

FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

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U.S. secretary of labor visits BAMC

Story and photo by Olivia Mendoza
Fort Sam Houston Public Information
Office

The Honorable Elaine Chao, U.S. secretary of labor, visited the U.S. Army Garrison Soldier and Family Assistance Center in Brooke Army Medical Center March 26.

Chao toured the SFAC and met several wounded warriors, Families and the SFAC staff personnel.

"The SFAC is very important because when Soldiers come back from Iraq they need the financial support, counseling and employment assistance in how to prepare for the next stage in their life," said Chao.

While visiting, Chao met with the West family, who were

at the SFAC education office.

Sgt. James West, Warrior in Transition, said. "My wife and I are here today to get help. Our son is three months old and we need day care. I'm also filling out paperwork for tuition assistance."

Chao held a press conference and spoke about the Veterans Employment and Training Service's REALlifelines program, which is offered to Soldiers at the SFAC.

"The U.S. Department of Labor is involved in a program called VETS' REALlifelines and it is a one-on-one mentoring and counseling program that helps transition wounded warriors to the next phase in their

See CHAO P4



Sgt. James West, wife Megan and son Treysen receive a warm welcome from Honorable Elaine Chao, U.S. secretary of labor, during her visit March 26 to the Soldier and Family Assistance Center. Chao toured the SFAC and met with several Warriors in Transition, Families and SFAC staff personnel.

Soldiers can earn master's degree in social work

By Elaine Wilson
Fort Sam Houston Public Information
Office

A new graduate program at the Army Medical Department Center and School is opening doors for aspiring social workers.

Starting in June, Soldiers will have the opportunity to earn their master's degree in social work from an accredited university while still carrying out their active-duty military commitment.

"My heart is still pounding," said Col. Yvonne Tucker-Harris, social work consultant to the Army surgeon general, of the

"Through curriculum development we can give students military-unique training and set them up for success in the military."

Col. Joseph Pecko
Director, Army-Fayetteville State MSW Program and Soldier and Family Support Branch

program coming to fruition. "This is such a great investment for the Army."

The program was made possible through an Army partnership with Fayetteville State University in North Carolina. As Soldiers complete the graduate course at the AMEDDC&S, they will be awarded a master's

degree from FSU.

While several universities sent in proposals in response to the Army's solicitation, FSU was selected as the partnering university because it represented the best fit for both the Army and the university.

"I see this as a win-win situation," said Terri Moore Brown,

Fayetteville's Social Work Department chair, in town last week to tour the AMEDDC&S facilities. "Our students will benefit from symposiums and workshops given by the faculty at Fort Sam Houston. We'll be able to expose our students to the wonderful resources here."

The partnership with FSU also opens the door to research collaborations, which can lead to better social work programs throughout the world, said Col. Joseph Pecko, director, Army-Fayetteville State MSW Program and Soldier and Family Support Branch.

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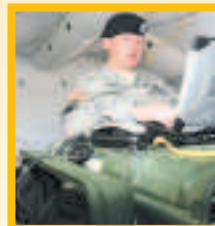
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E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL

TxDOT closes IH-35 frontage road at FM-78

SAN ANTONIO — The Texas Department of Transportation and Union Pacific Railroad Company will close the northbound Interstate Highway 35 frontage road at Farm to Market Road 78 under the Union Pacific railroad beginning in April.

On Monday, Union Pacific crews will close the IH-35 frontage road (at FM-78) under the railroad to rebuild this important railroad crossing. The work by Union Pacific will take about two months to complete. After the completion of the work by Union Pacific, TxDOT will keep the road closed to allow a different contractor to lower the roadway and improve the vertical clearance for the new railroad bridge.

Detours:

FM-78 to IH-35 South

Southbound traffic on FM 78 will continue through the signal, traveling on the connector to W.W. White Road (Loop 13) to Seale Road; left turn on Seale Road, then left onto the IH-410/IH-35 entrance ramp; follow the signs to IH-35 South. **FM-78 to Binz-Engleman Road**

Southbound traffic on FM-78 will continue through the signal, traveling on the connector to W.W. White Road (Loop 13) to Seale Road; left turn on Seale Road, then left onto the IH-410/IH-35 entrance ramp; travel to IH-35 N and exit at Rittiman Road; turnaround; continue on the IH-35 S frontage road past George Beach to Binz-Engleman.

IH-35 southbound to FM-78

Traveling on southbound IH-35, continue to southbound IH-410, travel on Loop 410 and take the FM-78 exit to FM-78.

Binz-Engleman to FM-78/IH-410 South

Travel east on Binz-Engleman to the IH-35 North frontage road; continue on the frontage road and enter northbound IH-35 to Rittiman Road; exit at Rittiman; take the turnaround, enter southbound IH-35; move to the left and continue to southbound IH-410; travel on Loop 410 and either continue on the loop or exit at FM-78.

Northbound W.W. White Road (Loop 13) or IH-410 to Binz-Engleman

Northbound travelers on W.W. White Road, enter north-



bound IH-410; travel to Rittiman Road and exit; take the turnaround and continue on the southbound IH-35 frontage road to Binz-Engleman.

TxDOT anticipates that the construction project will be completed by the end of 2008 when the road will be reopened to traffic.

For more information, call Maggie Rios, Public Information, at 615-5836.

(Source: TxDOT news release)



Editorial Staff

Army Medical Department Center and School and Fort Sam Houston Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Wendy Martinson

Public Affairs Officer

Phillip Reiding

Editor/Writer

Elaine Wilson

Staff Writer

Cheryl Harrison

Layout Artist

Lori Newman

News Leader office:

1212 Stanley Road
Building 124, Suite 4
Fort Sam Houston, Texas
78234-5004, 210-221-0615,
DSN 471-0615
Fax: 210-221-1198

News Leader Advertisements:

Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: 210-675-4500
Fax: 210-675-4577

News Leader e-mail:

news.leader@conus.army.mil

News Leader online:

www.samhouston.army.mil/pao/default.html

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News Briefs

Walters Street road closures

IH-35 northbound frontage road

The Interstate Highway 35 northbound frontage road left turn lane 200 feet from Walters Street will be closed today from 8:30 a.m. to 4:30 p.m. so crews can load and remove bridge demolition.

IH-35 southbound frontage road

The IH-35 southbound frontage road left lane 200 feet from Walters Street will be closed Tuesday through April 12 from 8:30 a.m. to 4:30 p.m. daily so crews can remove bridge demolition.

For more information, call Darla Laughter at 615-5932.

Mock billing townhall meeting

Lincoln Military Housing will host a resident mock-billing townhall meeting for the Wheaton Graham, Artillery Post and Infantry Post villages. The townhall meeting will be held in the Harris Heights Community Center located on Patch Road April 10 from 4 to 6 p.m. Refreshments will be served.

MEDCOM luncheon

The Army Medical Command will recognize the MEDCOM 2008 NCO and Soldier of the Year at a luncheon April 11 at 12:30 p.m. at the Sam Houston Club. Tickets are available. For more information, 221-6710.

Shred Day

San Antonio Federal Credit Union and community partners will sponsor a Shred Day April 19 from 9 a.m. to 5 p.m. at the Fort Sam Houston branch of SACU, located at 2750 Stanley Road. The public is invited to bring up to 100 pounds per vehicle of sensitive documents for destruction. A truck from a commercial shredding company will destroy the documents on site free of charge.

Fort Sam Houston Fiesta & Fireworks

The public is invited to Fort Sam Houston for a free Fiesta celebration April 20 from 1 to 9 p.m. Fiesta at Fort Sam begins with a Country Fair that features military equipment displays, various exhibits, live entertainment, children's activities, carnival rides, games, food and drink booths, and continuous entertainment. Adding pageantry and elegance to the military parade will be the Army Drill Team, the Continental Old Guard, and the Fife & Drum Corps. The public is requested to enter Fort Sam Houston from Interstate Highway 35 at the Walters Street gate. No pets or coolers are allowed. **See Page 20 for more information.**

Academy showcases graduate programs at open house

Story and photo by Minnie Jones

Fort Sam Houston Public Information Office

Close to 100 people participants at the Army Medical Department Center and School Academy of Health Sciences graduate school's inaugural Open House and Poster Session held Monday at the Army Community Service here.

