

FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

Fort Sam Houston combats child abuse

By Elaine Wilson
Fort Sam Houston Public Information Office

Health care and childcare professionals from Fort Sam Houston and the local community attended a conference at the Army Community Service here Saturday to learn about the impact of deployment on families.

The all-day conference, called Families and Military: Deployment, Families, Homecoming, Injury and Integration, was sponsored by Fort Sam Houston and the Laurel Ridge Treatment Center in honor of National Child Abuse Prevention Month.

Installation Commander Maj.

Gen. Russell Czerw highlighted the importance of child abuse prevention efforts during his opening remarks.

"While physical injuries may or may not be visible, they have consequences for children, families, society. And they don't just last a few weeks, days, months, they can last a lifetime; they can last for generations," Czerw said.

During his speech, Czerw presented statistics that demonstrated the extent of child abuse in the nation and at home in Bexar County.

"According to the National Child Abuse and Neglect Data

See ABUSE P6

Cowboys for heroes



Photo by Esther Garcia

Frank Berlingis looks on as his wife, Col. Wendy Martinson, U.S. Army Garrison commander, signs a guitar for Rick Bagwell, one of the organizers for the 3rd annual Cowboys for Heroes held at the Fort Sam Houston Equestrian Center. The annual event includes a variety of free authentic cowboy grub cooked in big iron pots and pans out of 1800s chuckwagons. Carriage rides, horse rides and artifacts on display providing a wide array of activities for the military and their families attending the festivities. "This is our way of showing the troops that we support them in what they are doing," said Lee Smith, from Friendswood, Texas. See more photos on Page 4.

Fort Sam Houston Fiesta & Fireworks Sunday



Photo by Esther Garcia

The U.S. Army Fife & Drum Corps perform at Fiesta and Fireworks last year. This year the Fife & Drum Corps will perform Sunday at 5:30 p.m.

The public is invited to Fort Sam Houston Fiesta & Fireworks Sunday 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 Color Guard, and the Old Guard Fife & Drum Corps. The public can enter Fort Sam Houston at the Walters Street or Binz-Engleman gates from Interstate Highway 35, or the Harry Wurzbach 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

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 Erendiras, 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,

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VISIT NEWS LEADER ONLINE: WWW.SAMHOUSTON.ARMY.MIL/PAO/DEFAULT.HTML

National Healthcare Decisions Day

Legal Office encourages Soldiers, Families to complete advance medical directives

By Brian Novak
Legal Assistance Attorney

Do you know what health care treatments you would and would not want if you could not speak for yourself? Do other people know what your wishes are? These are two questions that need to be answered and documented to avoid problems for your loved ones if you become incapacitated.

April 16 was the inaugural National Healthcare Decisions Day. The goal of National Healthcare Decisions Day is to highlight the importance of completing advance medical directives.

The Legal Assistance Division of the Fort Sam Houston Office of the Staff Judge Advocate and The Judge Advocate General's Corps recommend that every Soldier and their loved ones answer these two questions and document their decisions. The two documents that are usually used for making advance medical decisions are the Medical Power of Attorney and the Medical Directive.

The Medical Power of Attorney is a document that allows people to designate someone to make medical decisions if they are unable to. A primary agent and an alter-

nate agent are normally recommended. The agent will make all medical decisions, with the exception of the decision concerning the continuation of life-sustaining treatment, if there is a Medical Directive.

The Medical Directive, also called a Directive to Physicians or a Living Will, is used to document the decision about whether or not people wish to continue life-sustaining medical treatment in the event they have a terminal or irreversible condition and the only thing keeping them alive is life-sustaining medical treatment.

While these two questions are simple, their answers can be quite complex. Medical ethics, religious beliefs, social mores, loved ones' opinions and personal conscience will have an influence on the answers to these two questions. It is encouraged for peo-

ple to talk to their doctors, chaplain, loved ones and attorney about their decisions.

Most people are familiar with the plight of Terri Schiavo of Florida. Schiavo had an unforeseen medical condition that left her with severe and irreversible brain damage. She was kept alive by

a feeding tube. Schiavo's husband believed his wife would not want to be kept alive in her condition. Schiavo's mother believed she would have wanted to be kept alive. This conflict was ultimately decided by the U.S. Supreme Court

See DECISIONS P9



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News Briefs

Shred Day

San Antonio Federal Credit Union and community partners will sponsor a Shred Day Saturday 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.

Mock utility meeting

A mock utility billing meeting will be held for Harris Heights residents Wednesday at 5 p.m. at the Harris Heights Community Center, and Watkins Terrace and Patch Chaffee residents will meet April 24 at 5 p.m. in Watkins Terrace Community Center Refreshments will be provided.

Occupational therapy open house

Brooke Army Medical Center Occupational Therapy will host its annual Open House in celebration of Occupational Therapy Month April 24 from 12 to 1:30 p.m. at the OT clinic located on the first floor. Learn about the Army's OT program, their work at BAMC, and involvement at the Center for the Intrepid and the Institute of Surgical Research. Staff members will be available to answer questions.

Practical Nurse Course Graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WM6, Class 07-05, will be held April 24 at 1:30 p.m. in Evans Auditorium. For more information, call Sgt. 1st Class Janet at 295-4120 or Nancy Long at 295-4050.

Legal assistance office closure

The Fort Sam Houston Legal Assistance Office will not offer appointments, to include walk-ins, April 25. The office will remain open for powers of attorney and notarial services. The office will resume normal operations April 28. For more information, call 221-2353 or 221-2282.

Enlisted Workshop

The Sergeant Audie Murphy Club - Van Aultre Chapter will host the 2008 Enlisted Workshop April 29 and 30 from 8:30 a.m. to 5 p.m. in Wagner Hall, Building 902. The workshop will provide essential tools and a basic foundation for enlisted Soldiers. For those more senior in rank, the workshop will serve as a refresher with updates. The event is open to all of Fort Sam Houston and Brooke Army Medical Center Soldiers. Seating is limited. Pre-registration is required; registration ends April 25. For

See NEWS BRIEFS P4

President Bush announces shorter deployments

By Fred Baker III
American Forces Press Service

WASHINGTON — President Bush directed Defense Secretary Robert Gates to shorten deployment lengths for U.S. Soldiers in Iraq from 15 to 12 months, starting in August.

Bush said he made the decision to reduce the strain on the force and because security improvements in Iraq have allowed for the withdrawal of all five surge combat brigades by the end of July.

He also said that officials would ensure troops have at least a year at home between deployments. The change goes into affect Aug. 1 and will not affect those already deployed there.

"Our nation owes a special thanks to the Soldiers and Families who've supported this extended deployment. We owe a special thanks to all who served in the cause for freedom in Iraq," Bush said.

He also directly addressed the troops, saying that the war in Iraq is not "endless," and that as conditions there improve, more troops could return home.

