



Fort Sam Houston

News Leader[®]



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Fort Sam Houston — Home of Army Medicine

January 22, 2004

Briefs

ID Card Sections closed Jan. 27

“The ID Card Sections in Bldg. 367, Processing Center, and Bldg. 1290, Student Personnel Center, will be closed on Jan. 27. Both sections will resume service on Jan. 28, 7:30 a.m.

FSH Tax Assistance Center opens, Jan. 27

The Fort Sam Houston Tax Assistance Center will officially open for business Jan. 27, 9 a.m. at the Officers Club, Bldg. 407, Dickman Road. For information, call 295-1040.

FSHISD Board meeting Jan. 29

The Fort Sam Houston ISD Board of Trustees will meet Thursday, Jan. 29, 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

HRBC closed Thursday afternoons

Beginning Jan. 29, the Human Resource Business Center will be closed for training every Thursday, 1-4 p.m.

Post Garage Sale, Feb. 7

Post Garage Sale will be held at Macarthur Parade Pavilion Parking Lot, Feb. 7, 7 a.m. to 1 p.m. Free and open to the public. Visitors enter through the Walters Street or Binz Engleman gates.



Photo by Esther Garcia

Installation Chaplain (Col.) Edward Maney and members of the Special Emphasis Committee, Equal Employment Opportunity office, Fort Sam Houston, joined more than 60,000 people in the annual march commemorating the accomplishments and birth of slain civil rights leader, Dr. Martin Luther King, Jr. San Antonio is host to one of the largest marches in the nation. The 3-mile march began at Martin Luther King Park and ended with a commemorative program.

Post remembers Dr. King's legacy

By Esther Garcia
Fort Sam Houston Public Affairs Office

The presentation of the colors by the Cole Jr./Sr. High School JROTC Color Guard began the ceremony commemorating the accomplishments of Dr. Martin

Luther King, Jr. at the Roadrunner Community Center Jan. 15. King would have been 75 years old this year.

“This day is a time that has come to symbolize the nation’s remembrance of the lives and works of Dr. King and his message of the brotherhood and non-vio-

lence in promoting social, political and moral changes within our society,” said Col. Garry Atkins, commander, U.S. Army Garrison, during his opening remarks. “May today’s celebration bring us all closer to the spirit and respect for human dig-

See Dr. King on Page 14

President praises military for taking on the ‘hardest duty’

By Jim Garamone
American Forces Press Service

President Bush praised service members around the world for their sacrifices to defend America during his State of the Union address Tuesday.

He said that the men and women of the American armed forces “have taken the hardest duty” in the war on terror. He added that hundreds of thousands of U.S. service members are based around the world protecting America.

“We’ve seen their skill and their courage in armored charges, and midnight raids and lonely hours on faithful watch,” Bush said at the U.S. Capitol. “We have seen the joy when they return, and felt the sorrow when one is lost.”

The president said he had a special message for the many Soldiers, sailors, air-

men and Marines listening to the speech. “I want you and your families to know America is proud of you,” he pointed out. “And my administration and this Congress will give you the resources you need to fight and win the war on terror.”

Senators, House members, Cabinet secretaries – everyone in the House of Representatives chamber rose and gave a sustained standing ovation in response.

Bush said that America is a nation with a mission that comes from Americans’ most basic beliefs. “We have no desire to dominate, no ambitions of empire,” he said. “Our aim is a democratic peace – a peace founded upon the dignity and rights of every man and woman. America acts in this cause with friends and allies at our side, yet we understand our special calling: This great republic will lead the cause of freedom.”

Defense Secretary Donald H. Rumsfeld and Joint Chiefs Chairman Air Force Gen. Richard B. Myers attended the speech, as did the members of the Joints Chiefs: Army Chief of Staff Gen. Peter Schoomaker, Chief of Naval Operations Adm. Vern Clark, Air Force Chief of Staff Gen. John Jumper and Marine Corps Commandant Gen. Michael Hagee.

Also attending, as special guests of first lady Laura Bush were a number of service members recently returned from Operation Iraqi Freedom. Marine Sgt. Dawn M. Campbell of Madison, Wis., now stationed at Henderson Hall, Va., served as a convoy commander in Iraq with the 2nd Transportation Support Battalion.

Army Chief Warrant Officer Stephen Douglas Combs Jr. of Fall River, Mass., is assigned to the 160th Special Operations Aviation Regiment with headquarters at

Fort Campbell, Ky. He helped in the raids that captured Saddam Hussein.

Air Force Staff Sgt. Clinton W. Smith Jr. of Forestville, Md., returned from Baghdad in October, where he served with the 447th Air Expeditionary Group.

Navy Petty Officer 1st Class Stephen M. Kuczirka of Cincinnati returned from the Arabian Gulf Jan. 16.

Army Spc. Matthew Moss of Oxnard, Calif., a Florida National Guardsman, is a combat medic with the 3rd Battalion of the 124th Infantry. He returned from Baghdad in November due to injuries sustained in action.

Army Staff Sgt. Joey M. Wommack of Garland, Texas, is a cavalry scout platoon sergeant with G Troop, 10th Cavalry, 4th Infantry Division. He arrived from Iraq Jan. 4 and is scheduled to return there later this month.



Sgt. Maj. Kenneth Preston gets help from his wife, Karen, with putting on his new sergeant major of the Army insignia. Preston was sworn in as the 13th sergeant major of the Army at the Pentagon, Jan. 15.

Preston takes oath as 13th SMA

Story and photo by Joe Burlas
Army News Service

Introduced by Army Chief of Staff Gen. Peter Schoomaker as the right man for the job, Sgt. Maj. Kenneth Preston was sworn in as the 13th sergeant major of the Army during a Pentagon ceremony Jan. 15.

Preston replaces Sgt. Maj. of the Army Jack Tilley who was recognized for his 35 years of service during a retirement ceremony earlier in the day.

As sergeant major of the Army, Preston will act as the Army chief of staff’s personal adviser on all enlisted-related matters, particularly in areas affecting Soldier training and quality of life. That job entails extensive travel throughout the Army to observe training and talk with

Soldiers and their families. He will also sit on a variety of councils and boards that make decisions impacting enlisted Soldiers and their families and testify before Congress on Soldier issues.

“(Preston) is the finest noncommissioned officer in the (NCO) Corps,” Schoomaker said. We have a real Soldier here. I am confident he will serve our Soldiers well as we transform and reorganize our Army.”

One of the Soldiers Preston will serve is his own son, Spc. Michael Preston. Michael is a member of the 327th Military Police Company, an Army Reserve unit based in Maryland and currently deployed in Iraq. Michael was able to attend the swearing-in ceremony as he was home on leave under the Central Command Rest and

See Preston on Page 3



The New Braunfels gate at Grayson Street.

New Braunfels gate study ongoing through Feb. 20

Story and photo by Phil Reidinger
Fort Sam Houston Public Affairs

The New Braunfels gate at Grayson Street is open from 11:30 a.m. to 1 p.m. and 4-6 p.m. for exiting traffic only now through Feb. 20. The Law Enforcement Command will operate the gate during these designated times, Monday through Friday.

The U.S. Army Fort Sam Houston Garrison Command is conducting an environmental assessment to evaluate the impacts of mandatory access control requirement at FSH gates.

The Law Enforcement Command will be recording gate usage information. The Law Enforcement Command will maintain a usage log for analysis in conjunction with a study of various alternatives under review regarding

post access procedures.

The Law Enforcement Command and the Public Works Directorate have been collecting traffic flow data on various streets and at the currently operating FSH gates.

New Braunfels/Grayson gate operations are a continuation of an ongoing data collection to support the FSH environmental assessment evaluating impacts of current post access control procedures.

The pedestrian gate that is currently operated on Grayson Street will remain open and with no change in current operating hours.

The Fort Sam Houston Garrison will prepare a draft assessment environmental document that will be available for public comment in a variety of locations to include FSH at a later date.

Fort Sam Houston News Leader

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Back pain becomes Childs' play

By 1st Lt. Mike Chillstrom
59th Medical Wing Public Affairs

Capt. John Childs, a Wilford Hall physical therapist, is literally taking on a pain in the back. By studying how patients respond to certain treatments, Childs is aiming to reduce low back pain, a condition that afflicts millions of Americans.

The first study, completed in April 2003, was designed to identify patients likely to experience a rapid improvement after spinal manipulation, a treatment in which the physical therapist applies a quick thrust to the patient's spine to increase mobility of the joints.

"A lot of studies have shown that manipulation is a beneficial treatment," Childs said. "But then other studies have shown it may not be helpful. This conflicting information suggests that there is probably a subgroup of patients for whom manipulation may be effective."

Wilford Hall, one of eight centers nationwide where patient data was collected, contributed 32 of 131 patients for the study between February 2002 and April 2003. Seven of the eight centers were military treatment facilities.

Childs said this study aimed to validate a previously developed clinical prediction rule that identifies patients likely to experience a rapid improvement after manipulation.

"Among those people who have a really successful outcome from manipulation, what are the characteristics of those people?" Childs said.

For example, if a group of patients have symptoms A, B and C, then perhaps manipulation is the treatment of choice. On the other hand, if the patient has symptoms X, Y and Z, another treatment may be more appropriate.

"Clinicians who use manipulation previously had to rely on the results of a largely inaccurate battery of tests to determine when spinal manipulation was appropriate," Childs said.