The Open House and Poster Session provided the Fort Sam Houston community an opportunity to meet the staff, and learn about the graduate programs at the Academy of Health Sciences.

The Open House and Poster Session was also scheduled to coincide with the Mary Lipscomb Hamrick Research course, a veterinary course offered through the program yearly. The timing of the event with the research course allowed those students to showcase their research as well.

In addition to promoting relations and interaction among graduate program students, the open house provided a meeting opportunity for local universities, health care professionals, faculty and students, and the Fort Sam Houston community.

"The poster session was also opened up to local civilian educators and students with similar graduate programs through the U.S. Army Recruiting Command to foster collaboration and networking. The open house offered a venue to showcase the AMEDDC&S programs and the research that their military counterparts in their profession do," said Lt. Col. Sarah Flash, nutrition care staff officer, U.S. Medical Command.

The poster session featured presentations from students within the various graduate programs at the Academy of Health Sciences, such as physician assistant, nutrition, anesthesia nursing and physical therapy courses, and from local educators such as the University of Texas and the Center for the Intrepid and Environmental Medicine in Natick, Mass. There are lot of different folks and multi-disciplines represented here



Lt. Mary Staudter, an U.S. Army Academy of Health Sciences graduate student and poster presenter, explains her research to Jennie Hocking from the University of Texas – Dallas, during the Academy of Health Sciences' Open House and Poster Session, Monday at the Army Community Service here.

Lt. Mary Staudter, a poster presenter and graduate from the University of Dayton, presented "The Efficacy of Folic Acid Supplementation for Preventing Cardiovascular Events in Chronic Renal Failure Patients." Staudter's was just one of the many presentations on display at the open house. Staudter is a student in the U.S. Military Graduate Program of Nutrition and has been in the graduate program for about a year and a half. "I love the program," said Staudter.

"This is kind of a multifaceted type of approach in terms of why we are doing this today. The graduate school, which is relatively new here at Fort Sam, has several graduate programs and a lot of the research that is ongoing by students and faculty within those respective programs is on display here. That is why we have these poster presentations," said Col. Joe Moore, dean, Army-Baylor University Graduate Programs in Health and Business Administration.

"The poster presentations are not just from the students in the graduate programs; there are several studies that you will see represented here from other medical treatment facilities, such as the Center for the Intrepid and the U.S. Army Research Institute of Environmental Medicine in Natick, Mass. There are lot of different folks and multi-disciplines represented here

to showcase the broad scope of medical research and business research, with most of it geared toward how to look at the healthier warrior concept, whether it is for injury prevention, injury management, or return to duty, or whatever the case may be," said Moore.

The graduate programs have been a part of the Academy of Health Sciences for close to 50 years and comprised a wide variety of highly regarded graduate programs that are associated with a number of civilian graduate schools, one of them being Baylor University, which has been affiliated with the Army's graduate school program since 1971, the University of Nebraska, Erskine Theological Seminary, Fayetteville State University and Northeastern University School of Nursing.

The U.S. Army-Baylor University Graduate Programs are in health and business administration, physical therapy and nutrition, and are two-year programs that consist of an educational phase and a residency phase. Earlier this year all of the graduate schools reorganized to consolidate under one department.

For more information about the U.S. Army's graduate programs, visit the AMEDDC&S Web site at <http://www.cs.amedd.army.mil/>, and click on "school."

Military, civilian agencies connect at exercise

Story and photo by Sgt. Joshua Ford
U.S. Army North Public Affairs

Imagine if you called the telephone operator, asked to be connected to a number, and she said it wasn't possible because the two numbers didn't share the same carrier. Or imagine if you send an important e-mail and it was kicked back several times because you were on the wrong network.

It would get frustrating, wouldn't it? Now imagine what would happen if communications experts working to protect the American people had the same problem when it came to providing or receiving vital information that could potentially save lives during a disaster in the United States. It could be utter chaos.

Communication is key to an organization's success. Without it, people would be lost and have no direction to get any work done.

For this reason every year Department of Defense personnel and civilian organizations gather for a Defense Interoperability Communications Exercise. This year was the first year Army North and Fort Sam Houston hosted the five-day event, which lasted until Friday.

At Fort Sam Houston, more than 10

organizations, both civilian and military, physically participated in DICE. More than 100 organizations from across the United States also participated from their home stations, running thousands of signals through cyberspace and over phone lines everyday.

The annual exercise allows tactical and civilian communications systems to get on the "same page."

"It is always a challenge to integrate all of the types of equipment systems, protocols and algorithms," said Col. Quill Ferguson, U.S. Army North assistant deputy chief of staff for communications. "Since there is not a national standard of some sort in integrating the different systems, you are going to have those challenges."

The 50th Signal Battalion out of Fort Bragg, N.C., had a few issues integrating with civilian networks and Internet providers, but quickly developed a solution.

"We are not used to setting up on 'dirty' Internet. We are used to working with tactical systems. After working with the civilian networks though, it didn't take us long to figure it out," said Sgt. Christopher Schwitz, information systems analyst, C Company, 50th Signal Battalion, 35th Signal Brigade.

"Our mission during this exercise is



Sgt. Jeremy Cernusak (right), multi-channel transmission assistance operator, 50th Signal Battalion, 35th Signal Brigade, and Sgt. Christopher Schwitz, information systems analyst, 50th Signal Battalion, 35th Signal Brigade, integrate telephone and computer systems with more than 100 different organizations across the United States March 26 during a Defense Interoperability Communications Exercise at Fort Sam Houston.

to recognize those challenges and fix them if we can. Then we document them and develop a course of action to fix the problems prior to the event of a crisis," Ferguson added.

Some of the organizations that participated in the exercise included the Texas National Guard, the Federal Emergency Management Agency and

Texas emergency response teams.

"For the agencies to come and show us some of the new capabilities that they could bring during a crisis was great," Ferguson said. "Communications is important because without it we would not be able to operate. The exercise has been a total team effort."

New detachment commander



Photo by Elaine Wilson

Capt. Steven Bearden hands the 470th Military Intelligence Brigade Headquarters Detachment color back to 1st Sgt. Rodney Jimenez after assuming command of the detachment during a ceremony Monday. Col. Cheryl Harris, brigade commander, spoke highly of outgoing commander Capt. Craig Olson. "You did a superb job leading this diverse detachment," she told him, also thanking Olson's wife, Jennifer. She challenged Bearden to continue to build on Olson's "stellar reputation." "I am confident Capt. Bearden is the right captain for the job," she said.

CHAO from P1

life," said Chao.

The program helps warriors know what is going on in the community; how to prepare a resume if they choose to separate from the military; provides training on how to interview; and helps with medical, financial, transportation, relocation and employment.

In closing, Chao said she was very inspired by the SFAC and thanked Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center, for the strong leadership in ensuring that Soldiers get the right resources, assistance and the support that their Families need.



Photo by Olivia Mendoza

The Honorable Elaine Chao, U.S. secretary of labor, writes personal letters to the mothers of Sgt. Lilina Benning and Staff Sgt. Ireshkia Hilliard at the Soldier and Family Assistance Center March 26.

Chao is the nation's 24th secretary of labor and the first Asian-American woman appointed to a president's cabinet in U.S. history. Since January 2001, she has been

dedicated to carrying out the department's mission of promoting and protecting the health, safety, retirement security and competitiveness of the nation's workforce.

New policy takes effect for military evaluations

ALEXANDRIA, Va. – The U.S. Army's Human Resources Command now requires all Officer Evaluation Reports and Noncommissioned Officer Evaluation Reports be electronically submitted using "My Forms" on Army Knowledge Online.

The new requirement, which became effective Tuesday, was announced in MILPER Message 08-51, which notes that rating officials must sign evaluations with digital signatures using the Common Access Card and use the latest form versions.