"The day will come when Iraq is a capable partner of the United States. The day will come when Iraq is a stable democracy that helps fight our common enemies and promote our common interests in the Middle East," Bush said. "And when that day arrives, you'll come home with pride in your success and the gratitude of your whole nation."

Bush heard positive reports on conditions in Iraq from Gen. David Petraeus and U.S. Ambassador to Iraq Ryan Crocker this week. He cited the success of the surge brigades as setting the conditions for the troop withdrawals.

Before the surge a little more than a year ago, al-Qaida was safe in bases across the country attacking coalition forces. Now, Bush said, they are on the defensive and forces are working to deliver a "crippling blow."

"Fifteen months ago, Americans were worried about the prospect of failure in Iraq. Today, thanks to the surge, we've renewed and revived the

"The day will come when Iraq is a capable partner of the United States. The day will come when Iraq is a stable democracy that helps fight our common enemies and promote our common interests in the Middle East."

President George W. Bush

prospect of success," Bush said.

After the withdrawal of the remaining surge combat brigades this summer, Petraeus has asked for 45 days to assess conditions on the ground and reposition troops.

"I've told him he'll have all the time he needs," Bush said. But the president warned against calling it a "pause," saying that description is misleading. "None of our operations in Iraq will be on hold," he said.

Bush said all U.S. efforts in the country are aimed at a clear goal: a free Iraq that can protect its people, support itself economically, and take charge of its own political affairs.

During the course of transitioning the country to Iraqi control, Bush said, coalition forces will step up their offense, becoming more targeted in their operations as Iraqi security forces take over more of the general security concerns. Also, more provinces will be transferred to Iraqi control as the United States moves into an "over-watch" role.

Economically, Iraq is moving forward, Bush said. Its economy is growing, oil revenue is on the rise, and capital investment is expanding. This is changing the U.S. role, Bush said.

Americans now are spending little on large-scale construction costs, and Iraqis are paying for most of the country's army and police, he said.

Politically, the country has seen "bottom-up" progress, as provincial and tribal leaders are turning to local political structures and taking charge of their own affairs. Provincial elections are planned this year, with national elections planned for next year.

On the diplomatic front,

Bush is putting a full-court press on Iraq's neighbors to play a more supportive role in its stabilization and growth. The president has directed Crocker and Petraeus to stop in Saudi Arabia on their way back to Iraq. He also is sending senior diplomats for talks in Jordan, the United Arab Emirates, Qatar, Kuwait and Egypt.

Each country will be encouraged to reopen their embassies in Baghdad and increase their support for Iraq, Bush said.

"A stable, successful, independent Iraq is in the strategic interests of Arab nations, and all who want peace in the Middle East should support a stable, democratic Iraq. And we will urge all nations to increase their support this year," Bush said.



DEPARTMENT OF THE ARMY
WASHINGTON DC 20310
April 10, 2008

To our Soldiers and Families

Today, President Bush announced his decision to return to 12 month deployments in the Central Command theater for active Army units. The President's decision reflects the improved security situation in Iraq - one made possible by your unwavering commitment and willingness to sacrifice - as well as the recognition of the impact of extended deployments on Army Families and our readiness. Today's policy change will help reduce that strain as we continue to grow the Army and restore balance.

The Army will reduce "Boots On the Ground" time to no more than 12 months for all active component Soldiers deploying to the CENTCOM area their scheduled deployments.

The return to 12 month deployments does not change the Army's dwell time policy. This policy is intended to give units time to properly reset and allow Soldiers, Families and friends to reconnect.

You have chosen a most noble profession. With your Families standing with you in support, you have borne the increased stress and burden of this war for our Army and our Nation. A grateful Army and Nation thank you.

Sincerely,

Kenneth O. Preston
Kenneth O. Preston
Sgt. Maj. of the Army

George W. Casey
George W. Casey
Gen., U.S. Army
chief of staff

Pete Geren
Pete Geren
Secretary of the Army

News Briefs

from P3

more information, call Sgt. 1st Class Diana Istre at 221-9925 or e-mail diana.istre@amedd.army.mil.

Ethics training

Government employees are required to take ethics training annually. The following training methods are available: live presentation at Blesse Auditorium, online training at http://www.dod.mil/dodgc/defense_ethics/ethics_training/2007_AET/index.htm, or view an Army ethics videotape or DVD. The next ethics training, Acquisition Ethics, will be held April 30 at 1 p.m. at Blesse Auditorium, Willis Hall, Building 2841. For more information, call the ethics counselor in the Office of the Staff Judge Advocate, Army Medical Department Center and School and Fort Sam Houston at 221-2373 or 221-0485.

Days of Remembrance

The 2008 Days of Remembrance Victims of the Holocaust observance will be held May 2 from 10:30 to 11:30 a.m. at Army Community Service, Building 2797 on Stanley Road. For more information, call Sgt. 1st Class Gus Cunningham at 221-6326.

Asian Pacific American Heritage Month

U.S. Army South will sponsor several events in celebration of Asian Pacific American Heritage Month. The opening ceremony will be held May 6 from 11:30 a.m. to 1 p.m. in Army Community Service, Building 2797; a volleyball tournament will be held May 10 from 8 a.m. to 5 p.m. in the Jimmy Brought Fitness Center; and an Expo will be held May 24 from 11 a.m. to 5 p.m. in the commissary parking lot. For more information, call Sgt. 1st Class Megan Grant at 295-6800. To request reasonable accommodations for a disability, call 221-0218.

Volunteer Recognition Ceremony

The post community is invited to show their appreciation for volunteers by attending the annual Volunteer Recognition Ceremony May 7 from 10 a.m. to 12 p.m. at the Sam Houston Club. For more information, call the Army volunteer coordinator at 221-2418.

Preventive health screening

Women 40 and older need to have an annual mammogram. Regular mammograms save lives by finding breast cancer early. Brooke Army Medical Center has a new self-referral system for this valuable screening tool. Beneficiaries may self-refer to the Woman's Imaging Center if they meet the following criteria: they are not experiencing any symptoms of the breast and their primary care manager is within the Great Plains Regional Medical Command. To schedule a mammogram, call 916-3726 or 916-4229.

Dental after-hours emergency care

The MacKown Dental Clinic at Lackland Air Force Base no longer provides emergency dental care weekdays from 7 a.m. to 4 p.m., weekends or holidays. All military personnel who have a dental emergency after normal duty hours should report to the Wilford Hall Medical Center Emergency Department for evaluation. The WHMC ED number is 292-7331. For more information, call Tech. Sgt. Traci Meduna at 292-4963.

Cowboys for Heroes

Attendees at the Cowboys for Heroes event held Saturday at the Fort Sam Houston Equestrian Center had the opportunity to ride in western-type wagons. The event began with the arrival of 14 chuckwagons from different parts of Texas to prepare the numerous meals to be served to the military and their guests. The event was hosted by the Installation Chaplain's Office for the post community. Organizers for the event include Aubrey Lenamon, Rick Bagwell and David Long.



