



Fort Sam Houston News Leader



Vol. 37, No. 16

Fort Sam Houston – Home of Army Medicine

April 21, 2005

Briefs . . .

Gate opens for Fiesta

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

Gate closure

Effective May 2, the Harry Wurzbach (East) gate will be closed and the temporary entrance will be through Scott Road. Construction will take about nine months. People who normally access the post through the Scott Road gate, which is one lane, should consider an alternate entrance to avoid delays.

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 from 9 a.m. to 3 p.m. weekdays. The Tax Center will be closed Friday for the Battle of the Flowers training holiday. For more information or to make an appointment, call 295-1040.

Newcomers' Extravaganza

All permanent party in-processing Soldiers, lieutenant colonel and below, are required to attend a Newcomers' Extravaganza within 60 days of their arrival. The next Newcomers' Extravaganza is Tuesday at 9 a.m. at the Roadrunner Community Center. Soldiers, civilians and family members will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings, registrations and social activities. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705/2418.

April retirements

Fort Sam Houston's April retirement ceremony will be 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.

Vet vaccination clinic

The Fort Sam Houston Veterinary Treatment Facility will sponsor a vaccination clinic May 7 from 8 a.m. to noon by appointment only. Legal owners must be present with a valid Defense Enrollment Eligibility Reporting System ID card to receive services, or a designated agent must present a power of attorney and a copy of the owner's ID card. For more information, call 295-4260.

Asian Pacific American Heritage ceremony

Fort Sam Houston major commands and Morale, Welfare and Recreation will sponsor a ceremony in honor of Asian Pacific American Heritage Month May 10 at the Roadrunner Community Center from 11:30 a.m. to 1 p.m. The guest speaker is Postmaster Momi Lee,

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Fiesta salute



Photo by Elaine Wilson

The 3rd U.S. Infantry Continental Color Guard presents the national and U.S. Army colors during the cannon salute to the reviewing officer, Lt. Gen. Robert T. Clark, Fifth U.S. Army commanding general, Sunday at the Fiesta Salute ceremony on MacArthur Parade Field. The ceremony was one of the highlights of the Fort Sam Houston Fiesta. The massed colors of Army units such as U.S. Army Medical Command, Fifth U.S. Army, U.S. Army South, the Army Medical Department Center and School and Brooke Army Medical Center represent the diversity of military missions assigned to Fort Sam Houston. See more Fort Sam Houston Fiesta photos on pages 16 and 17.

From playing field to battlefield

PTs take sports medicine to war

By Elaine Wilson
FSH Public Information Office

Behind every famous athlete stands a physical therapist, ensuring the player, if injured, has a minimal absence from the team.

The military hopes to carry that same sports medicine concept to the battlefields of Iraq.

"In the military, PTs view Soldiers as tactical athletes," said Lt. Col. Josef Moore, PT and director of the U.S. Army-Baylor University Doctoral Program in Physical Therapy. "The goal for PTs in the military is the same as in sports medicine. Treat the service members and send them back to their 'teams' as quickly as possible."

In most cases, however, physical therapists are relegated to hospitals and medical clinics, which creates a deficiency in one vital area – battlefield experience.

Medical officials hope they can remedy that problem with the

Joint Operational Deployment Course, a joint service course offered annually to civilians and military members nationwide. The U.S. Army-Baylor University Doctoral Program in Physical Therapy sponsored the second annual JODC April 4 to 8 at nearby Camp Bullis.

Forty Air Force, Army, Navy and Public Health Service officers, both active duty and reserve, traveled to San Antonio for the five-day class.

"The days of PTs just in the hospital are long gone," Moore said. "There are PTs in Iraq and Afghanistan. The goal is to return Soldiers to the battlefield quickly and safely. To do this, our PTs need to be as prepared as possible."

To ensure this preparation, students are taught emergency trauma and triage management, burn and wound care, and pain management in the classroom. They then test those skills in the field.

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Aircraft lighter ban also applies to service members

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON, D.C. – Anyone — including service members — carrying lighters will be required to surrender them at U.S. airport security checkpoints before boarding aircraft under a new federal law that became effective April 14, Transportation Security Administration officials said.

The new law also applies to military and civilian passengers on commercially chartered U.S. military overseas flights, noted Lt. Col. Scott Ross, a spokesman with U.S. Transportation Command at Scott Air Force Base, Ill.

"Due to al Qaeda's continued efforts to create improvised explosive devices, prohibiting lighters onboard aircraft and in the sterile areas of airports will reduce current security vulnerabilities and add another

layer of defense," a TSA document stated.

President Bush signed the Intelligence Reform and Terrorism Prevention Act of 2004 on Dec. 17, 2004. The act mandates that butane lighters be added to the list of items prohibited from being carried aboard aircraft that depart from or land at U.S. commercial airports.

The new law applies to "anything that

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SECARMY directs Soldiers, Army civilians to reaffirm commitment to ethics standards

By **Shelby Tanner**
AMEDDC&S and U.S. Army Garrison ethics counselor

The Secretary of the Army has directed every Soldier and Army civilian employee to review the Federal Oath of Office, the U.S. Army Statutory Requirement of Exemplary Conduct and the Principles of Ethical Conduct for Government Officers and Employees.

In an April 14 memorandum, Maj. Gen. George Weightman, commander of Army Medical Department Center and School and Fort Sam Houston, directed every Soldier and Department of the Army civilian employee belonging to AMEDDC&S and U.S. Army Garrison to accomplish this training no later than June 25. Each commander, director or activity chief will ensure compliance within their organization and certi-

fy compliance in a memo before the June 25 deadline.

The requirement is to ensure government employees, both military and civilian, consciously reaffirm their commitment to compliance with all provisions of the Joint Ethics Regulation (DOD 5500.7-R) and to avoid the appearance of ethical compromise in the performance of official duties.

For copies of the general's and the Secretary of Army's memorandums, along with the Federal Oath, the U.S. Army Statutory Requirement of Exemplary Conduct and the 14 Principles of Ethical Conduct, go to AMEDDC&S and Fort Sam Houston Staff Judge Advocate's Web site at <http://www.samhouston.army.mil/sja/ethics.asp>. Click on Federal Ethics Standards.

For more information, call Shelby Tanner, ethics counselor, at 221-2373 or 221-0485.

2005 Ethics Training Schedule

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

Date	Start Time	Location
Wednesday	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.

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Briefs cont.. . .

from Austin, Texas. The event also features an Asian Pacific American fashion show. Tickets are \$5, which includes lunch. For more information or tickets, contact a unit equal opportunity adviser.

Legal office closures

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

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 anytime. 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" line at (888) 578-4141. For more information, call the Lincoln Military Housing office at 270-7638.

Quarterly safety awards

The deadline for the second quarter fiscal 2005 safety award nominations is April 28. For more information, call Lupe Gomez, post safety manager, at 221-3866.

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

Camp Bullis User Conference

The Camp Bullis User Conference will be held May 5 from 7 a.m. to 4 p.m. at the Camp Bullis theater, Building 5900. The Outdoor Recreation Center will provide snacks and lunch. For more information, call 295-7592, 295-7686 or 295-7616.

Sports medicine

Continued from Page 1

One example is the convoy exercise, where PTs are rushed to save Soldiers severely wounded when their "convoy" is attacked. With simulated improvised explosive devices sounding, "patients" screaming in agony and instructors creating chaos, the participants' ability to stay calm under pressure and administer adequate medical care is put to the test.

"The realism of the scenarios was outstanding," said Air Force Maj. Jerry McGinty, from the 5th Medical Group at Minot Air Force Base, N.D., who was acting commander at the convoy scene. "You can't reproduce the real thing but this was very realistic and a great opportunity to be able to practice the skills I may have to use to perfection."