"The Army made this decision in order to prepare units to submit evaluations in a fully electronic environment. We're laying the groundwork for a smooth transition to the Defense Integrated Military Human Resources System (known as DIMHRS) in October 2008," said Lt. Col. Chelsea Ortiz, from the Evaluations Systems Office at HRC.

Dario Velasquez, who runs the Reports Processing Branch for Regular Army and Reserve OERs and NCOERs, said he looks forward to the change.

"Electronic submission is reliable, quick, and provides virtually error-free documents for final review and processing at the HQDA level," Velasquez said. "Because we're getting a better product

from the units, our examiners are able to push the evaluation to the Soldier's Official Military Personnel Records File more quickly."

Additional benefits of completing evaluations within the My Forms Portal include:

- Digital signatures eliminate the need to print hard-copy forms.
- Forms have embedded wizards which help rating offi-

cials navigate through the process, providing guidance and policy.

- Administrative information on both rated officer and rating officials can be automatically filled from the Integrated Total Army Data Base.

- With just one key stroke, rating officials have the ability to create an evaluation report from the counseling/support forms. All required informa-

"Electronic submission is reliable, quick, and provides virtually error-free documents for final review and processing at the HQDA level."

Dario Velasquez
Reports Processing Branch for Regular Army and Reserve OERs and NCOERs

tion transfers from the counseling to the evaluation form,

See POLICY P6

EDUCATION from P1

"We're looking forward to joint efforts between the students and faculty here and at Fayetteville," Pecko said.

By starting an MSW program, Army leaders hope to boost the number of social workers, which has been depleted in the wake of the Global War on Terrorism. Up until now, the Army relied on availability of MSW graduates from civilian universities who had gone on to acquire an independent practice license from their state of choice.

"The current depletion of social workers has occurred due to the lack of available qualified, competent and committed social workers who have an understanding and desire to serve on active duty," said Dr. Dexter Freeman, assistant director, Army-Fayetteville State MSW Program. "Army social workers must not only understand the principles, values, ethics, knowledge and skills of the social work profession, they must be able to accept that their lives will involve multiple deployments in addition to

helping Soldiers and Families cope with the stress of war."

The program is considered a force multiplier, Freeman said. "We're trying to increase our number of social workers," he said, adding that the social work force is undermanned by about 26 percent. "The best way to fix the problem is with our own master's of social work who are in the force and qualified to enter the program."

The benefits clearly outweigh the cost, said Pecko. "Not only does the program take care of retention, but by recruiting and creating Army social workers, they'll know exactly what they're getting into and be more likely to stay in for a full career."

The first class of 19 Soldiers will begin in June with a faculty comprising three active-duty and four civil service instructors, all with their doctorate in social work. The course will include two tracks: a 13-month track for Soldiers with a non-social work bachelor's degree, and an eight-month advanced standing track for students with a degree in social work from an accredited pro-

"We will incorporate lessons learned in Iraq into the course, as well as our experiences with combat-related emotional issues, such as PTSD."

Col. Joseph Pecko
Director, Army-Fayetteville State MSW Program and Soldier and Family Support Branch

gram. Students graduate with an MSW and will take their initial license before they leave Fort Sam Houston.

During the class, students will learn to understand the dynamics of human behavior in the context of their social environment, particularly in relation to the military experience.

After graduation, students will be assigned to behavioral health departments throughout the world where they will conduct assessments and provide interventions to individuals and groups under the supervision of a licensed clinical social worker. As social workers in the Army, graduates will provide individual counseling for Soldiers and their Families, whether it's concerning substance abuse, physical or emotional abuse, or just help with daily challenges.

In two years, they will have the opportunity to test for their independent practitioner license to become a LCSW.

"Through curriculum development we can give students military-unique training and set them up for success in the military," said Pecko, whose branch develops the post traumatic stress disorder training for the Army. "We will incorporate lessons from Operations Iraqi and Enduring Freedom into the program curriculum, as well as our experiences with combat-related emotional issues, such as PTSD."

Tucker-Harris said the investment in the Army's own will pay dividends in the future. "It took a lot to get to this point, but we've had amazing support from Army leadership and we're looking forward to great success."

POLICY from P5

reducing the need to cut and paste or retype data.

- Rating officials route forms behind My Forms and useTracking to monitor the history of the form throughout the process. Users may also e-mail forms outside the portal but they lose the benefits of My Forms' tracking.

- Reduced need to expend resources on special mailing costs.

- Eliminates printed copies and paper without compromising the personal nature of evaluations.

Exceptions to this requirement include evaluations from deployed units, Army National Guard NCOERs which are mailed to state and territory points of contact, and classified OERs and NCOERs. These reports may be submitted in paper format.

Deployed units continue to retain all available options for military evaluation submission, to include electronic submissions in My Forms, mailing hard copy reports, and OERs by e-mail (once established as an authorized sender).

All other units must submit OERs and NCOERs electronically or request an exemption to use a paper format per guidance provided in the MILPER Message.

"Go to our Web site, read the training slides, and go to My Forms. For units that have never tried submitting evaluations electronically, the best way is to just get out there and do it," said Sgt. Maj. Arlita Crawford, chief, NCOER policy.

Training on the total My Forms process and specific aspects of electronic submission of evaluations is available under the "What's New?" heading at the Evaluations, Selections, & Promotions Web page at www.hrc.army.mil/site/Active/TAGD/MSD/msdweb.htm.

For more information, refer to the MILPER message or e-mail HRC officials at tapcmse@conus.army.mil.

(Source: HRC)

'Be Food Safe' helps prevent food-borne illnesses

By Kevin Robinson
Defense Commissary Agency

FORT LEE, Va. – Clean, separate, cook and chill: A new twist on an old message will be rolling out to commissary customers as part of Be Food Safe, a new government-sponsored program to help prevent food-borne illnesses in the home.

Be Food Safe brings the Defense Commissary Agency and 27 commercial retail grocery chains together in participating with the Partnership for Food Safety Education and its government liaisons – the U.S. Department of Agriculture, U.S. Food and Drug Administration and the Centers for Disease Control and Prevention. The goal is to help consumers become more aware of proper food-handling measures in the home, said Rick Page, DeCA's acting director.

"If you take a moment to practice Be Food Safe's four simple guidelines and read the instructions on the product label, you can dramatically reduce your chances of getting a food-borne illness," Page said. "When our customers visit any of our stores or the DeCA Web site, (<http://commissaries.com>), they will see information to help them keep their food safe."

To help introduce this year-long campaign to its customers, DeCA will begin to unveil a series of posters, flyers, circular ads and informational brochures that echo the four core food safety practices of "clean, separate, cook and chill:"



- **Clean** – Frequent cleaning can reduce spread of bacteria on hands, cutting boards, knives and kitchen countertops. Always wash hands with warm water and soap for 20

seconds before and after handling food.

- **Separate** – To avoid cross-contamination by bacteria, keep raw meat, poultry and seafood and their juices away from ready-to-eat foods.

- **Cook** – Improper heating and preparation can allow bacteria to survive. Use a thermometer to ensure food is safely prepared according to the product's cooking instructions.

- **Chill** – By chilling food properly, one can reduce the risk of food borne illness. Bacteria spread fastest at temperatures between 40 and 140 degrees Fahrenheit.

"The lessons of Be Food Safe are not new," said Col. Perry Chumley, DeCA's director of public health, safety and security. "However, what is new is the public's growing concern about food safety."

A growing number of people view food-related illness as a serious threat to their health," said Chumley. "Be Food Safe reinforces information we have promoted all

along such as reading the warning labels that show you how to safely cook your meat products."

Chumley also said that throughout the year customers will periodically see commissaries demonstrating proper food-handling steps. Customers can learn more about Be Food Safe by visiting <http://commissaries.com>.

"If you take a moment to practice Be Food Safe's four simple guidelines and read the instructions on the product label, you can dramatically reduce your chances of getting a food-borne illness."

