



Fort Sam Houston News Leader



Vol. 37, No. 15

Fort Sam Houston – Home of Army Medicine

April 14, 2005

Briefs . . .

Gate operation for Fiesta

The Wilson gate will be open April 23 from 6 p.m. to midnight to accommodate post residents walking to Fiesta Flambeau Parade.

AMEDD Museum hours

The Army Medical Department Museum will be open Sunday from 1 to 8 p.m.

Tax center extends operations

Due to overwhelming demand, the main Tax Assistance Center, located in Building 407 on Dickman Road, will remain open until April 29. The Brooke Army Medical Center Tax Center will still close Friday. The Tax Center will be open from 9 a.m. to 3 p.m., Monday through Friday starting Monday through April 29. The Tax Center will be closed April 22 for the Battle of the Flowers training holiday. For more information or to make an appointment, call 295-1040. Tax returns must be filed/post-marked by midnight Friday.

April retirements

Fort Sam Houston's April retirement ceremony will take place April 28 at 7:45 a.m. at the MacArthur Parade Field. The rain location for the ceremony will be at the Blesse Auditorium, Building 2841.

Quarterly safety awards

The deadline for the second quarter FY 05 safety award nominations is April 28. For more information, call Lupe Gomez, post safety manager, at 221-3866.

Service request procedures

For housing service requests, Fort Sam Houston residents can either sign a Permission to Enter form or schedule an appointment. The PTE allows Lincoln Military Housing to enter a house without the residents there, which expedites the service request. The PTE must be submitted in writing and can be changed any-time. Appointments are scheduled based on the resident's and maintenance staff's availability in four-hour blocks with a nine-a-day maximum. For a service request, call the "Lincoln at Your Service" service request line at (888) 578-4141. For more information, call the Lincoln Military Housing office at 270-7638.

Legal office closures

The Office of the Staff Judge Advocate, Claims Division and the Legal Assistance Office will be closed April 21 for training and April 22 for a training holiday. The office will reopen April 25. For emergencies, call the on-call-officer at 393-3042.

Volunteer of the year

The Installation Volunteer Advisory Council will host the annual Installation Volunteer Recognition Ceremony and Reception May 11 from 10 a.m. to noon at the Sam Houston Club. For more informa-

See BRIEFS on Page 2

Fiesta bound



Photo courtesy of the Golden Knights

The Golden Knights U.S. Army Parachute team will perform aerial acrobatics and precision landings at the Fort Sam Houston Fiesta celebration Sunday at 4:30 p.m. at MacArthur Parade Field. The Golden Knights spread the word about the Army and its recruitment effort by performing aerial demonstrations for the public. See pages 16 and 17 for more Fiesta information.

DoD announces criteria for new campaign medals

The Department of Defense announced the creation of two campaign medals for Afghanistan and Iraq April 7.

Presidential Executive Order 13363 established the Afghanistan and Iraq campaign medals to recognize members, who made specific sacrifices and significant contributions in these areas of operation.

Service members authorized the Afghanistan Campaign Medal must have served in direct support of Operation Enduring Freedom on or after October 24, 2001, to a future date to be determined by the Secretary of Defense or the cessation of the operation. The area of eligibility encompasses all land areas of the country of Afghanistan and all airspaces above the land.

Those authorized the Iraq Campaign Medal must have served in direct support of Operation Iraqi Freedom on or after March 19, 2003, to a future date to be determined by the Secretary of Defense or the cessation of the operation. The area of eligibility encompasses all land area of the country of Iraq, and the contiguous water area out to 12 nautical miles, and all airspaces above the land area of Iraq and above the contiguous water area out to 12 nautical miles.

Service members must have been assigned, attached or mobilized to units operating in these areas of eligibility for 30 consecutive days or for 60 non-consecutive days or meet one of the following criteria:

See MEDALS on Page 4

OPM extends hiring preference to more veterans

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. – The U.S. Office of Personnel Management is working to make veterans' preference for federal jobs available to more veterans, including a new revised application that allows federal agencies to accept veterans' disability letters.

The revised application for 10-Point Veteran Preference, Standard Form 15, is being posted directly on OPM's Web site so agencies immediately can accept Veterans Affairs Department letters of disability, officials said. Agencies, OPM examining offices and agency appointing officials use the online application to evaluate claims for veterans' preference on applications for government jobs.

The new revisions to the veterans' preference form bring it in line with VA policy,

which generally considers disability letters issued since 1991 as proof of a permanent disability.

To further encourage veterans into the federal system, OPM also is continuing its Veterans' Invitational Program, visiting military bases and medical centers to explain veterans' preference and outline the procedures for applying for federal jobs. Upcoming visits are planned for Cherry Point, N.C.; Camp Lejeune, N.C.; Bolling Air Force Base, Washington, D.C.; Fort Sam Houston and Fort Bliss, Texas; and Fort Lee, Va., officials said.

OPM Acting Director Dan G. Blair, who announced the initiatives earlier this week, said they reflect OPM's "strong emphasis on the rights of veterans, including employment opportunities."

"We must ensure those who are eligible for veterans' preference receive the benefits to which they are entitled," said Blair.

Veterans of the armed forces have received some degree of hiring preference for federal jobs since the Civil War.

Today's law, reflected in Veterans' Preference Code of 1944, as amended, and in Title 5 of the U.S. Code, ensures that veterans who are disabled or served on active duty in the military during certain specified time frames or campaigns receive preference in hiring from competitive lists of eligible applicants. It also gives these veterans preference in keeping their jobs during reductions in force.

The purpose of veterans' preference, officials explained, is to recognize the economic loss suffered during military service, restore veterans to a favorable competitive position for government jobs and acknowledge the debt owed to disabled veterans. For more information, visit the OPM's Web site at www.opm.gov/veterans/html.

*Office of the Commander
U.S. Army Medical Department Center and School
and Fort Sam Houston*

You are invited to join us Sunday for a daylong Fiesta celebration with live entertainment, great food, military pageantry such as the Fife and Drum Corps and The U.S. Army Drill Team, and a fireworks finale that will be fun for the entire family.

Fiesta is a celebration of San Antonio's diverse cultures and the wonderful traditions and history that make our community unique. Much of San Antonio's history as "Military City USA" began with the arrival of the first Army unit in 1845.

During the Fort Sam Houston Fiesta celebration on Sunday, we recognize the Army community's 160-year friendship and partnership with the citizens of San Antonio.

The Walters Street entrance off Interstate 35 will be open to the public. Directional signs, Soldier guides and post military police will point the way to the Fiesta grounds on the MacArthur Parade Field.

Viva Fiesta!!



**George W. Weightman
Brigadier General, U.S. Army
Commanding General**

Briefs cont. . . .

tion, call the Installation Volunteer Coordinator at 221-2705 or 221-2418.

Housing surveys

Post housing residents will be receiving a Headquarters Department of Army Resident Assessment within the next two weeks to help improve quality of life. The surveys will be strictly confidential. For more information, call Clara Greenway at 221-0881.

Harris Heights closure

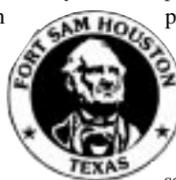
The demolition of Harris Heights Phase I area, eastern half of the village, has begun, and the area is officially closed to the public. Residents are encouraged to keep children out of the fenced area. For more information, call Ray Ferland at 221-1983.

Talented Soldiers needed

The Better Opportunity for Single Soldiers program seeks vocalists, comedians, musicians and dancers for the June 2 U.S. Army Festival of the Performing Arts. The local BOSS chapter seeks Soldiers for its "BOSS Presents Soldier Supermodel Search" program to enter the competition. Other upcoming competitions are "Military Idol" for August 2005, as well as auditions for 2006 Army Soldier Show. For more information, call Ben Paniagua at 224-7250.

Fort Sam Houston News Leader

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Soldier receives Purple Heart, Meritorious Service Medal

By Maj. Steven R. Moon
Brooke Army Medical Center

Brooke Army Medical Center conducted a Purple Heart ceremony April 2 to honor a Soldier wounded in support of Operation Iraqi Freedom.

Brig. Gen. C. William Fox Jr., BAMC commander, presented the Purple Heart to Staff Sgt. Tony A. Covell at the BAMC Fisher House.

Covell, a transportation specialist with the 182nd Transportation Company, 88th Regional Support Command, Traverse City, Mich., was wounded Sept. 6 while serving with the 706th Transportation Company near Baghdad, Iraq, when an improvised explosive device detonated under his vehicle. Covell, a reservist from Kaleva, Mich, received shrapnel wounds to his head and third degree burns to his face, arms and legs.

Prior to Fox's presentation of the Purple Heart, Brig. Gen. Michael W. Beasley, commanding general, U.S. Army 88th Regional Support Command, Fort Snelling, Minn., presented Covell the Meritorious Service Medal for service as a transportation team leader in a war zone during a series of dangerous situations.

"This is the first award ever recognized by the U.S. Congress," Beasley said, referring to the Purple Heart. "It was an award for Soldiers, designed and put forth to Congress by our first President and Commander-in-Chief, George

Washington. It was awarded for outstanding gallantry and exceptional fidelity."

Just as important, according to Beasley, was the MSM he presented to Covell for his service in Iraq.

"Soldiers like Tony are as much of heroes of the fight as the front line infantry, armor, Rangers and Special Forces," said Beasley referring to truck drivers and transporters. "They move stuff that makes things happen. These are Soldiers in the fight everyday."

Beasley described a ceremony held three weeks ago for returning Soldiers from the 724th Transportation Company previously stationed in Iraq. Twenty-three transportation Soldiers and 20 civilian contractors were attacked by 400 enemy insurgents on April 9, 2004, just outside the Baghdad airport. He described that attack as the worst attack on U.S. Soldiers during the post-war period. The attack resulted in dead and wounded Soldiers and contractors. Nine Purple Hearts, a Silver Star and three Bronze Stars were given to the Soldiers involved in that attack.

"That attack, that type of activity, typifies the type of firefights and type of threats to our combat service support Soldiers in Iraq," said Beasley. "Unlike previous wars, they're no longer in the rear, because there is no rear in Iraq. There is no safe area. When we get on the road with a convoy, we don't know what's going to hit us. We don't know the level of ferocity."



Photo by Alton Scott

Brook Army Medical Command Commander Brig. Gen. C. William Fox Jr. presents the Purple Heart to Staff Sgt. Tony A. Covell for injuries received while serving in Iraq. The award was presented at the BAMC Fisher House in a ceremony held to honor the Soldier.

In addition to the MSM, Covell received the Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal and the National Defense Service Medal.

Additionally, Covell's mother, Vicki, wrote and read an inspirational poem praising and thanking her son for his patriotism and bravery.