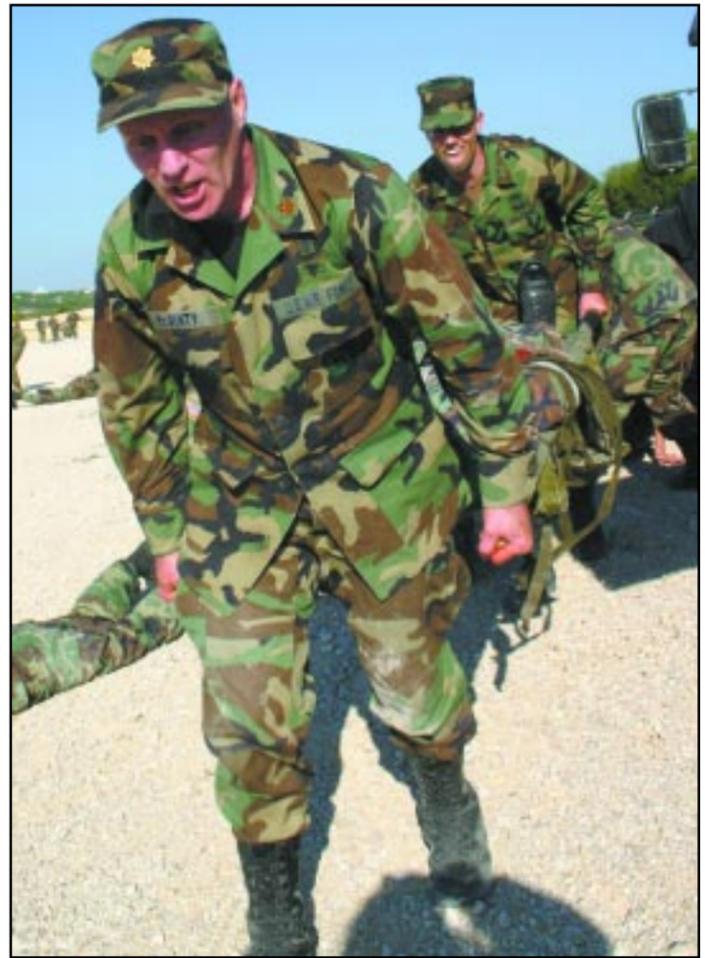
While most of the participants, like McGinty, were "first timers," others were just honing skills they have already used.

"These are skills most PTs don't practice," said Capt. Bill Loro, who traveled from Fort Campbell, Ky., to participate in the course as a part-time faculty member and student. As the PT for 5th Special Forces, Loro has extensive exposure to battlefield care.

"The exercises establish a high degree of confidence," he said. "We do whatever we can to ensure a safe deployment."

The training is voluntary for most PTs, but mandatory to deploying Army service members, a testament to the relevancy of the course.

"War is not a sport," Moore said. "But with the skills the PTs are learning here, they will be able to successfully return the injured back to the 'playing field' as soon as possible."



Photos by Elaine Wilson

(Above) Air Force Maj. Jerry McGinty, a physical therapist from the 5th Medical Group at Minot Air Force Base, N.D., and Capt. Peter Glover, 2290th U.S. Army Hospital, Walter Reed Army Medical Center, Washington D.C., evacuate a "patient" from a convoy attack site during a mass casualty exercise.



(Left) (From left) Air Force Maj. Jerry McGinty and Capts. Robert Briggs, Peter Glover and Jonathan Leshner help evaluate and triage a "patient" during a mass casualty exercise involving a convoy attack.



(Above) Capt. Thomas Randle, from Fort Carson, Colo., and Capt. Coy Judd, from Fort Lewis, Wash., evacuate a "patient" during a mass casualty exercise.



(Right) Air Force Maj. Chu Soh, a physical therapist from Yokota Air Base, Japan, assesses a "patient" at a casualty collection point.

Housing surveys help identify 'hot topics' for residents

The Residential Communities Initiative Office and Lincoln Military Housing encourage Fort Sam Houston residents to fill out various surveys to help customize services and facilities on post.

Lincoln Military Housing, which manages Fort Sam Houston Family Housing, will use the input to identify the topics that are important to post residents.

At the time of move-in, new residents will be given a prepaid self-addressed postcard with specific questions related to their move-in, condition of the home, comments, suggestions and concerns. The results will be used to evaluate the move-in process, develop improved customer service and evaluate LMH.

To ensure quality customer service, Lincoln at Your Service will make follow-up calls to resi-

dents to ensure service requests were completed in a satisfactory and timely manner. Residents may also provide feedback by submitting comments on a maintenance service card that will be left in the residence each time work is performed.

Additionally, each resident will be given a survey upon move-out that will inquire about customer service and the inspection process provided during the move-out process. Results from the surveys will be compiled and used to improve customer service skills and refine the move-out process.

Residents can input suggestions at any time on LMH's interactive Web site at samhoustonlpc.com. For more information, call the Lincoln Military Housing office at 270-7638 or the RCI Office at 221-0891.

(Source: RCI Office)

Lighters

Continued from Page 1

produces a flame," including Zippo brand and other lighters, said TSA spokesman Chris Jolma. However, aircraft passengers may still carry up to four books of matches, according to TSA documents.

The law also bans lighters from being placed in both carry-on luggage and cargo baggage, according to the TSA.

"Wherever there's a TSA (security) checkpoint, we're responsible for enforcing the law," Jolma noted, adding, "Folks should definitely inspect their baggage before going to the airport, just to avoid the hassle."

On Dec. 22, 2001, passengers aboard American Airlines Flight 63 en route from Paris to Miami stopped British citizen Richard Reid from lighting a fuse attached to an explosive hidden inside his sneakers.

Reid, a self-confessed al-Qaeda sympathizer, was later convicted in a U.S. federal court of trying to blow up the plane. He is now serving a life sentence.

Jolma agreed Reid's failed attempt to bring down Flight 63 alerted U.S. authorities of the need to tighten up airline security. And, he pointed out global terrorists continue to look for "innovative means" to bring down aircraft.

32nd Medical Brigade gets 'Pumped for Fiesta'

Soldiers get taste of San Antonio's biggest party



(Above) El Rey Feo LVII, Robert Tips, and a member of his court pass out Fiesta medals to Soldiers at the Rocco Dining Facility following the brigade run April 14. King Antonio LXXXIII, Clifton Douglass; Miss Fiesta San Antonio, Erica Gonzaba; and Fort Sam Houston military ambassador Staff Sgt. Jose Rocha also helped introduce Fiesta traditions to 32nd Medical Brigade students at MacArthur Field April 14.

(Right) Princess Reina de las Flores, Yslette Arispee, distributes cascarones, colorful egg shells filled with confetti, to initial entry students from the 32nd Medical Brigade as they begin the brigade run at the MacArthur Johnson Track April 14.



Photos by Esther Garcia

Senior Drill Sgt. Carol D. Pryce, E Company, 187th Medical Battalion, receives dancing lessons from Joe Medina, Ballet Folklorico Del Cielo director, after breakfast at the Rocco Dining Facility. Col. Bradley Freeman, 32nd Medical Brigade commander, organized the "Pumped for Fiesta" fitness event so community leaders could explain Fiesta to the Soldiers.



(Right) Lt. Col. John Collins, 187th Medical Battalion commander, visits with a member of the Ballet Folklorico at the Rocco Dining Facility.



(Left) Col. Bradley Freeman, 32nd Medical Brigade commander, addresses more than 2,500 initial entry students before the start of the brigade run April 14 at MacArthur Parade Field. He was joined by Fiesta Royalty, including Larry Kurth, Fiesta Commission president. The Fiesta Commission dedicated Fiesta 2005 as a special San Antonio salute to members of the armed forces and their families.

Museum foundation presents first Spurgeon Neel Award

Story and photo by Shadi May
Fort Sam Houston News Leader

Army Medical Department Museum Foundation committee members presented the Spurgeon Neel Award to its first recipient, Donald Parsons, Friday for his contribution to the AMEDD Journal.

Parsons is a curriculum developer and instructor at AMEDD Center and School's Department of Combat Medic Training, Academy of Health Sciences. His article, "Battlefield Medicine: A Tactical Perspective," was published in the April-June 2004 issue.

"I wrote the article because we have Soldiers who are dying in combat every day," said Parsons. "Before, we didn't teach Soldiers to take care of casualty in combat because there was no combat medicine program. After Somalia, a study was done by the special operations community, and their research was the basis for this article."

The AMEDD Quarterly Journal contributes to the mission of AMEDD and promotes its history, legacy and traditions.

"Our mission is to support the history of the AMEDD, and we hope giving this award will

help stimulate more people to write about the AMEDD history," said retired Maj. Gen. Floyd Baker, chairman of the board of the AMEDD Museum Foundation.

The foundation selected to name the award after the late general and previous surgeon general for his outstanding contributions to AMEDD's mission and the history of the medical department. Maj. Gen. Spurgeon Neel played an integral role to sustain the legacy and heritage of AMEDD and to educate civilian and military communities on its significant contributions to the nation.

"I think this is wonderful," said an emotional Alice Neel, wife of the late general. "My husband would think this day was tremendous and would be proud and humble and very grateful to the foundation. I would encourage all the writers out there to get busy and submit to the journal."

The award includes a medallion and a \$500 honorarium.

"Some times, it's intimidating to submit an article for a publication, but I advise all the writers out there to not hesitate and submit their work for consideration," said Parsons.

For more information, call Bruce Nelson, editor, AMEDD Journal, at 221-6916.



Retired Maj. Gen. Floyd Baker (right) and Alice Neel (center) present the Spurgeon Neel Award to Donald Parsons (left). He is the first recipient of the award.