Childs found that manipulation is best for patients with

low back pain when they have a relatively new onset of pain, pain centered in the back and buttocks that does not extend below the knee, stiffness in the lumbar spine, adequate hip rotation range of motion and individuals who are anxious to resume normal physical activity.

Patients who meet four of these five criteria have a 95 percent chance of experiencing a successful outcome from manipulation after only a week or two.

"The results of this study are immediately relevant for clinical practice because healthcare professionals who use manipulation can accurately identify those patients likely to receive a dramatic benefit in only a few days," Childs said.

In October, Childs received the 2003 Excellence in Research Award from the American Academy of Orthopaedic Manual Physical Therapists.

"It was a team effort; there were 15-20 people involved in managing this project," Childs said. "Our team was honored to receive this prestigious award."

Childs' success does not end with the research award. In November 2003, he started a second study that was awarded a \$40,000 grant from the Foundation for Physical Therapy to evaluate the effectiveness of backward bending exercises in treating low back pain.

These backward bending exercises, called extension exercises, are traditionally used for patients whose back pain may be coming from a herniated disk. Sometimes a herniated disk can cause pain to extend down the legs. For a variety of reasons that are not well understood, backward bending helps to relieve pressure from the nerve, thus alleviating pain.

"We're now trying to figure out who will benefit from this specific form of exercise," Childs said.

The second study will run throughout 2004 and collect data from roughly 120 patients, including some from



Courtesy photo

Wilford Hall physical therapist Capt. John Childs demonstrates the spinal manipulation treatment he uses to reduce low back pain.

Wilford Hall and a variety of other military treatment facilities. An investigator will travel to each study site across the country to train people and help set up sites.

"The key is to recognize that not everyone with back pain is the same. I'm excited for this study so we can learn more about low back pain and improve the quality of life for the multitude of individuals who experience back pain," Childs said.

Soldier and Family Assistance Center helps make hospital stay easier



Master Sgt. Edward E. Poulson of the 3rd 382 LSB, Fort Riley, Kan. signs in at the Soldier and Family Assistance Center before using its services.

Story and photo by Norma Guerra
BAMC Public Affairs

A warm, friendly, receptive welcome is what more than 1,050 visitors received at the Soldier and Family Assistance Center, since it's official ribbon cutting ceremony on Dec 9.

The center was originally set up for medical hold patients, but now can also be used by service members who are patients at Brooke Army Medical Center, their family members, extended family members along with family members of deployed Soldiers.

"Physicians felt that family inclusion would be a big factor in the patient's recovery, especially the ones who were injured in Iraq," said Connie Fretwell, program manager for mobilization deployment readiness. "This will also allow the patients that can leave the hospital for periods of time to be with their loved ones in a home away from home environment and will give them a head start with their transition of getting back to a normal lifestyle."

Lynn Atkins, who volunteers her time daily to the center, termed it a perfect place for medical hold Soldiers to come and socialize with others. "It gets them out of their room and keeps them from being alone all the time."

The Soldier And Family Assistance Center is a friendly, comfortable environment in which to take a break, watch a movie on their big screen TV, check e-mail, use the internet, select a book to read, make a phone call or just to grab a cup of coffee.

The center also offers a variety of services that include assisting visitors in arranging transportation, financial assistance and lodging. The center posts a monthly calendar, which lists different classes offered at the center to include stress and anger management, Operation Iraqi Freedom support meetings, Bingo Night and Kid's Club.

The Soldier And Family Assistance Center is a U.S. Army Garrison activity working in collaboration with BAMC, the Fisher House and installation Army Community Center. Volunteers man the center during the workday; medical hold patients operate the center during the evening. On weekends paid staff and volunteers run the operations.

The Soldier And Family Assistance Center is located on the second floor of the Powless Guest House, Bldg. 3625 George C. Beach Road. It is open seven days a week from 9 a.m. to 9 p.m. For information, call 357-2705, ext. 2008.

Preston

Continued from Page 1

Recuperation Program.

Because his son is a reservist, Preston said he believes that he will be able to better serve the Army Reserve and National Guard as Michael has no problem discussing reserve-component issues -- "the good and the bad" -- with his dad.

"With 20 to 25 percent of our forces currently in Iraq being Guard or Reserve, their issues are important," Preston said.

Serving the nation in the military is a family tradition, Preston said. His mother served in the Air Force and his father in the Army during the 1950s. Both attended the swearing-in ceremony. All of his

uncles served in the military, during World War II or the Korean War. Four of those uncles were also present for the ceremony.

Among Preston's stated priorities in his new job are: ensuring Soldiers are properly trained and equipped to win against the nation's enemies; instilling the warrior ethos in all Soldiers as "every Soldier is a rifleman first;" facilitating change as the Army embraces new formations, technologies and tactics; and caring for Army families.

Change has been and will continue to be the norm for the Army, Preston said.

"Our enemy on freedom's frontier is adapting to our tactics everyday and so

must we adapt and change out tactics to defeat this threat," Preston said. "Change and evolution are not new to us. Our veterans here today have seen many improvements and changes in our structure and tactics over their service.

"With the foundation of basic Soldier skills to build upon, we will continue to chart an azimuth to adapt to this ever-changing battlefield."

Preston has served in the Army for 28 years, mostly in armor units throughout his career. Prior to his selection as sergeant major of the Army, he was the command sergeant major for Combined Joint Task Force 7 in Baghdad, Iraq.



friends don't let
friends drive drunk

U.S. Department of Transportation

Ad Council

Tilley hangs up his muddy boots, ends 35-year career

Story and photo by Sgt. 1st Class Marcia Triggs
Army News Service

Through tearful eyes and a wavering voice, retired Sgt. Maj. of the Army Jack Tilley promised his wife no more deployments and muddy boots, but long walks and more days to do yard work.

Tilley ended a 35-year career in the Army Jan. 15 at a ceremony held at Fort Myer in Arlington, Va. He has made it known to his close friends that he is looking forward to retiring in Florida, but he struggled to clear the lump in his throat and fight back the tears to make his farewell speech as the 12th sergeant major of the Army.

"Although I am taking off my boots for the last time this morning," Tilley said, "I am a Soldier, no matter what uniform I wear."

Standing at 5 feet 7 inches tall, he is no giant, but whenever Tilley walks in a room he's looked up to by both junior Soldiers and senior leaders. Army Chief of Staff Gen. Peter Schoomaker said that he has only worked with Tilley for about five months, but he sees that he's a ball of energy ... devoted to improving the quality of life of Soldiers and their families.

"He has worked tirelessly behind the scenes ... He has testified before the United States Congress communicating Soldiers' concerns about housing, health care and compensation," Schoomaker said. "And Congress listened, and they approved increased base pay and targeted pay raises for our NCOs (noncommissioned officers.)"

Soldiers don't expect to get rich soldiering, Tilley said. They only ask that their leaders train them hard and truly care for their welfare, he said. Soldiers learn very quickly if you have their best interest at heart, Tilley added.

"Sergeant Major (Tilley) just doesn't say he cares about us, he does," said Spc. Contress Noel-Maberry, a medical specialist at Fort Myer.

While stationed in Germany, Noel-Maberry said that Tilley intervened and helped her get a compassionate assignment to the States to get help for a family mem-



Retired Sgt. Maj. of the Army salutes while his wife Gloria stands at a modified position of attention during his retirement ceremony Jan. 15 at Fort Myer in Arlington, Va.

ber who was enrolled in the Exceptional Family Member Program.

"I felt proud to be a Soldier to know that the sergeant major of the Army cared enough about me to help me and my family," Noel-Maberry said.

The Army's Soldier of the year, Spc. Russell Burnham, said that Tilley has done so much for him by giving him a chance to earn his current title. It was Tilley's idea to honor a Soldier and NCO of the year at

the Department of the Army level two years ago.

This year Burnham and Staff Sgt. James Luby received \$30,000 in prizes respectively, and received the chance to travel with Tilley on a USO tour to Southwest Asia right before the holidays.

"What you see is what you get," Burnham said giving one reason why Tilley is so loved and revered among Soldiers. "No matter where life leads us, I will always look to him as my superior."

The list of people who have met Tilley and grown to love or admire him extends past his military life, and it was apparent when country music singer Darryl Worley made changes to his schedule to make an appearance at Tilley's retirement dinner. In attendance at his retirement ceremony was Karri Turner from the J.A.G. television series; John Layfield, known as wrestler Bradshaw; and Meredith Whitney from Fox news.

Tilley said he has a lifetime of memories from visiting Soldiers in all four corners of the world, but he has also provided Soldiers with memories of him doing one-arm pushups, telling his one and only joke of a private he ran into at the airport who didn't recognize him, and then there is the sight of him grooving on stage doing the electric slide.

Thanks to Soldiers, Tilley said he survived the streets of Saigon and was able to stand in the streets of downtown Baghdad 35 years later.

Now Tilley is going to focus on being a husband, father and grandfather. He doted on his three grandbabies, and choked up when he talked about how his sons grew up without him at home most of the times.

"That is my only regret," Tilley said. "I missed so much of your youth," talking to his sons Brian and Kevin. "I hope that these next 35 years I can try to make up for all the birthdays I missed."

Hours later after Tilley bid farewell to the Army, Schoomaker swore in the 13th sergeant major of the Army.

