arm and hand, he's been able to rebuild his selfworth by doing clerical work in the Occupational Therapy Clinic. The new prosthetic and his acceptance as a whole person, has helped heal the psychological wounds of battle.

"It's the 'Cadillac' of prosthetics," Seals said, lifting up his hand. When he flinches his arm muscles sensors open, close and even rotate the life-like hand in a 360-

See 'Cadillac' on Page 6

Central Command officials: 'No troop level increase in Iraq'

By Jim Garamone
American Forces Press Service

U.S. Central Command officials are studying all aspects of the recent surge of violence in Iraq, and believe they are prepared to counter it. The command has not requested any additional forces for operations in Iraq.

A senior command official, speaking on background, discussed the violence in Iraq and said the command is concerned about the threat that Muqtada al-Sadr's militia, the Mahdi Army, poses.

Iraq is calmer April 6, but the command again is studying the situation in the country. "We are always in the business of planning, and we always plan worst-case scenarios," he said. "And clearly if this thing got out of control over there, we would have to start looking at the number

of forces that we have in theater and whether they were adequate to meet our needs."

The official hastened to point out that all believe there are enough American forces in Iraq to handle the situation now. "In fact, we have more forces right now in Iraq than we had ... three or four months ago," he said. Troops are rotating into Iraq and redeploying out. There are now about 134,000 U.S. service members in the country, compared to 120,000 in November.

The official also said coalition forces in Iraq are beginning operations in Fallujah — a city of 300,000 that was a hotbed of support for the former regime. Five U.S. soldiers were killed north of the city and four U.S. security specialists were killed and their bodies mutilated on March 31.

"We are currently conducting operations in Fallujah," the official said. Forces

have established a cordon around the city to monitor traffic going in and out and "we are beginning operations to seek out those that committed the tragic acts last week."

But the violence incited by Muqtada al-Sadr and carried out by his Mahdi Army are a more immediate concern to Central Command. The official called Sadr a "minor cleric" who is trading on a famous family name. He is related to two grand ayatollahs. He said Sadr is "more or less marginalized by most of the Shia community."

Violence erupted during a Sadr-sponsored demonstration in Najaf on Sunday, along with violence in Baghdad and Nasiriyah. In Baghdad, his followers took over some Iraqi police stations, and the 1st Armored Division lost eight soldiers taking them back.

The official said coalition forces in Iraq

will go after the illegal militias. "We need to deliberately go after the militia folks that are conducting these sorts of attacks and de-arm them and take them apart, and make sure that it is clearly understood that they are illegal and they are doing things that are outside the system of justice in Iraq," he said.

Sadr's Mahdi Army is at the top of the list. "We are going to focus on disbanding them, de-arming them, and we'll do that deliberately and with a plan, so as not to just go in with ... all guns blazing and hurt or kill or damage those folks that live in the neighborhoods and are innocent bystanders to all of this," he said.

Coalition authorities announced April 6 that an Iraqi judge had issued a warrant for Sadr's arrest for his involvement in murdering Ayatollah As Seyed Ala-Majid al-Khoei last year.

Commander's Proclamation: Building safe communities prevents child abuse



Col. Garry F. Atkins

The Fort Sam Houston community is committed to putting an end to child abuse. It is for that reason that the Army designates April as Child Abuse Prevention Month.

Everyone shares responsibility for keeping our children safe from child abuse and neglect. Parents have personal accountability for their children's protection. Command and all community members share with parents the duty to create a supportive and secure environment for children.

Prevention takes action. Prevent Child Abuse America has defined five ways to make prevention work, and I call on everyone to:

- Reach out to families and children.

Volunteer for children's programs in the community.

- Raise the issue. Don't allow the issue of child abuse to be swept under the rug.

- Remember the risk factors: isolation, stress, substance abuse, anger and indifference put our children in danger.

- Recognize the warning signs for child abuse and neglect. Your Army Family Advocacy Program can help.

- Report suspected abuse and neglect to the Military Police, 221-2222.

Children who grow up in a safe and secure community become the leaders of the future. The entire Army community is responsible for making that future possible.

As the Garrison Commander, I fully

support our Family Advocacy Program in its child abuse prevention mission.

Turn to them for information and assistance. Child abuse prevention is a command priority at Fort Sam Houston. During April 2004 and throughout the year, join us in protecting America's future by protecting America's children.

I declare April 2004 "Child Abuse Prevention Awareness Month in the Army" at Fort Sam Houston, Texas.

Col. Garry F. Atkins
Commander
U.S. Army Garrison

Fort Sam Houston News Leader

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Fort Sam Houston
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News Leader Correction

The "Oprah visits Operation Iraqi Freedom Soldiers at BAMC" story featured April 1, Page 3, should have read occupational therapy and not orthopedic therapy.

Military ambassadors are officially introduced to the community

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

Military ambassadors representing their respective branch of the Armed Forces were officially introduced to the public at a reception sponsored by the Military Civilian Club held at the Steves Homestead, King William District on March 31. The military ambassadors will attend numerous Fiesta activities beginning April 16 in the San Antonio community. Their role is to enhance the military image and spread goodwill about their respective services and installations throughout the community. The Military Civilian Club serves as the official sponsor for the military ambassadors and oversees the ambassadors' participation in Fiesta events.



Left to right, representing Randolph Air Force Base are 1st Lt. David Allick, 1st Lt. Amanda Kitchen, Fort Sam Houston ambassadors, Sgt. 1st Class Wendy Carter and Spc. James LeFebvre, and representing the Navy are 1st Class Petty Officer Moses Arredondo and Chief Petty Officer Treshawn Howard.

**Fiesta
San Antonio**

Come to the Alamo City for the 113th Fiesta San Antonio, April 16-25. A week of parades, festivals, exhibits, athletic activities, live music and dancing, and delicious eating and drinking, there's something for every taste. For information, visit www.fiesta-sa.org.



Spc. James LeFebvre, Fort Sam Houston military ambassador introduces himself to the San Antonio community at the reception.



Brig. Gen. Daniel Perugini, commander, Army Medical Department Center and School and Fort Sam Houston, meets Fiesta royalty at the Military Civilian Club Ambassador reception. Left to right, Pauline Rubio, Miss Fiesta 1st Runner-up, Lindsey Cowey, Miss Fiesta San Antonio, Cynthia Guerrero, Miss Fiesta 2nd Runner-up, and Autumn Simmons, 2004 Queen of Soul.



The U.S. Army Medical Command Band was featured during the Military Civilian Club reception. The band will be supporting numerous Fiesta activities in San Antonio.

Members of the Military Civilian Club pose with Fort Sam Houston Military Ambassador Sgt. 1st Class Wendy Carter. From left, members are Patte Titus, Karen Crane, Nancy Avellar, Jennifer Brown and Claire Holshouser.

Photos by
Phil Reidinger

Commander of the U.S. Army Dental Command, Col. Sidney Brooks, and Dental Command Sgt. Maj. Stephen Spadaro, join the Dental Command Noncommissioned Officer of the Year, Sgt. Catrina Garza-Brown, and Soldier of the Year, Spc. Daniel Warehall during the announcement at a luncheon held at the Fort Sam Houston NCO Club March 22.



Dental Command announces Soldier and NCO of the Year

By Sgt. 1st Class Tina L. Pirofsky
Special to the News Leader

A dental specialist assigned to the Fort Sill, Okla., Dental Activity and a Medical Supply specialist assigned to the Fort Bragg, N.C., Dental Activity have been named as the U.S. Army Dental Command 2004 Soldier and NCO of the Year.

Soldier of the Year, Spc. Daniel N. Warehall and NCO of the Year, Sgt. Catrina Garza-Brown were among 12 of the command's best Soldiers who compet-

ed at Fort Sam Houston on March 20-21 for the honor. The Soldiers and NCOs represented the Dental Command six Regional Commands and the Area Dental Laboratory.

The competition forced the Soldiers to strain, sweat and think their way to meet the Army standards in events ranging from an Army Physical Fitness Test, to common task testing. Preparation was the key for all of the competitors, who took individual approaches to training for the competition. They competed against one another in six

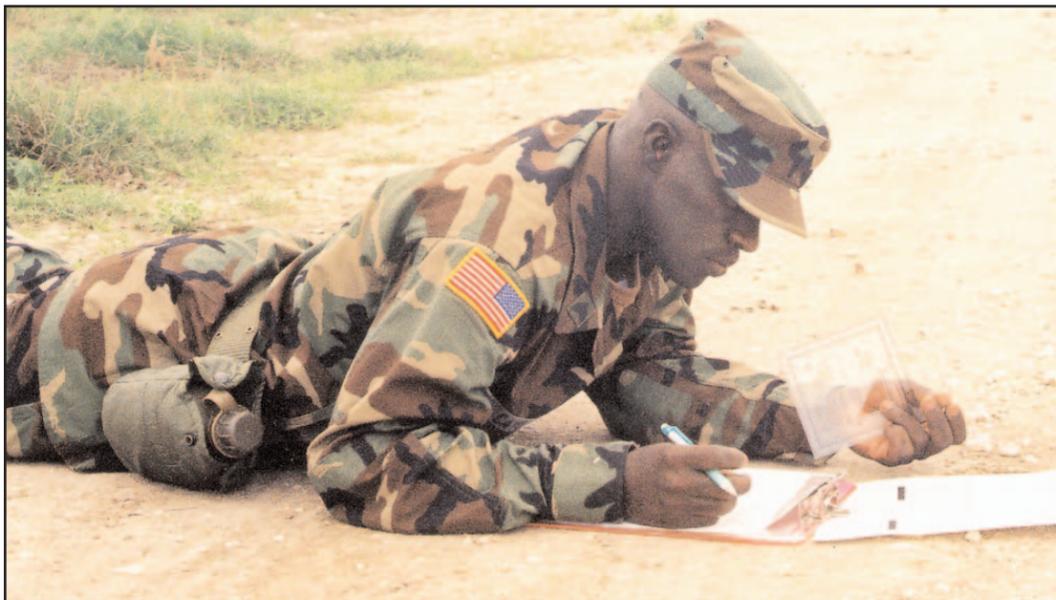
events worth anywhere from 25 to 200 points each. The events included the Army Physical Fitness Test, land navigation, hands-on common task testing, a 100 question multiple-choice written exam and drill and ceremony.

Located at Fort Sam Houston, Headquarters Army Dental Command, a major subordinate command of U.S. Army Medical Command, provides centralized command and control of Army dental-care facilities, maintaining Soldiers' dental readiness and serving as the proponent for

the dental health needs of the Total Army.

Paralleling the Medical Command six Regional Medical Commands, DENCOM has six Regional Dental Commands. Each RDC is responsible for direct, day-to-day oversight of the front-line dental facilities that treat patients.