Multinational exercise prepares nations for natural, man-made disasters

By Kevin W. Sieling
U.S. Army South Public Affairs

Humanitarian and disaster relief have arrived at the forefront of international attention through the tragedies and destruction caused by last year's active hurricane season in the Atlantic basin and devastating tsunamis in Indonesia, Sri Lanka and Western Africa. Mitigation is as essential as response in disaster management, and Fuerzas Aliadas Humanitarias 2005 fits the bill for regional planning, coordination and response to both natural and man-made disasters.

FAHUM is an annual exercise sponsored by U.S. Southern Command and coordinated by U.S. Army South at Fort Sam Houston. This year's exercise was hosted by the country of Trinidad and Tobago from April 4 to 7 in Port of Spain, Trinidad.

"Before a disaster strikes, an event like FAHUM greatly impacts planning and coordination," said Col. Robert D. Hudnall, USARSO deputy chief of staff for the Army National Guard and FAHUM co-director. "In the case of a natural disaster, there comes little or no advanced warning for the participating agencies. They also come with no regard for natural borders or time. Preparation, planning, coordination and practice are the actions that will increase our readiness when it comes to disasters."

FAHUM 05 is a multinational seminar in which military and civilian representatives from the Caribbean Island Nations, Central America and the United States promote regional collaboration between

the military, governmental and nongovernmental agencies. Understanding the different policies and procedures of these vastly different organizations and agencies better prepares the region for future events. The seminar consists of roundtable discussions and briefings concerning disaster relief and mitigation.

"As I listened to the presentations and discussions given by delegates from across the region, I quickly become infected by your dedication and enthusiasm to save lives and lessen suffering from our fellow nations," said Hudnall.

"One of the things I have learned is the need for all militaries and governmental agencies to work together and compliment one another," said Hudnall's host nation counterpart, Commander Kirton Huggins, Trinidad and Tobago Defense Force. "One presenter remarked, 'the scene of an accident is the worst place to exchange business cards,' and FAHUM is an excellent venue for participants to get to know each other and share this vital information, knowledge, expertise and assets. This association can foster the relationship to enable us to work together. There is evidence that the lessons learned from these seminars indeed have saved lives."

More than 150 representatives from 20 countries throughout the region participated in the seminar. International Federation of the Red Cross, the Office of Foreign Disaster Assistance and the Caribbean Disaster Emergency Response Agency are just a handful of organizations that participate on a yearly basis. The first FAHUM was conducted in 1996 in Honduras.



Courtesy photo

Robert Frazer, host for a popular radio program 'High Noon' on Power 102 FM in Trinidad and Tobago, interviews Col. Robert D. Hudnall (left) and Commander Kirton Huggins, from the Trinidad and Tobago Defense Force, April 3 during a multinational seminar.

"I can't imagine a cause more noble or selfless than this. I take great comfort in knowing that we are working day to day to better prepare for tragedies and disasters when, not if, they strike," said Hudnall.

The seminar demonstrates USARSO's continuing effort to promote regional civilian and military cooperation in pursuit of positive, mutually beneficial objectives, such as humanitarian assistance, Hudnall said.

"Standard operating procedures should be established and understood in all aspects of disaster relief. We are limited in our response to natural disasters, but there

is a lot we can do in the prevention of man-made disasters," said Huggins. "The motto of Trinidad and Tobago is 'Together we aspire, together we achieve' — this we can apply to our disaster management and our efforts will not be in vain."

Participating nations from the Caribbean include: Antigua-Barbuda, Bahamas, Barbados, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, St. Kitts and Nevis, St. Lucia, St. Vincent, Suriname, and Trinidad and Tobago. Participating nations from Central America include: Costa Rica, Guatemala, Honduras, El Salvador, Nicaragua and Panama.

Post Pulse: Earth Day is Friday. What do you do to safeguard the environment?



"I always use organic material whenever I plant. I love flowers and working in my garden."

Gladys Molina



"I never litter, and I always dispose of hazardous material in a proper place."

Donalda Smith



"While working on my car, I always use drip pans to collect waste. I never discard any material down the drain."

Master Sgt. Jesse Berlanga



"I always recycle and conserve water. I am very mindful of the products I use. As human beings, we need to safeguard the environment year round."

Petty Officer 1st Class Erin Perez

Earth Day: Post environmental programs balance mission readiness with preservation of natural resources

By James H. Graham Jr.
Environmental and Natural Resources director

The environmental goal at Fort Sam Houston and Camp Bullis is to provide operational support for troop training, as well as to protect both areas' assets.

This means we must continue to use the post's training grounds to gear up for real-world challenges and, at the same time, mesh with the sensitive elements of natural resources. After all, everyone depends on these natural resources to survive.

Earth Day offers a time to remember the importance of our environmental goals, and the team effort required to meet them. Fort Sam Houston leaders are committed to protecting and preserving the environment, which is accomplished through various environmental programs, to include:

• Environmental Management System

The Environmental Management System, an Army-mandated program, is designed to bring the Army's operation procedures into compliance with environmental compliance standards. It is a difficult task to blend military training with preservation of the ecosystems; eMS will mesh this support of the military's needs for both natural resources and mission completion.

• Archaeology Program

In accordance with the National Historic Preservation Act, Fort Sam Houston and Camp Bullis are responsible for the protection of archaeological sites. Nearly 400 archaeological sites have been inventoried, which span the last 12,000 years of history. The post-wide inventory

of archaeological sites allows environmental specialists to work in conjunction with military planners to protect cultural resources, and at the same time assist in the Army's training mission.

• Endangered species management

Camp Bullis is a 27,987-acre sub-installation of Fort Sam Houston. Its mission is to provide quality land and training facilities to support realistic training for all branches of the U.S. Armed Forces, Reserve and National Guard units, and local, state and federal law enforcement agencies. The presence of endangered species on Camp Bullis is a significant natural resource management challenge for environmental personnel, as training must be balanced with endangered species management.

• Historic Preservation Program

Fort Sam Houston has 740 properties eligible for the National Register of Historic Places. Five properties have been individually nominated and are on the National Register of Historic Places: the Clock Tower, the Quadrangle, Pershing House, Gift Chapel and Old Brooke Army Medical Center. Fort Sam Houston's cultural resources and public works staff work closely with the Texas Historical Commission to ensure historical features are maintained during projects involving historical properties.

• Dust Suppression and Endangered Species Management

When Camp Bullis added two Air Force combat convoy courses, driving on Camp Bullis increased 450,000 miles per year. This driving increase has also increased the amount of dust, which can adversely affect endangered bird habitat. Environmental

staff works closely with the Army and Air Force trainers to address this problem.

• Environmental Compliance

Compliance Activities at Fort Sam Houston and Camp Bullis invest millions of dollars to provide a clean environment for Soldiers and surrounding communities. Landfills have been capped with earthen materials, and monitoring wells were installed adjacent to the landfills to stop hazardous materials from entering the water. Many other environmental programs are under way to ensure a clean environment for present and future generations at Fort Sam Houston and the surrounding communities.

• Pest Management Program

The primary objective of the post's pest management program is to manage pests so they don't adversely affect operations, health or property. Integrated Pest Management combines biological, cultural, physical and chemical tools in a way that minimizes economic, health and environmental risks. Non-chemical control is considered first and, if necessary, pesticide compounds that present the lowest potential hazard to humans and the environment are used. As a result, pesticide usage on post has decreased 50 percent in the last decade.

• Cave protection and preservation

Camp Bullis is located on the Edwards Aquifer recharge zone and the area that drains into the recharge zone. The aquifer is the primary water supply for San Antonio and the surrounding region. Caves are an integral feature to the aquifer.



Courtesy photo

Indian dig sites at Camp Bullis can turn up prehistoric finds, such as these Indian points excavated at an archaeology study site.

Twenty-three caves on Camp Bullis are known to contain federally endangered "cave bugs." As a federal property, Camp Bullis is required to comply with U.S. Fish and Wildlife Service regulations to protect the species. Camp Bullis has contracted the Texas Cave Management Association to maintain the gates and fences around 12 caves, perform fire ant control in a 10-meter radius around 74 caves and maintain bat habitats in 16 caves.

• Wildlife management on Camp Bullis

Camp Bullis is home to numerous rare, threatened and federally endangered animal species. In addition, Camp Bullis has an active hunting program for whitetail deer, dove and turkey. Biologists at Camp Bullis work with the U.S. Fish and Wildlife Service and San Antonio biologists to manage five endangered species: the golden-cheeked warbler, the black-capped vireo, two cave beetles and one cave spider. Game animals are managed under the direction of the Texas Parks and Wildlife Department. These partnerships and others have helped improve habitat for all wildlife on Camp Bullis.

Crime Watch

In the past two weeks, there were several bicycle thefts at the bicycle racks adjacent to Buildings 922, 929 and 3631, and Brooke Army Medical Center.

The bicycle owners did the right thing by securing the bikes to the racks, but used cable-type locks. Most cables and padlocks can be cut with bolt cutters. These types of locks are "easy pickings" for thieves.