Covell also received a gift from the Fisher House staff as a token of their

appreciation for his gallantry and sacrifice while in Iraq and was surrounded by numerous family members and friends. In addition to his mother and father, James and Vicki Covell, his wife, Tasha, three of his four children, brother, sister and niece attended the ceremony honoring him.

Covell plans to start a hunting and fishing camp for disabled veterans in his hometown when he returns to his home in Michigan.

Fisher House supporters recognized in ceremony

By Mike Dulevitz
BAMC Public Affairs

Audrey Fisher, ambassador-at-large and vice chairman of the board of trustees for the Fisher Foundation, came to Brooke Army Medical Center Fisher Houses Friday to honor individuals and agencies that support the Fisher House mission.

The Fisher House mission is to provide low- or no-cost housing and a homelike atmosphere for the patients recuperating at BAMC, and their family members who join and assist the patients during their recovery period. It is a home-away-from-home for all who stay there. Warmth and comfort pervade each and every room, and the staff is like family.

"We are really thankful to the Fishers' and the BAMC Fisher House staff for being there for us when we really needed them," said Sheila Hornaday, wife of Sgt. 1st Class Alan Hornaday, who was injured in Operation Iraqi

Freedom. The BAMC house has been their home for the better part of the past year.

Fisher took great pride in recognizing the individuals and agencies that support the mission of the two BAMC houses. She presented Fisher House Angel awards to Gwendolyn Stallins, Janet Asghar, Janis Roznowski, Tech. Sgt. Daniel Vargas, Ann Jusko, Sgt. 1st Class Patrick Morris and Samantha Jones.

Daniel Hersrud, Medical Command Army Fisher House program manager, presented plaques to the agency representatives of Wal-Mart, the Randolph Air Force Base Protestant Women of the Chapel Group, West Corporation and the Fort Sam Houston Soldier and Family Assistance Center for their support.

Each of these individuals and agencies were recognized for their outstanding support of the Soldiers and families that

call the Fisher Houses home. Their contributions are measured in time, money, goods and other forms of support.

The foundation is a non-profit agency and welcomes the support of private citizens and agencies alike. For more information, Call BAMC Fisher Houses at 916-6000.



Photos by Nelia Schrum

(Above) Sgt. 1st Class Patrick Morris receives a Fisher House Angel Award from Fisher Foundation ambassador-at-large and vice chairman, Audrey Fisher.

(Left) Judith Markelz, director of the Fort Sam Houston Soldier and Family Assistance Center, receives a MED-COM Fisher House plaque from Audrey Fisher presented on behalf of the Army Fisher House Program.

Military confronts combat stress at front lines

By Donna Miles
American Forces Press Service

BAGHDAD, Iraq – As troops here deal with stressors ranging from roadside bombs to checkpoints where it's hard to tell friend from foe, the military is ensuring they get the mental health support they need to remain with their units and avoid long-term problems.

Everyone in a combat zone experiences some degree of stress, Army Maj. Dara Josiah-Howze, a psychiatrist with the 55th Medical Company (Combat Stress Control) in Baghdad told the American Forces Press

Service. "You have a normal person in an abnormal environment, and you're exposing them to abnormal situations."

When the Iraq operation began two years ago, the biggest source of stress was the combat operations, she said. Now it's the more elusive threats — improvised explosive devices, vehicle-borne IEDs and suicide bombers, among them.

Symptoms run the gamut, Josiah-Howze said, from eating and sleeping disorders to irritability or anxiousness. Some people startle easily; others demonstrate low energy levels or wake up with nightmares. Others have trouble maintaining

focus or following through on a project or just feel generally down, she said.

Army Col. Thomas Burke, Department of Defense director of mental health policy in Washington, said troops have experienced these symptoms throughout American military history. During the Civil War, they were called "nostalgia" or "Soldier's heart," he said. During World War I, the affliction was "shell shock" and during World War II, "combat fatigue" or "battle fatigue."

Today, these symptoms are called "combat and operational stress reactions," the result of the extreme stress troops are

exposed to in combat as well as the unpredictable counterinsurgency operations currently taking place in Iraq.

Sleep deprivation during extended operations, exposure to noise, heat or smoke and the danger of being hurt or killed or seeing others get hurt or killed, "all take a toll on a person's mental state," Burke said.

But this doesn't mean affected troops are mentally ill, Burke stressed. "What they are experiencing is a normal human reaction to an abnormal situation," he said.

And experience and research prove that

Army housing initiative will begin utilities mock billing

In September 1998, the Office of the Secretary of Defense published guidance requiring Soldiers in privatized housing to be responsible for the utilities they use. The guidance also established procedures that allow residents who conserve to be financially rewarded and those that did not conserve to be billed for their excess consumption. Currently, more than 51,000 family units at 21 Army installations have been privatized under Residential Communities Initiative. Five of these installations will participate in a one-year mock billing test period in May 2005 to assist in reducing utilities consumption and to determine baseline utility costs for individual housing types at each of the five installations. Those installations are Fort Campbell, Ky., Fort Carson, Colo., Fort Hood, Texas, Fort Lewis, Wash. and Fort Meade, Md.

RCI residents will have utilities monitored during the mock utility billing test and will receive monthly, no-charge utility statements showing their utility usage. Conservation tips will

also be provided. During the end of the test period, the Army and the RCI partner will make adjustments to ensure the program is fair and equitable. Once final adjustments are made, the actual billing will begin and residents who conserve will receive a rebate or a credit; those who exceed their baseline will be responsible for paying the excess consumption.

The Army and Fort Sam Houston RCI partner, Lincoln Military Housing will establish an appropriate allowance or baseline for utilities for like homes. The timeline for implementation will vary between villages, and a specific implementation schedule will be communicated to the residents in advance during the mock billing process. LMH estimates mock billing will commence for Fort Sam Houston residents in late 2006.

The "mock billing" will be conducted for a one-year period during which time they will provide residents information regarding the "typical" consumption for that type of home and costs as compared to the allowance or accurate baseline utility usage

figure for their home. These allowances will be established using the Department of Energy models.

The DOE provides the best industry standards available, and their estimate is based on the average consumption of similar homes off base. During the "mock billing," residents will not be responsible for paying any overages, nor will they receive payments or rebates for savings.

Following the "mock billing" period, actual billing will commence. During actual billing, residents who conserve at certain levels may have the opportunity to receive a rebate check (monthly or quarterly to be determined) or a credit on their next month's bill; those who do not conserve will be required to pay for their excess consumption. Most residents will likely experience no out-of-pocket expense due to utility billing. The utility component of the basic allowance for housing should cover utility costs for normal usage. The utilities consumption baseline will be adjusted each year and will therefore correct for the purposeful overuse in an attempt to raise the

baseline. However, it is believed that most residents will see the benefits of the program and do the "right thing" by conserving. Utility usage will also be compared to similar housing off post in the surrounding community or by the DOE standards.

A home must be built or completely renovated and metered before the residents can be held responsible for their utility consumption. All new homes must be "Energy Star" compliant. Energy Star is the housing industry's highest energy-saving rating. It is an Environmental Protection Agency-sponsored program that addresses not only the household appliances but also the actual construction of the home and its energy-using devices such as hot water heaters and furnaces.

All participating home baselines will be set based on specific criteria for each home type with full consideration for the home's energy efficient attributes, such as double paned windows and insulation. Baselines for new homes, for example, will be lower than baselines for equal-sized, older homes. The RCI

Office and LMH must agree on a home being considered as "energy efficient" enough to participate in the billing program.

The resident is also responsible for the utilities. Responsibility means awareness of usage and conservation. If residents know they owe money for excessive usage, they will be more likely to conserve energy to bring usage down. If usage is above the established baseline, only then will they owe the difference. If it is below the baseline, they will receive a rebate. The resident will only have to pay the difference above the baseline out of pocket. The resident will be responsible for electricity and heating fuels.

Residents are not individually responsible for water or sewer costs or utilities consumed in common area or vacant homes.

Energy conservation helps occupants directly by allowing more money to go toward improving housing.

For more information, call Teresa ElHabr, RCI Program Manager, at 221-0948 or Patricia Baker at 221-0891.

(Source: RCI Office)

Medals

Continued from Page 1

- Be engaged in combat during an armed engagement, regardless of the time in the area of eligibility; or

- While participating in an operation or on official duties, be wounded or injured and requires medical evacuation from the area of eligibility; or

- While participating as a regularly assigned air crewmember flying sorties into, out of, within or over the area of eligibility in direct support of the military operations; each day of operations counts as one day of eligibility.

Service members qualified for the Global War on Terrorism Expeditionary Medal by reasons of service between October 24, 2001, and April 30, 2005, in an area for which the Afghanistan Campaign Medal was subsequently

authorized and between March 19, 2003, and February 28, 2005, in an area for which the Iraq Campaign Medal was subsequently authorized, shall remain qualified for that medal.

Upon application, any such service member may be awarded the Afghanistan or Iraq Campaign Medal in lieu of the Global War on Terrorism Expeditionary Medal for such service. No service member shall be entitled to all three medals for the same act, achievement or period of service.

The awarding authority for the Afghanistan and Iraq Campaign Medals shall be the prescribed by the member's respective military service regulations. Both medals may be awarded posthumously.

Only one award of the Afghanistan Campaign Medal and Iraq Campaign Medal may be authorized for any individ-

ual. Service stars are not prescribed.

Individuals may receive both the medals if they meet the requirement of both awards; however, the qualifying period of service used to establish eligibility for one award cannot be used to justify eligibility for the other.

The Afghanistan Campaign Medal shall be positioned below the Kosovo Campaign Medal and above the Iraq Campaign Medal. The Iraq Campaign Medal shall be positioned below the Afghanistan Campaign Medal and above the Global War on Terrorism Expeditionary Medal.

Each military department will prescribe appropriate regulations for processing, awarding and wearing the medals and ribbons, to include application procedures for veterans, retirees and next-of-kin.

(Source: DoD News Release)



Combat stress

Continued from Page 3

the best way to treat these troops is to offer care as close to their units as possible, rather than "labeling them as broken" and evacuating them from the region. The latter approach actually puts them at higher risk of developing longer-term problems, Burke said.

"The whole approach to mental health is different than it once was," he said. "We're not pulling people out of line and sending them back to the states. Now, the philosophy is to treat these symptoms early, treat them far forward, treat them aggressively and get these Soldiers back to their jobs."

This proactive, preventive approach to treatment keeps troops as close to their unit as

possible so their friends and chain of command can maintain contact with them until they return to duty. And the treatment offered is relatively simple: sleep, rest and workshops rather than elaborate psychoanalyst techniques and procedures, Burke said.