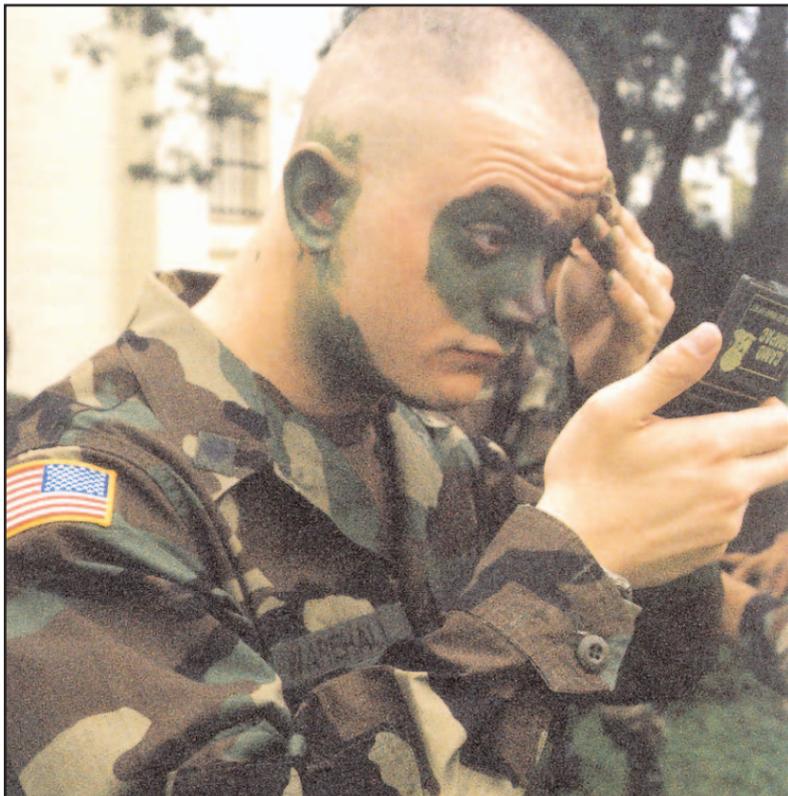
The winner's were announced during a March 22 ceremony held at Fort Sam Houston. Both winners, Warehall and Garza-Brown, will now prepare for the 2004 MEDCOM competition that will be held at Fort Sam Houston in May.



Sgt. Guy Cayo prepares to tackle the land navigation course as a candidate for Dental Command NCO of the Year at the course located near Pershing Field.



Sgt. Catrina Garza-Brown completes one of the Chemical, Biological, and Nuclear stations during the common task testing. Brown won the competition among fellow NCOs to become the Dental Command NCO of the Year.



At right, Senior Drill Sgt. Richard Silvia, B Company, 232nd Medical Battalion summarizes the requirements and grading criteria for the drill and ceremonies phase of the Dental Command Soldier and NCO of the Year competitions. Each candidate was required to lead a squad of Soldiers through a series of marching drills.

Spc. Daniel Warehall applies camouflage prior to beginning the common tasks testing phases of the Dental Command Soldier of the Year Competition. Warehall won the competition.

Experience, persistence pays off for top Fifth Army NCO, Soldier

Story and photo by
Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs Office

Winners of the 2004 Fifth U.S. Army NCO and Soldier of the Year titles prove that experience and persistence are keys to success.

Sgt. 1st Class Richard Yzaguirre, 36, of the 1st Battalion, 289th Regiment, 4th Brigade, 75th Division (Training Support) of Houston, Texas, won the NCO title. Spc. Amy D. Cowan, 23, of Joint Task Force, Oklahoma National Guard, won the Soldier title.

Fifth U.S. Army Commanding General, Lt. Gen. Robert T. Clark was the keynote speaker for the awards banquet held at the NCO Club March 23. Clark congratulated all of the competitors and their sponsors. "Seeing all of you young Soldiers here tonight competing for these two prestigious awards makes me very, very proud. I want you all to know that we're very proud of you, and we appreciate the commitment you have made to the United States Army, and what you have put into preparing yourselves mentally that has made you better Soldiers."

He told those gathered that great changes are taking place in the military. He pointed to the Warrior Ethos and Soldiers' Creed as examples of how the Army has evolved through the years since Operation Desert Storm, and more specifically since September 11, 2001.

"Think of how many thousands of Soldiers have been mobilized and sent to places not only like Iraq and Afghanistan but other places around the world as part of the Army to accomplish the various missions we have," Clark said. "It's absolutely unbelievable. Almost 100,000 have been mobilized just on the western side of the United States, west of the Mississippi River, within the Fifth Army area of responsibility -- and an even larger number have been mobilized from the states east of the Mississippi River in the First Army area."

Fifth Army's Command Sgt. Major George L. Nieves commended the winners and those gathered at the banquet representing the active, Reserve and National Guard. "As I shook the hands of the NCO and Soldier of the Year, I saw in their eyes the future of our Army, and I will tell you that we're in great shape," Nieves said. "As I look around the room, a lot of you are in the reserve components, and you balance two careers, the Army and your other life, and we can't thank you enough for the sacrifices you have made. You are truly dedicated to your profession."

The board competition was conducted March 23 at the Sheraton Gunter Hotel in San Antonio. It brought together regional winners from the expansive Fifth Army area, which covers 21 states west of the Mississippi River. There were 23 participants in both the NCO and Soldier categories. They were tested on their knowledge of military leadership, Army programs, history, weapons, and combat



Fifth U.S. Army Commanding General, Lt. Gen. Robert T. Clark and Command Sgt. Maj. George L. Nieves flank the newly selected Fifth Army Noncommissioned Officer and Soldier of the Year, Sgt. 1st Class Richard Yzaguirre and Spc. Amy D. Cowan, respectively. Winners were announced at a banquet at the NCO Club on March 23.

skills. A panel of sergeants major questioned the participants and judged their appearance, knowledge and bearing.

The next step for the winners is the Forces Command competition to be conducted later this year. The FORSCOM winners compete for the all-Army titles against winners from the other major commands.

Along with acclaim and Army commendation medals, the 2004 Fifth Army title winners also garnered prizes from various corporate sponsors including the Alamo Chapter of the Association of the United States Army, the Noncommissioned Officers Association, and United Services Automobile Association, and First Command Financial Planning. The gifts included about \$1,500 in U.S. Savings Bonds, commemorative plaques, and an engraved Bowie knife.

Sgt. 1st Class Richard Yzaguirre

A mobilized Reservist, Yzaguirre has an 18-year connection with the military. His background is as an engineer in heavy equipment construction. Currently his title is "OC/T," which stands for observer-controller/trainer. He trains platoon sergeants to deploy around the world. He has been mobilized since January 2003 -- to train, teach, coach, and mentor troops deploying around the world.

Despite his training requirements, Yzaguirre was able to make good use of his time to prepare for the NCO of the Year Board. "I'm glad that my unit had the climate where I could do all of the things necessary for what I had to learn to win,"

Yzaguirre said. He used a

laptop and MP3 player to record sample board questions so that he could rehearse answering them. Whenever he had a chance, he would play the recording and quiz himself after duty hours on the road. He said that the process was worthwhile, and he plans on giving professional development classes on board preparation.

"The more you learn, the better Soldier you are," Yzaguirre said. "The information you cover for the board is not trivial, because it is relevant to us as Soldiers and to our jobs."

Yzaguirre said that he is proud of winning, but humbled by the thought of all of the great NCOs who didn't make it. He promised to carry the torch forward for Fifth Army and those who didn't win, because they worked as hard as he did. He lives in Houston with his wife, Melinda Ann, and their three children.

Spc. Amy D. Cowan

Persistence paid off for Cowan, who was competing for the second consecutive year. She earned a return trip to the Fifth Army competition by being the first female ever to win back-to-back Oklahoma National Guard Soldier of the Year titles. Cowan has been in the Army National Guard for six years, and currently works for the Senior Army Advisor Oklahoma as an administrative specialist.

"I studied really hard, but I was surprised I won because I didn't know what the competition would be like this year," Cowan said. "I thought the other Soldiers all looked and did great."

She credits her success to studying the Army regulations and field manuals directly. She doesn't use the commercially produced study guides, because "the commercial study guides are not always up to date."

The extensive hours of preparation and then taking part in a the competition broadened Cowan's knowledge of military subjects in several areas. Cowan said that she would encourage others to go through the process. "It's a great learning experience."

During the competition, it motivated Cowan to see other female Soldiers competing and to meet several female sergeants major. "It's encouraging to know I have the opportunity to achieve this level of excellence," Cowan said. She looks to provide the leadership to all Soldiers in the future and to inspire other female Soldiers to excel within the total Army family.

Cowan is a senior at Southwestern Oklahoma State University, and graduates in May with a bachelor's of science degree in psychology. She plans to seek a masters' degree either in social work or psychology. Cowan is currently awaiting promotion to sergeant, and if she makes it, she promised to compete next year, for the NCO title.



Photo by Capt. Mark Williford

Cpl. Alan Seals, a Purple Heart recipient and limb-loss patient, uses his new state of the art robotic-like prosthesis as he works in the Brooke Army Medical Center Occupational Therapy office. Seals, a member of the Fort Hood based, 4th Infantry Division, said while others may be contemplating leaving the military, he will file a formal request to continue to serve. Seals said he was proud to have fought in the war on terrorism in Iraq. Despite his injury, Seals said he wants to serve as an inspiration to other Soldiers.

'Cadillac'

Continued from Page 1

degree circle.

Simple features make the arm realistic. The arm's skin tone matches his natural color. Hair follicles, bone structure and texture make it almost impossible for one to know it's a prosthetic.

"Psychologically, patients begin to identify with their new prosthesis," said Lt. Col. James Ficke, assistant chief of orthopedics.

Ficke explained that limb loss patients begin to make tremendous gains in self-confidence as they master the use of the devices.

"These patients were at the top of their game and go through the grieving process to include depression, anger and then acceptance," Ficke said.

Seals said he wants to continue to contribute to the Army and give back as much as he can. Seals said he is grateful for the care and treatment he has received since his injury.

"I know my arm is not going to grow back," Seals said, "I don't have time to feel sorry for myself and my biggest motivation in life is the possibility I might stay in the Army."

There is hope for Seals if his request meets the approval of a Physical Evaluation Board and the Continuation of Active Duty Board.

"There are Soldiers who have upper extremity prosthetics that are still on active duty but are not in the warfighter MOSs," said Maj. Risa Barton, chief of Case Management for BAMC.

Barton explained that many of the Soldiers

accepted would end up in "administrative or desk job" positions.

Barton's staff of case managers assists Soldiers with the Physical Disability Evaluation System and has handled more than 1,016 Operation Iraqi Freedom and Enduring Freedom cases.

She explained incoming Soldiers work with case managers on a one-to-one basis and then are referred to BAMC's Physical Evaluation Board Liaison Officer or PEBLO for counseling.

"Soldiers who arrive for treatment are given a temporary profile," Alternate Physical Evaluation Board Officer Terry Recio said. "If they receive a 3 or a 4 on either one of their physical abilities ratings, they are referred to a Medical Evaluation Board."

Recio explained that the MEB is comprised of two doctors. The doctors document whether the Soldier meets the medical retention standards of AR 40-501, Standards of Medical Fitness.

"If standards of medical fitness are not met, the Soldier is referred to a PEB or Physical Evaluation Board," Recio said.

She explained a Soldier's chance of staying on active duty increase when DA Form 3947 is completed and a written memorandum requesting to stay on active duty is submitted to the PEB. Recio said the Soldier must tell their case manager or PEBLO of their desire to continue on active duty.

"The PEB will look more favorably on a Soldier's request if they were injured in combat, or serve in a critical MOS or have at least 15 years or less than 20 years active service," Recio said.

Recio said PEBs are comprised of three officers who decide if the Soldier is physically able to perform duties within his military occupational specialty. Army Regulation 635-40, Physical Evaluation for Retention, Retirement or Separation, governs the board's decisions.

Fifth Army, TF Guardian Soldiers tackle Bataan Death March

Story and photo by
Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs Office

On a marathon-length desert course, 20 Soldiers, civilians, and two teenagers from the Fifth U.S. Army family tackled the commemoration of the Bataan Death March on March 21. About 3,000 participants converged on White Sands Missile Range, N.M., to honor those who fought and suffered at the hands of the Imperial Japanese army in World War II.