Rick Page
DeCA's Acting Director

Veteran receives overdue medals



Photo by Esther Garcia

Command Sgt. Maj. Stephen Paskos, commandant, Noncommissioned Officers Academy, reads the citations as Texas Senator John Cornyn pins long overdue Army medals to Samuel Dunlap II, a Korean War veteran. The ceremony was held at the Korean War Memorial March 26 with his family in attendance. Then Pfc. Dunlap II received the Purple Heart Medal for wounds received in action May 5, 1952, in the Republic of Korea. Dunlap also received the Korean War Medal, National Defense Service Medal, the Army Good Conduct Medal, a Certificate of Recognition for his service during the Cold War from Secretary of Defense Robert Gates, and a letter of thanks from the president of the Republic of Korea.

Fort Sam Houston News Leader Survey

1. Please mark the appropriate category. I am a:

- ☐ Military member
☐ Family member
☐ DoD Civilian
☐ Retiree
☐ Other _____

4. What would you like to see more of in the paper?

- ☐ People
☐ Local news
☐ Army/DoD news
☐ Community
☐ Other _____

2. How often do you read the News Leader?

- ☐ Once a week
☐ Once a month
☐ Twice a month
☐ Several times a year
☐ Never

5. What is your overall satisfaction in regards to the News Leader?

- ☐ Very satisfied
☐ Somewhat satisfied
☐ Not satisfied

Comments/Suggestions? _____

3. What is your favorite section?

- ☐ News
☐ MWR/Community
☐ Sports
☐ School
☐ Fort Freebies/Classified ads
☐ Other _____

Please submit this survey via e-mail to news.leader@conus.army.mil or fax to 221-1198. The survey is also available online at <http://www.sam.houston.army.mil/pao/default.html>. For more information, call 221-0615 or 221-1031.

Sexual Assault Awareness Month

Protect self, loved ones from attackers

By Leslie Hernandez

Victim Advocate, Family Advocacy Program

The month of April is dedicated to increasing the awareness and prevention of sexual assault.

The Army defines sexual assault as, "the intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent."

Most people don't give much thought to the subject, unless they or one of their loved ones has a history as a sexual assault victim. It is actually one of the most unreported crimes in the nation and takes place more often than people might think.

According to a study conducted by the Rape, Abuse and Incest National Network, or RAINN, 1 in 6 women as well as 1 in 33 men have been sexually assaulted.

They also reported that every two minutes someone is sexually assaulted in America. These statistics are based on the 2006 National Crime Victimization Survey from the Bureau of Justice Statistics, U.S. Department of Justice.

How can it be that so many people continue to be sexually assaulted? Unfortunately, many people are unaware that they can take steps to reduce their risk of being victimized.

Others are misinformed on the subject. Some people believe that sexual assault only occurs in "dark alleys" or by complete strangers; however, most assaults are committed by people they know and trust. Sexual assault also goes unreported because victims often feel guilty, ashamed or fear repercussions for coming forward.

Among the many damaging effects of sexual assault, RAINN describes one effect known as Rape Trauma Syndrome, also

called Rape-Related Post Traumatic Stress Disorder. The symptoms of this are as follows:

- Re-experiencing the assault through flashbacks or nightmares.
- Social withdrawal; becoming numb to feelings.
- Avoidance of feelings or social avoidance.
- Being startled easily, sleep disorders and difficulty concentrating.

Other side effects of sexual assault are the risk of contracting sexually transmitted diseases, risk of unwanted pregnancy, as well as psychological problems that may follow victims for the rest of their life.

According to an article by Rick Maloof, from MSN Health and Fitness, reports of STDs are becoming more widespread in the military with the Army leading the other three military branches in numbers.

People can significantly decrease their risk of being

Some people believe that sexual assault only occurs in "dark alleys" or by complete strangers; however, most assaults are committed by people they know and trust.

sexually assaulted by following these tips:

- Travel with a battle buddy.
- Be aware of surroundings.
- Don't let alcohol influence your ability to make good decisions.
- Don't leave drinks unattended or give anyone the opportunity to spike your drinks
- Be assertive, if someone is invading your personal space don't be afraid to yell or run away.
- Trust your instincts, if something in your surroundings doesn't appear right leave immediately.
- Always carry cash in case you need to take a cab or make a phone call.

If you or someone close to you has been sexually assault-

ed contact the sexual assault response coordinator. The SARC can be reached 24/7 by calling the Sexual Assault Response Hotline at 722-4920.

From this point an installation victim advocate will be appointed to offer support to the victim. These services include escorting the victim to any medical examinations, referring them to therapeutic services, educating them on their rights as a victim, and assisting them with Victim's Compensation if applicable.

The victim advocate will also accompany the victim through the legal process if the case is unrestricted. All units have a Soldier designated as the unit victim advocate who also coordinates with the SARC and performs the same duties as the installation victim advocate. Remember, people can make a Restricted Report that will not involve their command or law enforcement but still allows them to obtain medical and therapeutic intervention. Up to four types of people may be involved in a Restricted Report: medical

See **SEXUAL ASSAULT P12**

Crime Watch

Sticky fingers at PX can lead to serious penalties

Shoplifting is down but not completely out of the picture at Fort Sam Houston.

Upgraded camera systems complete with digital recording video capability, an aggressive educational campaign on the consequences of shoplifting, and a 2002 amendment allowing federal retailers to pursue losses and administrative costs related to loss prevention produced a decrease in theft at the Fort Sam Houston Post Exchange of 21 percent last year, from 150 incidents in 2006 to 119 in 2007.

The sophisticated anti-shoplifting measures are also being cited as a factor in reducing the cost of products involved in detected cases from \$33,723.66 in 2006 to

\$14,532.69.

"Shoplifting at the exchange results in a reduced return on investment to our primary shareholders — the military community," said the PX's Cheryl DeRosier. "Because (Army and Air Force Exchange Service) is a command with a mission to return earnings to (Morale, Welfare and Recreation) activities, shoplifting at the PX is essentially the same as taking money directly from the pockets of the military Families the exchange serves."

With a dual mission to provide quality goods and services at competitively low prices and generate earnings to support MWR programs, AAFES, which has contributed more than \$2.4 billion to military quality of life

programs in the past 10 years, continues to focus its efforts on reducing theft.

In an effort to protect the MWR dividend AAFES provides annually and further reduce shoplifting incidents, loss prevention associates are stepping up education efforts to help highlight the cost and

perils of stealing through local anti-shoplifting campaigns. AAFES is also testing intelligent video analysis solutions that are expected to further reduce losses. Capable of alerting personnel to crucial incidents as they happen, the new systems will allow store personnel to intervene before

merchandise even leaves the store. In addition to these measures, the Fort Sam Houston PX's loss prevention team continues to proactively identify store display areas that tend to have high theft rates.

"No one likes catching shoplifters," said DeRosier. "In

See **CRIME WATCH P20**



By Susie Ferrise
Brooke Army Medical Center Breast
Cancer Nurse Coordinator

April is the National Sexually Transmitted Diseases Awareness Month, a health observance created to increase awareness about STDs, including their transmission, prevention and treatment.

During the month, Brooke Army Medical Center will

STDs can affect people from all walks of life

have an information booth set up in the medical mall outside of the pharmacy for people to learn more about STDs, among the most common infectious diseases in the United States today.

Currently, there are more than 20 different STDs that have been identified, and 13 million men and women are infected each year in the United States. Depending on

the disease, the infection can be spread through any type of sexual activity involving the sex organs or the mouth. The infection can also be spread through contact with blood and body fluids during sexual activity.

According to a recent study, reported at a Centers for Disease Control conference in Chicago, at least 1 in 4 teenage girls nationwide have a sexu-

The sooner a person seeks treatment and notifies sexual partners to seek treatment, the less likely the disease will do permanent damage, spread to others or pass on to a baby.

ally transmitted disease. The study by CDC researcher Dr. Sara Forhan involved 838 girls who were tested for four infections: human papillomavirus, or HPV, which can cause cervical cancer and affected 18 percent of girls studied; chlamydia, which affected 4 percent; trichomoniasis, 2.5 percent; and herpes simplex virus, 2 percent.

Dr. Margaret Blythe, head of the American Academy of Pediatrics' committee on adolescence, said the numbers seem overwhelming, "but the study highlights what many doctors who treat teens see every day."