"We refer to it as PIES," he explained. "Proximity, as close to the unit as possible; immediacy, providing treatment now, not evacuating them to the rear and treating them in a week; expectation, maintaining the assumption that they will return to duty; and simplicity, keeping the treatment simple."

Combat stress control teams are fanned out throughout Iraq to provide mental healthcare to service members experiencing

combat and operational stress reactions, and to help prevent others from developing them. In addition, behavioral health teams are embedded in units in Iraq as well as Afghanistan.

Much of the mobile teams' focus is on prevention. They educate service members and their chains of command about symptoms of combat and operational stress reactions, self-help techniques and exercises they can use to counter these reactions, and professional services available to help them.

Troops who request it or appear to need extra help are typically referred for "restorative care," Josiah-Howze explained. This care, offered at fixed locations, is generally limited to 72 hours and includes more inten-

sive stress and anger management, relaxation training and counseling through individual and group sessions.

During their unit visits, combat stress teams emphasize that nobody is immune to combat stress, regardless of their rank or position in the unit. "It affects everyone," said Josiah-Howze. "We've treated everyone from the single teenager to senior officers."

Josiah-Howze said she's convinced that treating combat stress quickly and in the environment can help prevent the condition from evolving into more serious acute stress or post-traumatic stress disorders.

"Through the years, the military has realized that if you wait too long (to provide care), it can

have negative effects," she said. "The best way to deal with the issue is to keep (the affected troops) in the environment and to address the problem then and there."

This approach will likely reduce the number of Soldiers who will need Veterans Affairs Department mental health services later on, she said, and has the immediate advantage of keeping military units intact during their operations.

Our motto is to "Conserve the Fighting Spirit," Josiah-Howze said. "We're not here to remove Soldiers," Josiah-Howze said. "We're here to help them with the problems they're having so they can return to their units and keep fighting."

Dental Command announces 2005 Soldier, NCO of the Year

By Shadi May
Public Information Office

Pfc. Matthew Kitchell a dental specialist assigned to the Fort Lewis Dental Activity and Sgt. 1st Class Corey Winn assigned to the Alaska Dental Activity are the United States Army Dental Command 2005 Soldier and NCO of the Year.

Winn and Kitchell were among 160 participants who competed throughout the year. They will represent the DENCOM in the upcoming MEDCOM's Soldier and NCO of the year competition in June.



Photo by Bart Keyes

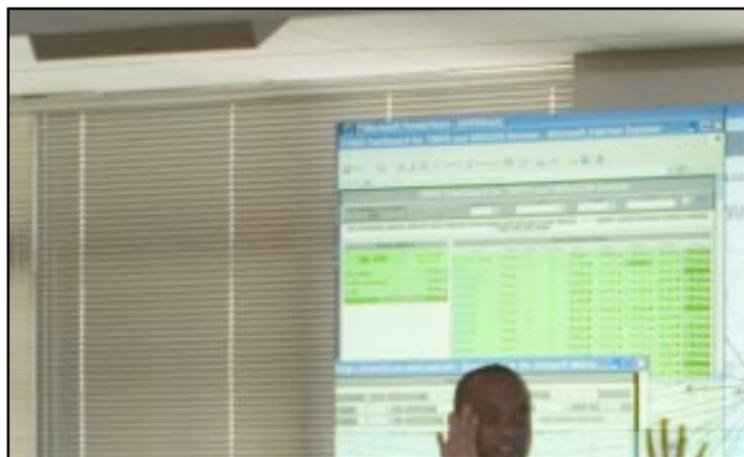
(Above) Staff Sgt. Brenda Soliz observes Sgt. 1st Class Corey Winn as he demonstrates proper camouflage techniques, during the combat tasks training portion of the Army Dental Command's 2005 NCO of the Year competition April 9 at Black Jack Village, Camp Bullis. Winn was selected 2005 NCO of the Year at a ceremony held on April 11 at Fort Sam Houston.



Photo by Shadi May

(From left) Western Region Dental Command Sergeant Major Richard Orona, Col. Sidney Brooks, U.S. Army Dental Command commander, Pfc. Matthew Kitchell, 2005 Soldier of the Year, Sgt. 1st Class Corey Winn, 2005 NCO of the Year, and Sgt. Maj. Stephen Spadaro, Dental Command sergeant major, gather after the awards ceremony.

Health solutions



Courtesy photo

Col. Ulmont C. Nanton Jr. explains the mission of the Army Medical Department Center Enterprise Service Center to visitors, at the center's one-year anniversary open house. Visitors had an opportunity to learn about Army Medical Information Technology Center as well as see how the former hospital building was transformed into a high-tech office space. The center provides information technology system health solutions for the Army's Medical Department.

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Spring cleanup keeps post looking good

Story and photos by Phil Reidinger
Fort Sam HHouston Public Affairs Office

The post community cleaned house this week as units around post worked together to remove leaves and storm debris left behind from the winter season to welcome spring and thousands of visitors to the post for Fiesta.

The post Fiesta celebration during the first weekend of San Antonio Fiesta, this year scheduled for Sunday, attracts thousands of visitors to the traditional military salute, a country fair with lots of food and entertainment and the grand finale fireworks following the 1812 Overture performed by the Army Medical Command Band.

The 2nd Brigade, 75th Division, supported by the 5th Recruiting Brigade, tackled a combined area of responsibility including Wilson Road to Eleanor Street and from New Braunfels to Cunningham. Headquarters Company, 2nd Brigade, 1st. Sgt. Jaime Garza supervised the unit spring cleanup support.

The Brooke Army Medical Center Troop Command cleanup focused on Binz-Engleman, including the high-water crossing area, the RV Park area, George Beach and Winans Road.

The 32nd Medical Brigade clean sweep operations covered the brigade area in addition to Gorgas Circle and Dickman, Nursery, Schofield and Harry Wurzbach Roads.

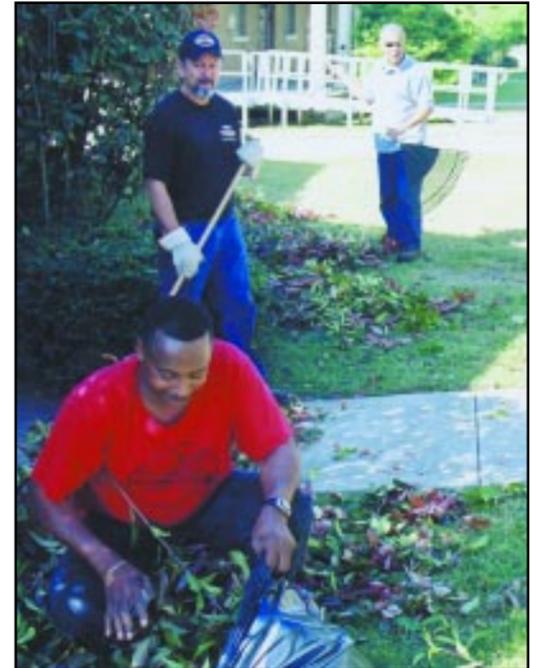
U.S. Army Garrison Special Troops Battalion, Medical Command, U.S. Army South and U.S. Army Medical Information Technology Center staffs worked together on Wilson Road between Cunningham and Garden Streets.

Various installation staff agencies worked on landscape projects near their office buildings to clear weeds, trim shrubs and plant new flowers.

Command Sgt. Maj. Johnny Gray and Command Sgt. Maj. Timothy Burke completed the annual operation with a final inspection on Friday accompanied by project NCOIC, Sgt. 1st Class Larry Ramos.



Soldiers assigned to E Company, 187th Medical Battalion clean along Stanley Road.



Frequency Management Agency staff members clean around their building.



Staff members assigned to the 2nd Brigade, 75th Division sweep on Stanley Road. The brigade, in conjunction with the 5th Recruiting Brigade, tackled a combined area in the vicinity of Wilson, Stanley and New Braunfels roads supervised by brigade headquarters company 1st Sgt. Jaime Garza.



Sgts. 1st Class Luis Velasquez, Robert Pineda and Robby Mack assigned to the Army Medical Department Noncommissioned Officers Academy, conquer a mountain of leaves near the AMEDD Regimental Chapel.

Family day for families of deployed Marines

Story and photos by Esther Garcia
FSH Public Affairs Office

Families of deployed Marines assigned to the 4th Reconnaissance Marine Detachment gathered for the unit's first family day at the Navy and Marine Reserve Center April 9.

The food menu included fresh homemade chicken and beef gorditas, hot dogs, a large variety of desserts, drinks and cotton candy.

The Marines left in January in support of Operation Iraqi Freedom. The event was held for families to learn how to stay in touch with their loved ones, send care packages and provide morale support.

Family members received an overview of the Soldier's leave and earning statement. Additionally, a briefing was held for the family members of the seven Marines who returned from the Middle East this month.

As a key volunteer, Esther Herrera, whose son is in Iraq, has been assigned five Marines under her. She is the point of contact for the families of these Marines. The families can contact her if they have any questions or need to find information about their loved ones. "As a key volunteer, it keeps me involved, especially for 'nervous moms' like me, knowing that the support is there," said Herrera.



(Above) Families of deployed Marines gather for the first family day at the Navy and Marine Reserve Center since their loved ones left in January.

(Left) Leticia Herrera, wife of Sgt. John Herrera, deployed in support of Operation Iraqi Freedom, and their children, John and Anastasia enjoy time together at the Marines family day.

Domestic violence impacts children's behavior

By Irma Marquez
Family Advocacy Educator

Domestic violence is defined as intimate partner violence that happens inside or outside the home. This term includes violence between spouses, couples dating and former partners. The violent incident rarely occurs as an isolated event; instead it involves a repetitive pattern of behavior that has the tendency of increasing in severity.

According to the American Bar Association, 87 percent of children in homes where

domestic violence occurs witness the abuse. As a result, these children may exhibit a wide range of problems, including fear, confusion, low self-esteem and shame.

Children are frightened that mom or dad will be hurt again or that they will be hurt next time. Even during the peaceful times, they are always afraid of the future.

Children also have conflicting feelings for both the person being abused and the abuser. They are confused by their feelings of anger, hate, fear, guilt, love and loyalty for the abuser.

Feeling helpless and responsible for the bad things which happen affects children's self esteem since they tend to take the blame for the abuse. They also isolate themselves because they are ashamed and don't want their friends to know about what's happening at home.

There are measures to take to make a child living in an abusive household be safe. They should not get in the middle of a fight between parents, even if they ask the child for help. This will not make the fighting stop, and they might get hurt.

To help an abused person, remember important numbers including family and local emergency agencies, and go over a safety or escape plan with the abused person.