The Death March commemoration began in 1989 with a handful of people, and has grown to an internationally recognized event. The march recalls the sacrifices of more than 78,000 U.S. service members and Philippine Soldiers who were surrendered to Japanese Imperialist forces after brutal fighting in the opening months of World War II. Thousands were killed on their forced march into captivity, thus recalling the ultimatum that became a rallying cry: "March or die." Survivors were sent to prisoner of war camps or sent throughout the Japanese holdings as forced labor for the duration of the war.

During the March 20-21 weekend, about 30 veteran Bataan survivors were present to talk with participants and greet the finishers. During the opening ceremony, a "missing man" formation was conducted and 21 names of those survivors who died since the last march was conducted in 2002 were read aloud. Taps was sounded in their honor. No march was conducted in 2003 due to the war with Iraq.

Fifth U.S. Army's "Shock and Awe" team garnered a fifth place finish in the coed-military light division finishing the course in six hours, 21 minutes. Members of the team were: Lt. Col. Mark Greszler, Capt. Rene Ybarra, Capt. Eileen Piccolo, 1st Lt. Aaron Fidelman and civilian Michael Broadbent.

Lt. Col. Michael McGinn spearheaded Fifth Army's participation. He organized a similar effort for the 2001 march. "The goal was to do a physically challenging and demanding event, yet at the same time something that would honor the veterans of past wars," McGinn said. "I wanted to organize something for Fifth Army to instill teamwork and build camaraderie."

After the Christmas and New Year's holidays, about a dozen people began to train in earnest for the event. The group cross-trained by running and road marching throughout post and even down to the Alamo. The Fifth Army group entered the co-ed military light categories as teams and individuals, meaning that they wore uniforms

and boots, but without rucksacks.

Concurrently, Task Force Guardian Soldiers began to train in the military heavy division as individual entrants. To prepare for this event, the Task Force Guardian "heavy" team logged about 220-road miles with some rucksacks weighing nearly 60 pounds. The military heavy category, the most difficult of the various categories, required that each participant complete the march with a rucksack weighing no fewer than 35 pounds.

"Although we do not have lineage to a Soldier of Bataan, we feel this to be an honor to march and pay tribute to the American and Filipino Soldiers," said Capt. Bradley Skoglund, the Task Force Guardian organizer. "Although conditions (at White Sands) do not compare to the treacherous struggle they were subjected to, we will give our all and like the prisoners of war, we will walk as if we had no other option."

Task Force Guardian Soldiers are members of the Headquarters and Headquarters Company, 2nd Brigade, 40th Infantry Division (Mechanized) of San Diego, Calif., and have been assigned to Fort Sam Houston for nearly nine months to monitor homeland security in the Fifth U.S. Army area of responsibility. The 67 California National Guard troops were mobilized to Fort Sam Houston in support of Noble Eagle III. Upon returning from the march, they participated in a transfer of authority ceremony and are preparing to return to their home station.

Teen-agers Sean Greszler, 18, and Brian Greszler, 16, students at Cole High School also participated. They are the sons of Lt. Col. Mark and Cecile Greszler.

"I heard about it from my dad doing it, and it was something that I wanted to experience first hand," said Sean, a senior. "Hearing the vets talking was pretty cool stuff, and it made it more significant than just to do a marathon."

His brother, Brian, a junior, said, "I thought it was a good experience to do it with my brother and my dad." Seeing the survivors and hearing the historical briefing had a similar impact on the younger Greszler brother. "It gave it a purpose to doing it more than just doing it for fun."

This was Larry Thompson's second Bataan commemoration march. Thompson, an Army retiree who works as a



Larry Thompson, a Fifth U.S. Army civilian, (forward, right) takes a practice walk on the course the day before the event with fellow Fifth U.S. Army participants 1st Lt. Aaron Fidelman and Michael Broadbent.

civilian with Fifth Army, said Bataan has a personal significance for him. Thompson had a neighbor named Todd McGraw growing up in St. Louis who was a survivor of Bataan and the Japanese prisoner of war camps. "Then, I didn't entirely understand what he went through, but after coming to this event, I can understand better what he went through." McGraw told Thompson that he weighed 87 pounds in the POW camp, but at the time Thompson knew him in the 1950s, McGraw weighed nearly 240 pounds. "The things he told me, I can connect them now," Thompson said. When Thompson entered the Army, McGraw was there to see him off.

Fifth Army participants not already mentioned included: Lt. Col. Nicolas C. Gonzales, Capt. Alexander Sharpe, Capt. John Mendoza, Capt. Thomas Osborn, Command Sgt. Maj. Stephen Hallman, Sgt. Maj. James Woods, Master Sgt. Chris Allbright, Sgt. 1st Class Francisco Gonzalez, Sgt. 1st Class Aaron Jones, and Sgt. Dominique Young.

The Bataan commemoration event seeks to connect the past with the present, and to honor the memory of those who died as well as the survivors. For information on the annual march, visit the Web site at <http://www.bataan-march.com/history.com>.

A-76 Town Hall meeting Questions and Answers

The U.S. Army Garrison commander hosted a meeting on March 8 and 9 for employees affected by the implementation of the Most Efficient Organization. The following are questions and answers from the Town Hall meeting held March 8:

Q: Part of my position is in RLBC and part of my position is in the CGA, both new positions have work I have not done. How will CPAC determine where to place me?

A: Employees whose positions are to be abolished in order to establish the MEO and CGA will be placed through the Reduction-in-Force process. This process will be accomplished at the Civilian Personnel Operations Center in Rock Island, Ill., with on-site assistance from the Fort Sam Houston CPAC. The CPOC/CPAC staff will use an automation program designed for this purpose. Assignments of impacted employees are influenced by many regulatory (i.e., RIF) factors and in some cases there is no discretion in determining job offers. In some cases there may be some discretion. If, for example placement of a given individual in either the MEO or the CGA is permitted by the regulations, then the CPOC staff and the CPAC staff will collaborate to figure out the best placement. The qualifications of the individual employee may be considered. The potential to minimize disruption and make other prudent job offers may also be considered.

Q: Are there enough buyouts to offer every person in the U.S. Army Garrison who wants one?

A: No. Of the 829 permanent Garrison employees who were canvassed in November 2003, 204 indicated an interest in voluntary separation incentives. The Garrison has authority from IMA to offer 103.

Q: Which resume is CPAC going to be looking at?

A: Resumix resumes are not going to be used. Official Personnel Folders will be used. Send resumes to OPF.

In June 2003 the Garrison workforce was canvassed to determine interest in voluntary separation incentives (i.e., VERA/VSIP). Employees who were not interested were given the opportunity to volunteer for placement into other jobs (i.e., "safe haven"). Those who wanted to be considered for "safe haven" were asked to submit resumes to be used for that purpose. These ad hoc

resumes were used for several months, as Official Personnel Folders are not usually available locally. The resumes were not used for any other purpose.

During the RIF process, personnel doing the RIF in Rock Island, Ill will use OPFs. Some employees may have voluntarily submitted copies of their resumes to the CPOC at Rock Island for placement in their OPFs. In general, this is a good practice for employees who have valuable experience not already reflected in their OPFs.

Q: Are some of the 2210 series in ITBC going to be converted to another series?

A: It is possible that some 2210 series employees will be offered non-2210 jobs during the RIF. This could happen since we have more 2210 employees than we have jobs in that series in the MEO/CGA. Employees who are qualified for other types of jobs (e.g., computer technician GS-335) may be offered such positions – probably at lower grades.

Q: Can other procedures be set up by CPAC to notify 2210's?

A: At the direction of the Garrison Commander, employees in the GS-2210 series will be informed regarding the status/progress of the request for VERA/VSIP authority for 2210's.

Q: In RIF is it possible that even if a person is highly qualified in one area to get placed in job that the person has less skills?

A: Yes, it is not uncommon for employees to be placed in positions based on secondary skills and qualifications.

Q: CPAC personnel file plus resume, if person is multi-qualified how are decisions made on placement?

A: In determining RIF's offers, the CPOC/CPAC staff will use an automated program designed for the purpose. Assignments of impacted employees are influenced by many regulatory (i.e., RIF) factors and in some cases there is no discretion in determining job offers. In some cases there may be some discretion. If, for example placement of a given individual in either the MEO or the CGA is permitted by the regulations, then the CPOC staff and the CPAC staff will collaborate to figure out the best placement. The qualifications of the individual employee may be considered. The potential to minimize disruption and make other prudent job offers to other employees may also be considered.

Q: What is the benefit of downgrading and keeping on paying individual at the same rate of pay?

A: On paper, there is a savings by performing the base operations and visual information functions with the MEO and CGA. For example, the MEO/CGA calls for fewer employees and the pay grades are generally lower. It is evident that not all of the savings will be realized immediately because many downgraded employees will be granted grade/pay retention. However, even with grade and pay retention some savings accrue. As workers leave they are replaced with lower paid workers. Actual savings began to increase during the pay-retention period that follows the 2-year grade retention period because the absence of step increases and reduced annual pay adjustments.

Q: Are MEO and CGA work levels different? More work? What is CGA responsible for?

A: Commander - the April town hall will cover CGA and MEO topics.

Q: Individual on 1st list of buyouts not on the 2nd list. Second tier sent to directors for planning but when list came out individual was no longer on list. Is there going to be a 3rd tier of VERA/VSIP offers?

A: Yes, but 3rd tier will be for fewer people. Move information available next week after CPAC makes offers and individuals accept or reject their offer.

The commander has authority to award 103 buyouts in connection with the implementation of the MEO/CGA. Ninety-two offers were accepted through the first and second waves/tiers. The balance will likely be offered and will be based on updated and developing information and analysis. It is not known if the offers will be staggered over time or if they will all happen together.

The lists provided to directors/office chiefs were issued for planning purposes and were based on a study of the mock RIF results and other data. The continuing study of available info served to update and improve the plans and the lists. The final versions of the lists reflected some additions and deletions. For example, in one job family not all of the available MEO positions were considered/counted in the initial planning. When this mistake was discovered through double-checking the data, it was evident that the departure of some employees in the job family would create hiring actions instead of avoiding involuntary separations and adverse actions. Also, acceptances in the first wave/tier were factors in updating the list for the second.

Q: Lower grades of MEO. Why is extra work being

See *Meeting on Page 11*

Force Stabilization increases readiness, predictability

By Joe Burlas
Army News Service

This is the fifth in a series of articles that will examine the 16 focus areas outlined by the Army Chief of Staff Gen. Peter Schoomaker. This one also coincides with a major announcement on initiatives to stabilize the force.

While the primary goal of stabilizing Soldiers is to increase the readiness of their units for national security requirements, that stabilization also supports Well-Being for Soldiers and their family members, according to officials.

Force Stabilization is one of the 16 focus areas Army Chief of Staff Gen. Peter Schoomaker identified last fall that the Army will work to remain ready and relevant in the near term and the future.

"We think by stabilizing the Army, where we don't move the Army every two to three years on an individual basis, but we keep people in place, develop cohesive, stable units, where spouses can work, where kids can go to school, where people can invest in homes and develop equity, stabilizes forces," Schoomaker told members of the House Armed Services Committee, Jan. 28. "It's better for the fighting forces. It's better for the families. And, it will increase our retention."

To stabilize Soldiers and their families in the near term, the Army plans to implement two strategies -- Home-basing and Unit Focused Stability, said Col. Paul Thornton who has been working the issue for the past 17 months as a member of the Unit Manning Task Force and chief of its successor, Task Force Stabilization.

Under Home-basing, all initial entry Soldiers -- enlisted and officers -- initially assigned to selected installations will remain on their initial duty-assignment installation following training for six to seven years. This allows Soldiers and their families time to grow community roots and have a known family support structure in place for those families if the Soldiers deploy, Thornton said. It also allows predictability in where they will be for a longer period than the current system permits, he said.