Do not be fooled by a manufacturer's claims of a "burglar-proof" lock. No lock can withstand a forceful attack for long. Also, be leery of cheap locks. Remember, you get what you pay for, so take your time and shop around. You may have to pay a few dollars more, but not as much as a new bike.

You can protect your bike from theft and discourage a thief with the proper precautions:

- Always lock your bike, even while it is in your garage, shed or barracks.
- Lock your bike to a fixed, immovable object like a permanent bike rack. Be careful not to lock to items that can be easily cut, broken or removed. Be careful that your bike cannot be lifted over the top of the object to which it is locked.
- Do not lock only one wheel of the bike and don't lock the bike to itself (the front wheel locked to the frame). It can be easily lifted and carried away.
- Lock in a visible and well-lit area.
- Lock in a location where there are other bikes. The chances are better that there will be a bike with a less secure lock than yours. Thieves usually go for the easiest target. If a bike rack is full, find another. Don't try to squeeze your bike into a space that will not allow you to lock properly.
- If you are parking head-in with a "wave" rack, park in the "U" part, not the inverted "U" part.
- Don't lock to anything posted illegal. Don't block pedestrian passage or use handrails, especially wheelchair ramps and structures near handicapped accessible areas.
- When using a U-lock, position your bike frame and wheels so that you fill or take up as much of the open space within the U-portion of the lock as possible. The tighter the lock, the harder it is for a thief to use tools to attack.
- Always position a U-lock so the keyway is facing down toward the ground. This makes it more difficult for a thief to steal the bike.
- Always secure your components and accessories, especially quick-release components with a secondary cable lock.
- Always check your lock before leaving your bike to be sure you have secured it properly.
- For the greatest theft deterrence, use two locks such as a U-lock and a locking cable. The longer it takes a thief to take your bike, the less likely your bike will be stolen.
- Choose a lock that's easy for you (or your child) to use. Difficult-to-use locks often don't get used.
- Any lock is better than using no lock at all.

Even if you take every precaution, your bike can still be stolen. To increase your chances of bike recovery, you should record your bicycle's serial number. The serial number is the key piece of information that law enforcement agencies can use to recover a bike. Most bicycle serial numbers are on the under side of the bottom bracket shell near the pedals (you may need to turn your bike over to find it).

Also, make sure to keep your sales receipt, along with a picture of your bike.

If you register your bicycle with a local law enforcement agency, you will increase your odds of recovery. For more information about bike registration, call the Fort Sam Houston Crime Prevention Section at 221-9686 or your local law enforcement agency.

(Source: Provost Marshal Office)

CAREER CLIPS

Medical social worker, San Antonio. Implements the Plan of Care provisions to meet their needs, which include: social service goals for alleviating problems, supportive counseling, problem solving, community referrals pre-bereavement and bereavement care. Regularly re-evaluates the patient's and family's psychosocial needs.

Retail store manager, San Antonio. Retail store management and other miscellaneous management duties. Prior retail store management experience required. Excellent leadership skills and superior customer service skills needed. Store opening/expansion experience preferred.

Computer science teacher, San Antonio. Requires a bachelor's degree in a computer-related field plus three years experience in one or more of the following areas: information security, computer support (PC help desk), UNIX, PC hardware, operating systems, networking, computer programming (C++, JAVA, DATA structures, Visual Basic.Net, DataBase management), WEB database.

Audie Murphy Club honors three NCOs with membership

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

Sgt. 1st Class Bobby Mack, Noncommissioned Officers Academy; Staff Sgt. Jose Raymundo, 418th Medical Logistics Company; and Staff Sgt. Tulamarie Rizzo, G Company, 232nd Medical Battalion, are the newest members of the prestigious Sergeant Audie Murphy Club. The induction ceremony was April 11 at Blesse Auditorium.

"We are not only recognizing the backbone of the Army, but we are recognizing the best of the Army," said Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston.

The Sergeant Audie Murphy Club recognizes the outstanding accomplishments of NCOs.

"What sets the Audie Murphy Club members apart from other NCOs is that they show up every day to work, they work extra hard and simply do their job," said Sgt. Maj. Jeffrey Lavender, department of clinical support and keynote speaker. "They live the NCO Creed and the Soldier Creed everyday, not just on good days, not just when someone else is working,

they work everyday. They take care of their community and keep our Army running. What is special about members of the Sergeant Audie Murphy Club is that they choose to band together to multiply their individual efforts in order to make a greater impact."

Sgt. Audie Murphy was a war hero, movie actor, writer of country and western songs and poet. After being refused enlistment during World War II in both the Marines and paratroopers for being too small and underweight, he enlisted in the U.S. Army a few days after his 18th birthday. After basic training at Camp Wolters, Texas, and advanced training at Fort Meade, Md., Murphy was sent overseas. He was assigned to the famous 15th Infantry Regiment of the 3rd Infantry Division where he fought in North Africa, Italy, France and Germany. He earned a battlefield commission for his courage and leadership ability, as well as citations and decorations including every medal for valor

that America gives. He was also awarded one Belgian and three French medals. Murphy is the highest decorated Soldier in American history.



Sgt. Maj. Jeffrey Lavender, Department of Clinical Support Services, Army Medical Department Center and School and keynote speaker for the Audie Murphy Induction ceremony, presents the Sergeant Audie Murphy Membership certificate to Staff Sgt. Tulamarie Rizzo, G Company, 232nd Medical Battalion.



Army Medical Department Center and School Command Sgt. Maj. Timothy Burke congratulates Sgt. 1st Class Bobby Mack, from the Noncommissioned Officers Academy, April 14 during the Audie Murphy induction ceremony at Blesse Auditorium.



Command Sgt. Maj. Jairo Gallegos, 61st Area Support Medical Battalion, Fort Hood, Texas, presents Staff Sgt. Jose Raymundo coins from the 1st Medical Brigade and III Corps Command Group following Raymundo's induction into the Audie Murphy Club. Raymundo is assigned to 418th Medical Logistics Company, which belongs to the 61st Area Support Medical Battalion at Fort Hood.

Post welcomes Sam Houston High School ROTC students

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

Students from Sam Houston High School ROTC toured the post April 12 to learn about various military missions.

Soldiers from the 232nd Medical Battalion showed the students how patient simulators are used as tools for training Soldiers in the combat medic course. The students also observed training in the Salado Creek area during a comprehensive skills training test using simulated combat trauma lanes.

Lt. Col. Benjamin Henderson, Fifth U.S. Army, then met the students at the quadrangle and talked about the quadrangle and his experiences in the Army.

Jose Garcia, supervisor for Benner Barracks, invited the students to see how the Soldiers live while on post. U.S. Army Garrison Command Sgt. Maj. Johnny Gray spoke about opportunities offered in the military.

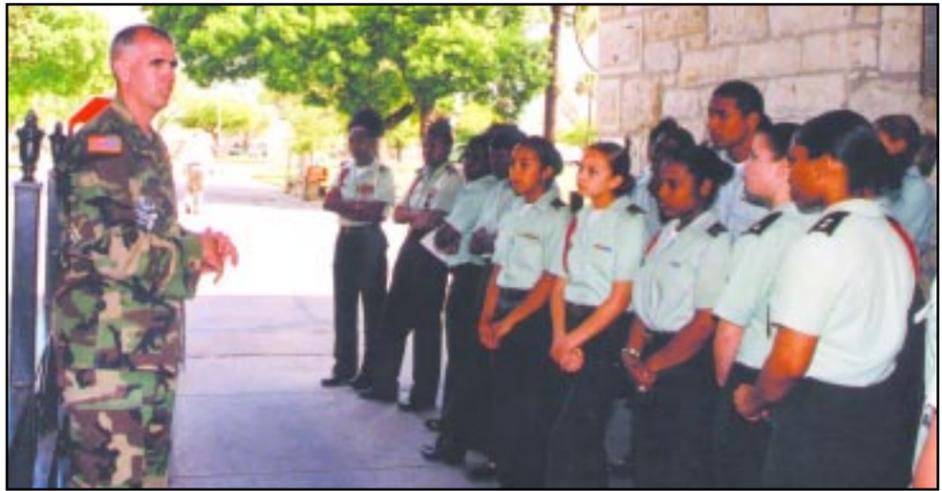
Following lunch, the students visited with Maj. Dawn Garcia, from the Army Nurse Corps, at Brooke Army Medical Center. She spoke to the students about being an Army nurse.



Sam Houston High School ROTC students watch as Pvt. David Brehaven, assisted by Pvt. Johriad Allen, is tested at one of the trauma lanes. The trauma lanes include 10 different scenarios with different injuries, which include treating extreme wounds.



ROTC students from Sam Houston High School observe a demonstration of the patient simulator used as a tool for training combat medics.



Lt. Col. Benjamin Henderson, from Fifth U.S. Army, welcomes ROTC students to the quadrangle on April 12. Henderson described the history of the quadrangle and talked about his experiences in the Army.