Assistance is available by calling Social Work Services at 916-3020. The Army Community Service Family Advocacy Program offers a range of classes that support families. These include Anger and Stress Management, Parenting, Teen Talk, Girl Talk, Boys Only and HUGS playgroup. For more information, call 221-0349 or 221-2418.

Proper maintenance will result in a rewarding landscape

By Jackie Schlatter
Environmental and Natural
Resources Office

In order to maintain a great looking landscape, certain measures need to be taken such as mowing, pruning, fertilizing and composting.

Grass needs to be mowed when it is about one third higher than the desired height. Lawns should never be mowed too short as this stresses the grass and dries it out quicker. Keeping the grass at proper height retains more water, keeps the grass roots cooler and helps the grass to out-compete weeds. Recommended mowing heights for different types of grass are as follows:

- Bermuda grass, 1.5 to 2.5 inches

- St. Augustine, 2 to 3 inches
- Buffalo grass, 3 to 4 inches
- Zoysia, 2 inches

Allow grass clippings to stay, so they can recycle into nutrients. Collected clippings should be composted with leaves, kitchen waste and other compost materials. Be sure to aerate grass clipping piles to prevent odor buildup from micro-organisms.

Composting can be a beneficial way to recycle nutrients from a landscape back into the ground. Compost yard waste (leaves, twigs, grass clippings, garden residue), weeds, nut shells, egg shells, fruit and vegetable peels. Do not compost chemically-treated wood (green treated wood), diseased plants, human wastes, meat, bones, and fatty food

wastes, pet wastes and invasive, hard-to-kill weeds.

Plants, in general, need to be pruned as well. Pruning is needed when plants have become diseased or damaged, or obstruct pathways or utility lines.

Allowing plants to attain their natural size and shape provides a more pleasing appearance and reduces workload. It is best to know the mature size of plants so that they can be chosen and placed for a specific purpose and location. Allow plants to mature and fill into their space rather than having to prune out excessive growth. When pruning, keep the following guidelines in mind:

- Generally, hardy plants can be pruned in the fall and subtropical plants in the late spring and early summer.
- Removal of crowded stems and weak growth

helps plants develop more naturally.

- Natural pruning gives plants an opportunity to grow in their own form.

- Always cut stems close to a main stem to permit healing.

- Prune gradually over time to encourage better plant shape and regrowth.

Fertilizing is also very important in maintaining a beautiful garden. Established plants don't normally require fertilizer, especially native species. Turf grasses, however, may need fertilizing

on a regular basis (get a soil sample analyzed) but keeping grass clippings on the ground as mulch will reduce the need. New plants shouldn't normally receive fertilizer; this is to prevent leaf burn. But if fresh organic mulch is applied after planting, applying some slow-release granular fertilizer with high nitrogen content will be beneficial.

For more information, call Jackie Schlatter, Environmental and Natural Resources Office, at 221-5093 or stop by a local landscape or garden center.



Antiterrorism Awareness

A suspicious package could come from a foreign country with an unknown sender and markings. There will be no return address, and it will carry excessive postage. Other signs to identify a possible suspicious package include handwritten addresses, incorrect spelling, rank and title, unevenly balanced with bumps or lumps and a peculiar smell. Treat the package with care. Do not shake or bump it. Isolate the package and immediately notify supervisor or military police or call 911 (off post). For more information, call Terri Stover, Fort Sam Houston Antiterrorism Office at 295-0535.

C Company, 187th Med. Bn. conducts safety training

By First Lt. Michael Oakes
187th Medical Battalion

C Company, 187th Medical Battalion, conducted its quarterly safety stand down April 2 in Blesse Auditorium. Soldiers received training on a wide variety of safety subjects presented by Staff Sgt. Floyd Graham, collateral duty safety officer for C Company. Graham is a Drill Sergeant for the 91D Operating Room Specialist course. The importance of the safety messages was reiterated by Capt. James Fox, commander of C Company.

The safety topics vary with the season, but topics generally discussed consist of vehicle safety,

hot and cold injury prevention and the risks of alcohol and drugs. A wide variety of real life examples of combat and training accidents were presented, as well as the mistakes that led to their cause and measures to take to prevent them.

The safety stand down is just part of C Company's program to vigorously instill a safety first mentality in initial entry training Soldiers before they are sent out into the fighting force. Soldiers receive weekly safety briefs, as well as constant reminders on the importance of safety. By inculcating safety into the Soldiers training, the 187th contributes towards the Army's plan to reduce safety-related accidents by 50 percent.

Staying afloat

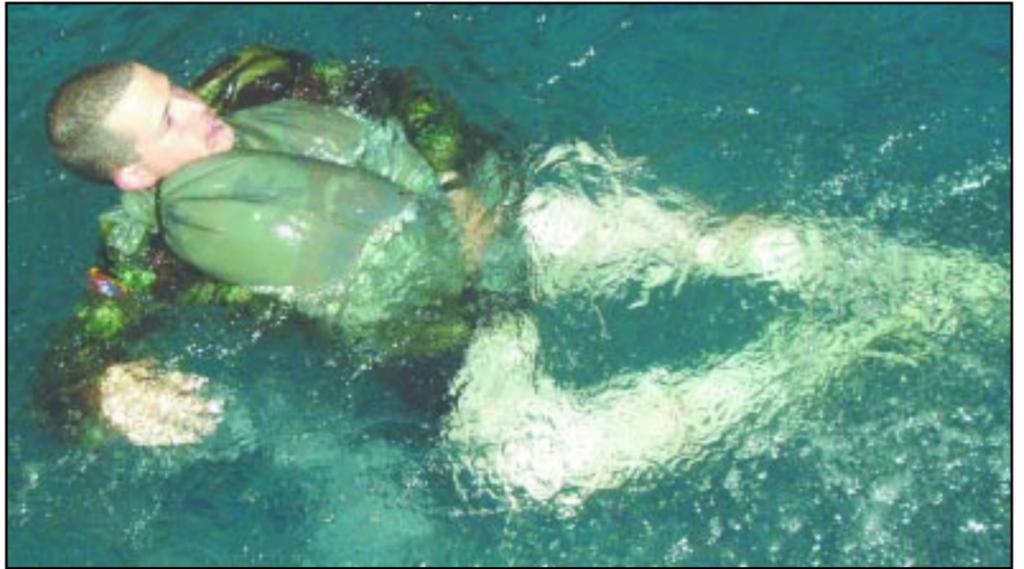
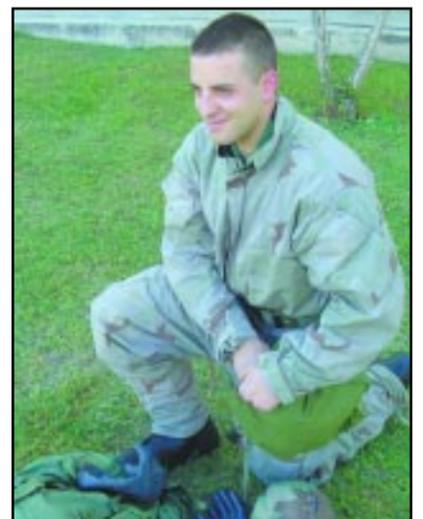


Photo by Staff Sgt. Daniel Cosner

Pvt. Neal Locy, a "bulldog" medic from B Company, 232nd Medical Battalion stays afloat with his BDU pants life preserver as he swims across the pool during the company's April 7 water survival training at the Jimmy Brought Fitness Center.

232nd Medical Battalion announces Soldier, Junior Leader of the week

Pfc. Jefferey M. King, the Soldier of the Week, is a native of Tampa, Fla. When asked what the most valuable lesson learned while assigned to the 232nd Medical Battalion was, he said, "Delta Company has shown me pride that the Army has held for generations." "Delta made me proud of my decision to join the Army and has motivated me to succeed." King said he wanted to be a medic to assist in the saving Americans that risk their lives on the battlefield. He currently has an 86 percent GPA and scored a 276 on his last Army Physical Fitness Test.



Spc. Jennifer Espinoza, the Junior Leader of the Week, is a native of Laguna Niguel, Calif. When asked what the most valuable lesson learned while assigned to the 232nd Medical Battalion was, she stated, "leading by example; the cadre at Delta Company live this motto in their everyday actions, and that is the way I want to be when I have Soldiers." "I want to be a medic to help Soldiers that are fighting down range, and I feel this would be the best way how." Spc. Espinoza currently has an 86 percent GPA and scored a 294 on her last APFT.



Courtesy photos



Last Brown Bag Session

The last Brown Bag session will be May 4 at 11:30 a.m. The speaker will be Rudy Garza, CPAC personnelist, the topic is the National Security Personnel System. This session will be held at the San Antonio Credit Union Training Room. For more information, call 221-9401 or 221-9356 or e-mail Maria.preda@samhouston.army.mil. If reasonable accommodation is needed, call 221-9401 in advance.

Adolescents' invincible attitude may cause their future demise

By Capt. LaTona Harris
Army Medical Department Center and School

Adolescence is a stage of life we all go through. Most of us are familiar with thoughts such as "That will never happen to me," "I don't hang out with those types of people," "My friends are not like that," or "I don't need to worry about that now." Adolescents feel as though they are invincible. This invincible attitude was considered normal and non-life threatening 30 years ago, but now, this attitude can lead to serious consequences and even death.

Today, AIDS is a pandemic disease. Adolescents are at high risk for contracting and transmitting HIV. It was estimated that 50 percent of all new HIV infections are among young people and 30 percent of the 40 million people living with HIV or AIDS are in the 15 to 24 age group.

National campaigns are focused on the adolescent population. Information on HIV and AIDS is overflowing and can be found in books, on the internet and on radio and television. People are now living longer with AIDS because of the current medications, but there are new

cases of the infection everyday. Since the numbers are growing in the adolescent population, adolescents are not getting the message. Most adolescents infected with HIV do not know they have the disease. Teens could be unknowingly infecting others.

Teens need to be made aware that AIDS is growing in their population. AIDS does not have a common face. We cannot look at someone and tell whether they are infected with the virus. Teens need a healthy living foundation that can start from home, reinforced at school and supported through the healthcare system. Sex education starts with valuing oneself as important, having self esteem. Adolescents should be educated on protective and preventive measures dealing with sexual behaviors, as well as being educated on risky behaviors such as alcohol or drug intake which might alter proper and appropriate judgment.

For more information, call Health Promotions at Brook Army Medical Center at 916-3352 or the Texas HIV and Sexually Transmitted Disease InfoLine at (800) 299-2437, (800) 252-8012 for the hearing impaired, or visit www.tdh.state.tx.us/hivstd.