Photos by Esther Garcia



An American Indian group performs traditional drum music for Cowboys for Heroes at the Fort Sam Houston Equestrian Center. Other groups who performed on stage included Baline Lilly, Molly Hawkins, Jeff Gore, Cliff Jansky, Mundo Earwood, and bands such as the All Around Cowboy Church, Branded and the post's 1101 Praise Band.



Sgt. Marcos Ortiz, Sgt. Jerry Lopez, Spc. Jaime Malasig and Sgt. Arthur Maldonado, wear red bandanas, while enjoying chili at Cowboy for Heroes Saturday.



Cowgirl Kendraya Wilson, 12 years old, prepares to rope a mechanical cow, one of many activities for children at Cowboys for Heroes. Other activities included horse rides for all ages and the largest wooden rocking horse for the little cowgirls and cowboys.



Members of San Angelo's Buffalo Soldiers Fort Concho enjoy stew at Cowboy for Heroes, one of many delicacies cooked and served from 1800s-style chuckwagons in iron pots and pans.

Yes, sir, that's my baby!

Army Family stays in touch via robot

By Cheryl Harrison
Fort Sam Houston Public Information Office

One of the most touching moments in a new Family's life is when a father and mother meet their newborn child seconds after birth. In times of war throughout the centuries, fathers have missed the

blessed event because they were away serving their country. Pictures may say a thousand words, but they don't begin to convey what real-time viewing can accomplish.

One fortunate daddy away in Baghdad had the opportunity to see his son for the first time in real time April 10 with the use of a RP-7 Remote Presence Robotic System and a computer link.

Once the stuff of science fiction literature and fantasy films, robots are playing an important role in health care and, in the case of the Lloyds, keeping Families in touch.

Staff Sgt. Erik Lloyd, assigned to the United States Army Institute of Surgical Research and currently serving with the Deployed Combat Casualty Research Team collocated with the 86th Combat

Support Hospital unit in Baghdad, missed the birth of his first child, a son, born April 4 at 2:20 a.m., weighing in at 7 pounds 4 ounces.

Gathered in conference room 313-11 at Brooke Army Medical Center, "Chungbot," as the RP-7 is fondly referred, and the staff of the lab research program at USAISR assembled for a real-time introduction of Lloyd and new baby boy, Blake.

"So, who do we have here?" said Lloyd from Baghdad, panning the moni-

tor of the robot around to see everyone gathered around the 5 and a half-foot tall "Chungbot."

As the monitor swiveled around, controlled by the use of a joy stick connected to a laptop in Baghdad, Lloyd focused in on his son for the first time, live.

"Hey! Is he asleep? Poke him to wake him up. Hold his head so we can get a picture from our end," said Lloyd playing with the controls and making the most of the robot's capabilities.

Between the ooohs and the aaahs over the two-week-old infant, Lloyd kept a grin on his face and eyes on his son.

During casual chit-chat between the group in the room and his wife Kristie, Lloyd asked questions about his son and played with the controls of the robot. "He'll be walking and potty trained by the time I get back, right?" joked Lloyd, who is due to return home in six months.

"Lloyd was amazed at the technology and the clarity of the video link. The interaction they had was amplified by his ability to move the robot around and zoom in and out with the camera. He was able to see his son close up. Granted nothing is better than being there in person, but given the circumstances with

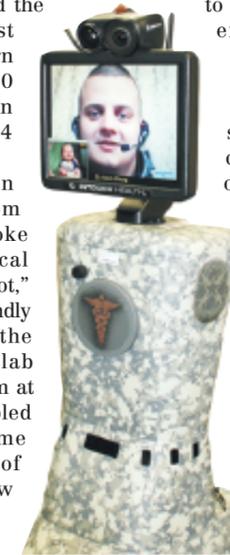


Photo by Cheryl Harrison

Seeing his newborn son Blake for the first time, Staff Sgt. Erik Lloyd uses the technology of a robot via a laptop and joy stick while deployed to Baghdad.



Photo by Capt. Kay McKinnie

Displayed on the screen of a laptop computer in Baghdad, two-week-old Blake Lloyd meets his daddy for the first time real time.

See ROBOT P6

ABUSE from P1

System, nearly 899,000 children were found to be victims of child abuse in 2005," he said.

And closer to home, "in 2006 in Bexar County there was a child population of a little over 413,000; the substantiated allegations were 23,000, out of those, 908 children were removed from their homes due to abuse," he said.

Even worse, Czerw said, some don't make it out. "Each year, children die from abuse and neglect," he said. In 2005, "an estimated 1,460 children died due to child abuse or neglect. And about three-quarters of these children were younger than 4 years old.

"I don't care who you are, when you're put under the stress of having to leave your Family for six months, 12 months, 15 months and not knowing how long you're going to be gone and be back, that's a stress to anyone's Family."

The general said University of North Carolina studies illustrate how the stress of war extends beyond the Soldier to Families left behind. "The rates of abuse and neglect among young children in military Families in Texas has doubled since October 2002, raising concerns about the impact of deployment on military personnel and their Families across the country," he said.

The sad fact, he said, is that 84 percent of the

victims were abused by a parent acting alone or acting with another person. "There's an added pain of betrayal. That scars right through to the deep portion, to the heart, to the spirit of that child."

Czerw said the first step to reversing the "staggering" statistics is to teach children they are valued. "We have to think of each child as being our own and not just as a victim in a story; they are real; they have names; they are our neighbors and our friends. It begins with you and it begins with me."

The Army is committed to preventing abuse from occurring as well as intervening when a problem exists, he said.

"Just like we do with individuals with substance abuse problems, it's not punitive action we go after first, it's getting those individuals help first. It's an illness, a sickness, and we are obligated to get them help."

Czerw said the Family Advocacy Program here has established external and internal partnerships to raise awareness and work toward the elimination of child abuse. "Today's forum is the start of that," he said, thanking the people who took the time to attend the conference.

Attendees included teachers, childcare providers, counselors and social workers, said Marjorie Loya, Fort Sam Houston Family Advocacy Program manager.

The conference featured topics such as parental injury, the Texas Youth Suicide Prevention Project, Army Warrior Transition Organization, deployment impacts, and a testimony from a military spouse who has coped with three deployments.

Loya said she hoped attendees walk away with a greater sense of awareness of the children they care for daily. "It may look like the child is acting out or exhibiting bad behavior, but it may be a cry out for help and attention. We all need to be on the look out for signs of stress or abuse."

For more information on child abuse prevention programs, call the Fort Sam Houston Family Advocacy Program at 221-0349.

ROBOT from P5

him being half a world away, this technology allowed him to be 'remotely' present with his newly expanded family," said Maj. Kevin Chung, medical director for the USAISR's burn intensive care unit at BAMC. "The entire session was very emotional for all those who had the opportunity to witness the remote interaction."

"It was an awesome experience. I am far from the first father in this conflict who has missed the birth of their child. Blake is my first child; however, with this technology I was in a small way allowed to feel more like I was part of a "Family" than I had been for the past few weeks since he was born," said Lloyd.