Currently, the average assignment tour length for enlisted initial entry Soldiers is about 31 months, said Brig. Gen. Sean Byrne, director of Military Personnel Policy, G-1.

Home-basing does not apply to midterm or career Soldiers, only initial entry Soldiers, Thornton said, but

should lead to return assignments to the Home-base for all Soldiers eventually.

Nor does the initiative stop Home-based Soldiers being levied for short-term assignments at other locations.

Soldiers need to know that there may be a chance they'll have to do other things during their initial extended tour--short tours in Korea, Bosnia, Kosovo -- but with Home-basing, they will return to their initial-assignment installations, Byrne said.

The six-to-seven-year career mark for ending Home-basing was established because that is the point where the Army's manning needs outside of tactical units significantly increases, Thornton said.

"It's the point where that initial entry officer has made captain, completed a company command, and the Army may need that officer as a Pentagon staff officer, an instructor at the schoolhouse, or to complete advanced civilian schooling," Thornton said. "The enlisted Soldier will have likely made sergeant by that time and is ready for assignment as a recruiter, drill sergeant or an instructor."

Leader development training, such as basic and advanced noncommissioned officer course, and the captain's career course should not be impacted by Home-basing, as Soldiers will be sent to that training on temporary duty and then return to the installation.

Home basing is set to start at selected Forces Command installations with divisional brigade combat teams sometime in the fourth quarter of the current fiscal year. It will eventually include most FORSCOM bases in the United States and may include some combined FORSCOM / Training and Doctrine Command posts, Byrne said.

Under the second initiative, Unit Focused Stability, all members of a unit initially arrive at the same time and are stabilized in that unit for three years.

"Optimally, if you want to build unit cohesion, you keep members of a team together through training, deployment and employment," Thornton said. "This is about building more capable warfighting units that require less train-up time when alerted for deployment."

The Army understands that losses occur to any unit due to medical, administrative, hardship or judicial issues, Thornton said, so there is a plan for an annual package of replacements that would remain with the unit through the remainder of the 36-month unit lifecycle. Individual

replacements for key positions will be filled as required and requested by the unit, he said.

A key aspect to Unit Focused Stability is that the majority of these scheduled replacements joining the unit will be initial entry Soldiers.

"Let's say you need to replace a company commander due to a loss," Thornton said. "His replacement will come from within -- somebody who has been with the unit at the start of the unit lifecycle, somebody like the company executive officer or one of the battalion staff officers. Then you take a senior platoon leader and backfill the position left vacant. The initial entry replacement comes in and then fills the empty platoon leader position. It works the same way on the enlisted side."

Recruiters have been armed with a variable enlistment incentive to encourage those entering the Army to sign on for duty with a Unit Focused Stabilization unit. Recruits who sign up for the bonus must serve on active duty the amount of time it takes them to complete basic and advanced individual training plus three years in the unit rather than the standard three, four or six year enlistment.

Opportunity for leader development training, such as basic and advanced noncommissioned officer course, and the captain's career course will continue under Unit Focused Stability, only the timing of attendance may be affected.

The 172nd Infantry Brigade (Separate), based at Fort Wainwright, Alaska, is the first Army unit to use Unit Focused Stability when it started the process to become the Army's third Stryker Brigade Combat Team last summer.

Unit Focused Stability will take longer to implement across the Army than Home-basing because of operational requirements and the need for coordination with multiple Army organizations for each unit transitioning to the new manning system, Thornton said. Eventually, the Army plans to transition one brigade combat team a month, he said.

Both Force Stabilization initiatives should not impact anybody's chances for promotion, Byrne said, as promotions are based upon Army requirements, not unit requirements.

"We are increasing the readiness of the Army through stability and unit cohesion, while providing more predictability to Soldiers and their families," Byrne said. "We have always said that we enlist Soldiers and reenlist families."

Meeting

Continued from Page 9

added but the grades are lower?

A: The grades in the MEO reflect efforts to structure jobs in the most efficient manner possible. Consider this commonly used illustration: Currently we may have four GS-11s and one GS-09 involved in a function – with each of the GS-11s performing GS-11 level work only 25 percent. A more efficient structure is to have one GS-11 performing at the GS-11 level 100 percent and the other positions graded at the GS-09 level.

The MEO structure also reflects a precise approach to amount of work to be performed by each position. The position structure is based on workload count and cycle times. That is, the number of times a task is to be accomplished is multiplied by the amount of time the task takes to accomplish the task. Such calculations were blended with other considerations to determine the number of workers needed.

Q: What progress has been made since last June on reducing number people that may be RIFed (169)?

A: The “mock” RIF performed by the North

Central Civilian Personnel Operations Center in December 2003 indicated the number was down to about 100. Since then many employees have accepted incentives to leave voluntarily. Also, some new positions have been added to the MEO and CGA structures. It is not known what a representative number might be for our current situation – but it is much smaller than the original 160 – 170 figure.

Q: You are already training leaders- does that mean you know who the leaders are?

A: At the leadership levels the numbers of faces and spaces are considerably fewer than at other levels. Accordingly, some (not all) of the placements into MEO and CGA jobs can be predicted with confidence. For example, there is one GS-14 position in the MEO and there is one GS-14 employee involved. It is imperative to take advantage of the obvious and predictable future placements by having future MEO/CGA leaders work the transition issues.

Q: When will name of leaders be published?

A: At the next town hall meeting when CGA and MEO topics will be discussed.

*“Some Soldiers give
their lives for their
country...”*



*“...others just give
blood.”*

**Akeroyd Blood Donor Center
Brooke Army Medical Center
Monday - Friday
7:30 a.m. to 3 p.m.
295-4655 or 295-4989**

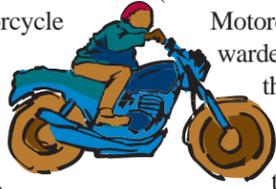
ASBP
Armed Services Blood Program

Motorcycle Course for experienced riders

The Experienced Rider Course is required for personnel who ride a motorcycle on Fort Sam Houston or Camp Bullis. Once ERC is satisfactorily completed, personnel are eligible to obtain a permit to ride their motorcycle at FSH, Camp Bullis or any other military installation. The course is available free of charge to active duty personnel, federal government workers, Reservists and Guardsmen on active duty assigned to FSH or Camp Bullis. Family members, contractors, Reservists and Guardsmen not on active duty are not authorized to attend.

The course is conducted at Lackland Air Force Base on the last Monday of the month (directions will be provided to scheduled students).

Allocations are limited, so first scheduled will be able



to attend. There may be standby slots available.

Motorcyclists must have a valid motorcycle license (State issued) with proof of insurance.

Motorcycle must pass checklist that will be forwarded to individuals who are scheduled to attend the class.

Proper clothing required includes: gloves that cover the fingers and palms, long pants, long sleeved shirt or jacket, (must be brightly colored or a vest) over the ankle sturdy footwear, helmet and eye protection (goggles or face shield), rain gear and a full tank of gas.

Personnel who are scheduled and need to cancel must inform the Fort Sam Houston Safety Office, point of contact Wayne Blanco-Cerda at 221-3836 or e-mail at wayne.blanco-cerda2@samhouston.army.mil. 24 hours in advance. Lackland will not allow any individual to attend if not coordinated through the FSH Safety office.

RCI staff conducts walk-through inspections

The Fort Sam Houston Residential Communities Initiative and Lincoln Military Housing LLC will begin the revitalization of the overall family housing appearance and function of the installation starting in 2005. In support of this initiative, LMH will perform a visual inspection to be used to define the scope of work for future renovations of the residences. This is just the preliminary stage for enhancing the quality of life at Fort Sam Houston.

The walk-through inspections are planned to occur during normal business hours, 8 a.m. to 5 p.m., now through May 14. Each inspection is estimated to take approximately one to two hours. In order to reduce your inconvenience and to more efficiently perform the inspections, a LMH representative will be contacting you over the next couple of weeks to arrange appointments for their staff to have access to your home for the inspections.

The areas to be inspected include the interior and exterior spaces as well as structural conditions. Some internal and external

photographs will be taken of the housing units in order to document areas of concern as well as the typical condition of the unit. LMH and the Residential Communities Initiative staff encourage the housing residents to have a list of problems handy for the inspection teams.

Unit's first 'Sports Day' encourages competitive spirit



The "Sports Day" event, a student-driven activity, involved a host of competitions ranging from flag football to the brutal sack race seen here. Other events included a litter relay race, soccer, volleyball, and tug-of-war.



Soldiers from E Company, 187th Medical Battalion stand ready to award trophies and medals to include the Commanders Cup to the winners of the various events held during the first "Sports Day" March 27.

Academy Battalion Spring clean-up clothes drive

Soldiers of Academy Battalion are sponsoring a Clothes Drive now through April 23. Drop off boxes have been placed at the AMEDD Center and School, Main Post Exchange, Commissary, Eisenhower Bank, San Antonio Credit Union, NCO Club, Officers' Club, DMRTI, Academy Battalion, Nutrition Branch, Chapel, and OR Branch.

As you conduct your annual spring clean up, you can donate new or slightly used clothing, personal hygiene items, diapers and pull-ups to a

worthy cause. Items will be donated to the Seton Home, SAMM Shelter, Battered Women and Children's Shelter, Father Flannigan's Girls and Boys Town, Roy Maas Youth Alternative Shelter, and the Christian Assistance Ministry.

For filled boxes, call Linda Wenck at 221-3688, Mary Jane Rodriguez at 221-3691, Sgt. Parker at 221-3809. You may also call Chaplain (Capt.) Ray Estes at 221-1753 or e-mail at ray.estes@us.army.mil.

By 1Lt. Bill Branstetter
Special to the News Leader

Residents who live in close proximity to Fort Sam Houston might have been alarmed by fierce ground tremors and sounds of raucous cheering on Saturday, March 27. However, it was neither an earthquake nor a riot, it was the first annual E Company, 187th Medical Battalion Sports Day. This student-driven activity involved a host of competitions ranging from flag football to a brutal sack race. Other events included a litter relay race, soccer, volleyball, and tug-of-war. Those teams ruthless and cunning enough to survive emerged victorious laden with more trophies and medals than could fit in a small display case. At the end of the day, the 91Xs were pronounced champions and were awarded the pinnacle of Initial Entry Training success, the Commander's Cup.

The grueling sporting events were not the only festivities to be found at Sports Day. Many family members came out to support their Soldiers. Some literally supported them as they limped off of the field after some of the more vicious games. There was also a barbecue of such proportion that many vegetarians in the vicinity converted to a diet of carnivorous cuisine. The E Company Eagles debuted their new T-shirts and demonstrated their dancing prowess around a booming sound system.

The brains and brawn behind Sports Day were seven hard-charging students: Spc. Abrams, Spc. Scott, Pfc. Alvarez, Pvt. Mason, Pfc. Sapp, Spc. McPherson, and Pvt. Currie. As a result of their work, students learned how to plan, organize, and operate in teams. The first Sports Day was declared an overwhelming success and a great time was had by all.

Equine Vaccination and Worming Clinic, April 17

The Fort Sam Houston Veterinary Clinic will conduct an Equine Vaccination and Worming Clinic on Saturday, April 17, 8 a.m. to noon. For information, call 295-4260.

In accordance with Army Regulation 40-905, legal owners must be present with a valid DEERS Identification Card to receive services, or agent must present power of attorney and copy of owner's ID Card to receive services for your animal.