Sgt. Maj. of the Army Kenneth O. Preston was joined by his wife, Karen, his two sons: Kenneth Jr. and Michael, a specialist in the Army; and his daughter Valerie.

DoD extends 1,600 Soldiers to stay in theater for transition

Army News Service

The Department of Defense has approved the extension of selected Army units past their 12-month "boots on the ground" time in the U.S. Central Command area of responsibility.

The extensions are for 12 units, affecting approximately 1,600 Soldiers of about 130,000 currently deployed. The time extended will vary by unit, between five and 60 days.

The Department of Defense is committed to supporting the combatant commander and his mission while balancing the need to take care of Soldiers, their families and communities.

"We are entering the most challenging

period for our Army since World War II," said Gen. Peter J. Schoomaker, Army chief of staff, in a message to the extended Soldiers. "As we deploy and redeploy nearly one quarter of a million Soldiers over the next four months, we all will be required to make sacrifices to ensure that we safely and successfully accomplish the mission.

"Soldiers contributions to Operations Enduring Freedom, Iraqi Freedom, and other expeditionary operations have been critical to our nation successes and to keeping the American people safe.

"We are Warriors, and that entails a special ethos: I will always place the mission first, I will never accept defeat, I will never quit, and I will never leave a

fallen comrade.

"When our nation calls upon us we have to be motivated by things that come from deep in our souls. It is called service for a reason. It is about giving more than you get. It is about duty. It is about sacrificing for the good of the whole.

"We are committed to not having you stay in country one day longer than necessary. Our Army has worked hard to reduce the number of units and Soldiers required to make this sacrifice. What you are doing is critical to mission success and we are grateful for your continued commitment to our nation's security and remain dedicated to each and every Soldier.

"You and your families need to know

that we have done everything possible in order not to extend you. For the few units being extended, there are no other alternatives.

"Thank you for all that you have done and continue to do for our great nation and may God bless you, your families, the Army and the United States."

Extensions will be handled on a case-by-case basis, so no effective dates have been announced. Officials also are not publicly identifying units likely to be extended, but said they have unique skills and provide important capabilities to the combatant commander. They stressed that every effort will be made to keep extensions as short as possible.

Army announces retention program update

Secretary of Defense Donald Rumsfeld, approved the Present Duty Assignment Targeted Selective Reenlistment Bonus (PDA TSRB) Program for Soldiers serving in the CENTCOM Area of Responsibility last month. With this program, eligible Soldiers will receive no less than \$5,000 dollars for reenlisting Present Duty Assignment for a minimum of three years.

Our Army is serving a nation at war. The Army Retention program deals with our greatest asset, our Soldiers. The Active Army has achieved overall retention missions since fiscal year 2000 and is prepared to face future challenges in a demanding environment. The PDA TSRB program directly supports Army strategies for resetting the force, our evolving Army Force Stabilization initiative, and is a tangible means to reward

Soldier service and stimulate retention.

This program has proven successful. The Army announced a similar PDA TSRB for deployed soldiers the last two weeks of September 2003 that was a resounding success.

In addition to the efforts culminating with the PDA TSRB, the Army has other Selective Reenlistment Bonus funds to use towards successful completion of the fiscal year 2004 Retention mission. The Army has \$51.6 million for new reenlistment contracts. Soldiers in military occupational specialties (MOS) from a total of twenty-seven career management fields will receive the benefit of these Selective Reenlistment Bonus dollars. Additionally, \$3.8 million of the money for new contracts is intended as payment for Critical Skills Reenlistment Bonus. Highly critical MOS's are

specifically included in the FY04 Critical Skills Reenlistment Bonus.

A Targeted Selective Reenlistment Bonus aggressively targets eligible Soldiers in order to create unit stability deemed critical to ongoing military operations, enhance cohesion, and sustain combat readiness. The Targeted Selective Reenlistment Bonus has been used successfully in the past and based on current deployments and Global War on Terrorism.

Detailed procedural instructions for Soldiers and commanders are posted to HRC Online by the Commander, U. S. Army Human Resources Command in the form of a MILPER message on December 17, 2003.

This document is available on Army Link, a World Wide Web site on the Internet at www4.army.mil/ocpa/press/index.php.



Donald H. Rumsfeld
Secretary of Defense

Learn more about federal and state income taxation

By Capt. Mary E. Meek
Fort Sam Houston Tax Assistance Center

The word "taxes" inspires fear and frustration for many taxpayers. For some taxpayers, yearly changes in the tax law and the increasingly complicated instructions required to prepare income tax returns lead to this emotional response. For other taxpayers, the fear of incurring the penalties associated with the failure to pay taxes serves as the cause of such a reaction. The best means to secure peace of mind during the tax season, however, is education. This article offers a simple overview of the law of federal and state income taxation.

The U.S. System of Federal Income Taxation

The first thing taxpayers should understand about their federal income tax is the graduated method by which the government calculates their tax. For most people, the tax imposed on their income by the federal government is their single largest tax burden. Currently, the United States has six tax brackets, which are calculated at the following rates: 10 percent, 15 percent, 25 percent, 28 percent, 33 percent, and 35 percent. Taxpayers are required to

make periodic payments of their federal income tax over the course of the year and most people do so by having the tax withheld from their paycheck each month.

The rate at which income is assessed is based upon two factors: (1) the taxpayer's filing status and (2) the amount of the taxpayer's "taxable income." A taxpayer's filing status (Single, Married Filing Jointly, Married Filing Separately, Head of Household, or Qualifying Widower) is generally determined by examining the taxpayer's relationship with others. A taxpayer's taxable income is measured by adding the taxable sources of income (e.g., wages, capital gains, business income) and subtracting certain adjustments (e.g., alimony, contributions to IRA's), exemptions (based upon age, blindness, and filing status), and deductions (based on dependency).

If you are a single taxpayer (i.e., "filing Single"), your taxable income, up to \$7,000, will be taxed at a rate of 10 percent. Taxable income between \$7,000 and \$28,400 will be taxed at a rate of 15 percent. Similarly, taxation at the rate of 25 percent is imposed on taxable income between \$28,400 and \$68,800. To illustrate, a single taxpayer with a taxable income of

\$5,000 will have to account for \$3,750 in federal income tax, as the taxable income falls entirely within the 10 percent tax bracket. If the same taxpayer made \$30,000, the first \$7,000 will be taxed at the 10 percent rate, the second \$21,400 will be taxed at the 15 percent rate, and the remaining \$1,600 will be taxed at the 25 percent rate. In this case, the taxpayer would have to account for approximately \$4,310 in federal income tax.

If you are married and you are filing a joint tax return with your spouse, your taxable income, up to \$14,000, will be taxed at a rate of 10 percent, as well. Taxable income between \$14,000 and \$56,800 will be taxed at a rate of 15 percent, and taxable income between \$56,800 and \$114,650 will be taxed at a rate of 25 percent. For example, if a married couple files a joint return and their combined taxable income is \$50,000, the first \$14,000 of their income will be taxed at the 10 percent rate. The remaining \$36,000 will be taxed at a rate of 15 percent. Therefore, they will have to account for approximately \$6,800 in federal income tax.

Understanding State Tax Law

By visiting the Tax Assistance Center (or the IRS Web site at www.irs.gov), co-located in the Officer's Club, taxpayers can more easily satisfy their obligation to file a federal income tax return. In addition to the federal income tax requirement, however, most people are obligated to pay state income taxes as well. Unfortunately, the Tax Assistance Center does not prepare state income tax returns.

If you are lucky enough to be a resident of Texas, your income is not currently subject to state taxation. Alaska, Florida, Nevada, Utah, Washington, and Wyoming

are the other states that do not have a state income tax. Some states, like New Hampshire and Tennessee, only tax intangible assets (stocks and bonds) and income from property rentals. Still other states allow soldiers to exclude a portion of their income based upon their military service.

How do you know if you are a resident of one of those states that has no income tax? Sometimes it is difficult to make that determination. This assessment is particularly difficult for people who move around a lot, as most service members do. You might be saying to yourself, "I'm stationed in Texas, so I must be a Texan now, right?" Unfortunately, it is not that simple.

If you are on active duty in the military, you are likely still a resident of the state you lived in when you joined the military service, unless you took certain affirmative steps to change your residency. This is because federal law allows you to retain the residency you had when you entered the service even though you are not stationed in that state. If you decide to change your legal residence, however, you should record that change by filling out a DD Form 2058.

If you have any questions about your legal residence or filing your federal income tax return, feel free to stop by the FSH Tax Assistance Center upon its opening on Jan. 27 or call 295-1040.

In addition, readers are encouraged to submit questions they have about tax law by writing a letter to the News Leader. Such letters may be used in future articles. The Tax Assistance Center will celebrate its grand opening Jan. 27, 9 a.m. and will remain open until April 17. It is located in the Officer's Club, Bldg. 407 on Dickman Road.

Tax Assistance Center Hours

Officers' Club, 407 Dickman Road
Monday Closed
Tuesday-Friday 9 a.m. to 4:30 p.m.
Saturday 9 a.m. to 4:30 p.m.
Sunday Closed

Center closes for lunch noon to 1 p.m.

Appointments are available for special circumstances on a case-by-case basis.

Beginning Jan. 27, for information, call 295-1040.

Note: The Tax Assistance Center will close Feb. 13-14 in observance of President's Day.