"I talk to him (Erik) everyday and he demands pictures all the time. We use a Webcam but the connection isn't good," said Kristie Lloyd. "But this was great. Erik was playing with the controls and trying to figure out how to use the robot."

"Many of us have left children behind to serve our country overseas. Often the only way we get to interact or even see our Families is through pictures, e-mails or letters. It was such a wonderful experience to be able to actively interact with my wife while she was able to show me our son for the first time. I was able to control the robot and actually move around the room a bit to get a different perspective than what a conventional video camera would have allowed," added the new father.

RP-7 is a wireless, mobile, Remote Presence Robot that allows a doctor to "be in two places at once." Under the direct control of a remote physician seated at a Control Station, RP-7 can move untethered allowing the physician to freely interact with patients, Family members and hospital staff from anywhere, anytime.

Chung is accustomed to people addressing his image on an RP-07 robotic system while he is sitting at a keyboard in another location. He uses it from home, while on leave, temporary duty assignments, or while at conferences from outside of the state in order to have access to the ICU. When outside the ICU, Chung is available to the ICU via the robot.

The advanced digital camera can be panned, tilted or zoomed. The camera's resolution allows a physician at the control station to read monitor screens or printouts.

"I am very appreciative of the command groups, both here at the 86th CSH and the Institute of Surgical Research, for allowing me to utilize this amazing piece of technology. It is really a wonderful feeling to be part of two commands that know how to take care of their Soldiers and their Families in a time of need." said Lloyd.

Month of the Military Child**Deployments strain military Families, impact children**

By Sonia Greer

Family Advocacy Program Educator

America's military has been stretched to outer limits as the country's brave uniformed men and women continue their selfless service in the fight against global terrorism and the subsequent fifth year of war in Iraq.

As the nation celebrates April as the Month of the Military Child, it is important to understand the dynamics of Soldiers at war and the Families supporting them at home.

Deployments for all of the military services have become routine in meeting the nation's requirements associated with a variety of security concerns, such as homeland defense and the Global War on Terrorism. With this, the strain on military Families is an ever-increasing challenge. In addition to the core issues that every military Family faces due to frequent moves, they also have to endure the stressors associated with deployment-related concerns. Families separated are faced with trying to compensate for the decreased role of the parent at war and the anxiety for the safety of their loved ones in a hazardous duty zone.

A study funded by the U.S. Army Medical Research and Materiel Command confirms "the rate of child maltreatment in Families of enlisted Soldiers was 42 percent higher when military spouses were off at war than when they were at home." Many agree that the threshold for tolerating child maltreatment is probably lower in military settings, but as war efforts increase and separation becomes more frequent, statistics show that child abuse is an increasing factor for Families in the deployment phase.

Before October 2002, the parent who was in the military was the perpetrator of abuse and neglect about equally as often as the non-military spouse. However, between October 2002 and June 2003, the non-military parent was

The rate of child maltreatment in Families of enlisted Soldiers was 42 percent higher when military spouses were off at war than when they were at home.

U.S. Army Medical Research and Materiel Command study

found to have abused or neglected the children more often than the military parent. The bottom line in this statistical finding is that "the stress of war extends beyond the Soldier to the Family left behind."

Conversely, the majority of military handle anxiety-related issues surrounding deployment with eloquence displaying increased group cohesiveness through outreach programs such as Family support group activities and other military community events. Participation in programs that

enhance Family living in times of high stress are key factors to ensuring that children are not the victims of deployment-related parenting issues. It is with the help of medical professionals, community-enhancement programs, and "neighbors, helping neighbors" that everyone can help combat issues facing children of Families who are enduring a deployment.

The Army Community Service Family Advocacy Program serves as an excellent tool for awareness and preventive education through classes

and outreach in the community. FAP offers a class on deployment parenting, single parenting and other parenting concerns. FAP also has home visitation available through the New Parent Support Program Plus for those families who are expecting or have children up to 3 years old.

Along with Family Advocacy, Family Readiness Support Groups and Family Assistance Centers all play an integral role in ensuring that military Families have the tools they need to survive deployment with as much normalcy as possible. To schedule a class or inquire about home visitation, call the Fort Sam Houston Family Advocacy Program at 221-0349.

Together, we can ensure that children do not suffer lifelong effects from a temporary situation.

(Source: <http://www.unc.edu/news/archives/may07/maltreatment050807.html>)



Photo by Maj. Timothy Hunt Jr.

Installation
Commander Maj.
Gen. Russell
Czerw completes
his advance
medical directives
with help from
Brian Novak, a
legal assistance
attorney, in
support of
National
Healthcare
Decisions Day.

DECISIONS from P2

after the trial court, the appellate courts, the governor of Florida and the U.S. Congress exerted influence over her case. It took more than 10 years of Schiavo being fed through a tube for her case to be resolved.

If Schiavo had a Medical Power of Attorney and Medical Directive, no one would have ever heard of her. More than 10 years of litigation could have been avoided if she had taken the 30 minutes necessary to complete these documents. No one

wants to be the next Terri Schiavo. The good news is that Soldiers and their eligible Family members can receive legal advice and complete these documents at no charge at the Legal Assistance Division.

The Legal Assistance Division will draft and execute these documents on a walk-in basis Monday through Friday from 8 a.m. to 4 p.m. For an appointment with an attorney, call 221-2282 or 221-2353. The Legal Assistance Division is located at 1306 Stanley Road, Building 134.

FIESTA from P1

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 artist 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

During the Country Fair, Armour will give away samples of chili, as well as macaroni and cheese; and Fiesta-goers will have the opportunity to test pit-skills on a race car to see if they have the

speed to change the tire in the pit.

The Fiesta Store will be on-site with official 2008 Fiesta merchandise.

Gallo Wine will be providing samples of Zinfandel, Chardonnay, Moscato, Sauvignon Blanc and Merlot, all of which will be available in the Gallo/MWR resale area. Gallo Wine will also be providing demonstrations on how to cook with wine.

Stop by the Budwieser area and check out the Hummer. Also practice vocals on the karaoke trailer or rock out on Guitar Hero.

Stop by the Sprint area to see their new line of products and services.

SeaWorld will be on hand with an educational and fun live show; have a seat while they share fun facts.

Fort Sam supports Best Warrior competition

Story and photo by Jerry Harben
U.S. Army Medical Command

Staff Sgt. Julian Wiggins and Spc. Daniel Farrier are winners of the 2008 Best Warrior competitions for U.S. Army Medical Command.

Wiggins, NCO in charge of the Fort Jackson, S.C., Veterinary Treatment Facility, and Farrier, a pharmacy technician at Stuttgart, Germany, Army Health Clinic, emerged victorious from a grueling five days of physical and mental challenges.

The competition was held April 6 to 10 at Fort Sam Houston and Camp Bullis. All competitors, to include several from Fort Sam Houston, first passed a 100-question written test and wrote an essay about current events.