Cole wins district in UIL One Act Play

Story and photo by Dr. Gloria Davila
Associate Superintendent

Cole High School's One Act Play cast competed in the University Interscholastic League District Competition in San Antonio on March 29. The cast performed scenes from "A Doll's House," Henrik Ibsen's play about a woman who leaves a smothering marriage and life in "a doll's house." The cast earned a fourth place in the District Competition based on points earned through individual awards: Lisa Ahrens, All-Star Cast; Amanda Collyer, Honorable Mention All-Star Cast; Christopher Hixson, Honorable Mention All-Star Cast; and Bjoern Goedelt, Best Actor. Other members of the cast included John Allen Luciano, Amy Jackson, Jared Morris, and Ashley Cochran. Bjoern Goedelt is Cole's foreign exchange student from Germany.

"Our students are great performers," reported Barbara Lien, Cole speech and drama teacher. "Some of our plays have advanced to higher competition, and some actors have won medals, but best of all, all have gained the experience of creating life with their imagination and sharing it with an audience." The play was initially performed in the new Fine Arts Building Theatre at Cole High School.



Cole drama teacher Barbara Lien poses with the members of the award-winning cast. From left, 1st row: John Allen Luciano, Amy Jackson, Lisa Ahrens, Amanda Collier; 2nd row: Barbara Lien, Ashley Cochran, Bjoern Goedelt, Krystal Curtis; 3rd row: Jared Morris, Jonathan Gore.



Members of the 2003-2004 Robert G. Cole High School's JROTC Cougar Battalion are all smiles after learning they earned an "Honor Unit with Distinction" rating during their annual inspection.

Cole High School JROTC earns 'Honor Unit with Distinction' rating

By Cadet 1Lt. Ashley Kelley
Cole Cougar Battalion Public Affairs Officer

Robert G. Cole Jr./Sr. High School's JROTC Cougar Battalion has once again been designated an "Honor Unit with Distinction" after receiving 585 points out of a possible 600 points during their formal inspection held March 31. The designation signifies that Cole High School's program is rated in the top grouping of all Army JROTC programs worldwide and authorizes its members to wear a distinctive gold star on their uniforms.

The inspection, conducted by Sgt. 1st Class Joseph Ashmore and Frank Bernal from the 12th ROTC Brigade, began with a formal briefing by Cadet Lt. Col. Michael Gresenz, battalion commander, and staff members Cadet Command Sgt. Maj. Cyrelle White; Cadet Maj. Jovan Ebalaroza, executive officer; Cadet 1st Lt. Caitlyn McCoole, adjutant; Cadet Maj. Vanessa

Medina, operations officer; Cadet Sgt. Maj. Caitlin Gresenz, supply officer; and Cadet 1st Lt. Ashley Kelley, Public Affairs Officer. Also participating in the briefing were the battalion's company commanders A Company, Cadet 1st Lt. Peyton Bell; B Company, Cadet 1st Lt. Barry Johnson-Rivera; C Company, Cadet 1st Lt. Billy Collins; D Company, Cadet 1st Lt. Alex Meir and Cadet Sgt. 1st Class Jennifer Bagg, assistant adjutant.

The visiting team reviewed personnel, supply, training, and PAO records. They inspected the ranks of the staff and each of the four companies, evaluating drill and ceremonies, military bearing, uniform appearance, and knowledge of military subjects. The day ended with a formal out-briefing conducted by the inspection team, where the results of the review were announced. Retired Lt. Col. Robert Hoffman and retired Sgt. 1st Class John L. Clinton are the Army instructors for the Cole JROTC program.

Early release for FSH ISD, April 23

The Fort Sam Houston ISD schools will release students early on April 23 for Fiesta activities according to the following schedules:

Fort Sam Houston Elementary:

- Students in PPCD and PK, released at 11 a.m. (Afternoon classes will meet at same time as morning class, 7:45-11 a.m.)
- Students in grades K-4th, released at 11 a.m.
- Students in grades 5th and 6th, released at 11:30 a.m.

Sack lunches will be provided for all students before they are released. Buses will run normal routes. For questions or information, call the elementary school 368-8800.

Cole Jr./Sr. High School:

- Grades 7-12, released at 11:30 a.m.

Sack lunches are available for students by pre-ordering through their advisor. Buses will run normal routes. For questions or information, call the high school at 368-8730.

Fort Sam Houston ISD Weekly Campus Activities April 12-17, 2004

Fort Sam Houston Elementary School

Book Fair, April 12-16

Monday, April 12

- Pre-Registration Packets go Home

Friday, April 16

- Spirit Day
- Pre-Registration Packets Due Back



Robert G. Cole Jr./Sr. High School

Monday, April 12

- Sixth Six Weeks Begins
- UIL District Tennis Tourney at Cole, TBA

Tuesday, April 13

- Baseball vs Nixon-Smilely at Cole, 4:30 p.m.

Wednesday, April 14

- FSH Volunteer Recognition Reception at NCO Club, 2-4 p.m.
- JROTC Blood Drive, TBA

Thursday, April 15

- UIL District Track Meet at Poth, Half Day

Friday, April 16

- UIL District Track Meet at Poth, All Day

Saturday, April 17

- Cole Baseball at Randolph, Noon
- Cole Jr./Sr. Prom at Marriott NW, 8 p.m. to Midnight





Cole JROTC's final blood drive, April 14

The Cole Junior ROTC Battalion will host the final Blood Drive of the school year on April 14 at the high school JROTC building from 2:30-7 p.m. Donors must be at least 18 years of age and weigh at least 110 pounds.

Appointments can be made through any JROTC cadet or by calling 368-8730, extension 7018 or 7019. Walk-in donors are also welcomed.



U.S. Army Garrison Command Sgt. Maj. Johnny C. Gray chats with Soldiers and family members after his opening remarks welcoming everyone to the Newcomers Extravaganza March 30.

Extravaganza informs and entertains newcomers

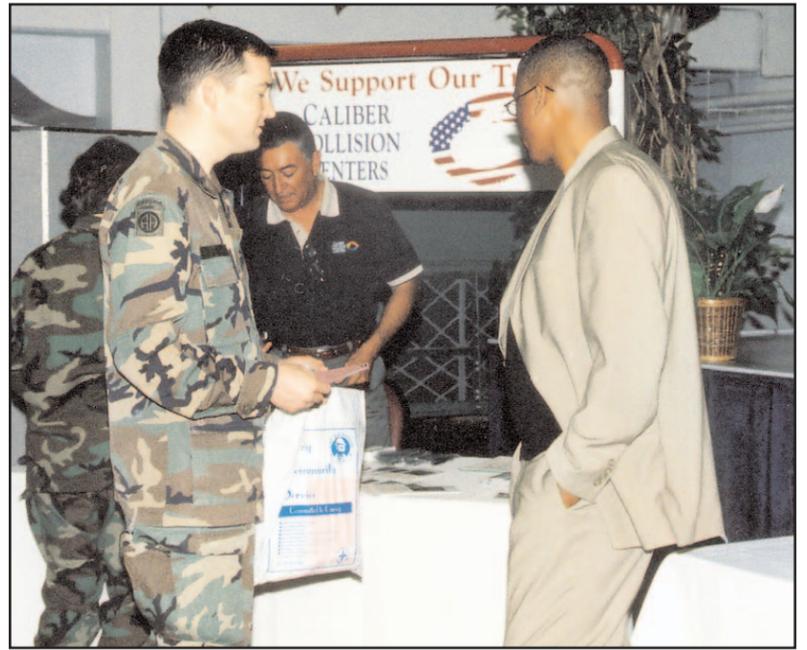
Story and photos by Margaret McKenzie
Special to the News Leader

“Rock & Roll” was the theme for a Newcomers Extravaganza held March 30 at the Roadrunner Community Center. About 300 newcomers to Fort Sam Houston attended the event, which is the official welcoming event for personnel assigned to Fort Sam Houston. The event features a wealth of information for all incoming personnel. Traditionally it is held on the last Tuesday of each month and is mandatory for incoming Soldiers E-1 through O-6. The extravaganza creates a festive atmosphere for Soldiers to meet and greet representatives from the various agencies on the installation and in the community as well as to gather valuable information about the many services and opportunities available to them on post. It is accompanied by music and drawings for prizes provided by sponsors of the event.

“I’ve received a lot

of information from this extravaganza and it is so well organized with representatives from all the agencies in one place,” said Sgt. Gregory Mason, who just returned from Korea. “This will be a great help to me,” he added.

Sponsors for the event include First Command, Caliber Collision Center, Jordan Ford, Chaney Financial Services, Government Personnel Mutual Life Ins. Co., and Military Service Organization. The next Newcomers Extravaganza will be held April 27, 9 a.m. at the Roadrunner Community Center.



Ray Flores of Caliber Collisions Center, one of the sponsors of the event, hands out certificates for free car inspections to Soldiers during the Newcomers Extravaganza.



Representatives from the various agencies on the installation explain their services, hand out goodies and information brochures, and sign the bingo cards good for prize drawings.

**Photos by
Sgt. Jan Allende**

Candidates were tasked to successfully accomplish multiple requirements such as a low crawl, high crawl, 3-5 sec rush, cradle, drop, drag technique of casualty evacuation, securing a patient on a spine board, calling in a medivac, establishing a landing zone and loading casualties onto a UH-60 aircraft during the testing.



At one of the integrated testing lanes candidates were tasked to disassemble and assemble a 9 mm pistol and M16 rifle, and perform weapons functions checks. Land navigation tasks included finding three of four points during the day in a three-hour period and finding three navigation points in a four-hour period at night.

Candidates were required to triage and treat four casualties, camouflage themselves and their equipment, and load patients onto an M997 vehicle.



The litter obstacle course challenged candidates to negotiate eight different obstacles while carrying a patient litter. The obstacles included a trench, low wall, high wall, up and down hills, through a narrow passage, over rocky terrain, and under an obstacle prior to loading the patient correctly on an ambulance.





Candidates show their resolve to successfully accomplish the Expert Field Medic Badge tasks. This year, 199 candidates from 13 military installations reported to Camp Bullis for the Expert Field Medic Badge test. A standardization week prior to the testing provided an opportunity for each candidate experience each of the new integrated combat scenario test lanes and to become familiar with testing standards.

EFMB

Continued from Page 1

tasks changing, the written test has also changed. It now covers three topics, evacuation from the battlefield, hygiene, and the newly indoctrinated 91W Soldier manual.

The planning for the EFMB began in November 2003 when the 32nd Medical Brigade coordinated the efforts of all units on Fort Sam Houston and scheduled the UH-60 support from the 149th Air Ambulance Company. Academy Battalion hosted the event this year and conducted numerous Integrated Process Review meetings to ensure the logistical and training resources were ready before the first candidate arrived at Camp Bullis.

One hundred and ninety-nine candidates in-processed at Camp Bullis to participate in this year's EFMB test. The candidates were from 13 military installations to include: Fort Myers, Va., Fort Sam Houston, Texas, Fort Sill, Okla., Fort Hood, Texas, Fort Polk, La., Fort Rucker, Ala., Eglin Air Force Base, Fla., Ellsworth Air Force Base, S.D., Schofield Barracks, Hawaii, Fort Riley, Kan., Redstone Arsenal, Ala., Walter Reed, Md., and Fort Irwin, Calif.

After in-processing, the candidates completed a Standardization Week during which they were instructed on how to conduct each lane successfully. The first test event, the written test, took place on March 20, focusing on medical technical skills, field sanitation and medical evacuation. The attrition rate from the test was 46 percent, with only 91 out of the 192 remaining eligible to continue.

Next came the grueling physical portion of the test, the series of lanes, which tested the candidate's

ability in various areas, such as emergency medical treatment, evacuation and communication, common skills tasks, the litter obstacle course, day and night land navigation and the 12-mile road march. Each test day brought new challenges for the candidates. If they successfully completed a lane they had a short time to celebrate before refocusing on the lanes they would face the following day, with the toughest challenge being day and night land navigation.