SPORTS

Army Fitness Deployed offers pocket-sized gym to Soldiers in field

By Tim Hipps
U.S. Army Community and Family Support Center
Public Affairs

ALEXANDRIA, Va. – Soldiers can flex their muscles any time at just about any place with a strand of elastic resistance tubing in a pocket-size package dubbed Army Fitness Deployed.

The kit, which includes the Thera-Band® system of progressive resistance, was developed by Morale, Welfare and Recreation sports and fitness officials at the U.S. Army Community and Family Support Center. It comes with a notepad filled with strength-training tips concerning progression, muscle balance and rest and recovery.

The fitness guide was developed for Soldiers to maintain their muscular fitness while in the field.

“The adage ‘use it or lose it’ applies to muscular strength and endurance,” said Janet MacKinnon, CFSC fitness program manager. “Muscular strength relates to the maximum force a muscle can generate in a single contraction, while muscular endurance relates to the ability of a muscle to generate force repeatedly or continuously overcome. This kit benefits users at every level of conditioning.”

“I came across one of these exercise bands and tried it out,” said Sgt. Maj. Michael Fox, chief instructor for the psychological operations course at Fort Dix, N.J. “I had my staff try it out and we were all surprised at the workout it provided.”

After having everyone in his detachment of Army Civil Affairs and Psychological Operations Soldiers exercise with Army Fitness Deployed, Fox said he realized that he needed more of the kits.



Photo by Sgt. Maj. Michael Fox
Master Sgt. David Strong and Sgt. 1st Class Jason Sherer do the reverse fly exercise with the Thera-Band® system of resistance found in Army Fitness Deployed, a pocket-sized exercise kit.

“I began my quest to locate 400 of these to use in our next classes, as well as provide them to the Soldiers we train,” he said. “The fact that it was designed to fit in the cargo pocket of the [battle dress] uniform was a great idea.”

The Army Fitness Deployed notepad features illustrations and written instructions concerning everything from warm-up to stretching to a 33-exercise regimen.

“Army Fitness Deployed has been extremely successful, mostly based on all the phone calls that we’ve gotten from people saying how much they appreciated it,” MacKinnon said. “They thought it was very ingenious that something so lightweight and so practical could be used for Soldiers – not only by keeping them mission-ready but by giving them a sense of recreation.”

Academy Battalion wins pre-season softball tournament

Academy Battalion won the pre-season Spring Softball Tournament held April 11 to 14 defeating Brooke Army Medical Center 21 to 9. BAMC put Acad. Bn. in the losers bracket the night before putting the pressure on Acad. Bn. team to come out of the losers bracket. After barely getting by 5th Army 13 to 12 the night before, Acad. Bn. team came out strong in the first game beating BAMC 9 to 8. BAMC still had a chance to win in the final inning, but did not come through, so they went to the if game. In the if game, Acad. Bn. came out strong scoring 12 runs in the first inning and never looking back. BAMC made several runs at Acad. Bn., but the lead was too great thus leading to the final score. and championship.

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.

Youth sports registration

There are still openings for the spring baseball, softball and T-ball season. Youth Services will be open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost will be \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. Children must be registered with Child and Youth Services and bring a birth certificate and proof of a physical. The cost for 3- and 4-year olds first step T-ball is \$30 per child. For more information, call 221-3502 or 221-5513.

Youth cheer clinic

The Youth Services Cheer Clinic is ongoing at the Youth Center, and the School Age Services, Building 1705, will hold a weekly cheer clinic. There will be two different age groups: 5- to 8-year olds who will meet Wednesday from 6 to 7 p.m. and 8- to 12-year olds who will meet Mondays from 6 to 7 p.m. The cost will be \$30 per month per child. All participants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

Youth Services track registration

Youth Services track registration continues through May 1 at the Youth Center, Building 1630, from 10 a.m. to 7 p.m. Monday through Friday. Cost is \$75 per participant. For more information, call 221-3502 or 221-5513.

TROOP SALUTE

232nd Medical Battalion



Soldier of the Week

Name: Pvt. Joselyn U. Cruz

Hometown: Barrigada, Guam

Future goals: "Be released from my National Guard unit and join the regular Army."

Why did you volunteer for service? "To pursue a more challenging career, possibly nursing. I have always considered becoming a nurse but was not sure if I could handle the sick and wounded. I am ready to face that next challenge. I am also a single mother of four and wanted to provide more for them and my country."

Hobbies: Reading, volleyball, softball and bowling



Junior Leader of the Week

Name: Spc. Timothy Balke

Hometown: Albany, N.Y.

Future goals: "Complete 91W and M6 (practical nurse) training and return home to my wife. I want my wife to continue pursuit of her Ph.D. while I drill with my unit and prepare for possible deployment."

Why did you volunteer for service? "I joined out of a sense of patriotism, and as a medic, I would be able to help others in their time of need."

Hobbies: Music, history, speaking and reading Norwegian

187th Medical Battalion



Soldier of the Week

Name: Pvt. Gerald Espinoza

Unit: B Company

Goals: "To become a physician assistant."

Family: Wife, Brigette, and daughter, Alexis

Hometown: Clarksville, Tenn.

Latest accomplishment: Espinoza was selected as the "BULL" of the Month for April.



Officer of the Week

Name: Capt. Chen-Li Sung

Unit: A Company

MOS: 61J General Surgeon

Goals: "To serve as a brigade surgeon."

Hometown: Elmhurst, N.Y.

Latest accomplishment: Named 187th Med. Bn. Student Officer of the Quarter.

Shaken baby syndrome — an ounce of prevention is worth a pound of cure

By 1st Lt. Daisy Wilson
Army Medical Department Center and School

We all know babies cry, but it's frustrating to be up for the 10th night in a row with a crying, inconsolable infant who isn't sick, wet, cold or hungry. Dealing with a crying baby can be very hard, and parents often don't realize just how frustrating it is until they are in a stressful situation.

After feeling very inadequate, sleep-deprived and resentful, the caregiver might grab and shake the infant. No one thinks they will shake their infant, but research shows crying as the No. 1 trigger leading caregivers to violently shake and injure babies.

Parents and caregivers need to know and understand the dangers of shaking infants, and how this form of abuse usually occurs out of frustration.

Shaken Baby Syndrome is the term used to describe the injuries sustained from being violently shaken. SBS occurs most frequently in infants younger than six months, but can also occur up to the age of 3. Shaking a baby, if only for a few seconds, can injure the baby for life. These injuries can include bleeding between the brain and the skull, tearing of the child's brain tissue, bleeding along the back layer of the child's eye or detaching the innermost layer of the eye from the rest of the eyeball. These injuries could lead to blindness, mental retardation, coma or death.

Based on a North Carolina research project published in the Journal of the American Medical Association, approximately 1,300 U.S.

children experience severe or fatal head trauma from child abuse every year. About 70 percent of the perpetrators in SBS cases are male, usually the father of the victim or the mother's boyfriend. Any one who gets frustrated can shake a child to death. There are also many cases of mothers, grandparents, childcare providers, babysitters and adoptive parents who have seriously injured a child by shaking.

Education is the key component in decreasing the incidence of SBS. It is estimated that 25 to 50 percent of parents and caregivers aren't aware of the effects of shaking a baby. Saying "don't shake a baby" is not enough. Parents should share the message of the dangers of shaking with all who care for their infant, including spouses, their own parents, siblings, day care providers and others.

A plan of action or suggestions to deal with the situation need to be offered. Many programs have been designed and proven effective to include hospital-based programs for parents of new babies, programs for dads called Dad 101, and public educational campaigns. A program called the Period of PURPLE Crying is designed to help parents and caregivers understand that crying is normal, even when it goes for long periods of time.

Parents and other care providers need assurance that allowing a baby to cry is okay. Understanding crying as a normal and healthy part of infancy can greatly reduce the stress in anyone who cares for a child. No baby has ever died from crying.

For more information, call Fort Sam Houston Family Advocacy at 221-9826 or the Child Abuse Hotline at (800) 252-5400.

April Health Promotion calendar

Class	Date	Time
Active Duty Self Care	Today	8 to 11 a.m.
Breast and GYN Cancer Support Group	Today	1:30 to 3 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Pediatric Asthma	Friday	2 to 3:30 p.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Colonoscopy	Tuesday	10:30 to 11:30 a.m.
Diabetes Education	Tuesday	12:45 to 4:30 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
Weigh for Health	29	12 to 1:30 p.m.

To schedule Diabetes Education through the Internal Medicine Clinic, call 916-0794. Schedule 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.

HEALTH BRIEFS . . .