Since STDs can cause infertility and cervical cancer in women, "screening, vaccination and other prevention strategies for sexually active women are among our highest public health priorities," said the CDC's Dr. Kevin Fenton.

CDC recommends annual chlamydia screenings for all sexually active women under age 25, as well as the three-dose HPV vaccine for girls ages 11 to 12 years old, and catch-up shots for females ages 13 to 26.

STDs affect men and women of all ages, backgrounds and have become more common, partly because young people are becoming sexually active at a younger age and having multiple partners.

STDs can be passed to sexual partners even if they don't have any symptoms.

SEXUAL ASSAULT from P10

personnel (including therapists), the SARC, a victim advocate and the chaplain.

An Unrestricted Report will launch an investigation with law enforcement and inform the unit commander.

It is important not to con-

Frequently, STDs cause no symptoms, especially in women.

Sometimes people with STDs are too embarrassed or frightened to ask for help. Most STDs are treatable, while others have developed a resistance to first-line antibiotics. Medications that were successful in treating some STDs are no longer effective, requiring use of alternate antibiotic therapy. The sooner a person seeks treatment and notifies sexual partners to seek treatment, the less likely the disease will do permanent damage, spread to others or pass on to a baby.

Complications of untreated or inadequately treated STDs include: inflammation or infection of the prostate gland, pelvic inflammatory disease, sterility, arthritis or arthritic symptoms, loss of hair, memory loss, neurologic disorders, cancer, heart disease and blindness.

If diagnosed with an STD, people should seek treatment to stop the spread of the disease, notify their sexual contacts, and urge them to have a checkup.

However, the best way to prevent STDs is to avoid sexual contact with others. People who decide to become sexually active can reduce the risk of developing an STD by being in a monogamous relationship or by practicing safe sex.

For more information on STDs and prevention, call Raymond Navarro at 295-4579.

fuse the Sexual Assault Prevention Response Program with the military's Sexual Harassment Program. Reports of sexual harassment must not be reported to the sexual assault hotline or the SARC.

For more information, call the Sexual Assault Response Hotline at 722-4920.



Boxers needed

The Jimmy Brought Fitness Center is looking for boxers as it hosts another round of boxing excitement Saturday. If interested in participating in Boxing at the Brought or future events, call the Intramural Sports Branch at 221-1180 or e-mail earl.t.young@us.army.mil. Boxers must be registered and training 30 days prior to the event. For more information, call 221-1234.

All-Army Chess Championship

The 2008 All-Army Chess Championship will be held May 11 to 17 at Fort Myer, Arlington, Va. This competition is open to all U.S. Army active duty who are also a U.S. Chess Federation-rated member; 12 players will be selected and funded by Family,

Morale, Welfare and Recreation Command. All players must apply online or download the application and fax to 703-681-7249 or DSN 761-7249. There is no on-site registration. For more information or to apply, visit www.armymwr.com/portal/recreation/chess or call 703-681-7204, DSN 761-7204. Other upcoming chess events include the 2008 Inter-Service Chess Championships at Davis-Monthan Air Force Base in Tuscon, Ariz., from June 8 to 14 and the 2008 NATO Chess Championships in Brussels, Belgium (date to be announced).

Join intramural sports

For anyone interested in getting involved in sports, there is still time to sign up for intramural tennis, flag football and soccer. For more infor-

mation, call 221-3185.

Intramural tennis

A coaches and rules meeting will be held Monday at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 14. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Intramural flag football

Letters of intent for flag football are due Friday. A coaches and rules meeting will be held Tuesday at 1 p.m. at the Brigade Gym. The season begins April 14. Send letters of intent to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, Texas 78234. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Verizon basketball shootout

Bring your skills onto the court during the Verizon Wireless 3-Point Basketball Shootout April 12 from 10 a.m. to 4 p.m. at the Jimmy Brought Fitness Center. Come out for the chance to win a variety of great

prizes, including \$500. While there, take the opportunity to demo some of the latest phones with hot new V CAST games like NBA Live. Space is limited, so stop by the Jimmy Brought Fitness Center or Brigade Gym to sign up. For more information, call 221-1180 or 221-9904.

10K Walk: Caminada De Fiesta

Bring the whole Family to the 27th Annual Caminada de Fiesta April 19 from 7:30 a.m. to noon at the Army Medical Department Museum, 2310 Stanley Road. This Fiesta walk is a European-style Volksmarch through historic Fort Sam Houston. Walk the 10-kilometer (6.2-mile) route, and enjoy a bit of the Army post's history. The Caminada de Fiesta is a sanctioned American Volkssport Association and International Volkssport Federation Volksmarch. The event is free unless participants desire AVA/IVV distance credit or awards. Enter the installation at the Harry Wurzbach gate, Harry Wurzbach Road. Registration

is open from 7:30 a.m. to 12 p.m. Walkers will have until 3 p.m. to complete the event. For more information, call Gerald Kamicka at 658-2160 or geraldk726@aol.com.

Asian Pacific Heritage Month volleyball

In honor of Asian Pacific Heritage Month a volleyball tournament will be held May 10 from 8 a.m. to 5 p.m. for all interested military, Family members or civilian teams. The registration deadline is May 2. For more information, e-mail Tray Stephens at tstephens9@satx.rr.com.

Basketball camp

The Ten-Star All-Star Basketball Camp is accepting applications for summer basketball camp for boys and girls ages 10 to 19. College basketball scholarships are possible for players selected to the all-American team. There is also summer camp available for boys and girls ages 6 to 18 of all skill levels. For more information, call 704-373-0873 or visit www.tenstarcamp.com.

Green meets Blue in three days of events

Luncheon, conference offer fun, friendship to military spouses

Story and photos by Cheryl Harrison
Fort Sam Houston Public Information Office

Behind every military member is a wife, a sweetheart, sister and mother. Understanding the role is not only complex, it is at times sacrificial. In the instance of the military spouse, that person must sometimes give up careers, move to unfamiliar areas, into a different house, keep children from feeling lost in the shuffle, and more often than not leave behind a good friend, mentor and confidant.

In the past week two events took place that offered an opportunity to socialize, make new friends, learn something new and realize that as a military spouse they are not alone.

The annual Joint Services Luncheon was held March 26 at the Sam Houston Club sponsored by the Spouses' Club of Fort Sam Houston and the "It's Not Easy Being Green" conference was held at Dodd Field Chapel March 27 and 28.

The idea of a joint luncheon is fairly new, having begun just three years ago. Once a year the spouses' clubs from Randolph and Lackland Air Force Base and Fort Sam Houston as well as any other service-connected spouses assigned to the local area meet for a time of fellowship, food and support.

Following a social hour of visiting, making acquaintances and shopping at about 30 vendor's booths, the Joint Services Luncheon served up not only a lunch that was satisfying and delicious, but a keynote speaker who knows what the life of a military spouse is like because she lives it herself as an

Army wife and an Army daughter.

Tania Biank, guest speaker and author of "Army Wives," said, "It is such an honor to be a part of the Joint Spouses' Luncheon. I am always very energized and inspired when I am able to be a part of a group of military spouses. The theme of today's luncheon, honoring each of you as our nations' homefront heroes, is so fitting and timely, it is appropriate."

Christopher Reeve, the ultimate superhero in the movies and also very much a hero in his personal life said, before his death, 'A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.' And I think that certainly applies to each of our military spouses as we mark the fifth anniversary on the war in Iraq.

"I could stand here and speak about the sacrifices of our military members, but I would be preaching to the choir, so I will speak today about how we can fix those darn uniform violations on 'Army Wives,'" quipped Biank. "I'd also like to tell you how the book came about. Before there was a TV show, there was a book, and before the book there was an idea."

"Army Wives" was the inspiration of Tania Biank, but one spouse attending the luncheon didn't fit every characteristic or physical description of the role, even though he indeed is a spouse of an Air Force servicemember.

Adam Frosch, husband of the 12th Flying Training Wing commander at Randolph Air Force Base, Col. Jacqueline Van Ovost, was the only male spouse in the female-dominated room.