Courtesy photo

21st CSH ready to transfer authority to 31st CSH in Iraq

Brooke Army Medical Center nursing personnel deployed to Operation Iraqi Freedom gather around a bonfire to eat s'mores and welcome the 31st Combat Support Hospital. The deployed personnel of the 21st are beginning the transfer of authority of the hospital and the redeployment procedures. The BAMC health care team assigned to the 21st deployed in March 2003 and will return in early February. The 31st CSH will take over health care operations and has 49 personnel assigned to BAMC who will be deployed to Iraq for a year.



Luren Ulbrich enjoys a San Antonio Rampage hockey game with her stepdaughter, Sydnie Caradec. Ulbrich was honored as the "Teacher of the Game."

Cole Jr./Sr. High School teacher honored as 'Teacher of the Game'

Story and photo by Dr. Gloria Davila
Associate Superintendent, FSH ISD

Lauren Lee Ulbrich, 8th and 9th grade mathematics teacher at Cole Jr./Sr. High School, was selected to represent Fort Sam Houston Independent School District as the San Antonio Rampage's Teacher of the Game. The ice hockey team recognizes outstanding public school area teachers for their dedication and commitment to educating students. Teachers are selected by the school districts using their own criteria.

As the award recipient, Ulbrich received tickets to a home game and a Rampage canvas bag. Teachers also receive special recognition by hav-

ing their pictures and names announced at home games on the "jumbo-tron".

Ulbrich enjoyed the whole experience saying, "What an honor it was to be selected the Rampage Teacher of the Game. I was nominated by teacher Kelly Palmer and student Frank Thompson. The game was exciting. When my picture was shown on the jumbo-tron, I was slightly embarrassed, but I did enjoy the attention." She adds, "I wish all teachers could have the experience."

Ulbrich received her bachelor's degree from UTSA in 1985 and has been teaching since then. Before coming to FSH ISD, she taught in the North East and Northside school districts.

FSHISD seeks nominees for Board of Trustees

Did you know the Fort Sam Houston Independent School District has a five member Board of Trustees nominated by the Garrison Commander and appointed by the State Board of Education?

Enlisted military personnel or their spouses, spouses of military officers, and civilians employed on the installation may serve. Military officers cannot serve as Board of Trustee members based on 10 U.S. Code 973, which prohibits a regular officer from accepting a state "civil" office such as a Board of Trustees. A majority of the trustees must be civilians including spouses of military members.

To be a board member, you must be a registered Texas voter and have lived in Texas for the past twelve months; live or be employed on the installation; be willing to volunteer your time and serve without compensation.

The time commitment required is to serve a two-year term of office; attend monthly board meetings; receive Board of Trustee training (approximately 20 hours the first year, 8 hours thereafter) and support the Fort Sam Houston schools by attending special events and functions.

If you meet these qualification and are interested in being considered for a position on the Board of Trustees, submit a resume with your full name, home and work addresses, home and work telephone numbers, marital status, age of children (if any), educational and work background, community activities, current association with any school(s) and any other information you want to share about yourself by Feb. 6 to: Headquarters, U.S. Army Garrison, ATTN: MCCS-BCA, Fort Sam Houston, Texas 78234-5020.

For more information, call Jim Evetts at 221-0733.

Chaplain recalls King's legacy

Story and photo by Capt. Mark Williford
BAMC Public Affairs

A retired Air Force chaplain who worked with Rev. Martin Luther King Jr. helped Brooke Army Medical Center personnel remember King's legacy on Jan. 15.

Retired Chaplain (Col.) I.V. Tolbert said he met King in 1965 in Selma, Ala. and recounted his memories of the civil rights leader at the BAMC Celebration.

"Dr. King was an authentic Christian who applied spiritual values to the movement," Tolbert said. "King always taught us that love was stronger than hate."

Tolbert said prior to accepting a commission in the Air Force, he served as a pastor and participated in the 1965 march from Selma to Montgomery, Ala.

"Dr. King and the Southern Christian Leadership Conference sent out a call for pastors to come to Alabama," Tolbert said. "I immediately told my congregation I had to go."

As a result of African American's being forbidden to vote in Alabama in 1965, 500 marchers organized in Selma. Gov. George Wallace intervened and prohibited the march. As the group organized, Alabama state troopers used excessive force to break up the group.

Tolbert said the march continued and eventually ended in Montgomery with more than 25,000 participants joining King at the Alabama Capitol.

"During the time state troopers used riot batons against us, but King always refused to condone any form of violent retaliation," Tolbert said.

Tolbert said that King taught him and other civil rights leaders valuable lessons based on Christian values.

"Hate begets hate and never hate or humiliate an enemy was a maxim King stressed within the movement," Tolbert said. However, Tolbert said King also taught that, "A man who will not stand for something will fall for anything."

Tolbert said there was a system in place in the 60's that kept African Americans from having the opportunity to advance in all aspects of the American culture.

Tolbert said the August 27, 1963 Civil Rights Rally in Washington, D.C., where King delivered

his famous, "Let Freedom Ring" address, allowed more than 250,000 citizens to demonstrate their desire for civil rights and legislation to break state sponsored oppression to African American voters.

That same year King was featured as Time Magazine's "Man of the Year," Tolbert said. Tolbert said these events worked to influence the passage of the Civil Rights Act.

"The Civil Rights Act of 1964 was legislation that President Johnson signed that began the process of allowing equal opportunity," Tolbert said.

Tolbert explained that King never wanted to be idolized but "just heard". Tolbert said that King demonstrated his commitment to Judeo-Christian values of humility through simple actions.

"King would refuse to be photographed and there exists very few photographs of him today," Tolbert said. "Martin Luther King Jr. did not want to be worshipped."

Tolbert said he remembered King telling him and others that he might "not make it" or possibly could be assassinated.

In April of 1968, King went to Memphis, Tenn. to address a rally. At the rally, he spoke of the threats placed on his life.

On April 4, 1968, James Earl Ray assassinated King as

he stood on the balcony of the Lorraine Hotel. Ray was convicted on March 10, 1969, to 99 years in prison for the murder.

"I can remember that day and how I was just devastated by it," Tolbert said. "I can remember telling myself only a coward would shoot an innocent man."



Retired Air Force Chaplain (Col.), I.V. Tolbert is presented the Brooke Army Medical Center commander's coin by Col. David Ellis, Deputy Commander for Clinical Services, in recognition of his presentation honoring Dr. Martin Luther King, Jr. on Jan. 15.

BAMC EFMP Clinic announces hours of operation

The Exceptional Family Member Program hours of operation at Brooke Army Medical Center are as follows:

Monday, 7:30 a.m. to 4:30 p.m.

Tuesday, 7:30-11 a.m.

Wednesday, 7:30 a.m. to 4:30 p.m.

Thursday, 7:30 a.m. to 4:30 p.m.

Friday, 1-4:30 p.m.

Note: Limited hours on Tuesday and Friday

The EFMP Clinic is located in the Pediatric Department on the 1st floor of BAMC, the phone number is 916-5721 or DSN 429-5721, the fax number is 916-1254 or DSN 429-1254.

FSH Army Family Action Plan Community Forum scheduled for March 25-26

The Army Family Action Plan Community Forum is the first step in the process that conveys input from The Army Family to Army Leadership. The process lets soldiers, DA civilians, retirees, and their families say what is working and what is not working in their community – and what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for reporting back to the local community on the progress of the issues submitted.

The FSH AFAP Community Forum is scheduled for March 25-26. This is your opportunity to let the Army leadership know what you think is working and what is not working for the “Army Family.” Representatives from Active and Reserve components, retirees, surviving spouses, DA civilians, family members and tenant organizations, will evaluate and prioritize the issues submitted.

Issues are researched with the help of subject matter experts and classified for work at the installation, MACOM, or DA level. Installation level issues are entered into the

FSH AFAP process and tracked until resolved. Issue resolution is reported back to the FSH community through the AFP Steering Community. Issues needing resolution at the MACOM or DA level are forwarded to those agencies. Many AFAP actions impact quality of life for all services.

The Army is the only branch of the DoD that has such a program. Key to the success of this process is your input into the forum. You have an opportunity to have your voice heard by Army leadership.

Submit your issue(s) to the 2004 Fort Sam Houston Army Family Action Plan Forum by using the format accompanying this article. The format may be duplicated and you may submit as many issues as you like. Each issue should be on a separate form and returned to: Army Family Action Plan, Army Community Service, Bldg. 2797, 2010 Stanley Road #95, Fort Sam Houston, Texas, 78234. Issue forms may also be dropped off at the Roadrunner Community Center information desk. You may also e-mail your issue, using the format provided to, Suella.York@samhouston.army.mil. Deadline for submitting issues is March 5.

Walk-in vaccinations at the FSH Veterinary Clinic Jan. 24

The Fort Sam Houston Veterinary Clinic will conduct a Walk-in Vaccination Clinic for cats and dogs (No sick call) on Saturday, Jan. 24, 8 a.m. to noon. Persons eligible for services for their pets include: active duty, retirees, their family members and reservists on active duty status (Bring in a copy of orders). All regular prices will apply. Call the clinic in advance at 295-4260.

Army Family Action Plan 2004 Community Forum Issue Submission Format

Use the following format to submit you issue (s) by e-mail to Suella.York@samhouston.army.mil. or mail to ACS/AFAP, Bldg. 2797, 2010 Stanley Road #95, Fort Sam Houston, Texas 78234.