Dental contract awarded to United Concordia

The Department of Defense awarded a five-year dental program contract to United Concordia Incorporation, a Highmark Incorporation subsidiary. The new contract, known as the TRICARE Dental Program, begins Feb. 1 and will be offered to family members of active duty members and to selected Reserve and Individual Ready Reserve members and their families. The TDP is a comprehensive dental benefits package that covers preventive services such as cleanings and exams, as well as fillings, crowns, extractions, orthodontics and more.

Federal long-term care insurance program

The U.S. Office of Personnel Management sponsors a high quality long-term care insurance program for members of the federal family. This insurance pays benefits to cover services that individuals may need because they are unable to care for themselves due to chronic mental or physical conditions. The flexible benefits package covers a variety of services such as nursing home care, home health care, assisted living facilities and adult day care. All active and retired members of the uniformed services, federal employees and their qualified relatives have the opportunity to apply for coverage at group rates. For more information, call (800) 582-3337 or TTY (800) 843-3557 or visit www.LTCFEDS.com or www.opm.gov/insure/ltc.

Child Abuse Prevention Month**Emotional abuse causes invisible scars**

By Dannette Patterson
Family Advocacy Program educator

Though emotional abuse may not leave physical scars, the mental wounds can last a lifetime.

Like other forms of abuse, emotional abuse is directly related to the abusers' attempt to maintain power and control over another individual. Many children within our community are being yelled at and belittled everyday. Statements such as "you're stupid" or "I wish you were never born" are not only hurtful, but they contribute to low self esteem.

Emotional abuse is the most difficult type of abuse to substantiate; however, the signs are easily recognizable.

Widely recognized signs of abuse include: rejecting the importance of one's thoughts or feelings; degrading, name calling and humiliating a person in public; placing intense fear in someone through intimidation; isolating children from schools and other social events; exploiting a child by coercing them into illegal activities; and denying the child of emotional care or affection.

According to the Journal of Family Violence, 72 percent of victims felt that emotional abuse was harder to endure than physical abuse. Studies have proven that in the majority of cases verbal and emotional abuse eventually precede the attack of physical violence.

Common signs and symptoms of children who are victims of emotional abuse include but are not limited to cognitive delays, social withdrawals, severe anxiety, fear and depression. Some physical symptoms of emotional abuse include aggressive behavior, bed-wetting or soiling and stuttering. These victims often grow into teenagers that display risky behaviors such as drug abuse, truancy and casual intimate relationships.

As adults, they may allow others to take advantage of them which results in a lifelong feeling of hopelessness, or worse, they may become abusers themselves.

There are measures parents can take to make sure they don't cross the line of abuse. One method is to take control and ownership of emotions and behaviors. By doing so, parents won't blame their children for their actions, and can assume the responsibility as a mature adult in situations that require discipline. The key to appropriate discipline is taking a "time out" before responding to a child's behavior.

Many of us as children have learned that "Sticks and stones may break my bones, but words will never hurt me." This is not a true statement. Everyone has a responsibility to ensure children have an opportunity to grow in a safe, secure and loving environment.

For more information or to seek help, call Social Services at 916-3020.

Army Community Service**Family Advocacy Program April Class Schedule**

Divorce Care	today and 28	11:30 a.m. to 12:45 p.m.
Teen Talk	today and 28	4 to 5 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.
S.T.E.P. Program for Early Childhood	29	9 to 11:30 a.m.
Building Effective Anger Management Skills Series (5-6)	today	11 a.m. to 12:30 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
Truth or Consequences?	Tuesday	4:30 p.m. to 5:30 p.m.
Getting Ready for Childbirth	today and 28	9 a.m. to 12 p.m.
Stress Management I and II	today and 28	1 to 2:30 p.m.
Anger Management Awareness	Monday	11 a.m. to 12:30 p.m.
Boys Only!		
Ages 6-8	Wednesday	3 to 4 p.m.
Ages 9-10	Wednesday	3 to 4 p.m.
Commanders Training	28	8 to 9:30 a.m.

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

Blood is the fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on O Negative blood.

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

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

**Use your head . . .**

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.

MWR

Recreation and fitness

MWR party page

Check out the Morale, Welfare and Recreation's Web site at www.fortsamhoustonmwr.com to organize a unit or retirement party or just to hold a birthday bash.

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 items 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 starts Monday and runs for 10 days and 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 Saturday and Sunday. 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 Saturday 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 barbecue/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 calling 224-7207. 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.

AC service at the Auto Craft Shop

Get ready for summer with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at www.fortsamhoustonmwr.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 from 10 a.m. to 1:30 p.m. and is \$11.95 for members, \$13.95 for nonmembers.

Mother's Day brunch

The Mother's Day brunch will be May 8 from 10 a.m. to 1:30 p.m. and is \$13.95 for members, \$15.95 for nonmembers. The buffet includes a complimentary glass of champagne. Reservations are recommended.

Comedy night

There will be a comedy night May 6 at 9 p.m. Doors open at 7:30 p.m. Tickets in advance are \$12, and \$15 at the door. A complimentary meal from 7:30 to 9 p.m. is included.

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" buffet 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 from 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 Fiesta events. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

RELIGIOUS HAPPENINGS . . .

OCF Bible study

The upcoming Officers' Christian Fellowship Bible study sessions will be 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.

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 Saturday at 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 E-4 and below. For more information, call 493-6660 or 379-8666.

Passover service

Passover will be observed from sundown Saturday through sunset May 1, directly following the Sabbath. Sunday, Monday, April 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 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.

Sunday 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.

Sunday: Palm Sunday – Orthodox Christian

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

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

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

Catholic Services - Sundays:

12:30 p.m. - Bilingual Mass

Protestant Services:

10:30 a.m. - Collective Gospel

Protestant - Sundays

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

Study (PWOC) - Wednesdays,

childcare is provided

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant Gospel Services:

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

Web site:

www.cs.amedd.army.mil/chaplain

Fiesta: Military-style

Fort Sam Houston celebrates with pageantry, music, fun



Photo by Mike Motl

Col. Bradley Freeman, commander of troops, leads the Pass in Review, which comprised 32nd Medical Brigade units, joined by the 217th Transportation Company, 90th Regional Readiness Group; The Continental Color Guard; and the Old Guard Fife and Drum Corps. The Fort Sam Houston Fiesta 2005 best marching unit for the Fiesta Parade was B Company, Academy Battalion.



Four Soldiers from the U.S. Army Drill Team perform the Qu... the drillmaster's head. The team traveled from Fort Myer, Va...



Photo by Elaine Wilson

Members of the Golden Knights, the U.S. Army Parachute Team, perform a live two-man aerial demonstration over MacArthur Parade Field. The team is from Fort Bragg, N.C.



Photo by Elaine Wilson

The Old Guard Fife and Drum Corps drummers strike a lively beat during the Fort Sam Houston Fiesta Salute ceremony. The corps, based at Fort Myer, Va., is the only unit of its kind in any of the armed forces. Their costumes are duplicates of those worn by musicians in Gen. George Washington's Army.



Photo by Sha...

(Above) Young dancers from the Ballet Folklórico del Cielo e... tain the crowd.

(Right) Escaramuza Rosas de Castilla, an equestrienne... team, delight the crowd with their various intricate sidesaddle... tines.



Photo by Elaine Wilson

en Anne Salute, a special drill in which members toss 10-pound rifles with bayonets over , for the Fiesta.