They passed the Army Physical Fitness Test, were questioned by boards of senior NCOs, and demonstrated marksmanship with M-16 rifles. They negotiated an urban orien-



Spc. Roman Cabrera (center) and Staff Sgt. Howard Markel (right) plot strategy as they prepare to assault a building under fire during the combat scenario of the Medical Command Best Warrior competition at Camp Bullis last week. Cabrera and Markel represented the Army Medical Department Center and School in the competition.

teering course both by day and night and completed an obstacle course. In simulated tactical scenarios, they treated and evacuated casualties of a roadside bomb, then cleared a building under fire. Finally, the competitors squared off in a double elimination

combatives tournament.

Corporals and higher ranks were in the NCO competition while specialists and lower ranks competed as Soldiers.

Competition actually began last year when local units selected their best Soldiers and NCOs. Local winners

competed in each of six regional medical commands. The regional winners then joined representatives of Dental Command, Veterinary Command, the Army Medical Department Center and School, and Medical Research and Materiel Command for the finals at Fort Sam Houston.

"We conduct these competitions to recognize the best Soldiers and NCOs, but it is primarily about training – it is not just a competition. We expect each candidate to be well trained when they come, and better trained when they leave. They should take what they learn here back to their units," said MEDCOM Command Sgt. Maj. Althea Dixon.

Wiggins and Farrier each received an Army Commendation Medal, a trophy, a \$1,000 Savings Bond, MEDCOM coins and certificates, and the right to request their assignment of choice. They will compete in the Army Best Warrior competition later this year.



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

DSN use encouraged

Organizations are encouraged to use DSN versus commercial long distance service. The Directorate of Information Management is funded to provide DSN services at no cost to the organization. The DSN prefix on post is 471.

264th Medical Battalion Combatives Tournament Results

Featherweight

First place: Pfc. Jamie Colver, B Co.
Second place: Pvt. Lindsey Felicia, C Co.
Third place: Pvt. Phillip Niu, B Co.

Lightweight

First place: Pvt. Andrew Sargent, D Co.
Second place: Pfc. Guillermo Diaz, D Co.
Third place: Pvt. Allen Laudato, C Co.

Welterweight

First place: Pvt. Christopher Vosmik, B Co.
Second place: Pfc. Ponlok Hout, B Co.
Third place: Spc. Gerrick Galvez, C Co.

Middleweight

First place: Pvt. Mark Sahf, C Co.

Second place: Pvt. Robert Page, C Co.

Third place: Pvt. Adam Butler, D Co.

Cruiserweight

First place: Pvt. Kyle Preston, A Co.
Second place: Pvt. Janell Sena, B Co.
Third place: Pvt. Thompson Nguyen, C Co.

Light Heavyweight

First place: Spc. Timothy Keefe, D Co.
Second place: Pvt. Egbert Rhoomes, A Co.
Third place: Spc. Matthew Wiess, B Co.

Heavyweight

First place: Spc. Timothy Nightengale, D Co.
Second place: Pfc. Jonathan King, C Co.
Third place: Pfc. Allen Loussaert, D Co.



Photos by Elaine Wilson

Sgt. 1st Class Luis Regalado, from D Company, Sheppard Air Force Base, Texas, works to gain the advantage over Staff Sgt. Isagani Maawac, from C Co., during the 264th Medical Battalion Combatives Tournament Saturday at the Jimmy Brought Fitness Center. Combatives training is used to prepare Soldiers for close-quarters, hand-to-hand combat.



Staff Sgt. Veronica Soto (left), from A Company, looks for an opening to take-down Staff Sgt. Marrell Reeves, from B Co., during the 264th Medical Battalion Combatives Tournament. The tournament marked the first co-ed mixed brackets and first permanent party brackets fought at Fort Sam Houston.

Sports

Caminada De Fiesta walk

Bring the whole Family to the 27th annual Caminada de Fiesta Saturday from 7:30 a.m. to 12 p.m. 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 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 military, Family members or civilian teams. The registration deadline is May 2. For more information, e-mail Tray Stephens at tstephens9@satx.rr.com.

Fort Sam hosts Camp C.O.P.E.

The Fort Sam Houston Independent School District will host Camp C.O.P.E. at Robert G. Cole Middle School May 17.

The camp is designed to help children ages 4 to 18 cope with the effects of war and deployments, through age-appropriate activities in small groups of their peers.

Elizabeth Reep knows firsthand how children who have a parent deployed and wounded in war can be affected and what it is like to not know where to turn when they need help. Reep's husband was wounded in Baghdad in November 2003 after which their sons began acting out in school and at home.

"Our boys reacted like most children of deployed or injured Soldiers do," shared Reep. She approached friend and colleague, Sarah Balint,

and together they organized a hands-on therapeutic program for children of the wounded and dubbed it Camp C.O.P.E., an acronym for courage, optimism, patience and encouragement.

Fort Sam Houston Military Child Education Coalition members, whose mission is to work collaboratively with military Families, civilian and military leaders, educators, and community members to establish support systems for children of military personnel, reviewed the program and entered into a partnership to support Camp C.O.P.E. Members will serve as volunteers on May 17, helping to support children in the military community. All branches of the service are eligible and encouraged to participate.

See **CAMP COPE P19**

Fort Sam Houston Independent School District

Weekly Campus Activities – Monday through April 26

Fort Sam Houston Elementary School	Tuesday
Monday	Spring book fair in Media Center
King Antonio visits elementary students, 10:30 a.m.	Wednesday
Wednesday	Spring book fair in Media Center
Queen Bee picnic	Regional tennis, TBA
April 24	April 24
Volunteer appreciation	Spring book fair in Media Center
April 25	Regional tennis, TBA
School holiday/Battle of Flowers	April 25
	School holiday/Battle of Flowers
Robert G. Cole Middle and High School	Regional track meet at Texas State University, all day
Monday	April 26
Spring book fair in Media Center	Regional track meet at Texas State University, all day

Board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet for a regular meeting April 29 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

Fiesta parade tickets on sale

The Cole Cougar Pride Club is selling 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.

Army trains military animal care guardians

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

When it comes to taking care of the military's animals the Army is the only one that can do the job, and that training takes place right here at Fort Sam Houston at the Army Medical Department Center and School in the Department of Veterinary Science.

An integral part of the Army's veterinary care system is the animal care specialists who are trained in the Medicine Branch of the Department of Veterinary Science. A team of expert instructors teaches the intense course for these guardians, graduating approximately 70 Soldiers a year. The course is very demanding, fast-paced and concentrated, cramming about two years of instruction into just 11 weeks of training.

This is not an easy course; individuals wishing to enter into this occupational specialty must come prepared since the attrition rate of this course can range anywhere between 20 to 40 percent per class.

"The best (preparatory) courses for them are math courses, algebra, general math and the sciences that deal with biology, specifically anatomy and physiology will help them out as well. If they do well in those courses in high school and have an open mind, they will exceed in this course," said Staff Sgt. Christopher Rose, basic course manager, 68T, Department of Veterinary Science, Medicine Branch, AMEDDC&S.