The final test came on March 25 with the 12-mile road march and only 30 candidates remaining. After three hours of rough terrain consisting of steep hills, rocky trails and low lying valleys, only 18 candidates completed the road march and earned the coveted Expert Field Medical Badge. At the completion of the route, the candidates maneuvered down a path and ended under an arch housing the EFMB crest for an additional spur of motivation.

The graduation ceremony was held at the end of the road march at the Camp Bullis Theater. During the ceremony a filmstrip was played with photos of candidates taken throughout the EFMB test.

Retired Col. John Von Der Bruegge was the guest speaker for the event. He congratulated the candidates on their accomplishment and challenged them to motivate other Soldiers to face a similar goal and earn the Army's most coveted badge, the Expert Field Medical Badge. Von Der Bruges is a veteran of World War II, Korean War and the Vietnam War, and his speech was focused on the importance of the medic's mission on the battlefield and how their training saved lives.



Nuclear, Biological and Chemical test conditions included assembling radio, loading frequency in radio, donning mask and MOPP 4 clothing, decontaminating face and hands, self administering nerve agent antidote, performing a Soldier decontamination, unmasking, and loaded patients in an evacuation vehicle.

"Days of Remembrance of Victims of the Holocaust"



Who: Everyone

What: Holocaust, Expo

Where: Roadrunner Community Center, FSH

When: April 19
10 a.m. to 2 p.m.

Guest speaker: Sandy Lessing
11-11:30 a.m.

"The Holocaust took place across more than 20 European countries which during World War II were in the grip of Nazi Germany. During this period political boundaries changed, states were dismantled, new states established, and hundreds of place names, which before the war were unknown even to educated people, suddenly assumed great historic importance. Who would know the location of towns like Auschwitz, Treblinka, or Chelmo were it not for the death camps established there by the Germans? ... It is impossible to learn and understand Holocaust history without complementing the chronological description and analysis of the events with adequate information on the geography underlying this chapter of modern history."

"For Justice and Humanity"

Post worship schedule

Main Post Chapel, Bldg. 2200, phone number: (210) 221-2754.

Catholic Services:

- 4:45-5:15 p.m. - Confessions - Saturdays
- 5:30 p.m. - Mass - Saturdays
- 9:30 a.m. - Mass - Sundays
- 11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

- 8 a.m. - Traditional Protestant
- 11 a.m. - Traditional Protestant

Jewish Services: phone numbers: (210) 379-8666 or 493-6660.

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



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

Catholic Services - Sundays:

- 12:30 p.m. - Bilingual Mass

Protestant Services:

- 5:30 p.m. - Contemporary Protestant - Sundays
- 10:30 a.m. - Collective Gospel Protestant - Sundays
- 9:30-11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided



AMEDD Regimental Chapel, Bldg. 1398,

phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

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

Troop Protestant Gospel Services: Sundays:

- 11:30 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Service:

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



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

- 1:30 p.m. - Jumma - Fridays
- 10:30 a.m. - Children's Religious Education - Sundays
- 7:30 p.m. - Adult Religious Education - Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

Catholic Services:

- 8:30 a.m. - Mass - Sundays
- 11:15 a.m. - Mass - Sundays
- 11 a.m. - Mass - Weekdays

Protestant Services:

- 10 a.m. - Worship Service - Sundays
- Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers:

(210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

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

Cash and carry sale of NAF property, April 21

Mark your calendars for the next Non-appropriated Funds sale of property scheduled for April 21, 8 a.m. to 3 p.m. in Bldg. 4205 Bay "B." Cash and checks with picture identification will be accepted forms of payment. All sales are final and all property is sold "as is, where is."

Used items available for sale include microwave ovens, bed spreads, carpet tiles, desk chairs, lounge easy chairs, sleeper sofa, more than 100 recliners, tables, desks, wall art, assorted billeting furniture, CPU's, monitors, and more. All property listed is subject to issue to NAF activities for continued use prior to date of sale. For information or directions, call the MWR Warehouse at 221-4449 or 221-4950.



Sergeant trades her stripes for gold bars

Story and photo by Norma Guerra
BAMC Public Affairs

A sergeant, with 10 years of active-duty service, traded her stripes for gold bars during a promotion ceremony held at the Brooke Army Medical Center Institute of Surgical Research March 11.

Sgt. 1st Class Jennifer Wojtaszczyk was commissioned as a second lieutenant environmental science officer.

Wojtaszczyk is a 1993 graduate of Greenville State College with a bachelor's degree in chemistry and is currently pursuing her master's degree.

Her husband, 1st Sgt. Robert Wojtaszczyk, who just returned from a one year deployment to Iraq, had the honor of pinning on her new rank.

"I am extremely proud and honored to get to know her twice -- as a Soldier and as my wife," said the first sergeant.

He also stated that he was sad to lose her as a non-commissioned officer, but truly believes she will be a top-notch commissioned officer.

The Army Surgeon General Lt. Gen. James Peake, who was personally invited by the new

second lieutenant, also pinned her gold bars. Wojtaszczyk said she met the Surgeon General while involved with the 2001 Medical Command Soldier of the Year Program. Her role in that program was to train and groom the Soldier awarded the Medical Command Soldier of the Year. During a conversation with Wojtaszczyk, Peake learned she was interested in applying for a direct commission and later offered her a letter of recommendation.

"Every time I would think about putting in for a commission; I would put it off," she said. "I always felt that it would take away the direct interaction with the Soldiers.

Wojtaszczyk said it wasn't until she met and spoke with Lt. Gen. Peake that she realized she would still have significant interactions with Soldiers as an officer.

After completion of the Officer Basic Course and the Military Medicine Preventative Course, Wojtaszczyk will join her husband at Fort Hood, Texas. She will report to Darnell Community Hospital and serve as the environmental science officer. Her husband is assigned to the 502nd Dental Company.



The Army Surgeon General, Lt. Gen. James Jeake and 1st Sgt. Robert Wojtaszczyk pin the new rank on newly commissioned 2nd Lt. Jennifer Wojtaszczyk during a promotion ceremony held at the Brooke Army Medical Center Institute of Surgical Research on March 11.

What is the connection between weather and disease?

The notion that health and climate are connected goes back at least as far as the Greeks in 500 BCE. They depended on observation and logic. It was scientific only in that it did not blame disease on evil spirits or curses. The weather theory would not be supplanted by the germ theory until late in the 19th Century. Besides the common cold, climate has given us the names of at least two diseases. "Flu" is short for the Italian phrase meaning "influence of the cold." "Malaria" is Latin for "bad air." It was thought to originate from the poisonous "miasmas" rising from swamps.

The war of 1812 demonstrated that the Medical Department did not have any accurate data on the health of the Army. Accordingly, Surgeon General Tilton directed Army Surgeons in 1814 to collect and record observations on weather and climate at their various posts. Army Surgeons were often the only people in remote areas, military or civilian, with anything like a scientific education. The diaries they kept were systemized by 1818 to include changes in temperature, barometric pressure, precipitation, wind direction and severe weather events. The Office of the Surgeon General published the compiled data as "Meteorological Registers" in 1826, 1840, 1851 and 1855. In 1842, Assistant Surgeon Samuel Forry published "The Climate of the United States and Its Endemic Influence's"

in an attempt to conclusively prove the connection between weather and disease.

In 1870 the germ theory of disease and infection was widely accepted, but the meteorological data collected by Army Surgeons still proved to be a valuable asset. That year Chief Signal Officer, Albert J. Myer, established a weather service for the Army. It would give rise to the United States Weather Bureau in 1890.

Source: Army Medical Museum April "Notes."

Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
- You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.

- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

Source: Fort Sam Houston Safety Office.





Brooke Army Medical Center Breast Health Educator, Susan Ferrise, breast cancer survivor Jonni Dollahite; Maria Cabrera from rheumatology, and breast cancer survivor Belinda Koeller led the Medical Milesteppers team, March 27, with the official team banner through the streets of San Antonio. Dollahite and Koeller are members of the Caring Hearts Breast and GYN Support Group at Brooke Army Medical Center.

Health Promotion Center April Class Schedule

Class	Date	Time
Breastfeeding Support Group	9	1-2:30 p.m.
Diabetes Education	12	12:45-4:30 p.m.
Stress Management	13	1-2 p.m.
Diabetes Education	13	12:45-4:30 p.m.
Office Yoga	14	Noon to 1 p.m.
Back Pain	15	2-3:30 p.m.
Introduction to Weight Reduction	16	Noon to 1:30 p.m.
Body Fat Testing	16	8-11 a.m.
Breastfeeding Support Group	16	1-2:30 p.m.
Cholesterol & Lipids	19	8:30-11:30 a.m.
Diabetes Education	19	12:45-4:30 p.m.

Note: Appointments for Diabetes Education are scheduled through the Internal Medicine Clinic at 916-0794. Appointments for the Fibromyalgia Treatment Group require a consult to Behavioral Medicine Clinic. To schedule Winning Combination and Introduction to Weight Reduction, call the Nutrition Care Division at 916-5525. To schedule Back Pain, call Physical Therapy at 916-3247.

Largest military group races for the cure

Story and photo by Jen Rodriguez
BAMC Public Affairs

The Medical Milesteppers, a combined group of 239 participants from the Brooke Army Medical Center medical staff and active-duty soldiers from the 232nd Medical Battalion including C Company, D Company and E Company, went the distance March 27 for a good cause.

The group participated in the Annual Susan G. Komen Race for the Cure with the San Antonio community that drew more than 27,000 runners and walkers.

According to Susan Ferrise, BAMC breast health educator, this is the largest military group

that we've had to participate in the Susan G. Komen Race for the Cure.

The Komen Race for the Cure raises funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship, and honors those who have lost their battle with the disease.

Milesteppers ran or walked the 3.25-mile course from the Alamodome on a route through the downtown streets of San Antonio and returned to the dome.

"The team won a plaque for being the largest military team to participate, Ferrise said. "Two years ago, our team won the same award."

This is the seventh consecutive year that BAMC and Fort Sam Houston have participated in the event.

Aerobics Classes for everyone at the fitness center

Tired of the same old workout routine? Check out some of the Aerobics Classes offered at the Jimmy Brought Fitness Center. For information, call 221-2020.

Monday:

8:45-10:30 a.m.	Water Fitness and pre/post natal Aquatic Fitness
4:45-5:15 p.m.	Super Abs
5-6 p.m.	Water Fitness and pre/post natal Aquatic Fitness
5:45-6:45 p.m.	Cardio Step

Tuesday:

9-10 a.m.	Senior Fitness
5-5:45 p.m.	Yoga/Pilates
5:45-6:45 p.m.	Body Sculpt and Abs
7-8:30 p.m.	Karate

Wednesday:

8:45-10:30 a.m.	Water Fitness and pre/post natal Aquatic Fitness
4:45-5:15 p.m.	Super Abs
5-6 p.m.	Water Fitness and pre/post natal Aquatic Fitness
5:45-6:45 p.m.	Cardio Kickboxing

Thursday:

9-10 a.m.	Senior Fitness
5-6 p.m.	Yoga/Pilates
5:45-6:45 p.m.	Body Sculpt and Abs

Friday:

8:45-10:30 a.m.	Water Fitness and pre/post natal Aquatic Fitness
5-6 p.m.	Water Fitness and pre/post natal Aquatic Fitness
7-8:30 p.m.	Karate



MWR Recreation and Fitness

MWR Calendar of Events - Looking for something fun to do this weekend? Check out the variety of activities available through Fort Sam Houston' Morale, Welfare and Recreation. Visit their Web site at www.portsamhoustonmwr.com for a complete listing of events at the Bowling Center, Golf Club, Fitness Centers and Auto Craft Shop.