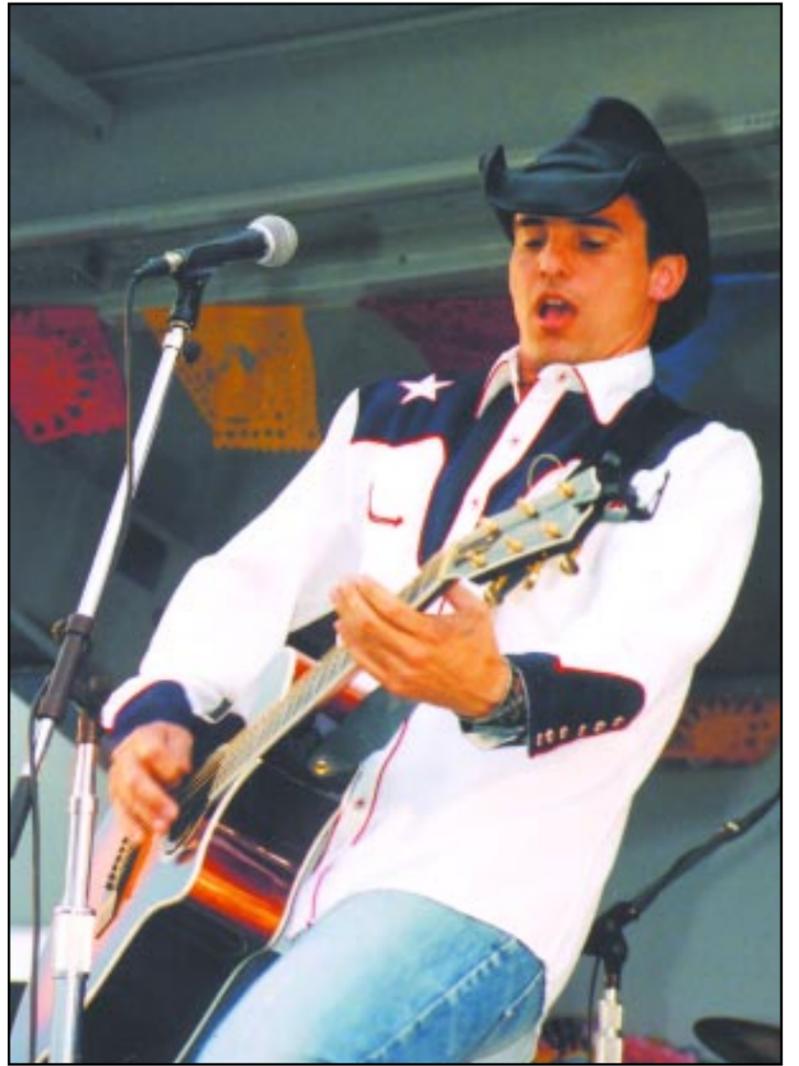


Photo by Esther Garcia

Country music star Keni Thomas entertains the crowd during a special concert. Thomas served for four years in the Army and is now 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 is "Flags of Our Fathers – A Soldier's Story."



Photo by Esther Garcia

Staff Sgt. Jesse Bolanos, Sgt. Patricia Licon and Staff Sgt. Orlando Urdiales, singers from Army Medical Command, "Sin Limites," Latino band, perform various high energy merengue and salsa songs.



Photo by Shadi May

(Above) Rock climbers take the challenge to reach the top of the U.S. Army recruiting climbing wall.



Photo by Esther Garcia



Photo by Shadi May

(Left) Children stand in line to get autographs from members of the Army Golden Knights.

May

drill
rou-

Talented Soldiers sought for annual competitions

By Ben Paniagua
Hacienda Recreation Center

The Army is seeking talented Soldiers to entertain the Army family.

Various programs are forthcoming which will need Soldier vocalists, models, dancers, musicians and comedians.

The U.S. Army Festival of the Performing Arts is scheduled for June 2. The Fort Sam Houston Better Opportunity for Single Soldiers Program also needs entertainers for its "BOSS Presents Soldier Supermodel Search," which will compete with other state-wide installations. Both male and female models will compete for cash prizes and awards. Soldier entertainers will perform in between segments of the show.

Another major competitive

entertainment program is set for August and is called "Military Idol." Modeled after the "American Idol" concept, this program will feature only Army active duty military personnel. The program will be held once a week at the Sam Houston Club for approximately eight weeks. A panel of judges will evaluate each performer, and some performers will be eliminated each week until the final winner is selected. This performer will then be flown to the finals to compete against other Army installation winners. Prizes will consist of monetary awards.

Also, auditions for the 2006 Army Soldier Show are held year round, and interested Army active duty or reserve Soldiers can audition for this prestigious event.

To set up an audition for any



Courtesy photo
Pvt. Maria Moss performs in the BOSS Follies at the Hacienda Recreation Center.

of these programs, call Ben Paniagua at 224-7250.

SCHOOL NEWS

Cole Latin students earns awards

By Gloria Davila
FSH ISD Associate Superintendent

Ten Cole Latin students were administered the 2005 American Classical League and National Junior Classical League National Latin Exam in March, along with more than 145,000 students from the United States, Australia, Canada, England, Italy, Japan, New Zealand, Zimbabwe and for the first time, Poland. Results showed that all 10 students received awards for high achievement.

"Cole students participate in the National Latin Exam every year. They always receive awards of merit," said Ron Tullius, Latin teacher. "This year is special, however. For the first time, every student took the exam and every student was granted an award. Our Latin students work very hard. I'm proud of all of them for their success on the exam."

The tests, offered at levels I through VI, consist of questions about vocabulary, grammar, history, literature and English derivatives. Each test also contains a Latin reading passage to test reading comprehension. Students compete against other students at the same level. Those students who achieve high scores on the National Latin Exam receive a variety of certificates and medals.

Ten students received the following awards:

LATIN I		
Kelsey Charlton	Maxima Cum Laude	Silver Medal
Peter Simpkins	Maxima Cum Laude	Silver Medal
Timothy Ta	Maxima Cum Laude	Silver Medal
Bryan Bauman	Magna Cum Laude	Certificate
Samantha Collins	Magna Cum Laude	Certificate
Casey Gresenz	Magna Cum Laude	Certificate
Kara Kahue	Magna Cum Laude	Certificate
Preston Hoffman	Cum Laude	Certificate



Courtesy photo

The Cole Latin Exam Award recipients show off their certificates. (First row from left) Carla Cartagena, Peter Simpkins and Samantha Collins; (second row) Kara Kahue, Casey Gresenz, Bryan Bauman and Kelsey Charlton; (third row) Ron Tullius, Preston Hoffman and Allison Erickson. Timothy Ta (not pictured) is also an award recipient.

LATIN II		
Carla Cartagena	Cum Laude	Certificate

LATIN III		
Allison Erickson	Maxima Cum Laude	Silver Medal

FSH Independent School District
Weekly Campus Activities
Monday to April 30

Fort Sam Houston Elementary School

Tuesday
Fifth Grade Law Day activities

Wednesday
Progress reports go home
Early dismissal

April 28
FSHISD school board meeting in Professional Development Center, 11 a.m.

April 29
Spirit Day

Robert G. Cole Jr./Sr. High School

Monday
Students of the Month photos/breakfast in mall area, 9:50 a.m.

Tuesday
Baseball vs. Blanco at Cole, 4:30 p.m.

April 28
FSHISD school board meeting in Professional Development Center, 11 a.m.

April 29
Band/choir varsity spring trip, TBA
UIL Regional Track Meet at Texas State University, San Marcos
Baseball at Comfort, 6 p.m.

April 30
Band/choir varsity spring trip, TBA
UIL Regional Track Meet at Texas State University, San Marcos

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.

Students of the month



Courtesy photo

Each month, Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients of the Principal's Students of the Month for April are (from left) Catherine Perkins, seventh grade; Jessica Bagg, ninth grade; Jaimie Siegle, 11th grade; Erika Persaud, 12th grade; Melissa Velez, 10th grade; and Kara Kahue, eighth grade.

CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th grades at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There will be a variety of camps offered this year to include sports camp, culinary arts and computer camp. Camp will run from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost will range from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call Youth Services at 221-3502.

YS shuttle unavailable

Beginning May 7, Youth Services will not have a shuttle to pick up or take children home. Parents of school age children will need to bring them to the Youth Center and sign them in and will need to pick them up and sign them out before 8 p.m. every Saturday. YS will continue to pick up youth from school Monday through Friday.

Youth Services Volunteers

YS is always looking for volunteers to assist with youth programs such as golf experts, roller hockey enthusiasts, tennis players, sports coaches, computer skilled people and craft experts. Clerical experts are also needed. For more information, call the Youth Center at 221-3502.

Photo club

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

Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make flower garden cake and grilled potato skins April 29.

Computer tech club

The computer tech club will meet today at 4 p.m. to talk about summer programs.

Saturday night with the teens

The teens will go to the Fiesta Flambeau Parade Saturday. Tickets are \$12.

Karaoke night

Middle school students will have a Karaoke night Saturday from 7:30 to 9 p.m.

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 through the school year. 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 providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

FCC training

Family Child Care will conduct installation training for new providers. Training will be Monday through April 29 from 8 a.m. to 4 p.m. For more information, call the FCC office at 221-3828.

PAC meeting

CYS Parent Advisory Council meeting will be May 12 from 11:30 a.m. to 12:30 p.m. at the Child Development

Center, 2530 Funtston. Lunch will be provided. This is CYC parents' opportunity to learn of upcoming events, meet staff and address concerns. Family Advocacy will be speaking on child abuse prevention.

Check wait list

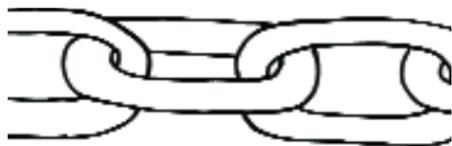
People on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.

CDC tour



Courtesy photo

Garrison Command Sgt. Maj. Johnny Gray and other senior NCO leaders toured the Fort Sam Houston Child Development Center. Brenda Berry, chief of Fort Sam Houston Child and Youth Services, with the assistance of the center's staff, discussed and demonstrated the ways CDC provides care for Soldiers' children.



COMMUNITY LINK



Happenings

Free concert at Majestic Theater

USAA in conjunction with Arts Center Enterprise, Inc. will present a free concert featuring performances by USAA employees May 1 at 2 p.m. at the Majestic Theater, 224 East Houston St. For more information, call Elizabeth Marshall at 913-0954.