Wilford Hall quality report available online

By Sue Campbell
59th Medical Wing Public Affairs

Patients being treated at a 59th Medical Wing health care facility can now check that treatment center's Joint Commission on Accreditation on Health Care Organizations Accreditation Decision and Quality Report by logging onto the Wilford Hall Medical Center Web site at www.whmc.af.mil and going to the "for patients" menu.

The wing was evaluated by JCAHO, which measures the organization's performance against established standards. "The Joint Commission's quality report publishes how the facility compares with similar accredited organizations," said Lt. Col. Bianca Garza, director of the 59th MDW accreditation, compliance and performance improvement office.

The quality report provides compliance rates with National Patient Safety Goals, which target the prevention of medical errors, and National Quality Improvement Goals, which measure the care of patients with specific conditions.

"The report provides the general public and health care professionals with relevant and useful information about the quality and safety of the care provided by our organization," said Garza.

The Joint Commission evaluates the quality and safety of care for more than 15,000 health care organizations. To maintain and earn accreditation, organizations must have an extensive, unannounced, on-site review by a team of Joint Commission health care professionals at least once every three years.

"The 59th MDW Quality Report identifies our areas of best possible results achieved, such as the care provided to our heart attack patients, as well as areas below the performance of most accredited organizations," said Garza.

"Currently, our facility is targeting the improvement of discharge instructions and smoking cessation advice to our heart failure patients. Our organization has met 100 percent of the National Patient Safety Goals. This approach solidifies our organizational culture to continuously improve the safety and quality of our patient care."

April Health Promotion calendar

Class	Date	Time
Self Care and Health	Today	9 to 11 a.m.
Body Fat Testing	Friday	8 to 11 a.m.
Weigh for Health	Friday	12 to 1:30 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Adult Asthma	Friday	2 to 3:30 p.m.
Cholesterol	Monday	9 to 11:30 a.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Winning Combination #1	Monday	1 to 2:30 p.m.
Arthritis	Tuesday	9:30 to 11 a.m.
Colonoscopy	Tuesday	10:30 to 11:30 a.m.
High Blood Pressure	Wednesday	9 a.m. to 12 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
Active Duty Self Care	21	8 to 11 a.m.
Breast and GYN Cancer Support Group	21	1:30 to 3 p.m.

To schedule Diabetes Education through the Internal Medicine Clinic, call 916-0794. Schedule Winning Combination and Weigh for Health through the Nutrition Care Division at 916-5525. A colonoscopy requires a consult from a primary care manager to the Gastroenterology Clinic.

Army Community Service

Family Advocacy Program April Class Schedule

Divorce Care	today, 21 and 28	11:30 a.m. to 12:45 p.m.
Teen Talk	21 and 28	4 to 5 p.m.
You and Your Baby	27	8 a.m. to 12 p.m.
S.T.E.P. Program for Early Childhood	Friday and 29	9 to 11:30 a.m.
Building Effective Anger Management Skills Series (5-6)	21	11 a.m. to 12:30 p.m.
Healthy Pregnancy	Monday	12 to 3 p.m.
Child Safety	Monday	1 to 2:30 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday and 26	9 to 11 a.m.
Truth or Consequences?	Tuesday and 26	4:30 to 5:30 p.m.
Basics of Breastfeeding	Wednesday	10 to 11:30 a.m.
Girl Talk! Ages 9-10	Wednesday	3 to 4 p.m.
Getting Ready for Childbirth	21 and 28	9 a.m. to 12 p.m.
Stress Management I and II	21 and 28	1 to 2:30 p.m.

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

TRICARE introduces new Web-based pharmacy search tool

TRICARE has introduced a new pharmacy "Formulary Search Tool," an automated Web tool that checks the availability of medications at military treatment facilities. The Formulary Search Tool allows the user to search by medication or medical condition and provides details on side effects as well as common and unusual prescription interactions. Beneficiaries should consult their providers for specific questions regarding their medications and physical conditions. For more information, visit the TRICARE Pharmacy Web site at www.tricare.osd.mil/pharmacy. The search tool can also be accessed directly at www.tricareformularysearch.org.

Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings."

Health Promotion Center
Room L31-9v, BAMC
916-3352 or 916-5538



SPORTS

BAMC wins soccer season . . .

Brooke Army Medical Center wins the regular season and post season soccer championship. In the regular season, Navy, Marine Corps Reserve Center finished second. In the post season championship, Academy Battalion finished second. Overall the BAMC team dominated all teams by allowing only 5 goals all year. In the post season championship, BAMC bolted out to 3 to 0 lead at half and never looked back. Academy Battalion scored their only goal with about five minutes left in the game after BAMC had scored again to take a 4 to 0 lead thus leading to the final score of 4 to 1. The teams enjoyed having a soccer league for the first time.

. . . also, becomes volleyball champs

Brooke Army Medical Center wins the regular season and the post season volleyball championship beating Academy Battalion which finished second both times. In the post season championship, BAMC was put in the loser bracket by A Company, Special Troops Battalion, early in the tournament, and they had to fight back to win the post championship. With Academy Battalion undefeated, BAMC had to beat them twice, and that they did. In their first meeting, they beat the Academy Battalion team two games to none thus forcing a deciding match. With the championship match scheduled as the best three out of five games, BAMC came out firing on all cylinders as they soundly beat the Academy Battalion team three games to none.

SPORTS BRIEFS . . .

Basketball camp

The Ten Star All Star Summer Basketball Camp is accepting final applications from 10 to 19-year-olds. Past participants include Michael Jordan, Tim Duncan and Vince Carter. College basketball scholarships are possible for players accepted to the All-American Team. For more information and camp locations, call (704) 373-0873.

All Army Men's Basketball

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

Track and field registration

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

Ready for Fiesta



Photo by Esther Garcia

Fred Flores, Mike Gann, and Rich Aguillon, Public Works Business Center, put the finishing touches on the Joint Military Float for the upcoming Fiesta Parades. The float, carries military members representing Fort Sam Houston, Randolph and Lackland Air Force Bases, Air Intelligence Agency, and Brooks City Base, at various parades in the community throughout the year.

2005 Ethics Training Schedule

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

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

Blesse Auditorium is in Building 2841 and Evans Auditorium is in Building 1396. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. Sessions for the hearing impaired will be scheduled and announced as required. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Eagles gather for annual bragging rights challenge

Story and photos by Esther Garcia
FSH Public Affairs Office

The "Eagles," from E Company, 187th Medical Battalion, 32nd Medical Brigade, were out in full force April 2 during the unit's sports day events.

At this annual event, Soldiers training in five different medical operational specialties, competed against each other in sporting events for company honors.

All day events included tag football, dodgeball, basketball, tug-of-war, volleyball, frisbee throwing and water balloon toss.

Every Soldier participated in at least one or more event. With music coming out of large speakers, the "Eagles" entertained themselves with dancing, hula-hoops, and getting each other wet while waiting to begin an event.

Each team was awarded first, second and third place. The team with the most points was awarded the commander's trophy.

Pfc. Ross Carpino, a 91P, radiology specialist, from Pheonix, Ariz. said, "It was fun and relaxing." The 91 Pappas, overall winners, graduated the following Monday.

"It was a good break from everything," said Pvt. Daniel Richardson from Indianapolis, Ind.

Capt. Liquori Etheridge, commander, E Company, 187th Medical Battalion, and 1st Sgt. Gerald Peters, presented medals and trophies to the winners.



Spc. Kevin Henderson catches the ball during the tag football competition.



(Above) Basketball victories were fiercely competed during tough, full court play.



(Above) Overall winners with the most points, the 91P, radiology specialists, proudly pose with their trophies and medals.



(Left) Spc. Kevin Streifle shares a victory moment with company teammate capturing the relay race honors.

(Left) Soldiers competing in the tug-of-war event try very hard not to get wet.

(Right) Pvt. Brandi Ray attempts to catch the water balloon before it hits the ground.



RELIGIOUS HAPPENINGS . . .

OCF Bible study

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

Run, walk for humanitarian aid

Ambassadors For Christ, a local organization, is planning a trip to Rwanda, Africa, to provide humanitarian aid to churches, schools and orphanages. To raise finances for the trip, Ambassadors For Christ will host a 5K run and 2-mile walk Saturday at the Olmos Park in Alamo Heights at 8 a.m. For more information, call Erika at 479-0000.

Annual women's conference

Dodd Field Chapel Collective Protestant Gospel Service Women's Auxiliary will present its 11th annual women's conference today through Sunday at the chapel, Building 1721. Registration and fellowship will begin at 6:30 p.m. The four-day workshop will focus on women building one another up in order to meet the needs of others. Among the presenters will be minister Yvonne Tyler, Sister Yvonne Floyd and Sgt. Maj. Darlene Hagood from Fort Hood. Breakfast, lunch and dinner will be provided. The chapel will provide childcare.

Jewish religious observation

Fort Sam Houston Jewish Congregation Military Community Seder will sponsor a traditional observance including the reading of the Haggadah and a kosher festival meal April 23 from 7:30 p.m. at the Installation Chaplain Office, Building 2530 (behind Burger King). A donation of \$12 for adults is recommended. The event is free for the ranks of E4 and below. For more information, call 493-6660 or 379-8666.

Passover service

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

INTERFAITH CALENDAR . . .

Today: Baisakhi (Vaisakhi)* – Sikh is the Hindu start of the new year. In Sikhi, the day commemorates the founding of the Khalsa, a distinctive Sikh brotherhood.

Monday: Ramanavami ** – This is the Hindu celebration of the birth of Lord Rama, hero of the religious epic poem, "The Ramayana." The day involves telling stories and going to the temple.

April 21: Mawlid an Nabi – Islamic commemoration of the birthday of Prophet Muhammad, founder of Islam, in about 570 c.e. Not universally observed. The prophet's teachings are read and religious meetings are held.

April 21 to May 2: Ridvan * – Baha'i commemoration of the 12-day period in 1863 when Baha'u'llah declared that he was God's messenger for this age. Work is to be suspended on the first, ninth and 12th day of the festival.

April 24 to May 1: Passover * – Eight-day Jewish celebration of the deliverance of the Jews from slavery in Egypt. The story of the Exodus is recounted, and the ongoing struggle for freedom from internal and external tyranny is celebrated.

April 24: Palm Sunday – Orthodox Christian

April 24: Vesak - Buddha Day – This is the holiest of Buddhist holy days. It celebrates Buddha's birth, enlightenment and death.

April 29: Holy Friday – Orthodox Christian

April 30: St. James the Great Day – The Orthodox Christian recognition of the martyrdom of the Apostle James the Great in 44 c.e.