You may also hand-carry packet to the Roadrunner Community Center information desk. Deadline for submission of issues is March 5.

Subject: Community Forum Issue Submission

Issue: (Summarize the problem/concern in a few words.)

Scope: (Define the issue/problem/concern in paragraph form. State the impact and validate with facts. Include any regulations, laws, or policies you are aware of that may impact the issue. Give enough information that the delegates will clearly understand the issue.)

Recommendation(s): (Tell us what you want to happen. Do not tell why, that has already been defined in the scope. Prioritize and number recommendations. Use strong descriptive verbs and end with a measurable outcome.)

Provide as much of the requested information as you can on your issue. We understand you may not be familiar with the format. We need enough clear and concise information in each section to understand the problem, its impact, and what you want done about it.

Use a separate page for each issue. You may duplicate this format.

Issue Submitter's Name: _____ **Phone:** _____

Address: _____

City: _____ **Zip Code:** _____

E-mail: _____

Note: Personal information is optional and will be used for administrative purposes only. It will allow us to contact you for clarification of the issue if necessary and to provide feedback. Commanders and forum participants will not see it.

Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood. Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Army Community Service Family Advocacy Program January 2004 Class Schedule

Class	Dates	Time
Boys Only! Ages 9-10	28	3-4 p.m.
Building Effective Anger Management Skills (B.E.A.M.S.) (Series 4-6)	22, 29	11 a.m. to 12:30 p.m.
Commanders' Training	29	8-9:30 a.m.
Conflict Management	23	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth (3-part series)	22	9 a.m. to Noon
Healthy Pregnancy	29	9 a.m. to Noon
Helping Us Grow Securely (H.U.G.S.) Playgroup	27	9-11 a.m.
Parenting with Love & Logic (School Age)	22	9-11:30 a.m.
S.T.E.P. Program for Parents of Teens	28	11 a.m. to 12:30 p.m.
Teen Talk	22, 29	4-5 p.m.
Truth or Consequences?	27	4-5 p.m.
You & Your Baby	28	8 a.m. to Noon
Saturday Marathon!!	24	9 a.m. to 5 p.m.

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

Health Promotion Center January 2004 Class Schedule

Class	Date	Time
Self Care and Health	22	1-3 p.m.
Breastfeeding Support Group	23	1-2:30 p.m.
Cholesterol and Lipids	26	8:30-11:30 a.m.
Diabetes Education	27	12:45-4:30 p.m.
Breast Health	27	9-10 a.m.
Office Yoga	28	Noon to 1 p.m.
Introduction to Weight Reduction	30	Noon to 1:30 p.m.
Breastfeeding Support Group	30	1-2:30 p.m.

Note: Appointments for Fibromyalgia Treatment Program require a consult to Behavioral Medicine Clinic. Schedule Winning Combinations and Introduction to Weight Reduction through Nutrition Care Division at 916-5525. Schedule Back Pain through Physical Therapy Clinic at 916-3247.

Need an ID Card?

The ID Card Office located in Bldg. 367, has resumed accepting appointments in the afternoon from 1-3:30 p.m., Monday-Friday. Normal walk-ins are still between the hours of 7:30-11 a.m., daily. To schedule an appointment, call 221-2278 or 221-0415.

You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.

Army Family Team Building announces upcoming events

Level I Classes

Agenda:

Monday, Feb. 9, 8:45 a.m. to Noon

- Family and Military Expectations (Great Expectation)
- Impact of the Mission on Family Life
- Introduction to Military/Community Resources
- Military Terms, Acronyms (Break the Code!)
- Military Customs & Courtesies

Tuesday, Feb. 10, 8:45 a.m. to Noon

- Basic Problem Solving (Show me how to fix it!)
- Supporting Your Child's Education
- Benefits, Entitlements and Compensation
- Chain of Command/Chain of Concern (Who's in charge?)

All classes are held in the Roadrunner Community Center, for registration or information, call 221-2705.

Note: Registration deadline is Thursday, Feb. 5.

Open House

Who: Attention Student Spouses! You are invited to an Open House just for you.

When: Monday, Feb. 2, 10-11 a.m.

Where: Roadrunner Community Center, 2010 Stanley Rd. Bldg. 2797 (between the tennis courts and the SACU Bldg.) Fort Sam Houston, Texas.

This is a great chance for spouses of students in any of the Army programs at Fort Sam Houston to find out what's here, who's here, and why you're here! Meet other student spouses, and be greeted by Army spouses who will share their own Army experiences with you. If you have no childcare, bring the kids along as you discover what it's like to be an Army spouse. There will be welcome folders full of information, giveaways and light snacks. Dress very casual and no R.S.V.P. required.

For information, call the AFTB office at 221-2705.

Tax statements now available on myPay

All military service members can now access their tax statements for 2003 through myPay Web site at <https://mypay.dfas.mil>. Members may go online and print or save their 2003 W-2 data.

myPay provides an easy, secure method for managing pay account information for America's military service members, military retirees and annuitants and defense civilians. Available virtually around the clock, customers can conveniently make changes online, avoiding the hassles of an office visit.

Service members who do not have a myPay Personal Identification Number (PIN) may request one by clicking on the "New PIN" button under "Need a PIN" on the homepage <https://mypay.dfas.mil>. For questions related to myPay or for assistance in obtaining a myPay PIN, members may call customer support at 1-800-390-2348.

Source: Defense Finance and Accounting Service news release.

Free workshop for prospective school board members, Feb. 23

A free two-hour workshop will be held for anyone wishing to become a local school board member will be held at Education Service Center Region 20 located at 1314 Hines Avenue, San Antonio on Monday Feb. 23, 7 p.m.

For information, call the Texas Association of School Boards at (800) 580-8272 or the Fort Sam Houston School Liaison Services office at 221-9613.



Wilford Hall holds OB Open House

By 2nd Lt. Benjamin Silva
59th Medical Wing Public Affairs

Having a baby is an unforgettable experience and making a decision on which medical provider and hospital to use for maternity care can be difficult. Wilford Hall Medical Center is helping military families make that decision easier by inviting them to tour their remodeled birthing center.

The hospital will hold a Maternity Care Open House Jan. 28, from 9:30 a.m. to 7 p.m. in the Hauth Birthing Center (Wilford Hall's fifth floor). All eligible beneficiaries are welcome to attend.

The event will include briefings, a video, information booths, tours, and a question and answer session. Briefings will be held at 10 a.m., 2 and 6:30 p.m. Tours of the birthing center will be conducted throughout the day. Refreshments will be served and free prizes given away.

Senior-level maternity staff will be on hand to welcome visitors to the event and answer questions. Col. (Dr.) William Barth, 859th Medical Operations Squadron commander; Lt. Col. (Dr.) Mike Gordon, chief of Obstetrics Services; Lt. Col. Beth Ewing Maternal Child Flight commander; and other health representatives will provide information on the many programs and services available only to Wilford Hall military mothers-to-be and their families.

Booths will offer information on various programs

for new parents, such as the hospital's pediatric services, parent support group, Bundles for Babies, TRICARE, immunizations, lactation consultation, and more. Open house participants can also view a video, created from a maternity patient's point of view, that highlights these programs.

The Hauth Birthing Center is the first of its kind in the Department of Defense. The center provides care through the entire birthing process, from labor to discharge, in one room. This prevents moving new mothers from room to room as they go through the various stages of the birth of their child.

The birthing center has a private room and bath for each mother and baby. In addition, the spouse or significant other is welcome to stay for the entire hospital experience in the same room.

The hospital offers custom-fit prenatal education, convenient parking for OB patients, sibling classes and comprehensive pain management programs.

News 9 San Antonio anchor Tisha Powell gave birth to a baby girl at Wilford Hall Medical Center in May 2002. "My birthing experience was absolutely wonder-



Photo by Dewey Mitchell

Army Capt. (Dr.) James Wayne, a pediatrician assigned to the Darnall Army Community Hospital, Ft. Hood, Texas, poses with his new baby girl, Nina, and wife, Tisha, in a Wilford Hall birthing room shortly before the ladies were discharged in May 2002.

ful," said Powell. "I would recommend Wilford Hall to any expectant mother."

For information about the OB open house, call Janet Dyer at 292-3706.

Where should your outpatient medical records be stored?

Patient medical records, when properly maintained at a Department of Defense military treatment facility, have significant medical and legal value for you, your primary care provider and DoD.

When properly stored, a medical record provides a chronological record of all health care received and can be used by your provider to communicate your specific health care needs with other providers. When stored at a DoD MTF, a medical record also can be used by DoD to make quality assurance evaluations and improvements as well as to justify payments to third-party providers.

DoD implemented medical records safeguards similar to those used by civilian providers on October 1, 2003, as part of its overall quality improvement plan. At a minimum MTFs are required to maintain 95 percent availability of outpatient medical records at all times. Each MTF must establish and implement training programs to educate staff members regarding their responsibility for the cus-

tody and control of medical records.

MTFs also must establish a medical record tracking and reporting system to deliver outpatient medical records to clinics for scheduled and walk-in appointments, which will help deter beneficiaries from hand-carrying their own outpatient records.

DoD MTFs must conduct periodic medical record audits to identify the following:

- Any out patient record that is signed out to a medical provider or clinic for a set period of time.