Party Places - Need to organize a unit or retirement party or just looking for a unique place to hold a birthday bash? Check the Fort Sam Houston MWR Web site at www.portsamhoustonmwr.com/PartyPage.htm.

Bench Press Contest, April 10 - The next FSH Bench Press Contest is set for Saturday, April 10, 10:40 a.m. with weigh-in from 9:30-10:30 a.m. This event promotes injury-free weight training program.

Post Garage Sale - The next post garage sale is scheduled for Saturday,

May 1, 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot, located on the corner of Harry Wurzbach and Stanley Roads, across from AMEDDC&S. To participate in the garage sale you must have a valid Department of Defense identification card. To sign up, call 221-2926 or 221-2307. Sale is open to the public. To reserve tables, chairs and canopies, call the Outdoor Equipment Center at 221-5554.

AC Service Available - Get ready for the Texas summer heat with an AC service at the Auto Craft Shop. The cost is just \$30 for service plus the cost of freon and environmental fee. Available are R-12 and 134A refrigerants. Stop by the Auto Craft Shop, located at the corner of Schofield and Funston Roads. The shop is opened Wednesday-Friday: 1-9 p.m. and Saturday-Sunday: 9 a.m. to 5 p.m. For information, call 221-3962.

Summer Youth Horsemanship Program - Is your child interested in

learning how to ride a horse? Then the youth horsemanship camp may be just what you're looking for! Students 7-18 of age will learn proper riding forms as well as a variety of horse care techniques. Eight 5-day sessions are available from June-August and cost is \$175. For information, call 224-7207.

Archery Lessons at the Indoor Archery Range - Contact the Outdoor Equipment Center at 221-5225 for individual lessons. Award winning archer Skip Dawson provides instruction at various levels from expertise, novice to expert. Children are welcome, however, a parent must accompany children under the age of 18.

Camp Bullis Catfish Pond now open - The Camp Bullis pay-as-you-go catfish pond is now open Saturdays and Sundays from noon to 6 p.m. All catfish are sold by live-weight. The pond is stocked twice each year with 3 to 5 pound channel catfish. A fishing license

is not required and there is no daily fee.

Keep Your Heart Healthy - A free 5K fun run/walk will be held Saturday, April 24, 10:30 a.m. outside the Jimmy Brought Fitness Center. Participants will receive a free T-shirt. For information, call 221-2020.

60 Days of Fitness - A motivating fitness and weight loss program to help you safely lose 15 pounds in 60 days using a point system. This self-paced program requires you to work out 45 of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. You will also attend two 30-minute weight loss classes. Cost is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.

Weight Loss Classes - Held every Tuesday from 10-10:30 a.m. and 5-5:30 p.m. For information, call Lucian Kimble at 221-2020.

Youth Happenings

Exploring Life for Middle School students - Youth Services offers an after school program for Middle School youth grades 6-9. This program is held Monday through Friday after school until 6 p.m. YS will pick the child from the elementary or the Jr./Sr. High School and take the child to the Youth Center, provide a snack, work on homework, participate in clubs and participate in fun innovative projects that include the 4-H club, a photography club, a Computer Tech club and others. Work will include areas of interest that both the parents and the students like. This program is free for youth registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502

Youth Service Volunteers - YS is always looking for volunteers for assisting with the youth programs. Coaches, computer skilled people, crafty people and those that just care about kids are needed. If you have a special interest or hobby that you would like to share with

kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

Saturday Open Recreation - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours are youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

Alternative Dance Classes - Join the Middle School and Teens for Alternative Dance Class Tuesdays from 5-6 p.m. Dance types include salsa, hip-hop, and country.

Parents Wanted - Parents are needed at the Youth Center every third Saturday of the month from 7-10 p.m. to join the Youth Center Staff team and play basketball against the teens and middle

school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or two followed by refreshments.

Tae-Bo - Join the YS staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m. Spring is just around the corner so come get in shape with us.

Saturday Shuttle - YS offers a Saturday shuttle to and from the Youth Center. There is no cost to this shuttle but parents of children 9 and under must wait for the van and sign them into and out of the van with the YS staff member. The Shuttle Schedule is as follows:

3 p.m. - Leave the Youth Center
3:07 p.m. - Gorgas Circle (picnic tables)
3:10 p.m. - Schofield/Dickman on Schofield



3:15 p.m. - Reynolds and Dickman on Reynolds
3:20 p.m. - Officer's Club tennis Courts
3:25 p.m. - Artillery Post Road at Bus Stop
3:30 p.m. - Easley/Infantry Post Bus Stop 660
3:42 p.m. - Patch Road (playground)
3:46 p.m. - Patch Road Shoppette Parking lot
3:50 p.m. - Foulois/Scott Road Harris Heights
3:54 p.m. - Forage/Foulois
The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

Child and Youth Services Central Registration offers many services

3-Day Part Day Preschool Program on hold - The 3-day Part Day Preschool program has been placed on hold due to lack of enrollment numbers. If you are interested and have questions concerning this program, notify Central Registration to place your name on a list. Fees range from \$151-\$200 per month and will be assessed by calculating total family income.

Family Child Care offers certified childcare - The FCC home-based childcare for children ages 4 weeks to 12 years on and off post with certified childcare providers. Types of care are full day, part day, before and after school care, hourly care, and extended hour care and long-term care. Referral information and child registration are available at

Child and Youth Services Central Registration, 221-4871 or 221-1723.

FCC providers sought - The FCC is looking for family members interested in becoming certified FCC providers to offer home based childcare. There is a no-cost start up plan. For information, call 221-3820 or 221-3828.

Wait List status - If your child's name is on the Wait List for full day care at the Child Development Center, check the status of the name on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check the status, call Central Registration at 221-4871 or 221-1723.

Instructional classes offered - If you are interested in instructional classes

such as Tae Kwon Do, piano or gymnastics, call 221-4882, 221-4871, 221-1723.

After School and Weekend Recreation - School Age Services (1st - 5th grade) offers after school and weekend open recreation opportunities and after school hourly care options. Hourly and open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

School Age Services Summer Camp early registration - Early registration at the School Age Services building for Summer Camp will be April 12-16, 9 a.m. to 6 p.m. for active duty personnel

only. For DoD civilians/contractors and retirees, registration will be held April 19-23, 9 a.m. to 6 p.m. After those dates all registration will be at Central Registration, Bldg. 2797. To register for Summer Camp children must have completed kindergarten, provide updated immunizations, \$18 dollar registration fee and provide proof of income.

Red Cross Babysitting Class - CYS Outreach Service is offering a Red Cross Babysitting Class for children 11 years and older. The class will be held May 1, 9 a.m. to 5 p.m. at the Roadrunner Community Center, Bldg. 2797. There is a \$15 fee and limited spaces available. Child will need to bring a bag lunch. To reserve space, call Central Registration at 221-4871 or 221-1723.

Red Cross Certified Babysitting Class, April 17

A Red Cross Certified Babysitting Class for children ages 11-15 will be held April 17, 9 a.m. to 4:30 p.m. at the Red Cross Station, 2650 Patch Road, on the corner of Harney and Patch Roads, Bldg. 2650. There is a \$35 fee and class is limited to the first 10 students. Child will need to bring a bag lunch. For information or to make a reservation, call 221-3355.



What is HOOAH 4 HEALTH?

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 46 million hits have been recorded.

The users of www.hooah4health.com include not only Reserve Component citizen-Soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army web site originate from around the world. Body, mind, spirit, environment, prevention, change, family and lifestyle are the primary wellness topics contained in a user-friendly environment. The HOOAH 4 HEALTH newsletter is available online at <http://www.h4hnewsletter.us/>.



Coach Herb More poses with the Cole Cougar basketball team players who were selected to the TABC All-District and All-Region Teams. From left, front row: Kenny Simmons, Donell Weary; Back row: Billy Collins, Coach Herb More, Dan Philbrick.

Cole Cougar basketball players rate in state

Story and photo by Dr. Gloria Davila
Associate Superintendent

The final rankings from the Texas Association of Basketball Coaches included several Cole Cougar basketball players. Billy Collins and Donell Weary were selected to the 29-2A All-District 1st Team, while Kenny Simmons and Dan Philbrick were selected to the 2nd team. Jon Brown, Dabrimon Mobley, and Johnny Lucas received Honorable Mention. Billy Collins was selected to the TABC All-Region 1st Team and Donell Weary and Josh Collins were selected to the 2nd Team.

In addition, Billy Collins made the TABC

All-State 2nd Team. Coach Herb More states, "Billy Collins led by example, always attending practice sessions and games, never taking a day off. He is an all-around talented player."

Under Coach More, the Cougars earned the District 29-2A Co-Championship and the District 29-2A Area Championship for 2003-2004. "This was an outstanding group of individual players who were able to overcome some team adversity," More reports. "They were able to keep their focus throughout the season and were good leaders."

The Lone Star Invitational Tournament All-Star Game was played on April 2. More was the coach for the Blue Team in that game, while Billy Collins played for the same team.

FSH 'Rainbow Kids' get ready to rock'n roll for Texas audiences

The newly formed Fort Sam Houston Rainbow Kids are getting ready to present outstanding entertainment for people of all ages throughout the San Antonio area.

Fourteen military and non-military talented children, who range in ages five through 11, have booked their

first show for Sunday, April 18 at the Fort Sam Houston Fiesta Fireworks at 2:30 p.m. Word has it that even Elvis will appear and perform at this special performance. All in all, it's going to be a great show.

The group will also perform on Sunday, April 25, 2 p.m. at the Bulverde Festival. The event is being held at the Bulverde Community Center in Bulverde, Texas.

The touring performing arts group is dedicated to presenting professional quality, family-style entertainment in a variety of settings. The music includes routines from the 1920s, 30s, 40s, 50s, 60s, Broadway, some modern and country and western. The non-profit group presents free programs ranging from 30 minutes to more than an hour at schools, churches, community and military events, youth and senior centers, shopping malls, and at patriotic events. The shows include full costuming and a professional sound system.

Featured in the group are: Giovana Arcchi, 9; Talia Howard, 10; Emily Mazak, 7; Katie McHargue, 11; Liam Merkle, 11; Amanda Miller, 10; Jacquelyn Miller, 5; Perry Moore, 11; Amy Mulkey, 10; Cady Mulkey, 6; Jovan Murray, 10; Luisa Rodriguez, 10 and Ta'Queria Weary, 7.

Many past performers have gone onto professional careers in movies such as "Poltergeist" and "Annie"; or television shows like, "Happy Days," "The New Dick Van Dyke Show," and "Webster", and on stage show such as Opryland with country and western stars. In addition, the Osan group won the 1991 Korea Star Search for best performer under the age of 13 and best performing group for 13 years and under. The group has also done 21 television specials in the format of the old ABC After School Specials.

For more information on the group or to schedule a performance, contact Ron Joy at (830) 980-7786 or 221-1043 or e-mail rj96707@yahoo.com. Also visit the Rainbow Kids Web site at www.geocities.com/azrainbowkids.

Source: Youth Service news release.

Career Clips



The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.

Staffing Coordinator - San Antonio. Require a strong background in customer service, preferably in the medical field, Nursing and Allied. Working knowledge of medical terminology and computer experience. Have excellent organizational and communications skills.

TRICARE Service Center Manager-South - San Antonio. Direct the operation of a TRICARE Service Center. Ensure compliance requirements, coordinate and direct the efforts of the TSC staff to optimize results, and act as the primary point of contact with Military Treatment Facilities.