* Usually begins at sundown the day before this date. ** Local customs may vary on this date.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

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

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

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

Troop Protestant Gospel Services:

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

Soldiers

Troop Protestant Service:

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

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

1:30 p.m. - Jumma - Fridays

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

Education - Sundays

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

Thursdays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11:15 a.m. - Mass - Sundays

11 a.m. - Mass - Weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

232nd Medical Battalion Classroom,

Building 1380, 221-5005 or 221-5007

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

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

CHILD AND YOUTH SERVICES

Youth Happenings

Fiesta volunteers needed

Youth Services needs volunteers to assist with concession stands, moon bounces and carnival games during the Fort Sam Houston Fiesta Celebration Sunday. For more information or to sign up, call the Youth Center at 221-3502.

Summer Camp

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

Art and crafts

Arts and crafts classes for middle school students and teenagers are Mondays from 4 to 5 p.m. at the Youth Center. The class will make mosaic flower pots Monday and cascarones in celebration of Fiesta Monday.

Sports registration

Child and Youth Services still has open-

ings for baseball, softball and T-ball season. The cost is \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. The cost is \$30 per child for 3- to 4-year-old first step T-ball. Youth must be registered with CYS to participate. A birth certificate and physical are required to play. For more information, call 221-3502 or 221-5513.

Cheer Clinic

Youth Services offers a weekly cheer clinic for two age groups: 5- to 8-year-olds and 8- to 12-year-olds. The 8- to 12-year-olds meet Mondays from 6 to 7 p.m. and the 5- to 8-year-olds meet Wednesdays from 6 to 7 p.m. The cost is \$30 per month per child. All participants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

Photo Club

The Photo Club will meet April 28 from 4 to 5 p.m. to discuss plans for the summer and videos for the Youth Center. For more information, call 221-3502.

Cooking Classes

The cooking class meets Friday from 4 to 5 p.m. to make Tamale pie and flower gar-

den cake for April 22. For more information, call 221-3502.

Open recreation

School Age Services offers after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call Central Registration at 221-4871 or 221-1723.

Parent News

CDC preschool program

The Child Development Center is currently surveying for interest for the Fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run the school calendar. Lunch would be provided. To register, call Central Registration at 221-4871 or 221-1723.

Home-based child care

Family Child Care offers home-based

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

FCC training

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

PAC meeting

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

Check wait list

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

Viva Fiesta!

Fort Sam Houston Fiesta salute promises music, dancing, pageantry and

By Yolanda Hagberg
Public Information Office

The countdown continues.... On Sunday, Fort Sam Houston will celebrate Fiesta at MacArthur Field from 1 to 9 p.m. The event is featured as one of the biggest free events in San Antonio during Fiesta San Antonio, which runs from Friday to April 24. Arrive early and stake your place on the bleachers or bring your own lawn chair and enjoy a daylong of family entertainment.

Fort Sam Houston Fiesta activities begin at 1 p.m. The official Fiesta salute will begin at 4:30 p.m. with the popular Golden Knights Army Parachute Team aerial acrobatics and precision landings. Adding their unique flavor of pageantry and precision are the Army's elite units visiting from Fort Myer, Va., that include the U.S. Army Drill Team, known for the precision and spectacular rifle toss routines and the Fife and Drum Corps dressed in Colonial-style period uniforms. The traditional Army pass in review of Soldiers competing for best marching unit and a performance by the equestrienne team "Escaramuza Rosa de Castilla are other highlights of the day.

Country music lovers will enjoy a special concert by Keni Thomas from 7 to 7:45 p.m.

The popular 82nd Airborne Chorus from Fort Bragg, N.C., will add their special musical talents by singing acappella from 8 to 8:20 p.m. The U.S. Army Medical Command Band will perform the "1812 Overture" leading up to a spectacular fireworks finale at 9 p.m.

Visitors are advised to use the Walters Street Gate off Interstate Highway 35 and are reminded that coolers and pets are not permitted on the premises.

For more information, visit www.samhouston.army.mil, click on MWR, click on Special Events, and on Fiesta Fireworks.



Special Keni Thomas Concert

A special concert featuring country music star Keni Thomas and Cornbread will entertain the crowd at 7 p.m. Thomas spent more than four years in the Army and was an assistant team leader for the 75th Ranger Regimental Reconnaissance Detachment.

He is a national spokesman for the Hero Fund and the Special Operations Warrior Foundation, which provides college education assistance to the children of Special Operation personnel killed in combat or training. His most recent album, "Flags of Our Fathers – A Soldier's Story" is a collection of songs written by Thomas that tell stories inspired by life in the military and by those who serve our nation.



Fort

Country Fair

From 1 p.m. to 9 p.m. Country Fair will feature exhibits, live entertainment, booths and much more.

The following cor

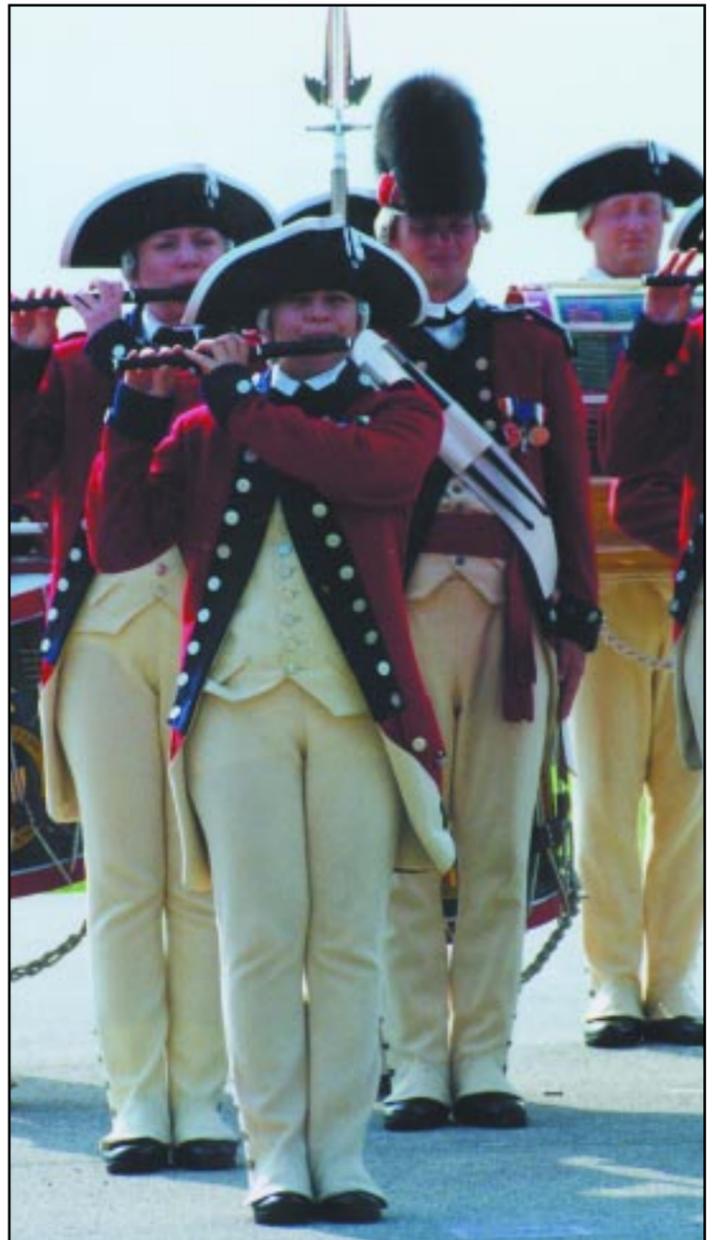
1 to 1:30 - Rainbo
1:30 to 1:45 - Ang
1:45 to 2:30 - Tail
2:30 to 3:15 - Meo
3:15 to 3:35 - Ball
3:35 to 4:05 - Bah

Courtesy photo

and precision



Escaramuza Rosas de Castilla, an equestrienne drill team from San Antonio, are known for their intricate sidesaddle and bareback routines. They perform in colorful traditional charreada dresses.



Photos by Esther Garcia

The Fife and Drum Corps from Fort Myer, Va., will perform dressed in Colonial-style period uniforms. The only unit of its kind in the Armed Forces, their uniforms are replicas of those worn by the infantry in 1784.



(Above) Bahia Flamingos, a dance and drum group, performs Afro-Brazilian and Latin culture dances with a high-energy flamboyant style and attitude. Adults and youth participate in lively, exciting music and dance expressions.

(Left) Ballet Folklorico Del Cielo, a local group, performs traditional Mexican folk dances in colorful attire.

(Right) The Rainbow Kids, of various ages, perform Broadway-type musical songs, 50's era songs and imitations of such singers as Nancy Sinatra and James Brown.



Sam Houston *Fiesta* events schedule

4:05 to 4:30 - Texas Twisters (Square and Country and Western line dancers)

Fiesta Salute

The following events are scheduled to begin at 4:30 p.m. at MacArthur Pavilion:

- | | |
|-----------|--|
| 4:30 p.m. | Golden Knights Army Parachute Team |
| 5 p.m. | U.S. Army Drill Team |
| 5:30 p.m. | Fife and Drum Corps |
| 6 p.m. | Fiesta Salute |
| 7 p.m. | Escaramuza Rosa de Castilla - Equestrienne Team |
| 8 p.m. | 82nd Airborne Chorus |
| 8:20 p.m. | 1812 Overture - Army Medical Command Band |
| 9 p.m. | Fireworks Extravaganza –
Sponsored by Washington Mutual |

m. in the field adjacent to MacArthur Pavilion, the
ure military equipment display that include various
ment, kiddie activities, games and food and drink
e.

Continuous entertainment will be held in the Showmobile:

- 7 Kids (young kids performing Broadway-style music)
- 1 (Sings English and Spanish music)
- ipes Band (60's era music)
- cal Command "Sin Limite" Latino Band
- t Folklorico del Cielo Dancers
- a Flamingo Dancers (in Fiesta-style costumes)

MWR

Recreation and fitness

Garage sale

Clean out your closets for the next garage sale, which is May 7 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot, located on the corner of Harry Wurzbach and Stanley Roads. People interested in selling must have a valid Department of Defense ID card. There is no cost; however, participants must pre-register. MWR provides a space in the parking lot; participants must bring their own tables or rent one at the Outdoor Equipment Center by calling 221-5224. For more information or to pre-register, call 221-2926 or 221-2307.

Water safety instructor course

This class is ideal for people interested in teaching swim lessons or those who will work near a pool. Participants must be age 16 or older and know how to swim but do not need to be trained as a lifeguard. Class is two weeks, and people will receive an American Red Cross certification upon successful completion of the course. For dates and times or registration information, call John Rodriguez at 221-1234 or visit the Jimmy Brought Fitness Center. This program is open to the public.