- Any outpatient medical record that is officially signed out to a provider or clinic but is late being returned.

- Any outpatient medical record that has not been officially signed out that is missing from the MTF.

MTFs also must have procedures in place to identify and ensure any loose paperwork has the necessary beneficiary identification information to ensure it is filed in a patient's outpatient medical

record.

As a result of the enhanced safeguards, TRICARE beneficiaries may no longer hand-carry their outpatient medical records out of the MTF. At the end of the appointment, the outpatient medical record will be returned to the outpatient medical records section for storage at the MTF where care is received.

Patients may request and receive a duplicate copy of their outpatient medical record free of charge.

Previously MTFs have always had privacy and confidentiality standards in place to limit the unauthorized access or disclosure of private patient information. Each DoD MTF has a designated privacy officer in place to ensure health care information remains private but available to patients, their provider and any other person designated in writing by the patient.

If you are a TRICARE beneficiary hand-carrying your medical record, note by storing your medical record in the trunk of your car or having it stashed

away in your desk, briefcase or home, you may jeopardize the quality of care DoD can provide for you. By storing your medical record at a DoD MTF, you are guaranteed to receive the quality care you earned as a TRICARE beneficiary.

Patients who currently hand-carry their medical records are asked to return them to their local MTF during their next scheduled appointment or visit at a DoD MTF. This will ensure the record is available to their provider and properly maintained.

For your health and the protection of your private health care information, there is no better place than your local DoD MTF to store your medical records.

For additional information regarding outpatient records and the enhanced safeguards DoD has in place to protect private health care information, contact your local patient administration division, MTF privacy officer or outpatient medical records office at your local DoD MTF.

Source: TRICARE news release.



Soldiers of the 187th Medical Battalion took time to pose next to the Christian Assistance Ministries building following their community service at the center on Saturday.

187th Soldiers make a difference in their community

Story and photo by Chaplain (Capt.) David Schlichter
187th Medical Battalion

Selfless service, community and leadership, are not only ideals preached and lived by the beloved Dr. Martin Luther King, Jr., but also lessons experienced this weekend as Soldiers of the 187th Medical Battalion offered their services to the Christian Assistance Ministries. CAM is an organization sponsored by Grace Lutheran Church of San Antonio, which provides clothing, shoes and small household items to those in need. Organizations like CAM make a real impact on meeting the needs of San Antonio's homeless and lower economic population.

The Soldiers of the 187th quickly went to work sorting clothes, cleaning and organizing all the donations at the CAM, making it more efficient to operate. "It would have taken us a year to accomplish what you did today. Thank you!" said Celia Hagedorn, a member of the board of directors, as the Soldiers departed.

The 187th Soldiers are not newcomers to selfless service, but as one Soldier put it, "It sure feels good when you see that you make a difference in others' lives." The contributions these Soldiers made will enable CAM to assist hundreds of needy San Antonians during the year.

This is the first of many community service projects coordinated by the 187th battalion chaplain. As the 187th Soldiers train to save lives, they also contribute to making the lives in their community even better, and that is a "win-win" for America.

CAM is located at 110 McCullough and may be reached at 223-4099.

1st Special Forces Operation Detachment-Delta (Airborne) seeks new members

The 1st Special Forces Operational Detachment-Delta (Airborne) will be at Fort Sam Houston, during the period Feb. 2-5. Briefings will be held in the basement of Bldg. 2263, Room 100 on, Tuesday, Feb. 3-4, 10 a.m. and 1:30 p.m. For information, call Master Sgt. McWhorter at 221-2800.

Prerequisites for officer and noncommissioned officers:

- Male
- Volunteer
- MOS/Branch immaterial
- Minimum of 22 years of age
- Pass a background security investigation (minimum of Interim Secret to attend Selection Course).
- Pass the Army Physical Fitness Test (APFT), FM 21-20, 75 points each event in the 22-26 age group, (55 pushups in 2 minutes, 62 sit-ups in 2 minutes, and a 2-mile run in 15:06 or less), wearing your unit PT uniform.
- No limiting physical profile.
- Pass a modified Class II Flight medical examination.
- Airborne qualified or volunteer for airborne duty.
- Have no history of recurring disciplinary action.
- A minimum two-year commitment upon selection.

- Army Active duty, Reserve, or National Guard.

- United States Citizen.

Additional prerequisites for NCOs:

- Rank of specialist, sergeant, staff sergeant, or sergeant first class with a minimum of four years time in service.

- A GT score of 110 or higher (you may retest).

Additional prerequisites for officers:

- Rank of captain or major.
- Graduate of Advanced Course.
- Must have completed 12 months successful Company Battery, Troop, SF Detachment or Aviation Platoon Command time.
- College graduate (BA or BS).

The Assessment and Selection Course is conducted twice a year -- the Fall Course begins the third week in September and the Spring Course begins the third week in March. If you have any questions that the local POC cannot answer, call 1st SFOD-D at DSN 236-0649, Commercial (910) 396-0649, or toll free 1-800-606-1370.

1st SFOD-D is also interested in a wide variety of combat support and service support personnel to serve in support roles. For more information on prerequisites and assignment opportunities, call the 1st SFOD-D Support Recruiter at DSN 236-0986 or Commercial (910) 396-0986.

Post worship schedule

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

Catholic Services:

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

Protestant Services - Sundays:

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

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

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



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

Catholic Services - Sundays:

12:30 p.m. - Bilingual Mass

Protestant Services:

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



AMEDD Regimental Chapel, Bldg.

1398, phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

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

Troop Protestant Gospel Services: Sundays:

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

Troop Protestant Service:

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



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

1:30 p.m. - Jumma - Fridays

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

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



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

916-1105.

Catholic Services:

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

Protestant Services:

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



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

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

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

Spiritual growth is an ongoing process

By Rob Wood
Special to the News Leader

Part I

Spiritual growth can be a buzzword in some circles. Some people have never heard of growing spiritually. Some believe growth happens automatically, that you do not have to do anything. Some believe you must do something to get it. There are many opinions and beliefs about spiritual growth. However, one thing we all agree on is that we do grow spiritually.

This is the first article in a series I plan on

writing about Spiritual Growth. As director of Religious Education, your spiritual growth is important to me. Over the past few months I have begun to experience God's peace in several areas of my life. I have started pursuing some disciplines that are having an impact on my spiritual growth. These include a growing prayer strategy, sermon preparation, worship, preaching, translating scripture, and a few other interests. While I do not believe these elements alone are producing the growth, I do believe God is using them to shape me according to His will. Meet you back here the first Thursday of the month!

Officer Christian Fellowship Bible study group

Are you interested in a Bible study? Join the Officer Christian Fellowship study group at the home of Lt. Col. Bob Griffith, 1008 Gorgas Circle, on Fridays. Come for supper at 6 p.m. or join us at 7 p.m. for a study of the Gospel of Luke.

For information, call Lt. Col. Griffith at 226-1295 or e-mail thegrifgang@cs.com or Chaplain Schlichter at 221-1968 or e-mail david.schlichter@cen.amedd.army.mil.

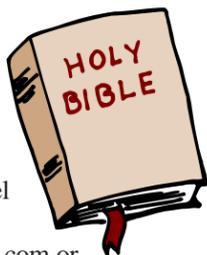




Photo by Ed Dixon

On behalf of Mayor Ed Garza, Councilman Joel Williams, District 2, presented U.S. Army Garrison Commander, Col. Garry F. Atkins a city of San Antonio Proclamation designating Monday, Jan. 19 as Martin Luther King, Jr. Day.

From left, keynote speaker installation Chaplain (Col.) Edward Maney and Command Sgt. Maj. Johnny C. Gray are joined by Brig. Gen. Sheila Baxter, assistant surgeon general and deputy commander for Force Sustainment, at a ceremony honoring Dr. Martin Luther King, Jr.



Photo by Esther Garcia

FSH pays tribute to Dr. Martin Luther King, Jr.

Continued from Page 1

nity which he sacrificed his life in battlement for others," concluded Atkins.

On behalf of Mayor Ed Garza, Councilman Joel Williams then presented Atkins a city of San Antonio proclamation designating Monday, January 19, 2004 as Dr. Martin Luther King, Jr. Day. The proclamation urges the citizens of San Antonio to rededicate themselves to the principles of justice and equality for all. Atkins accepted the proclamation on behalf of the Fort Sam Houston community.

"Violence as a way of achieving racial justice is both impractical and immoral. It is impractical because it is a descending spiral ending in destruction for all. It is immoral because it seeks to humiliate the enemy rather than to win his understanding. It is immoral because it thrives on hatred rather than love." This is a sample of one of many inspiring quotes from the legacy of Dr. Martin Luther King delivered by students from Fort Sam Houston Elementary School, who received a standing ovation from the audience for their presentation. Atkins and Phyllis Bergen, installation Equal Employment Office, presented certificates to the students for their par-

ticipation in the ceremony.

Following an introduction by U.S. Army Garrison Command Sgt. Maj. Johnny C. Gray, keynote speaker Installation Chaplain (Col.) Edward Maney, standing before an audience of 150 wearing his preacher's robe said, "My aim today is very simple. To remind us of the legacy of service of this man to all of Americans, not just a select portion of Americans." Maney said Dr. King was not a civil rights activist, but in reality this was a man of conviction, a man of faith. He was a preacher, and one who was willing to take the faith that he believed in, to step out in an uncertain environment and act his faith.