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.

Annual run for the hills

The sixth annual Run for the Hills 5K run and walk will be May 14 from 8 a.m. to noon at Bulverde Senior Center. The entry fee is \$15, and there will be an awards ceremony following the race. For more information, call (830) 438-3111.

Disc golf tournament

The Randolph Metrocom Chamber of Commerce and City of Live Oak will host the sixth annual Disc Golf Tournament June 4 at 10 a.m. at Live Oak Park. For more information, call 653-9140, extension 212.

Nature and Science Center walk

The Colorado River Walkers Volksmarch Club will host a 10K (6.2 mile) and 5K walk Saturday starting at the Austin Nature and Science Center at 301 Nature Center Drive in Austin Saturday. The walk route is through the Austin Nature and Science Center and the Zilker Nature Preserve and Botanical Gardens. The start is between 9 a.m. and noon, to finish by 3 p.m. For more information on this walk, call Stephanie Mentzer at (512) 832-8546 or view the walk event brochure at the club's Web site at <http://www.io.com/~zenteer/crw/>.

Maverick Park walk fest

The Fort Sam Houston Texas Wanderers Volksmarch Club will host a 10K (6.2 mile) and 5K walk May 1 starting at Maverick Park in San Antonio. The park is located at the corner of Broadway and Jones Avenue, and start time is between 8 and 10 a.m. to finish by 1 p.m. Walk highlights include the San Antonio Art Museum, Central Library, Market Square, Spanish Governor's Palace, City Hall and the Alamo. For more information, call Lyn Ward at 651-6536, e-mail LWard10KM@aol.com or check out the club's Web site at www.walktx.org/TexasWanderers/.

Spring concert

The San Antonio Chordsmen and Quartets and MacArthur high school Barbershop Sextet will present their annual spring concert May 1 at 3 p.m. at MacArthur high school auditorium. Admission is free for students and active duty military. Tickets will be half price if purchased by Wednesday. For more information, call 340-1110 or 381-2763.

Veterans catfish picnic

The Alamo Chapter of Military Officers Association of America will hold a catfish fry Wednesday at Eberle Park on Randolph Air Force Base at 5:30 p.m. The event is open to all active duty military officers, former officers, members of the Reserve and National Guard, retirees

and their surviving spouses. The cost is \$12. For more information, call 228-9955.

Classic cruise along the Corridor

Alamo Area Council of Car Clubs will depart from the San Antonio Botanical Gardens' parking lot on their journey down the historic Alamo-La Bahia Corridor May 7 between 8 and 9:30 a.m. New electric hybrid cars will be on display at the garden. Music and refreshments will be provided. For more information, call 362-5220 or visit www.aacog.com/tourism.

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.

Volunteer

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.

Sports foundation seeks volunteers

The San Antonio Sports Foundation seeks volunteers for the Roundball Ruckus Saturday and Sunday in the Alamodome parking lot C. They also need volunteers for U.S. Junior Olympics Taekwondo Championship at the Alamodome June 21 to 25. For more information, call 820-2191 or e-mail dbrowne@sanantoniosports.org. Applications can be filled out online at www.sanantoniosports.org.

BAMC needs volunteers

Brooke Army Medical Center needs drivers for its caremobiles 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.

Student exchange program

Families interested in sponsoring foreign exchange high school students for the coming 2005-2006 fall semester can call the program coordinator, Yvette Coffman, at (800) 941-3738 or e-mail ycoffman@share-southwest.org.

Professional Development

OCSC to award scholarships

The Fort Sam Houston Officer and Civilians Spouses' Club will award schol-

arships 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.

eArmyU Program

An eArmyU Program mentor will be on post May 3 from 9 a.m. to 3 p.m. in training room of Building 2247 (corner of Stanley Road and New Braunfels Avenue). For more information, call 221-1738 or 221-1634 from 7 a.m. to 3:45 p.m.

Army mandates IA Training

In an effort to protect data from internal and external threats, the Army established a directive requiring all computer users Army-wide to complete information assurance training no later than June 4. Users can satisfy their IA training requirement by logging onto the Army e-Learning Program. For more information, log onto <http://usarmy.skillport>. You must have an AKO account to access the system.

University representatives on post

St. Mary's University and University of Phoenix Online representatives will be at the Fort Sam Houston Education Center in Building 2248, Room 201. The SMU rep will be available Wednesday from 11 a.m. to 1 p.m., and the UP Online rep will be on post May 3 from 10 a.m. to 2 p.m.

Free computer training

Family members of active duty military personnel may receive 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.

Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms and documents required to apply, visit the Web site: www.usarec.army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is (800) 223-3735, ext. 6 and the last four of the phone number.

Meetings

USAWOA Lone Star Chapter

The Lone Star Chapter of the United States Army Warrant Officers Association will meet at 7 p.m. on the third Monday of each month at VFW Post #8541, 2222 Austin Highway (between Rittiman and Eisenhower). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail matthew.watterson@amedd.army.mil.

AUSA symposium

The Army Medical Department in

cooperation with Association of the United States Army invite the Army medical community to attend the 2005 AUSA Medical Symposium at the Henry B. Gonzalez Convention Center in San Antonio from June 27 to 30. This year's theme is "Army Medical Department: At War and Transforming." For symposium information and registration, visit www.ausea.org. Reservations should be made as soon as possible. For all other inquiries, to include breakout session or military exhibitors, call Capt. Stephanie Wolf, AUSA project officer at 221-7124 or e-mail ausea.medcom@amedd.army.mil.

Aging conference

Texas Association of Area Agencies on Aging along with other government agencies will host a conference on aging Sunday through Wednesday 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.

Wives of warriors

Deployed Spouses Support Group in affiliation with Protestant Women of the Chapel meet every second and fourth Wednesday of the month at the Dodd Field Chapel at noon for worship, fellowship and support. For more information, call Wendy at 559-3497 or e-mail her at whfeagler@yahoo.com.

Purple Heart veterans sought

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

Helicopter pilot association

The Combat Helicopter Pilots Association is incorporated in Washington, D.C. for the purpose of establishing a legacy organization designed to forge links among past, present and future rated U.S. military helicopter aviators and to celebrate their unique, common and evolving combat heritage. CHPA will draw from a worldwide veteran and deployed membership base in all U.S. service branches. Several other membership categories related to combat aviation also exist. For more information, visit www.CHPA-US.org or contact its president, Steve Reilly, at (800) 832-5144 or e-mail him at President@chpa-us.org.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

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: Nordic Track machine, in excellent condition, \$45. Call 337-1038.

For Sale: 2003 Dodge Durango, 31K miles, take over payments. Call 646-8472.

For Sale: Three-piece leather sectional with recliner and queen-size hide-a-bed, paid \$2,200, asking \$1,400; credenza by Kimball worth \$1,800 new, asking \$200; antique armoire, center door with mirror, one shelf with hanging rack, \$175; dark wood king size water bed with waveless mattress and six drawers under dresser, \$350. Call Ann or Bob at 499-5308.

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.

Free: Five-month-old German Shepherd mix puppy, PCSing and can't take with us, current on all shots. Call 875-8713 or 875-8706.

For Sale: Pink and white Tweety Bird lamp, \$25; Tweety curtains and full size bed skirt, \$12 each; sewing machine for little girl, \$15; ladies size 9 1/2 red Timberland shoes, gently used, \$15; junior prom and evening dresses, sizes 3 and 5, never worn, \$35 each. Call Mary at 683-8361.

For Sale: 2001 burgundy Jeep Wrangler, Sahara Edition, sport utility two door, 49K miles, four by four, six cylinder, 4.0 liter, automatic, a/c, CD player, hard-top and soft top, running board, grill guard halogen fog lamps and towing package, \$15,200 obo; fish tank, 75 gallon with wood stand and cover, some accessories, \$250 obo. Call 391-8998.

For Sale: Magnavox stereo VCR, \$25; golf balls (150), \$15. Call 662-8887.

For Sale: Thunderbolt Racer motorcycle, step two, 6 volt, with manuals and charger, \$50; 10-gallon fish tank with decorations and pump, \$15. Call Jose or Felicia at 646-7173.

For Sale: Restaurant equipment: 12 compartment prep table with cutting board, three knob, 36-inch flat griddle, dual fryer, fire Ansel system (needs recharge), stainless tables and much more, paid more than \$10,000 new, all for \$4,000 obo. Call 369-9258 or 825-9791.

For Sale: Books for Command and General Staff Officer Course, Intermediate Level Education, Phase I at half price. Call Henry Spring at 221-7991.

For Sale: Electric piano (Alesis Quadrasynth), paid \$1,600 new, asking \$150 obo; wrought iron bed set, painted gold, \$25; solid oak draft table, \$25; total gym machine (no weights), \$25. Call George at 299-1273.