Frosch admitted when asked if he was feeling out of his realm, "I did at first, but since I am retired military myself and the age I am, I can look at the young spouses and relate to them as I would my daughter. I feel it is important to be a part of the spouses' club and maybe by my being involved, other male spouses will join."

Delicious food, delightful speaker, spouses and dedicated people, all helped make the annual Joint Services Luncheon the success it was.

The Fort Sam Houston Spouses' Club meets on a regular basis and is open to spouses of all ranks, as well as civilians and retired military spouses. For more information about the Fort Sam Houston Spouses' Club, call Marcella Garcia, club president, at 677-5187.

"It's Not Easy Being Green" conference

"It's not easy being green," was first noted by Kermit the Frog, describing the hard road he hopped in his shade of life. But Kermit didn't realize with his recognizable quote was that he not only described life among the lily pads, but life in the Army as well.

The "green" conference began seven years ago with an idea by Babs Kiley, wife of a former Army surgeon general. With only 22 people signed up at the first one the event has only grown over the years. This year's conference had about 70 folks sign up to be involved in the two-day event.

"It's Not Easy Being Green" was first hosted at Fort Sam Houston as a way to celebrate spouses' lives in the military and to recharge their batteries as an Army community. The conference is designed to strengthen community ties, form new friendships, and develop skills that are essential to military life. The conference motivates attendees to live the best life possible.

Judith Markelz, chairman for the conference and director of the Warrior and Family Support Center, said in opening remarks. "Welcome to the 'It's Not Easy Being Green' conference. You'll get breakfast, lunch, breakfast, lunch, free child care and a gorgeous T-shirt."

Markelz introduced the guest speaker Heloise, who is a writer, author, and speaker specializing in lifestyle hints, including consumer issues, pets, travel, food, home improvement and health. Heloise's father was in the Air Force, and like many military brats she moved frequently.

Heloise's mother, Heloise Bowles, started a newspaper column in the Honolulu Advertiser called "Readers Exchange" in February 1959, later changed to "Hints from Heloise," which is syndicated nationwide. Heloise (the daughter) took over the column in 1977 when mother Heloise died.

"I want you to know why I am really here. My father was an Air Force pilot and my brother was an aircraft mechanic in the Air Force. I want you to know I know what you are going through. I feel that if you have to ask why I would come speak at these kinds of events, then you don't understand," began Heloise. "You, as the wife, sister, daughter, mother or cousin of a military person, wear many hats. When you wear a new hat you get another person's point of view."

Speaking of her experience at military hospitals



Heloise dons a cowboy hat and explains that as a wife, sister, daughter, mother or cousin of a military person, people wear many hats. When people wear a new hat, they get another person's point of view. Heloise's stories incorporated laughter, household tips and ideas for the conference participants.

as a child and while caring for her aged father, Heloise gave many useful tips on making a hospital room more comfortable, a little more inviting for guests, and a way to make the person in the hospital bed a bit more at ease and relaxed, using everyday items such as lemons, oranges and aromatherapy.

Heloise's stories incorporated the use of laughter, household tips and ideas that made the participants in the "green" conference hoot with laughter, well up with tears and nod their heads when the idea presented was so useful and doable.

Heloise also advised the audience to keep a funny vision in their minds when they need a laugh to brighten their day or lift a bad mood.

In closing the morning session, Markelz directed the ladies to their morning classes, which included digital scrapbooking, Texas day trips, German cooking, quilting, self-defense for women, hand stamping, container gardening, salsa dancing and Internet surfing safety for kids, just to name a few.

The "It's Not Easy Being Green" conference is held annually in the spring. For more information about next year's conference, call 845-4490.



During the Joint Services Luncheon held March 26 at the Sam Houston Club, spouses of military members had the opportunity to shop with about 30 vendors with displayed wares. Jewelry was one of the many items that could be purchased as well as bags, cosmetics, crafts, Polish pottery, gourmet nuts and kitchen items.



Tania Biank autographs her book "Army Wives" for Lilly Janecek, president of the Lackland Air Force Base Spouse's Club March 26 during the annual Joint Services Luncheon held at the Sam Houston Club. The event is held to unite spouses of the Army, Air Force, Navy and Marines in an effort to honor their service and those who are serving.



Lee Wells, liaison for Air Force Village, Lackland Air Force Base Officer's Spouse Club held a small flag high as the 323rd Army Band Brass Quintet played the National Anthem.



During the annual Joint Services Luncheon spouses from local Air Force bases were present to unite services. (From left) Marcella Garcia, President of Fort Sam Houston Spouses' Club; Jennifer Pleus, president, Randolph Officers' Spouses Club; Amy Clark, ROSC and outgoing Randolph AFB wing commanders' spouse; Lynne Patrick; Lilly Janecek, president, Lackland AFB OSC; and Alan Frosch, ROSC spouse of the new Randolph wing commander.



Guest speaker Tania Biank explains about life after her book "Army Wives" was turned into a television drama. Biank, an Army daughter and wife, wrote the book based on the lives of four real women. She also explained how the TV series is not based on those same people, and is loosely based on the story behind the book.



(From left) Gabbi Lynn, Erica Regersburg, Amy Cichon, Jenny Koranyi and Sunshine Jeane do a little boot scootin' across the stage at the "It's Not Easy Being Green" conference held March 27 and 28. "These boots weren't made for walking" taught by Cichon, physical education teacher for the Fort Sam Houston Independent School District, was a fun way to get exercise or perhaps induce labor.



Gina Giddings, instructor for "Just Bead It," measures Kellie Westbrook for a "Colors of Life" bracelet. Giddings, an employee of Michaels at the Quarry, was on hand to demonstrate and teach jewelry making as well as door wreath floral arrangements, all part of the "It's Not Easy Being Green" conference held March 27 and 28 at Dodd Field Chapel.

FSHISD announces student transfer policy

The Fort Sam Houston Independent School District will once again accept transfer students for the 2008-2009 school year. Active-duty military parents assigned to the Fort Sam Houston installation, who are non-residents, can apply for their children to enroll in the district as transfer students in grades pre-kindergarten through 12th grade. All non-resident transfer students must provide their own transportation to and from school.

Transfer requests will be considered if:

- Certain criteria are met regarding grades, conduct and attendance;
- No additional personnel is required; and
- Adequate classroom space is available at grade level requested.

Students and their parents/guardians approved for a transfer are required to agree to the Administrative Guidelines and the Non-resident Transfer Agreement. The following categories of students will be considered for transfer:

- Current transfer students will be given priority, provided their conduct, grades, and attendance have been acceptable during the current school year.
- Students whose active-duty parents are assigned to Fort Sam Houston and have certifi-

cation from Lincoln Military Housing that housing is available during the school year for which transfer is requested.

- Students who were resident students in the district, who have moved off-post, and whose parents remain on military active duty.
- Students who were resident students in the district, who have moved off post, and whose parents have retired from military active-duty.
- Students whose parents are active duty military personnel assigned to the Fort Sam Houston installation and are not seeking certification for installation housing.
- Children of district employees.

Parents or guardians may obtain a Non-Resident Transfer Application from the District Administration Office or the campus beginning April 14. Applications can then be submitted to Kathy Hayson at the District Administration Office. For complete details and requirements of the transfer policy and administrative guidelines, visit the Fort Sam Houston ISD Web site at www.fshisd.net or call Kathy Hayson at 368-8701.

Non-Resident Transfer Applications are not available on the Web site.

(Source: Fort Sam Houston Independent School District)

Fort Sam Houston Independent School District Weekly Campus Activities Monday through April 12

Fort Sam Houston Elementary School

Monday

Pre-registration packets go home

Tuesday

Fifth grade Math Texas Assessment of Knowledge and Skills Test

Wednesday

Little Red Wagon, 8 a.m.

Pre-kindergarten round-up, 8:30 to 10 a.m. and 1:30 to 3 p.m.

April 10

Pre-registration packets due back

April 11

Spirit day

Early dismissal for students, 11 a.m.