Maney asked the audience what would Martin say to us today. Maney said, "Somewhere along the way we have forgotten what his legacy means. We have the freedom to vote, but lots of people make all kinds of excuses not to vote."

Maney said, "Dr. King became the epitome of what all of us wanted as Americans; education, opportunity, and

the ability to speak to those ills that need to be corrected."

Maney said that America still has a long way to go and we as Soldiers fight for the right of this way of life, but in the spirit of the Soldier must rest in a faith, a common faith, a faith that is beyond the bounds of theology.

Maney said King's legacy continues because we have celebrations such as this. He concluded by saying that no matter what; do not let anyone persuade you from the power of the vote. This is one four-letter word that works for us, and that is what Martin would tell you today.

Remember! Celebrate! Act!
A day on . . . not a day off.

Charles Shelby, volunteer for Army Community Service presented Maney with a commemorative stamp of Dr. Martin Luther King, Jr. for his participation as keynote speaker.

Also participating in the ceremony was special guest Vincent Hines, Grace First Baptist Church who sang a traditional gospel song.

The ceremony concluded with the Army Song led by Spc. Carlyne Horton assigned to Veterinary Command



Photo by Ed Dixon

Attendees at the commemoration ceremony honoring Dr. Martin Luther King, Jr. were invited to a sampling of food and light refreshments.



Photo by Esther Garcia

Staff Sgt. Jose Raymundo congratulates keynote speaker Installation Chaplain (Col.) Edward Maney following his speech at the commemoration ceremony honoring Dr. Martin Luther King, Jr.



Photo by Esther Garcia
Students from Fort Sam Houston Elementary School delivered memorable quotes from the legacy of Dr. Martin Luther King, Jr. during the commemoration ceremony held Jan. 15 at the Roadrunner Community Center.



Photo by Ed Dixon

Spc. Carlynne Horton, assigned to Veterinary Command, sings the national anthem and the Army song at the commemoration ceremony.



Courtesy photo

Led by Master Al Francis, students of the Fort Sam Houston Karate class join more than 60,000 participants in the March honoring Dr. Martin Luther King, Jr. on Monday in San Antonio.

Post to Celebrate African American/Black History Month

The Fort Sam Houston Human Relations/Equal Employment Opportunity Office in conjunction with the Equal Opportunity Advisors and the Special Emphasis Programs staff will host the following events to celebrate African-American/Black History Month:

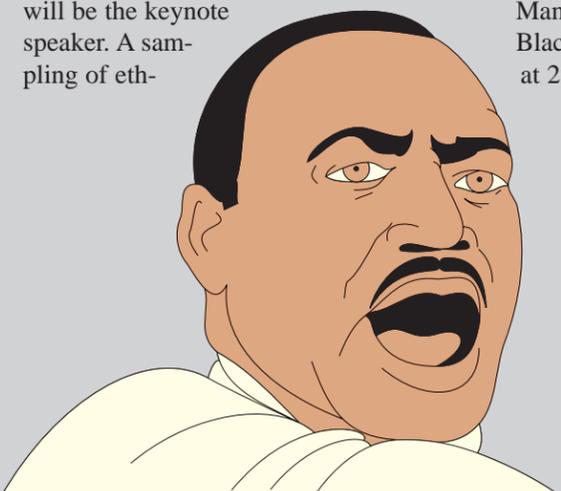
Feb. 5 - Black History Month Recognition Ceremony - This event will be held at the Roadrunner Community Center, 11:30 a.m. to 1 p.m. The Reverend Sarah Davis, pastor, Bethel A.M.E. Church, San Antonio, will be the keynote speaker. A sampling of eth-

nic foods will be available for patrons to taste at the conclusion of the ceremony.

Other Martin Luther King events include:

Jan. 22 - Medical Command Martin Luther King, Jr. Program - This event will be held at 10:30 a.m. in MEDCOM Wood Auditorium, Bldg. 2792. The keynote speaker will be Pastor Jessy Truvillion, Pilgrim Presbyterian Church, San Antonio.

For more information, call Steven Matkowsky, Black Employment Program Manager at 221-9174 or Phyllis Bergen Black Employment Program Chairperson at 221-5869.



'I have a dream'

Dr. Martin Luther King, Jr.



Photo by Ed Dixon

The Cole Jr./Sr. High School JROTC Color Guard prepares to present the colors at the commemoration ceremony honoring the words and deeds of Dr. Martin Luther King, Jr.

Recreation and Fitness

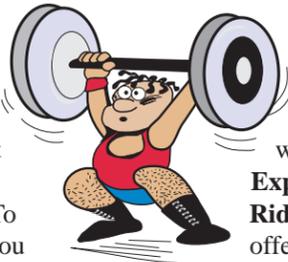
MWR is on the Web - Find all the latest news on MWR's programs, facilities and activities at www.fortsamhoustonmwr.com.

Post Garage Sale - Come to buy or to sell at the next post garage sale Saturday, Feb. 7, 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot located on the corner of Harry Wurzbach and Stanley Road. To participate in the garage sale you must have a valid Department of Defense (DoD) ID card. Call 221-2307 or 221-2926 to sign up. Those vehicles without a DoD sticker will enter at the Walters Gate off Interstate 35 to obtain a pass. Sale is open to the public.

FSH M*A*S*H Run - Sign up now for the Fort Sam Houston M*A*S*H Half Marathon and two-person relay Feb. 8, 8 a.m. starting from the Brigade Gym. There will be a best look-a-like contest dressed as M*A*S*H stars and free M*A*S*H long sleeve T-Shirts for participants. To register, visit www.fortsamhoustonmwr.com or pick up a form at the Jimmy Brought Fitness Center. Registration fees are: teams \$30 through Feb. 8, late fee \$40 and individual \$25 through Feb. 8, late fee \$35.

Make a Fitness Lifestyle Change - Visit the Jimmy Brought Fitness Center during their new weekend and holiday

hours, 5 a.m. to 5 p.m. The center features a gymnasium with three basketball courts, racquetball courts, a 25-meter indoor pool, cardio equipment and weight room, as well as classes in aerobics, water aerobics, swimming, scuba, lifeguard, and weight loss.



Experience A Texas Trail Ride

- The Equestrian Center offers one hour trail rides every Saturday and Sunday. Patrons age seven and up are welcome, however, parents must accompany all children. Cost is \$20 per person. Reservations are required and may be made in person or by phone. The center is located off Binz-Engleman Road. Special reservations may be made for other riding times when available. Riding times are as follows: 8:30-9:30 a.m., 10-11 a.m., 12:30-1:30 p.m., and 2-3 p.m. For information, call 224-7207.

Tinker With Your Car - Make a necessary repair, or just tinker with your car at the Fort Sam Houston Auto Craft Shop. The shop, located at Bldg. 2410, Funston Road, offers the experienced mechanic and novice alike a place to work on their vehicles at a reasonable cost.

Attention Hunters - If you are interested in Texas Hill Country Hunting

contact the Outdoor Equipment Center at 221-5224. Hunts are available for bow, rifle and handguns. Lodging is also available with a max group of 10 individuals. Special prices available for father/child hunts.

Archery Shooters of All Ages - Archery classes are available by contacting the Outdoor Equipment Center at 221-5225. The fee for a one-hour class is \$15. Instruction is given by Skip Dawson award winning archer, at your level of experience. Military family members under the age of 18 must be accompanied by a parent.

Fishermen - The white bass run is on across South Texas. Stop by the Outdoor Equipment Center and reserve a boat now.

Varsity Men's and Women's Softball Tryouts - Tryouts are Jan. 26-29, 6:30 p.m. Men's tryouts will be held at Leadership Field and the Women's will be at Hacienda Field. For information, call Earl Young 221-1180 or e-mail earl.young@samhouston.army.mil.

Sweetheart Dance - Dance the night away at the Sweetheart Dance Feb. 12, 7-11 p.m. at the NCO Club. Cost is \$3 individual/\$5 couple. Heavy hors d'oeuvres will be served until 8:30 p.m. Dress casual/semi formal. Sponsored by Better Opportunities for Single Soldiers.

Valentine Balloon Bouquets - Show

that special someone you care! Order a Valentine Balloon Bouquet delivered on post for only \$8 (includes mylar balloon, candy and carnations). To place your order, call your BOSS representative or Spc. Phyll at 295-4054.

Fitness and Health Fair - Stop by the Fitness and Health Fair Feb. 25, 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Event highlights include cholesterol screening, diabetes screening, proper weight training, raffles, nutrition info and many more. The event will promote health and fitness.

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

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



Youth Happenings

Exploring Life for Middle School Students - Youth Services offers an after school program for middle school youth grades 6-9 on Monday through Friday after school until 6 p.m. YS will pick up your child from the school (either the elementary or the Jr./Sr. high school and take students to the Youth Center. Students will have a snack, work on homework, participate in clubs and do projects such as 4-H Club, a Photography Club, a Computer Tech Club and others. The best feature of this program is that this is a free program. Youth must be registered with Child and Youth Services at an \$18 annual fee. For information, call 221-3502.

Youth Services Volunteers needed - YS is looking for volunteers to assist with youth programs. Sports coaches, computer skilled people, crafty people and those who just care about kids are welcome. If you have a special interest or hobby that you would like to share with kids, call the Youth Center at 221-3502.