60 Days of Fitness

This motivating fitness and weight loss program helps people safely lose 15 pounds in 60 days using a point system. This self-paced program requires people to work out 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will also attend two 30-minute weight loss classes.

The cost for the program is \$20 and free for active duty military. For more information, call Lucian Kimble at 221-2020.

3-D archery at Camp Bullis

The next 3-D archery shoot is April 23 and 24. Check-in is from 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards will be presented to the top three in each class. Saturday's shoot is \$15, all competitive, and Sunday's shoot is either competitive for \$15, or noncompetitive for \$10. Minis and cubs shoot free with a paid adult, and a playground is available. For more information, call 295-7577.

Free fun run

A free 5K run/walk will start at the Jimmy Brought Fitness Center April 23 at 10 a.m. Participants receive a free T-shirt. For more information, call 221-2020.

Catfish pond at Camp Bullis

The catfish pond is open Saturdays and Sundays from noon to 6 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Equipment rentals

The Outdoor Equipment Center offers a wide variety of recreational equipment for rent, ranging from fishing boats to travel trailers and other camping equipment. Other items available for rental include large BBQ/smoker pits on trailers, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered) are also available.

For more information, call 221-5224.

Trail rides

The Equestrian Center offers one-hour trail rides every Saturday and Sunday all year long. Patrons ages 7 and up are welcome; however, adults must accompany all children. Cost is \$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. Riding times are from 8:30 to 9:30 a.m., 10 to 11 a.m., 12:30 to 1:30 p.m. and 2 to 3 p.m. For more information, call 224-7207.

Free cycling classes

Get your heart pumping with these fast-paced rides set to music offered at the Jimmy Brought Fitness Center Mondays through Thursdays from 11:45 a.m. to 12:30 p.m. There is an additional class Wednesdays from 4:45 to 5:30 p.m.

AC service at the Auto Craft Shop

Get ready for summer with AC service at the Auto Craft Shop. All air conditioning services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at www.fortsamhoustonsmwr.com for a \$5 off coupon. The Auto Craft Shop is open Wednesday through Friday from 1 to 9 p.m. and Saturday through Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

Dining and Entertainment

Sam Houston Club, 224-2721

Sunday brunch

The Sunday brunch is April 24 from 10 a.m. to 1:30 p.m. and is \$11.95 for members, \$13.95 for nonmembers.

Sam's sports bar

Sam's Sports Bar will feature San Antonio's Hottest D.J.s Friday. The bar opens at 4:30 p.m.

Bingo

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

Weekday buffet

The club features an "all you can eat" buf-

fet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m.

Golf Club, 221-4388

Junior camp 2005

Classes will be offered on putting, chipping, etiquette, safety, irons, driver and fairway and woods.

Golf lessons

Private customized and personalized instruction are offered at the Golf Course.

Pro shop Sale

Assorted bags will be 75 percent off, and assorted golf balls will be \$5 per sleeve or \$20 per dozen.

Bowling Center, 221-3683

Unit Bowling

Unit bowling is Wednesday from 3:30 to 5 p.m. and Thursday 12:30 to 5 p.m. Active duty bowlers pay \$3 per person for unlimited bowling, with up to eight Soldiers per lane.

Family Bowling Day

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

Soldier appreciation

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

Cyber Bowl

Cyber Bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre will perform "The Nerd," a comedy by Larry Shue, Wednesday through Saturday evenings through May 14. Discounts are available for military and students. For show times and tickets, call the box office at 222-9694.

MWR Ticket Office

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



Win Spurs tickets on the spot

Throughout April, visit Morale Welfare and Recreation facilities where facility managers will randomly award four Spurs tickets to patrons for a home game in April. Get phone numbers and locations online at www.fortsamhoustonsmwr.com.

New student transfer policy opens doors to more students

By Dr. Gloria Davila
FSH ISD associate superintendent

The Fort Sam Houston Independent School District Board of Trustees recently changed its admissions and transfer policy to allow more military students to attend its schools beginning in the 2005-2006 school year.

"We are pleased to offer active duty military parents who work on the installation an opportunity to have their students attend Fort Sam Houston schools," said Dr. Gail Siller, Superintendent of Schools. "This is a major change from our previous transfer policy. The District,

however, is only able to add transfer students if sufficient staff and classroom space are available at the grade level requested. A special benefit is that our school Board of Trustees approved that tuition will not be charged for the upcoming school year."

Parents or guardians may obtain a 2005-2006 transfer application from the District Administration Office or the campus offices starting Monday. The transfer applications are to be submitted to Kathy Hayson at the District Administration Office by April 29. Letters of acceptance or denial will be mailed beginning May 12.

Parents or guardians approved for a transfer are required to agree to administrative guidelines and a non-resident transfer agreement. The following categories of students will be considered for transfer:

- Students whose parents are assigned to Fort Sam Houston and have certification that housing is available during the school year for which transfer is requested.
- Students who were students in the district, who have moved off-post, and whose parents remain on military active duty.
- Students who were resident students in the district, have moved off post, and whose parents have retired from military active duty.

- Students whose parents are active duty military personnel assigned to the Fort Sam Houston installation and are not seeking certification for installation housing.

- Children of district employees.

"Transfer students enrolled this school year will be given priority, provided their conduct and attendance have been acceptable," added Siller.

For all details and requirements of the new transfer policy and administrative guidelines, visit the Fort Sam Houston ISD Web site at www.fort-sam-houston.k12.tx.us or call Kathy Hayson at 368-8701.

Cole seniors, parents look forward to graduation party

Story and photo by Phil Reidinger
FSH Public Affairs Office

Dee Martell is the Cole High School senior parent coordinator for the 2005 Cole High School Project Graduation. Each year, the students and parents raise money to fund a "chem-free" party on graduation night. The party is held at the Jimmy Brought Fitness Center and is an all night, locked-in event for the seniors.

"We are coming together to have this party just as we would if we individually were having parties at our homes for our grad-

uating children," said Martell.

The party planned by the students with their parents support includes music and dancing with a DJ, food and drinks, casino games, movies and karaoke. The Cole High School students also can use the swimming pool, weight room and racquetball and basketball courts.

"The goal is to provide a safe place for graduates and give parents peace of mind that their graduating senior will enjoy a chaperoned evening that they helped plan," Martell said.

Four more fundraising activities are planned including two

more bagging days at the post commissary Saturday and April 30 and a fun run on May 7 open to the community starting at Jimmy Brought Fitness Center. Cole High School also will host "A Taste of Cole," a potluck dinner, Friday at Cole High School that is open to the post community.

"The commissary is very supportive, especially the head bagger who is really very nice to us and allowed us to stay over an additional hour," Martell noted. "The cashiers were instructive with the kids."

For more information, call Dee Martell at 662-8276 or 274-0726.



Cole High School seniors and parents enjoy a day of bagging groceries at the post commissary to raise funds for their "chem-free" graduation party.

FSH Independent School District Weekly Campus Activities Monday to April 23

Fort Sam Houston Elementary School

Monday

Old Guard Fife and Drum Performance at Cole Football Field, 9 a.m.

Tuesday

Grades 3, 4 and 6 *Texas Assessment of Knowledge and Skills Math
Grades 3 through 6 *State Developed Alternative Assessment Math

Wednesday

Grades 4 and 6 *TAKS Reading
Grades 3 through 6 *SDAA Reading

April 21

Grade 5 *TAKS Science

April 22

Holiday, Battle of Flowers

Robert G. Cole Jr./Sr. High School

Monday

Old Guard Fife and Drum Performance at Cole Football Field, 9 a.m.

Grades 10 and 11 *TAKS Science

Tuesday

Grades 7, 8 and 10 *TAKS Math
Grades 7 through 10 *SDAA Math

Wednesday

Grades 7 and 8 *TAKS Reading

Grade 11 *TAKS Math

Grades 7 through 10 *SDAA Reading (as per ARD)

April 21

Grades 8, 10 and 11 *TAKS Social Studies

April 22

Holiday, Battle of Flowers

Cole band performance at Lila Cockrell Auditorium, 9 a.m.

Choir performance at Warren High School Fine Arts Complex, 12:40 p.m.

Baseball vs. Navarro at Seguin, 7 p.m.

UIL 29 AA regional qualifiers track meet, TBA, all day

April 23

Band and choir at Fiesta Texas for SA American Classic Festival contest, all day (*State-mandated)

Cole students enjoy 2005 senior prom

By Dr. Gloria Davila
FSH ISD associate superintendent

Cole High School held its 2005 Junior/Senior Prom Saturday at the Forest Waters Country Club. Students enjoyed the surroundings that reflected the prom theme "Midnight Masquerade."

Senior Will Davis was selected as Prom King from a group of candidates that included Jonathan Brown, Julio Burgos, Ben Carter and J.R. Simmons. Davis is an active member of the journalism team, which publishes the annual campus yearbook. Will plans to attend Ohio State University to study International Business. He has volunteered in many activities, including working in the concession stands and serving as Eloc, the Cole mascot.

Senior Lakeshia Prince was selected as Prom Queen from the Royal Court which included Jennifer Bagg, Ashley Nieves, Jaymee Velazquez and

Nadine Willis. This year Lakeshia Prince volunteered in numerous campus events, including assisting in the concession stands and as track team manager. Lakeshia plans to attend St. Phillips College to study psychology.

"Once again, our students proved just how great they are," said Dr. Roland Rios, Cole principal. "They looked fabulous and behaved wonderfully. It was a fun time for students and faculty."

"It was just great. It was an experience I will remember for the rest of my life," said senior Amanda Bray. "My friends and I had an awesome time."

The 2005 Junior/Senior Prom was a huge success because of the hard work in planning and preparation by Jo Chacon, Junior class sponsor, and the Prom Planning Committee, which included Whitney Weathersby, chairman, Amanda Bray, Porsha Cordova, Gracie Hernandez, Aurora Page, Jaimie Siegle and Kayla Villareal.

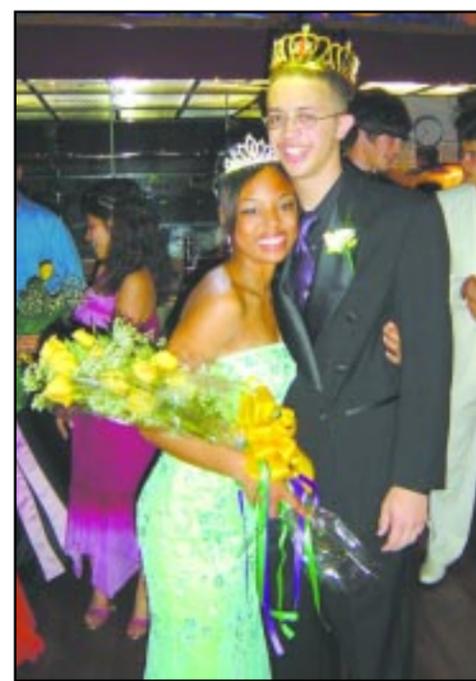


Photo by Roland Rios

Seniors Lakeshia Prince and Will Davis are all smiles after having been crowned the Cole 2005 Junior/Senior Prom King and Queen. Over 200 students and staff attended the annual event.