Sgt. Samantha Mathis, an Army reservist and Texas native, who transferred to the Army after serving in the Navy, picked this course to fulfill her dream of becoming a veterinarian. "The course exceeded my expectations, the most challenging part of the course is learning so much stuff so quickly. There was a lot to learn," said Mathis.

At course's end, the school produces highly skilled animal care specialists capable of performing a wide variety of duties throughout the Department of Defense. Specialists can find themselves working in three primary areas of focus: animal medicine, veterinary public health, and research and development.

"The variety of what they do, laboratory, surgery, radiology, anesthesia, dentistry... they have to learn to do it all. These Soldiers get a

tremendous variety of tasks and they have to apply it to many different species," said Lt. Col. R. Randall Thompson, surgeon and chief of the Animal Medicine Branch, Department of Veterinary Science, AMEDDC&S.

Animal care specialists are involved in the treatment, management, care and oversight of the sanitary needs of all military animals to include marine mammals, horses, cattle and research animals such as rats and pigs, with their highest priority placed on the medical care and support of the Military Working Dog. These dogs are essential for patrolling, providing drug and explosive ordnance detection and protecting Soldiers in combat.

"Dogs are saving Soldiers' lives everyday, so they (animal care specialists) are contributing something to that end. The dogs are combat multipliers. They save Soldiers' lives and they keep Soldiers in the fight," said Thompson.

When people think of animal care specialists, they don't normally correlate their mission with saving Soldiers' lives, but it does. Whether it is providing medical care for the Military Working Dog or the important research on animals, their job contributes directly to the longevity and sustainment of Soldiers – particularly in combat.

"In the field of laboratory animal research, we assist in research to develop vaccines that help protect the Soldier, which keeps our fighting force intact. We also helped with research like blood clotting factor that helps save the lives of many Soldiers when they go down range," said Sgt. 1st Class Brett Long, NCOIC, Animal Medicine Branch, Department of Veterinary Science.

Another important service that animal care specialists provide is Family support through the veterinary care facilities, where they provide physical examinations, vaccinations and health care for privately owned animals by appointment. Like true guardians, their dedication and service give Soldiers and their Families peace of mind when they deploy; it is a comforting thought to know that their animals will be well taken care of while they are away.

".... As long as the military uses dogs on the battlefield, Americans will demand that they have the best medical care possible ... We can't do that without the animal care specialists. They have a tremendous responsibility," said Thompson.



Pfc. Jared Donnell looks into a horse's mouth to check the condition of its teeth while performing a physical at the Morale, Warfare and Recreation's Equestrian Center at Fort Sam Houston.



(Above) Keith Pankratz, an instructor at the Medicine Branch of the Department of Veterinary Science watches Pfc. Jared Donnell insert an endotracheal tube using a simulated dog during his graded practical exercise.

Pfc. Jared Donnell (left) and Sgt. Cynthia Mathis prepare a horse for a physical at the Morale, Warfare and Recreation's Equestrian Center. Horses are just one of the many animals that animal care specialists treat.



Lynn King (left) an instructor at the Medicine Branch of the Department of Veterinary Science, reviews procedures for inserting an intravenous catheter with Pfc. Tamika Bogan during her graded practical exercise.



Staff Sgt. Aaron Mead, an instructor at the Department of Veterinary Science, Medicine Branch, walks animal care students through the stables at the Morale, Warfare and Recreation's Equestrian Center. Mead instructs students on the proper way to maintain a clean and comfortable stable.



Keith Pankratz (right) instructor, Department of Veterinary Science, Medicine Branch, observes Pvt. Tomi Roberts use the ProPac monitor during a graded practical exercise.



Staff Sgt. Kevin Muravez (left) instructor, Department of Veterinary Science, Medicine Branch, demonstrates the proper way to use a stethoscope on a horse to Pfc. Jared Donnell.

Safety first

Cooking fires pose serious threat to people, homes

A recent kitchen fire in on-post housing caused damage to the stove and countertop. Cooking fires are the number one cause of home fires and home fire injuries.



Courtesy photo

By Terry Davis
Assistant Chief Fire Prevention

Cooking fires are the number one cause of home fires and home fire injuries. According to the National Fire Protection Association, cooking was involved in an estimated 146,400 home struc-

ture fires in the United States in 2005. Additionally, cooking fires accounted for 40 percent of the home structure fires in 2005, and these cooking fires resulted in 480 deaths, 4,690 injuries, and \$876 million in direct property damage.

Nearly all cooking equipment fires start with the igni-

tion of food; other cooking materials, such as grease and cooking oil; or other items normally found or installed in a kitchen, to include cabinets, wall coverings, paper or plastic bags, or curtains.

To stay safe in your home while cooking, here are some tips to follow:

- Always use cooking equipment tested and approved by a recognized testing facility.
- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen, even for a short time, turn off the stove.
- Keep anything that can catch fire - potholders, towels or curtains - away from your stovetop.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire.
- Never use a wet oven mitt as it presents a scald danger if the moisture in the mitt is heated.
- Always keep an oven mitt and lid nearby when cooking. If a small grease fire starts in a pan, put on an oven mitt and smother the flames by carefully sliding the lid over the pan. Turn off the burner. Don't remove the lid until it is completely cool.
- If there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing. Have the oven serviced before you use it again.

For more information, call the Fire Department Fire Prevention Section at 221-5452.

(Source: National Fire Protection Association at www.nfpa.org)

CAMP COPE from P15

"This is a great opportunity for our children and the community and we are excited that the district will host this interactive event," said FSHISD superintendent Dr. Gail Siller. "Parents with questions about the program should contact school counselors Kimberli Johnson at 368-8808, Linda Reed at 368-8817, Julie Coffey at 368-8739 or Victoria Wood at 368-8738."

"Camp C.O.P.E. helps me understand that just because my mom is okay, someone else's might not be. It is nice to know that other kids are going through the same thing," said 12-year old Carmen, who attended the camp in December 2007 and whose mother served in Iraq.

Celebrities LeAnn Rimes and Big Kenny along with corporate partners Kellogg's and Sesame Street have endorsed Camp C.O.P.E. Sesame Street characters are expected at the event May 17. Check in begins at 8 a.m. at Robert G. Cole Middle School; the program concludes at 4 p.m. Breakfast and lunch will be provided for the children.

Registration forms are available by calling 214-991-COPE or at www.campcope.org. Completed registration forms should be faxed to 214-824-3777.

(Source: FSHISD)

Fort Sam Houston News Leader Survey

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

- Military member
 Family member
 DoD Civilian
 Retiree
 Other _____

Twice a month
 Several times a year
 Never

3. What is your favorite section?

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

2. How often do you read the News Leader?

- Once a week
 Once a month

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

- People
 Local news
 Army/DoD news
 Community
 Other _____

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

- Very satisfied
 Somewhat satisfied

Not satisfied

Comments/Suggestions? _____

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.samhouston.army.mil/pao/default.html>. For more information, call 221-0615 or 221-1031.