Robert G. Cole Middle and High School

Monday

Girls' and boys' district golf tourney at Devine Golf Course round two, TBA

Tuesday

Baseball vs. Jourdanton at Cole, 4:30 p.m.

Wednesday

Senior class graduation announcements delivered during lunch in Cougar Den

April 11

Baseball at Cotulla, 5 p.m.

Fiesta parade tickets on sale

The Cole Cougar Pride Club will sell parade tickets for the upcoming 2008 Battle of Flowers Parade to be held April 25 and the Fiesta Flambeau Parade April 26. The seats are located along the 100th block of East Commerce Street, adjacent to the park in front of San Fernando Cathedral. The area has easy accessibility to parking and food vendors. Tickets are \$9 and all proceeds will benefit the students of Robert G. Cole Middle and High School and Project Graduation. To purchase tickets, call Susie Adams at 462-7424.

Troop/Civilian Salute

Warrior Transition Battalion Military Staff Member of the Quarter -

Staff Sgt. Marshall Matney

Staff Sgt. Marshall Matney, transportation NCO in charge, is in charge of transporting Warriors in Transition to their medical appointments throughout the San Antonio area. Matney has built the Transportation Section from a small four-vehicle fleet to a 14-vehicle, around-the-clock operation. Under his supervision, the Transportation Section has conducted more than 4,200 missions covering over 10,000 miles driven in the past quarter.

WTB Civilian Staff Member of the Quarter -

Theodore Gwillim

Theodore Gwillim, C Company squad administrative assistant, is in charge of assisting Warriors in Transition with their administrative needs. Gwillim goes above and beyond on a daily basis and sacrifices much of his own time without compensation to ensure that each warrior's needs are met.



Religion

Chapel, Red Cross share common goal

The Installation Chaplain Office and American Red Cross joined forces March 5 in teaching children to be kind during the Faithweaver Friends program at Dodd Field Chapel.

The Biblical story of "The Good Samaritan" has several parallels with the Red Cross. The children listened intently as Richard Rodriguez, military services manager for the American Red Cross, shared similarities between the story and the agency.

In the story, the traveling Samaritan came across an injured person lying on the side of the road. He helped the stranger by bandaging him, transporting him to an inn, and saw that his needs were taken care of. The American Red Cross provides first aid, shelter, food, clothing, and several other needs a person may have during a disaster. As with the Samaritan, the Red Cross helps strangers in need.

Faithweaver Friends meet Wednesdays from 3:45 to 5:30 p.m. at Dodd Field Chapel. FWF is designed to encourage children to focus on a growing relationship with Jesus and help them weave their faith into their life at school



Courtesy photo
Richard Rodriguez, military services manager for the American Red Cross, shares similarities between the "The Good Samaritan" and the American Red Cross.

and home.

For more information about the program, which is for children in kindergarten through fifth grade, call Robb Wood at 221-3749 or e-mail robb.wood@us.army.mil.

(Source: Installation Chaplain Office)



Recreation and Leisure

Boxing at the Brought

Boxing at the Brought VI will be held at the Jimmy Brought Fitness Center Saturday at 6 p.m.; doors open at 5 p.m. Admission is \$5. Come out and witness the strength and skill of the contestants during competitive bouts. For more information, call 221-2020 or 221-1180.

Fiesta Family bowling night

Celebrate Fiesta early with the entire family at the Fort Sam Houston Bowling Center. Stop by the bowling center for Fiesta Family Bowling April 19 from 6 to 10 p.m. and enjoy free bowling courtesy of Morale, Welfare and Recreation and local sponsors. Every participating patron will

receive a free shoe rental, bowling and a ticket to win door prize drawings. Door prizes include Army and Air Force Exchange Service gift cards, an autographed "Deion Sanders" football, SeaWorld passes, free bowling, an Austin Wranglers football jersey and more. This annual event is a prelude to Fort Sam Houston's Fiesta and Fireworks event which will be held April 20. All bowlers are first-come, first-served during the special event timeframe. While waiting for a lane try the new MWR branded restaurant the Strike Zone, which offers a wide variety of food and beverages. For more information, call the MWR Bowling Center at 221-4740 or visit www.fortsamhoustonmwr.com.

Wii tournament

Fort Sam Houston's six night Wii competition will be held Monday to April 11 at 5:30 p.m. at the post exchange food court. The competition includes challenges in each of the five Wii sports, which use the system's wireless controller to allow users to swing and mock-throw it to play baseball, tennis, golf, bowling and boxing. A winner will be determined for each sport who will then compete in a local finale April 12. The overall winner will win a Nintendo Wii Prize Bundle Package. The Hacienda Recreation Center and

the bowling center will hold Wii practice sessions through Friday, before the challenge gets under way. Winners can receive a Rebounder Mini Trampoline, Mio Sport Watch, \$75 Nike gift card, Flip Video Camera and more. For more information, call 221-2307 or visit www.fortsamhoustonmwr.com.

Texas Hold'em Tournament

The 2008 Family and Morale, Welfare and Recreation Texas Hold'em Tournament local competition will be held April 18 at 6 p.m. at the Sam Houston Club. The one-day event will continue until a winner is declared. The first-place winner receives a \$500 Army and Air Force Exchange Service gift card and a seat at the online finals tournament. First-place winners from each participating Army installation will be invited to compete in the online final competition May 31 and get a chance to win grand prizes. The first-place online winner will receive a 42-inch Home Theater System, which includes a 42-inch flat panel television and a BOSE Home Theater Sound System; second place receives a laptop computer; and third place receives a Bose Wave. Participants must be at least 21 years old. The registration fee is \$20 and includes

a special meal with unlimited soft drinks. Sign up by April 16. For more information or to register, call 224-2721 or 226-1663. For a complete list of prizes and official rules, visit www.fortsamhoustonmwr.com.

Dining and Entertainment

Harlequin Dinner Theatre 'The Star-Spangled Girl'

The Harlequin Dinner Theatre will present the Neil Simon comedy, "The Star-Spangled Girl," Wednesday through May 10. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. The doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

Auditions for 'Picnic'

The Harlequin Dinner Theatre will hold open auditions Monday and Tuesday for "Picnic," a play by William Inge. Auditions are from 7 to 8:30 p.m. with Bruce Shirky directing. There are roles for four men and seven women, as well as other volunteers such as assistant director, stage manager, light and sound technicians, and props and stage crew. Performances will be Wednesday

through Saturday evenings from May 21 through June 21. For more information or directions, call 222-9694.

Army Community Service

Sibling Rivalry class

Army Community Service will hold a sibling rivalry class April 10 from 11 a.m. to 12:30 p.m. at Red Cross, Building 2650, to help parents learn skills to deal with sibling conflicts and how to encourage good feelings between siblings. For more information or to register for this training, call 221-0349 or e-mail thelma.t.kegley@us.army.mil

Blended Families class

The Blended Families class will be held April 17 from 11 a.m. to 12:20 p.m. at Red Cross, Building 2650. The class will address some of the challenges in making two Families one. Discussion topics include discipline, financial responsibilities, and co-parenting issues and concerns. Blended Families can flourish, thrive and be as rewarding as a first, or nuclear Family. Learn tips on how to avoid the pitfalls Families can experience and how to improve on existing relationships. To sign up, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.



Events

Fisher House Charity Golf Tournament

The Brooke Army Medical Center Auxiliary will host the Annual Fisher House Golf Tournament at the Club at Sonterra Golf Course Monday beginning at 11 a.m. The donations to play include a box lunch, goodie bag, T-shirt, the cost of play and dinner. All proceeds will benefit the Fisher House. For more information or to register, e-mail Ellyn Gilbert at ellyngilbert@sbcglobal.net.

Spouses' Club scholarships

Scholarships are available for dependent children graduating from high school who are planning to attend college or a trade school, and dependent children who are already of undergraduate status. Application packets are available at Army Community Service, Building 2797. The deadline is Monday. For more information, call Judith Markelz at 241-0811 or 655-0238.