Cole sports update . . .

Cole baseball team has record of 9-4

The Cole baseball team dropped two important district games early last week. Cole lost to Blanco 12-2 on Monday. Ryan Boyles pitched for the first time this season and took the loss. Matt Newcomer hit his second home run of the season during the first inning.

On Friday, Cole lost to Comfort 7-2. Julio Burgos (4-1) lost for the first time this year. The Cougars committed seven errors and were held to three hits for the game. Darrell Kurek, baseball coach, reports Cole is now 9-4 for the season and 2-3 in district play.

Track team wins at Randolph

The Cole boys track team participated in the Randolph Field High School Track Meet April 2. Jon Brown placed 2nd in the 800-meter run with a time of 2:04. Cody Oswald placed 2nd in the 800-meter dash with a time of 53:89. Josh Collins placed 2nd in the Discus and Robert Dillard placed 2nd in the 200-meter dash. The Sprint relay team, which included Fabian Rodriguez, Matt Newcomer, Wayne Simmons and Robert Dillard, placed 4th. The mile relay team, including Jon Brown, Cody Oswald, Matt Newcomer and Tim Fletcher, placed 3rd. Coach Eric Boehme reported the Varsity team placed 4th overall.

School board meeting

The Fort Sam Houston ISD Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting April 28 at 11 a.m.

Post Pulse: In what Fiesta events will you participate?



"We are definitely going to NIOSA (Night in Old San Antonio)."

Sgt. 1st Class
James Dycus



"I will be going to the post events on Sunday."

Master Sgt.
Charlotte Martinez



"My wife is planning all the activities for us. We will definitely go to the Battle of Flowers and some other events as well."

Lt. Col. Paul Johnston,
British Exchange Officer



"I plan on going to the Taste of New Orleans and the Oyster Bake."

Sgt. 1st Class
Erica Willis

Ten-day Fiesta San Antonio begins Friday at the Alamo

The sounds of music, laughter and dancing will be heard coming from the Alamo on Friday. Cascarones filled with confetti will be cracked over people's heads and the traditional tie-cutting ceremony will set the mood as city officials declare 10 days of informal party atmosphere. The event is sure to get the crowd ready for the crazy magical frenzy called "Fiesta" throughout the city.

U.S. Senator Kay Baily Hutchison along with Fiesta Military Coordinator Lt. Gen. Robert T. Clark, and other local city officials and Fiesta "royalty" will be on hand for the official Fiesta San Antonio 2005 kickoff.

Featuring more than 100 different events, which celebrate San Antonio's rich cultural diversity and history, this year marks the 114th celebration of this unique festival, which honors the heroes of the Alamo and the winning of Texas independence at the Battle of San Jacinto.

So put on your most colorful attire, your brightest smile—don't forget the camera and join the more than three million people who will take part in the 10 days of merriment and fun.

For more information on Fiesta 2005 in San Antonio, visit www.fiesta-sa.org

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

Saturday:

7:30 a.m. to 3 p.m. – The U.S. Army Medical Command and Fort Sam Houston Texas Wanderers Volksmarch Club will host

the Caminada de Fiesta, a 10K (6.5 miles) and a 5K walk through the post, the San Antonio Botanical Gardens, and the AMEDD Museum located at Stanley and Harry Wurzbach Roads.

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

Sunday:

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

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

Monday:

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

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

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

Tuesday:

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

7 to 9 p.m. - Fiesta in Blue at Laurie Auditorium, Trinity University, 715 Stadium Drive

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

Wednesday:

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

3 p.m. to midnight - Texas Guard Fiesta, Texas National Guard Armory, 4255 Interstate Highway 35. The event is free and open to the public and will feature the U.S. Army Drill Team the official National Guard NASCAR race car, live entertainment, food and drink booths and games.

April 21:

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

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

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

April 22:

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

April 23:

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

6:50 to 10:30 p.m. - Fiesta Flambeau Parade through downtown San Antonio beginning on Broadway and Grayson Streets

April 24

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

(Source: Fiesta brochure)

COMMUNITY LINK

Happenings

Opportunity for Soldier musicians

Soldier musicians specializing in rock or hip-hop and interested in having their music highlighted in the video game "America's Army: Rise of a Soldier" have until April 21 to submit pre-recorded, studio-quality work for consideration. Ubisoft Entertainment and the U.S. Army are working together on a new experience for console gamers. For more information, call Winsome Young, Ubisoft publishing assistant, at 415-547-4046 or e-mail her at Winsome.Young@ubisoft.com.

School food fair

The Cole Jr./Sr. High School Cougar Pride Club will host "The Taste of Cole" Friday from 6 to 8 p.m. in the cafeteria. Food booths and fun activities for the entire family will be available. Admission is \$5. For more information on how to enter a food booth, call the campus office or e-mail Angela Jolivet, event coordinator, at ajolivet@fort-sam-houston.k12.tx.us.

Cole Cougar Pride Club fun run

The parents of the 2005 Senior Class of Robert G. Cole High School will sponsor a 5K fun run to raise funds for the Robert G. Cole May 27 drug-free graduation party. The fun run will be May 7 from 8:30 to 10:30 a.m. starting at the Jimmy Brought Fitness Center. For registration and more information, call Martin or Diana Morris at 223-8009 or 221-7676.

Fiesta tickets

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

Free SeaWorld admissions

Anheuser-Busch adventure parks will

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

AFTB classes

Army Family Team Building will offer a series of classes and workshops Monday and Tuesday at the Roadrunner Community Center, 2010 Stanley Road. The topics include building relationships, AFTB Level 1 and problem solving. For more information, call the AFTB office at 221-0275.

Volunteer

Animal Defense League drive

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

WHMC periodontics seeks patients

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

BAMC needs volunteers

Brook Army Medical Center needs drivers for its care mobiles which transport patients from the BAMC parking lot to the clinic entrance. The hospital also needs volunteers for its patient library to distribute materials to clinics and patients. For more information, call Laura Hansbrough at 916-5083 or Jessica Veilluex at 916-3862.

Professional Development

OCSC to award scholarships

The Fort Sam Houston Officer and Civilians Spouses' Club will award scholarships to qualified recipients in May. Scholarships are open to family members of active duty, active Guard and Reserve and retired or deceased Army personnel who reside in the San Antonio area. Two categories will be awarded, one to a graduating high school senior and one to an adult continuing education. Interested students may obtain an application through their high school counselor or by contacting Janie Gamez at 212-6951.

Free computer training

Family members of active duty military personnel may receive free computer training to prepare for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instruction is also available in Spanish. For more information, call Katja Lunsford at 221-0427.

'Jobs for Veterans' seminar

The Army Career and Alumni Program Center will sponsor a "Job for Veterans" seminar today from 9 a.m. to 4 p.m. in Blesse Auditorium, Building 2841, Army Medical Department Center and School. All military personnel, family members, transitioning per-

sonnel, medical hold personnel, civilians, retirees and veterans are invited. For more information call Russell Matthias at 221-1213 or e-mail Russell.Matthias@us.army.mil.

'Working for America' booth at PX

The Office of Personnel Management will have a booth on display in the main lobby of the Fort Sam Houston Post Exchange today from 9 a.m. to 4 p.m.

Meetings

Silver Caduceus Society luncheon

The Fort Sam Houston Silver Caduceus Society will host its quarterly luncheon at the Sam Houston Club today from 11 a.m. to 1 p.m. The guest speaker is Col. Keith Parker, Directorate of Combat Developments director at the Army Medical Department Center and School. Parker will provide information on AMEDD transformation. Attendees must be seated by 11:30 a.m. The luncheon is buffet style and will cost \$10 payable at the door. For more information, call Maj. Cheryl Zeise at 221-9922.

Aging conference

Texas Association of Area Agencies on Aging along with other government agencies will host a conference on aging April 24 through 27 at the Omni Hotel. This year's conference will conduct 29 workshops offering a variety of educational topics and numerous networking opportunities. For more information, visit www.texasconferenceonaging.org.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

FORT FREEBIES

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



For Sale: 2002 Itasca Sunova motor home, 31 feet long with slide, accessories too numerous to mention, 5,500 miles, must sell, \$60,000; 2003 Honda Civic EX tow car, 13,000 miles for the motor home, \$15,000, will sell both for \$72,000 obo. Call Mac at 437-0042.

For Sale: Ping pong table top for pool table, \$50; piano, \$150; double bike trailer and stroller, brand new, \$100; crib, no mattress, \$10; Trax wheelchair for youth up to 150 pounds, suspension system designed for outdoor use, paid \$3,000, will sell for \$1,000. Call Jennifer at 637-5538.

For Sale: 1997 four-door Olds LSS, beige with leather tan interior, CD, all power, sunroof, 125K miles, \$4,000 obo; 2001 Ford F-150 Super Crew, four by four King Ranch Edition, green with saddle leather interior, CD changer, all power, sunroof, camper shell, bed liner, very nice, 51K miles, \$23,000 obo. Call 566-0508.

For Sale: Off-white French Provincial three-piece living room set, like new, \$325 obo; Barbie Jeep with two batteries, \$100. Call 394-8349.

For Sale: 2000 Jeep Cherokee Laredo,

Tan, 104K miles, good condition, new tires, new brakes, CD player, \$7,500 obo. Call Doug at 661-9929 or 422-8628.

For Sale: 1976 Datsun 280Z and 1988 Mazda RX-7, great project cars, both need body and engine work, \$500 each. Call Manny at 521-6728 or 380-9369.

For Sale: Panasonic 36-inch color TV, excellent condition, approximately three years old, \$500 obo; computer desk in excellent condition, \$75. Call 646-7371.

For Sale: One ladies platinum engage-

ment ring with 0.63 carats of round and baguette shape diamonds in the band with a 0.55-carat princess cut diamond, paid \$3,500, sell for \$3,000. For more information and pictures, e-mail ry3lamp@gmail.com.

For Sale: Appliances, 220 volt for those going to Europe, transformers and AFN satellite dish included. Call 437-0857.

Free: Two kittens, one tabby male and one black female with white tip on tail, eight weeks old. Call Katie at 826-5973.