Clinical Innovations Specialist-Referral Nurse - San Antonio. Ensure providers and members receive prompt, courteous, and professional service. Process referral requests for the commercial HMO, Medicare, Medicaid and Point of Service products according to established guidelines, policies and procedures, and legislation.

Resumix workshop for U.S. Army Garrison employees

Accessing Resumix workshop will be held April 20, 8-9:15 a.m. Attendance is by reservation only and limited to eight per class. For information or registration, call 221-2276.

Civilian Workshops scheduled

The Army Career and Alumni Program staff will conduct Resume, Writing, and Interviewing Workshops for DoD civilian employees who are contemplating leaving federal service workforce. Workshops are being offered on the following dates: April 16 and May 5. To register as an ACAP client and to reserve a seat in one of the workshops, call 221-1213. Workshops will be cancelled and clients rescheduled, if there are less than 10 confirmed attendees one week prior to the workshop. Register now and get your friends and family members to do the same.

MWR Ticket office at NCO Club

The MWR Ticket Office is now located in the NCO Club. Hours of operation are Tuesday through Friday, 10 a.m. to 5 p.m. and Saturdays, 10 a.m. to 2 p.m. Tickets can be purchased at the Cashier's Cage in the main entrance of the club. We currently have the following tickets available at great discount prices: SeaWorld, Walt Disney World, Ripley's Wax Museum, Space Center (Houston), Splashtown, Natural Bridge Caverns, Natural Bridge Wildlife Ranch, IMAX, San Antonio City Tours, and Texas Treasure Casino Cruises. We also have tickets for the Flambeau Parade, Battle of Flowers and Fiesta in Blue (tickets for Fiesta in Blue are free). For information, visit the MWR Web site at www.fortsamhoustonsmwr.com/bod/mwr_ticket_office.asp or call 226-1663.

Fort Freebies



Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

For Sale: 1995 Rinker 20' Merc-Cruiser, open bow ski/fish boat in excellent condition, IB/OB, V-6, trailer and all accessories, \$7,995. Call 274-4390.

For Sale: 2001 Toyota Sequoia Limited Edition, 22K miles, pristine condition, gunmetal gray, leather, all options, very low miles, \$31,500. Call 296-1194.

For Sale: 1990 Ford Probe, cruise, tilt, AC, new tires and battery, needs paint job, \$950. Call 221-8262 or 710-8646.

For Sale: 1970 VW Beetle project car, runs good, strong engine, \$800 obo; Compaq computer w/monitor, \$50; new Lexmark inkjet printer w/extra ink, \$50; Diamondback BMX bike, \$15; large Star Wars collection, make offer. Call 347-6747 or 347-6746.

For Sale: Kenwood cabinet stereo with 5-CD and amplifiers with 3-ft. speakers, \$100; 4 9' by 12' rugs, 1 maroon, 1 blue, and 2 beige \$20 each; Jenny Lind crib with mattress, \$40; 1995 Ford Windstar LX Hunter Green w/120K miles, \$6,500. Call 274-5659.

For Sale: Coleman canoe, 4 yrs old, \$180 obo. Call 223-7876.

For Sale: Maytag dryer in excellent condition, \$200, sweater-drying rack included. Call 212-7842 after 5 p.m.

For Sale: Maytag electric stove with oven,

\$199. Call 387-4443 or 829-5326.

For Sale: Bose Direct Reflecting 301 speakers, (new, in box) \$200. Call 945-4237 after 6 p.m.

For Sale: Compaq Presario computer, Window 98 OS; multimedia, extra software applications, great for children, \$200 obo. Call 651-4841.

For Sale: Loft beds, bed on top with desk underneath, perfect for quarters, \$225. Call 223-9501.

For Sale: Royal blue prom dress, sequins, size 7/8, \$40 obo; charcoal grey prom dress, rhinestones, size 8, \$40 obo; black formal dress, size medium, \$20; all worn once. Call 289-2930.

For Sale: Tickets to Jimmy Buffett, Alan Jackson and George Strait concert, May 29 in Dallas (Irving), unobstructed view, 2 seats in section 22 and 2 seats in section 12. Call Laura at 295-2624 or 379-6106.

For Rent: One bedroom duplex, hardwood floors, within walking distance to FSH, large fenced yard and garden area. Rent \$520 per month, (water paid) discount offered to military personnel. Call 916-2482 or 822-6587.

Free to a Good Home: White, 100 percent American Eskimo male dog, all shots and neutered, good with kids. Call 710-8646 or 221-8262.



Community events

'Arsenic and Old Lace' at the Harlequin, now through May 8

The Harlequin Dinner Theatre will feature "Arsenic and Old Lace," a comedy by Joseph Kesselring on Wednesday through Saturday evenings now through May 8. Prices are \$25.95 on Fridays and Saturdays and \$22.95 on Wednesdays and Thursdays. There are discounts for military and students. The house opens for salad bar and cocktails at 6:15 p.m., buffet is open from 6:30-7:30 p.m., and curtain is at 8 p.m. For reservations, call the Harlequin Dinner Theatre at 222-9694 or visit the box office from noon to 5 p.m. weekdays and 1-5 p.m. on Saturdays. Theatre is handicapped accessible.

Comfort Easter Egg Walk, April 10

The Hill Country Volkssportsverein volksmarch club will host a 10-kilometer (6.2 mile) and optional shorter distance walk starting at the Comfort Community Park on Highway 27 West in Comfort, Texas, April 10. The walk will include an Easter Egg hunt along the walk route. For information, call John Bohnert at (830) 995-2421 or e-mail Tina Bohnert at tina.bohnert@comfort.txed.net.

Installation Volunteer Recognition Ceremony and Reception April 14

The Fort Sam Houston Volunteer Advisory Council will host the annual Installation Volunteer Recognition Ceremony and Reception on April 14, 2-4 p.m. at the NCO Club. For information, call your Volunteer Advisory Council Representative or Kim Miller, Installation Volunteer Coordinator, at 221-2705/2418.

Caminada de Fiesta Walk, April 17

The Texas Wanderers volksmarch club will host a 10-kilometer (6.2 mile) and optional 5-kilometer walk at Fort Sam Houston on April 17 starting at the Army Medical Department Museum at the corner of Harry Wurzbach and Stanley Road. For information, call Lyn Ward at 651-6536 or e-mail Lward10KM@aol.com

Canyon Lake Walk, April 17-18

The New Braunfels Marsch-und Wandergruppe volksmarch club will host a 10-kilometer (6.2 mile) and optional 5-kilometer walk at Canyon Lake on April 17-18 starting at the Community Resource and Recreation Center of Canyon Lake at 125 Mabel Jones Drive. For information, call Helgard Suhr-Hollis at (830) 625-6330 or e-mail helgard@texas.net.

USO San Antonio Walk for the Troops, May 1

The USO San Antonio will hold the 2nd annual Walk for the Troops on Saturday, May 1 at the Verison Wireless Amphitheatre from 8-11 a.m. Individual and teams are encourage to participate. For information or to register, call the USO at 227-9373, extension 14 or e-mail loriivy-marx@alamouso.org. You may also register the morning of the event from 7-8 a.m.

Health Protection Conference returns to New Mexico, Aug. 9-12

The Seventh Annual Force Health Protection Conference will return to the Albuquerque, N.M., Convention Center Aug. 9-12, with pre-conference sessions set for Aug. 6-8. For information and registration, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link at <http://chppm-www.apgea.army.mil/fhp/>.

¿Que Pasa?

Volunteer

Caring Hearts Support Group sponsors bake sale, April 8

The Caring Hearts Support Group plans to raise money for the first annual Breast Cancer Survivors Retreat that will be held in October. The group will hold a bake sale on April 8 at Brooke Army Medical Center in the Medical Mall near the pharmacy. The money raised will help to sponsor women who would not otherwise be able to attend as well as cover speaker's fees, etc. Plan to attend the bake sale and to support the fundraising efforts for Soldiers and their families who are battling cancer. If you know someone who might benefit from this Retreat or would like to help in some way, call Susie Kadleck at 656-0012.

Laser procedure treats varicose veins

Wilford Hall Medical Center is seeking patients who require treatment for pain, discomfort or unsightliness caused by varicose veins. A minimally invasive laser procedure is available that leaves no scar and allows most patients to resume normal activities almost immediately. For information or to schedule an evaluation, call Maj. (Dr.) George Leon or Maj. (Dr.) Mark LePage at 292-7839.

Cole Cougar Pride Club sells Fiesta parade tickets

The Cole Cougar Pride Club, the school's teacher-parent organization, is selling tickets to the Fiesta 2004 parades. The Battle of Flowers parade will be held Friday, April 23, 11:50 a.m. The Fiesta Flambeau parade will be held the evening of Saturday, April 24, 6:50 p.m. Seats are \$7 each and are located along the 100 block of East Commerce Street. To purchase seats, call Shari Mullins at 226-9568.

Ten Star All-Star Basketball Camp

Applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp. This camp is by invitation only. Boys and girls ages 10-19 are eligible to apply. Past participants include Michael Jordan, Tim Duncan, and Vince Carter. Players from 50 states and 11 foreign countries attend the camp. Basketball scholarships are possible for players selected to the All-American team. For a free brochure, call (704) 373-0873.

Education

Family Member Employment Assistance workshop, April 21

The Army Community Service Family Member Employment Assistance will offer a Resume Workshop on Wednesday, April 21, 9 a.m. to noon. It is not enough to just have a resume, you need to have the right resume to increase your chances of landing an interview. Reservations are required and seating is limited to family members of active duty, retired service members and current DoD civilians. For information, call Pat Fory at 221-2705 or e-mail patricia.fory@samhouston.army.mil.

Collateral Duty Safety Officer Course, April 22-23

The next Collateral Duty Safety Officer course will be held April 22, 8 a.m. to 4 p.m. and April 23, 8 a.m. to noon. The course will be held in Bldg. 2841, Willis Hall, Room 2206. For registration, call Richard Edges at 221-3857.

DMRTI to host course June 21-25

The Defense Medical Readiness Training Institute will host the Homeland Security Medical Executive Course at the Hilton Austin Airport in Austin, Texas. Course information is available at www.dmrti.army.mil.

Direct commissioning program available

The U.S. Army Health Care Recruiting Team is look-

ing for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

ACES announces new hours

Army Continuing Education System, Bldg. 2248, 2408 N. New Braunfels, announces new hours of operations: Monday through Thursday 6:30 a.m. to noon and 1-4:15 p.m., Friday 7 a.m. to noon and 1-3:45 p.m. The center is closed from noon to 1 p.m. Have your registration information and cost when requesting tuition assistance. Also have a Degree Plan from the school you plan to attend. Guidance Counselors are: Jane Moon, 221-1373, Richard Rodriguez, 221-1429, Hazel Rockeymoore, 221-1634. Reception Desk, 221-1738. Army Learning Center, Clarence Prevo, 221-1117.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

Meetings

USAWOA, Lone Star Chapter meeting, April 17

The Lone Star Chapter of the United States Army Warrant Officer Association is holding a special meeting, in lieu of the regularly scheduled monthly meeting, for the Annual Installation of Officers on Saturday, April 17, 6 p.m. All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, call WO1 Matthew Watterson at 295-8773 or e-mail at matthew.watterson@us.army.mil.

Purple Heart veterans sought

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

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Retired Sgt. Maj. Howard T. Ray, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Hector Viczaino at 221-7305.

Calling all single Soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call BOSS President Kimberly Vaughan at 916-1772 or BOSS Program Manager Ben Paniagua at 224-7250.