Competitive events mark day of fun

Story and photos by Jennifer Morris
Directorate Morale, Welfare and
Recreation Marketing

Fort Sam Houston's Morale, Welfare and Recreation hosted two community events sponsored by

the Family and MWR Command Saturday, both which tested the dexterity and precision of the participants.

Contestants brought their skills to the court at the Jimmy Brought Fitness Center for the Verizon 3-Point Basketball

Shootout. Over the course of the day, 100 contestants showed up to participate in this contest sponsored by Verizon Wireless. The morning began with practicing and went into the shootout at 10 a.m. Contestants were divided up into groups; a new group was given their chance every 15 minutes. Each participant was allowed to make shots from the 3-point line for 30 seconds; the two participants from each group with the most baskets moved on to the final competition later in the afternoon.

Before the final competition, MWR held a free-throw contest and half-court shot contest and awarded more than \$125 in Army and Air Force Exchange Service gift cards to the winners.

The final competition was intense. The highest scoring participants from the competition tried to make the perfect shots. There were some close calls and in the end there was a shootout among the top competitors from the final, all they had to do to win the \$500 was sink one basket. Osdaldo Vela, a Department of Defense employee at Fort Sam Houston, was the victor at the end.

Holly Ogren, Sports and Fitness management trainee, said, "I felt the Verizon and MWR 3-Point Shootout was a successful event that allowed Soldiers and the Fort Sam Houston community to enjoy a gorgeous day outside, shooting baskets in an exciting competitive atmosphere."

After the basketball shootout, Better Opportunities for Single Soldiers held their Wii Tournament Finals at the Post Exchange from 5:30 to 8 p.m.

Wii Tournaments were held each evening April 7 through 11 at the post exchange. The top winners from each night were selected to compete in the finals Saturday for the chance to win a Nintendo Wii Console



Two contestants battle it out during a boxing match in the Wii finals held at the post exchange Saturday from 5:30 to 8 p.m.

and games.

The contestants participated in the pentathlon challenge, which included Wii bowling, tennis, baseball, golf and boxing.

"MWR Marketing office is ecstatic about bringing these events to Fort Sam Houston for the Soldiers, their Families and our DoD civilians. We feel these events help to build a stronger community for our Soldiers and their Families." said Kelly Jones, Marketing and Corporate Partnerships Director of Fort Sam Houston's MWR.



Recreation and Leisure

Texas Hold'em Tournament

The 2008 Family and Morale, Welfare and Recreation Texas Hold'em Tournament local competition will be held Friday 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 finals 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 Wednesday. 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.

Fiesta Family bowling

Celebrate Fiesta early with the entire family at the Fort Sam Houston Bowling Center. Stop by the bowling center for Fiesta Family Bowling Saturday 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.

Dining and Entertainment

MWR Ticket Office

The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are available for local attractions as well as theme parks such as Disney World and Universal Studios. For more information, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

Harlequin Dinner Theatre 'The Star-Spangled Girl'

The Harlequin Dinner Theatre will

present the Neil Simon comedy, "The Star-Spangled Girl" 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.

Army Community Service

Blended Families class

The Blended Families class will be held today from 11 a.m. to 12:20 p.m. at the 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 existing relationships. To sign up, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

And away we grow

A class, designed to help new parents understand developmental stages and what to expect the first

year of a baby's life, will be held Saturday from 9 to 10 a.m. at the Red Cross, Building 2797. Topics presented will help guide new parents through the many challenges and surprises babies can bring. For more information, call 221-2705.

S.T.E.P. program

The Systematic Training of Effective Parenting Program will meet today and April 24 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. The S.T.E.P. Program is a four-part series that is designed to help parents improve communication, encourage cooperative behavior and more. For more information, call 221-2705.

Helping Us Grow Securely playgroup

Join the weekly fun and interactive playgroup "H.U.G.S." for parents with children 5 years old and younger Tuesday and April 29 from 9 to 11 a.m. at Dodd Field Chapel. For more information, call 221-2705.

You and Your Baby

Join the two-part class to learn how to care for your newborn baby Wednesday from 8:30 a.m. to 12 p.m. at the Red Cross, Building 2650. The goal of the class is to prepare parents for their baby's homecoming and provide them with infor-

mation on infant care, infant safety and more. Dads are welcomed and encouraged to attend. Participants receive a duffel bag with a layette and a copy of "What to Expect the First Year" upon completion of the class. For more information, call 221-2750.

Military Spouse Appreciation Day

The 2008 Military Spouse Appreciation Day will be celebrated May 27 from 2 to 4 p.m. at Army Community Service, Building 2797, in the auditorium. This event is to honor the husbands and wives of our servicemembers for the significant sacrifices they make for freedom's cause and to show them that they are an integral part of the success of our armed forces. Refreshments will be served. For more information, call 221-2705.

Family Readiness Group

The Army Community Service Mobilization and Deployment Program will offer Family Readiness Group training April 30 from 1:30 to 3:30 p.m. at Army Community Service, Building 2797. The workshop will address the FRG's mission and role, the structure of operations, highlight how FRG's need to adapt to

See MWR P22

MWR from P21

changing times and what they need to do now. Additionally, the training will define the tasks FRG leaders need to conduct when assuming leadership of the unit's assessment to include planning, set-up and revisions. For more information or to register, call 221-2705.

Couple's enrichment

The Family Advocacy Program will hold a three-part couple's enrichment class that centers on reconnecting with your partner. Topics include understanding gender differences and focusing on commitment

and intimacy. Talking with other married couples can also help improve your own relationship. For more information or to register, call 221-0349 or 221-2055.

New Parents Support Program Plus

The New Parents Support Program Plus, a component of the Family Advocacy Program, is a professional team that provides supportive services to military Families with children from birth to 3 years old. NPSP+ provides comprehensive services through educational sessions and playgroups and home visitation serv-

ices. The services offer expectant parents and parents of infants and toddlers the opportunity to learn new skills as parents and improve current techniques. For more information, call 221-0349 or visit the Web site at <http://www.fortsamhoustonmwr.com/acs/programs/FAP/default.asp>.

Commanders' training

The Family Advocacy Program Commander and Senior Leader Training course is for new commanders, first sergeants and senior leaders. The training needs to be completed within 45 days upon assumption of the position. Training will be held on the last Thursday of each month from

8 to 10 a.m. in Building 2797 on Stanley Road. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.com.

Child and Youth Services

Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held May 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871 or 221-1723.

Saturdays at School Age Services

School Age Services is open the second and fourth Saturdays of every month from 2 to 6 p.m. Children from first to fifth grades can have a fun-filled afternoon at School Age

Services, Building 1705, Winans Road. For more information, call 221-4466.

Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide current shot records (kindergarten through fifth grade), two local emergency designees, a health assessment/sport physical within the last year (sport physicals must be valid for the entire sports season), child's Social Security number, sponsor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

FCC providers

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

Generous donation

David Coker (right), Fisher House Foundation, and Kirk Frady (left), Bank of America, donate \$50 Visa gift cards April 8 to Russ Fritz, who accepted them on behalf of Families staying at the Fisher Houses at Fort Sam Houston. The gift cards are intended for the Families of wounded warriors and can be used for anything from incidentals to emergency purchases. "Bank of America is a proud supporter of the Fisher House Foundation. We continually look for ways to assist our military servicemembers and their Families and this is just one example of our continued commitment," Frady said.



Photo by Esther Garcia

Civilian Salute

Promotion

Lydia Guerrero, assigned to the Records Management Programs under the Human Resources and Administration for 20 years and 4 months, was recently promoted to a new position at Brooke Army Medical Center. Her devotion to job and duty were exemplified and appreciated by co-workers, supervisors and staff, who bid her a bittersweet farewell Friday. As Guerrero's co-workers said "it wasn't goodbye, but good luck and we will be seeing her often."



Portraits of heroes



Photo by Esther Garcia

Artist Sally Lincoln paints a portrait of Spc. Charles Dominguez April 2 at the Warrior and Family Support Center. Lincoln, from Colorado, travels throughout the country painting portraits of wounded warriors and veterans. She painted 118 portraits at Fort Sam Houston over a weeklong period. According to her Web site, Lincoln plans to continue her portrait series, and has already spent many hours painting portraits at Veterans Administration hospitals. The Soldiers here who posed received their portrait as a gift from Lincoln.



Community

Events

Camp Mabry celebrates American heroes

Camp Mabry will be open to the public with activities and exhibits to celebrate American heroes Saturday and Sunday from 9 a.m. to 4 p.m. at Camp Mabry in Austin. Admission and parking are free. A shuttle service will be available to take people from activity to activity. Nonperishable food items will be accepted throughout the event to support the Capital Area Food Bank. For more information, call 512-782-5452 or visit www.texasnationalguard.us.

Military Officers Association of America Fiesta picnic

The Military Officers Association of America – Alamo Chapter will hold a Fiesta picnic Wednesday at the Randolph Air Force Base Eberle Park. Entertainment will be provided by Amador Entertainment and Mariachi band and catering by the Bavarian Haus Restaurant. Cost of the picnic is \$20 per person; deadline for reservations is Monday by 12 p.m. For more information, call 228-9955.

'How to Grab Your Audience'

Guest speaker Christina Hamblin, program manager, Headquarters Air Education and Training Command, Randolph Air Force Base, will conduct a presentation on how to grab people's attention Thursday at 6:30 p.m. at the Golden Corral, 5701 NW Loop 410, between the Callaghan exit and Evers exit. The event is open to the public at no charge. For more information or reservations, call Roz Wise at 373-8798 or e-mail Rozwise@aol.com.

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.

Golf tournament

The 6th Annual Logistics Officers Association Golf Tournament, sponsored by Alamo LOA Chapter of San Antonio, will be held May 16 at 8 a.m. at the Golf Club of Texas, 13600 Briggs Ranch Road. The cost is \$50 per person and includes 18 holes, barbeque lunch, GPS cart and prizes. Officers, enlisted and civilians are welcome. Reservations are due by May 1. For more information or to register, call 1st Lt. Adrian Simental at 671-4155 or e-mail Adrian.simental@lackland.af.mil, blair.brockinton@lackland.af.mil or sarah.mcnair@lackland.af.mil.

Meetings

Sergeant Audie Murphy Club meeting

The Sergeant Audie Murphy Club, Van Autreve Chapter will hold its meeting today from 11:30 a.m. to 1 p.m. Lunch will begin at 11:30 a.m. and the meeting will begin promptly at 12 p.m. All members who have recently arrived at Fort Sam Houston are also invited to attend. All new members, call Sgt. 1st Class Diana Istre at 221-9925.

Disabled American Veterans meeting

The Disabled American Veterans Alamo Chapter #5 and Auxiliary Unit 5 will hold its meeting Saturday at 10 a.m. at the Rolling Oaks Christian Church, 1750 Stahl Road, Loop 1604 at Nacogdoches Road behind Wal-Mart. For more

information, call Cmdr. Albert Erazo at 651-7303, Adjutant Duke Hendershot at 830-624-1949 or visit www.davalmo5.org.

Retired Officers' Wives' and Widows' luncheon

The Retired Officers' Wives' and Widows' luncheon will be held Tuesday 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.

Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet May 19 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Road, near Loop 410. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, 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.

Volunteer

Seeking host Families

American Field Service USA is seeking families to host international high school students and teachers from around the world. AFS volunteers support Families and students during their stay. For more information, call Diane Soto at 866-237-8721 or e-mail dsoto@afs.org.

Periodontics patients needed

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks additional patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a retiree, Family member or active duty military and must have been recently determined by a dentist to require periodontal specialty treatment. Eligible patients must obtain a written consult from their referring dentist. This consult may be faxed to "Attention, Periodontics" at 292-5193, or brought directly to MacKown Dental Clinic during normal business hours. The Department of Periodontics provides treatment of the gums and bone support of teeth and implants. For more information, call 292-4773 or 292-7271, Monday to Friday between 12 and 4 p.m.

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: Rosewood coffee table, \$75. Call Julie at 348-9617.

For Sale: 2005 Harley Davidson Low Rider, stage one kit, tons of chrome, low miles, \$12,750. Call 945-7627.

For Sale: 1992 Ford custom van, loaded, regular maintenance, service records available, \$3,495. Call 659-6741.

For Sale: Two tires from Chevy Malibu, 21560-15, \$20 each obo. Call 271-9250 or 897-8737.

For Sale: Nintendo Wii Sports package console with two year war-

ranty, \$300. Call 896-8563.

For Sale: 2003 Suzuki SV1000S motorcycle, custom fairings, paint and more, \$3,500. Call Mr. Mason at 846-7494.

For Sale: Century cargo cover, red, fits Ford F150, great condition, \$499 obo. Call Roberto at 314-6902 or 931-801-7251.

For Sale: Evenflo twin stroller, \$65; Evenflo baby back pack, \$30; Fisher Price baby bouncer, \$15; maternity clothes, size large to 2X, \$2 and up each; computer desk, L-

shaped, \$65. Call 633-2247.

For Sale: Bookcase/entertainment center, \$95; Volvo dash mat, \$30; Little Tykes bike trailer, tow behind bike or push, \$80 obo; female boxer, 18 months, \$125; male Boston terrier, three years old, \$295. Call 633-3859.

For Sale: King-size reversible comforter set, sheets, bath accessories, palm tree designs, \$50 for all; golf clubs, irons 3-PW graphite and putter, \$50. Call 697-9261 or 363-4056.

Free: Large tent. Call Margie at 666-1492.