Cash-and-carry sale

The cash-and-carry sale of Non Appropriated Funds property will be held Tuesday, April 10 and 11, from 9 a.m. to 3 p.m. at Building 4192, Bay C, on a first-come, first-served basis; all sales are final. All property must be removed from the warehouse at the time of purchase. Cash and personal checks with picture ID will be accepted forms of payment. The following items will be on sale: TV armoires, night stands, dressers, tables, computer monitors, wall mirrors and more. For more information, call 221-4449 or 221-4950.

Laughlin Air Force Base Adventure Race

Laughlin Air Force Base is hosting Laughlin's Adventure Race April 26 at 7:30 a.m. at Laughlin Air Force Base, Del Rio, Texas. Entry fee is \$80 per team with completed registration no later than Wednesday. For more information, call the Losano Fitness Center at 830-298-5251,

for destruction, free of charge. For more information, call Paige at 258-1492.

USO Canteen Dance

The United Services Organization San Antonio is hosting the 4th annual USO Canteen Dance May 9 at the Omni San Antonio Hotel. The theme of the dance is the 1940s with music performance by the Sentimental Journey Orchestra. Tickets are \$50 each or a table of 10 is \$500. Ticket cost will include a free swing dance class at the USO, free hotel parking, hors d'oeuvres and cash bar. Attendees are encouraged to wear 1940s period attire or coat and tie. For more information, call 227-9373, ext. 12 or visit www.alamouso.org/events.

Ride for Troops

The Ride for Troops committee will hold its 3rd Annual Charity Ride May 10 from 9 to 11 a.m. The event raises money for Fort Sam Houston's Fisher House. The ride begins at Caliente Harley Davidson and ends at Texas Pride Barbecue, Adkins,

Texas. Pre-register by May 1 for \$15. After May 1 the registration fee will be \$20. For more information, e-mail ride4troops@hotmail.com.

Meetings

Warrant Officer Association meeting

The April meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will be held April 12 at the home of Randy Blackburn. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, or for time and directions, call Juan Gomez at 295-6596 or e-mail juan.gomez@us.army.mil, or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

Retired Officers' Wives' and Widows' luncheon

The Retired Officers' Wives' and Widows' luncheon will held April 22 at 11 a.m. at the Sam Houston

Club. Olga Davis will present a fun program about "Things My Mother Told Me." For more information or reservations, call Arline at 822-6559.

Training

College program for vets with disabilities

Syracuse University leads a new national partnership of four major universities to support veterans with disabilities. The consortium will replicate an innovative SU program that provides post-9/11 veterans disabled in Iraq and Afghanistan training — at no cost — in entrepreneurship and small business management. Applications for the EBV are now being accepted. There is no application deadline; admission is on a first-come, first-served basis. For more information or to apply, call the Dean's Office in the Whitman School of Management at 315-443-8736, e-mail EBVinfo@syr.edu or visit <http://whitman.syr.edu/ebv>.

Dedicated service



Photo by Jennifer Morris

Paul Matthews, director, Family and Morale, Welfare and Recreation, presents an MWR Coin of Excellence to James Darden of Relief Enterprise, Inc. Darden has been at Fort Sam Houston since 1986 and retired at the end of March. Darden exemplifies the MWR motto at Fort Sam Houston: "Service is our Product. But People are our Business" through all of his hard work and dedication to his job. He was courteous and professional to everyone he encountered while keeping up his impeccable attention to detail and his willingness to go above and beyond the call of duty. Darden always gave 100 percent at work and is truly appreciated by those who had the honor of meeting and working with him.

Fort Sam Houston Fiesta & Fireworks

The public is invited to Fort Sam Houston Fiesta & Fireworks April 20 from 1 to 9 p.m. Fiesta at Fort Sam begins with a Country Fair that features military equipment displays, various exhibits, live entertainment, free T-shirts while they last, kiddie activities, carnival rides, games, food and drink booths, and continuous entertainment. Adding pageantry and elegance to the military parade will be the Army Drill Team, the Continental Old Guard and the Fife & Drum Corps. The public is requested to enter Fort Sam Houston from Interstate Highway 35 at the Walters Street gate. No pets or coolers are allowed.

On stage

12:45 to 1 p.m. — U.S. Air Force Drill Team
1 to 1:15 p.m. - U.S. Air Force Military Academy Falcon demonstration

1:15 to 2 p.m. - Army "Latino" Band
2 to 2:30 p.m. - Karavan Studios Belly Dancers
2:30 to 3 p.m. - Kazamba Dance and Drum Group
3 to 3:30 p.m. - Ballet Folkloric Del Cielo
3:30 to 4 p.m. - 82nd Airborne Chorus
4 to 4:30 p.m. - Las Eréndiras, female mariachi group

Military ceremony at MacArthur Field

More than 300 Soldiers in parade.
4:30 to 5 p.m. - Holmes County High School Band, Bonifay, Fla.
5 to 5:30 p.m. - U. S. Army Drill Team from Washington
5:30 to 5:50 p.m. - Fife & Drum Corps performance and Retreat
6 to 6:45 p.m. - Fiesta Royalty awards, Fiesta Salute, Soldiers on Parade



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

Back on stage

6:45 to 7:40 p.m. - David Bradley, country artists from Nashville, Tenn.
8 to 9 p.m. - Fiesta Concert by the Alamo City Community Marching Band and the U.S. Army Medical Command Band
9 p.m. - Fireworks finale! Sponsored by Steves & Son

Federal Claims Collection Act, which began March 1, 2002, allows AAFES to enact a flat, administrative cost, or Civil Recovery, of \$200. There may be further fees in addition to the Civil Recovery Program depending on the condition of the stolen merchandise.

(Source: AAFES)

CRIME WATCH from P11
fact, one of our major objectives is to deter shoplifting before it ever happens by educating shoppers of all ages on the exchange's ability to monitor and record activity throughout the store. It's our hope that individuals who might be con-

sidering theft will see the security measures, think twice, and make the right decision for their Family and career."
If shoplifting is suspected, PX loss prevention associates turn the issue over to local law enforcement. In addition to possible disciplinary action and criminal prosecution, the

For Sale Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

For Sale: 2006 Camper Cruiser Fun Finder X189 FBR, used once, fully contained, sleeps four, \$13,600 obo. Call David at 857-9944 or Wendy at 854-7871.

For Sale: Microwave, \$15; 13-inch color TV, \$15; Dirt Devil flex vacuum, \$10; PC monitor, 17-inch with speakers, \$10. Call 222-1320.

For Sale: 2000 Ford Explorer, Eddie Bauer Edition, half-ton, power sunroof, leather, grill guard and more, 115K miles, \$7,995 obo. Call 380-4245.

For Sale: American bulldog puppies with National Kennel Center registration, one male and three females, great markings, \$700; infant car seat with second base unit, \$45. Call 666-0317 or e-mail robertnalex@hotmail.com for pictures.

For Sale: Pitbull puppies, two males and two females, blue/brindle mix, \$250 obo. Call 209-3094.

For Sale: 2006 Suzuki Boulevard S-40, 650cc Cruiser, garage kept, under 800 miles, \$3,500 obo. Call 545-2067.

For Sale: Plants, small and large, Artillery Post Road. Call 370-3123.

For Sale: IPFU/PT uniforms; two large long sleeve shirts; five large short sleeve; two large shorts; two XXL shorts; one XL shorts; two large regular pants; two large regular jackets. Call 653-7769 or e-mail AnArmyFamily2000@yahoo.com.

For Sale: Bookcase, 5 feet high by 3 feet wide, \$95; air tail gate, small to medium, \$30; female boxer, 1 year old, \$150; baby bouncer, \$15; maternity clothes, sizes large to 2XL, \$2 to \$10. Call 633-3859.

Garage Sale: Friday and Saturday from 8 a.m. to 4 p.m. at 8282 Woodcliff Blvd., Selma, Texas, rain or shine; furniture, riding mower, 1990 Volvo, household goods, piano, baker's racks, cedar wardrobe, knick-knacks and more; take Interstate Highway 35 north, exit 173, Selma Park Estates, behind Floor Depot. Follow signs.