Spring Soccer Registration now through Jan. 24 - The Alamo Heights-Fort Sam Houston Soccer League registration is ongoing at the Youth Center

through Saturday Jan. 24. On Jan. 24 registration is from 9 a.m. to 3 p.m. Cost is \$35 for returning players and \$45 for new players. A birth certificate and physical are required. All players must be registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502.

Baseball Registration, Feb. 9-27 - Youth Services baseball registration begins Monday, Feb. 9-27. Cost is \$45 for 5-18 year olds and \$25 for 3-4 year olds. The season runs from mid March to the beginning of June. Birth certificate, and physical are required. All participants must be registered with the Child and Youth Services. For information, call 221-3502.

Cyber Bowling - Teens are invited to Cyber-Bowling, Saturday Jan. 24 from 8 p.m. to midnight. The cost will be \$10 per person. Sign up at the front desk.

Movie Night at the Galaxy - Junior teens and teens will be going to the Galaxy from 7-10 p.m. on Friday Jan. 30. The cost will be \$4.50 per person. Sign up now for this trip

Ultimate Journey - The Ultimate Journey Club will visit the Quadrangle Friday, Jan. 23 from 4:30-6 p.m. They will feed the animals and take pictures of the wild life there. If interested in join-

ing the Ultimate Journey Club, see Mr. Dave for more information.

Dance Class Registration - Registration is has begun and will continue until Feb. 27. This registration is for Spring Classes with the recital being held in May. Classes will be held on Friday at the School Age Services Center, Bldg. 1705. Cost is \$26 for 40 Minutes, \$28 for 50 minutes and \$30 for 60 minutes.

The following is the schedule: 3-4 year-olds, 5:30-6:10 p.m.; 5-6 year-olds, 6:10-7 p.m.; and 7 and up, 7-7:50 p.m. For information, call the Youth Center at 221-3502

Saturday Open Recreation - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. If you are registered with Child and Youth Services then you are eligible. Bring your child to the Youth Center for an afternoon of fun!! For information, call 221-3502.

The following are the hours: 1-5th grades, 3-8 p.m.; 6-8th grades, 3-10 p.m.; and 9-12th grades 3-11 p.m.

Saturday Shuttle - Youth Services offers a Saturday afternoon shuttle to and from the Youth

Center. There is no cost for this service, but parents of children 9 and under must wait for the van and sign them into and out of the van with the YS staff member. The Shuttle Schedule is as follows:

3 p.m. - Van leaves the Youth Center
3:07 p.m. - Gorgas Circle (Picnic Tables)
3:10 p.m. - Schofield/Dickman on Schofield
3:15 p.m. - Reynolds and Dickman on Reynolds
3:20 p.m. - Officer's Club tennis Courts
3:25 p.m. - Artillery Post Road at Bus Stop
3:30 p.m. - Easley/Infantry Post Bus Stop 660
3:42 p.m. - Patch Road (Playground)
3:46 p.m. - Patch Road Shoppette Parking lot
3:50 p.m. - Foulis/Scott Road Harris Heights
3:54 p.m. - Forage/Foulois

The return shuttle leaves the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 for those in 9th grade and up. Shuttles service is only for youth who live on post.



Child and Youth Services offer program opportunities for military families

Certified FCC providers available - Family Child Care offers home-based childcare for ages 4 weeks to 12 years on and off post with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hours care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871. FCC is looking for family members interested in becoming certified FCC providers to offer home based childcare. There is a no-cost start up plan. For information, call 221-3820 or 221-3828.

CDC has full day openings - Child Development Center has immediate full day opening for children ages 3-5. To register, patrons will need to present immunization records including Hepatitis A and a copy of a Leave and Earnings Statement. Fees range from \$181 - \$522 per month and are assessed by calculating total family income. For information or to register, call Central Registration at 221-4871 or 221-1723.

3-Day Part Day Preschool enrollments - The 3-Day Part Day Preschool has been placed on hold due to lack of enrollment numbers. If you are interested and

have questions concerning the 3-Day Part Day Preschool Program, notify Central Registration to place your name on a list. Fees will range from \$151 - \$200 per month and will be assessed by calculating total family income.

Wait List for full day care - If your child's name is on the Wait List for full day care, check the status of the list every 90 days from the day you complete the form; otherwise your child's name will be purged from the list. To check your status, call Central Registration 221-4871 or 221-1723.

After school and weekend open recre-

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

Instructional classes available - If you are interested in instructional classes such as Tae Kwon Do, piano or gymnastics, call 221-4882 or 221-4871.

Robert G. Cole Jr/Sr High School Honor Roll

The following students attained academic success for the third six weeks of the 2003-2004 school year:

'A' Honor Roll (Grade of 90 or higher in all classes)

7th Grade

Kelsey Charlton
Samantha Cherry
Alexandra Mazak
Kathryn Rarig
Cynthia Rodriguez-Rodriguez
Kaitlan Vasquez

8th Grade

Martha Brown
Carla Cartagena
Benjamin Guerrero
Jennifer Sees
Christopher Swiderski

9th Grade, none

10th Grade

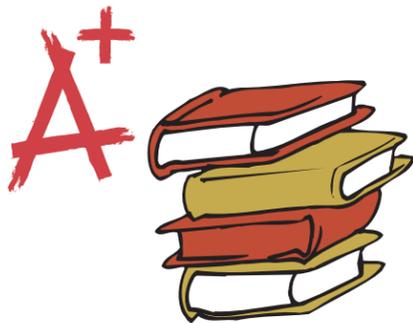
Caitlin Gresenz
John Luciano
Leah Morris
Amy Rarig
Steven Rhodes

11th Grade

Ellen Richardson

12th Grade

Brandon Childers
Amanda Collyer
Jovan Ebaloroza
Ciara Goodwin
Sean Greszler
Ashley Mullins
Cathleen Waring



'A/B' Honor Roll (80 or higher in all classes with at least one grade of 90 or higher)

7th Grade

Ramon Alvarez-Diaz
Akaia Brown
Samantha Collins
Kassandra Conard
Kymber Cooper
Catherine Davis
Danielle Gosch
Casey Gresenz
Kara Kahue
Alexander Kaminski
Daniel Lagutchik
Stefan McCarver
Ariana Mincey
Darrain Nelson
Desa Roberts
Ellen Rothfuss
Christopher Sawyer
Peter Simpkins
Undre` Stoker
Megann Taylor

8th Grade

Monique Bradley
Jennifer Gibson
Brandy Godfrey
Christina Gonzales
Lindsey Hatton
Scott Jee
Wesley Lavender
Jordan Maney
Patrick Newcomer
Arielle Orridge
Morgan Peterson
Andrew Santee
Kennisha Sharp
Lukas Sheridan
Franklin Thompson

9th Grade

Roy Aviles
Makesha Brewer
Sarah Clark
Allison Erickson
Brendan Ford
Shawta Ham
Jazmin Huling
Brad Kelley
Arvin King
Thomas Leeds
Lionel Lowery III
Xiomara Martinez
Michelle McClendon
John Millnik
Stephanie Rivera
Chelsea Woodard
Jacob Young

10th Grade

Ashley Ahrens
Elizabeth Bagg
Amanda Bray
Constance Davis
Ann Guymon
Brittany Harris
Shaunteia Johnson
Dajuon Mobley
Matthew Newcomer
Benjamin Reitstetter
Victor Rosello
Sara Salisbury
Jaimie Siegle
Israel Tovar
Jason West
Trevor Whittaker

11th Grade

Jennifer Bagg
Stephen Biggerstaff
Jonathan Brown
Sarah Caouette
Benjamin Carter
Sean Chislett
Alexa Collins
Joshua Collins
Ivy Gales
Scott Gibson
Bjoern Goedelt
Amy Jackson
Stephen Kaminski
Ashley Kelley
Caitlyn McCoolle
Jonathan Simpkins
Tara Trepkowski
Cristina Velez

12th Grade

Felicia Armstrong
Michael Biggerstaff
Tasha Carr
Martin Castorena
Mekel DeGroff
Allie Dochnal
Brenda Frias
Denny Harris, Jr.
Ashley Lane
Megan Loucks
Vanessa Medina
Drew Meilinger
William "Alex" Meir
Mallory Plasentillo
Jonathan Santee
Coleinette Smith
Kevin Strickland II



Social Studies students in Jim Hudson's class, Michael Ball and Sabrina Franklin, stand in front of the display holding Iraqi military regimental flags.

Cole teacher brings history to life

Story and photo by Dr. Gloria Davila
Associate Superintendent, FSH ISD

Jim Hudson, Cole High School social studies teacher and department chair, believes in bringing historical and current events to life for the students in his social studies classes. A display case in the social studies building currently includes items that have been worn or used by soldiers serving their country, including in Iraq. Two regimental flags, an ammunition belt, a pith helmet, shoulder ranks, an officer's swagger stick, a leather pistol holster, a gas mask and carrying case, and Iraqi money and medals are among the items displayed.

Marine Lance Cpl. Patrick Gage, son of Rita Gage, Cole High School receptionist/secretary, supplied many of the items. Gage, member of the 1st Marine Division and stationed at Camp Pendleton, Ca., served in Iraq from January to July 2003.

Army Lt. Col. Victoria Wood, Cole counselor for 7th, 8th, and 9th grades, contributed a set of the infamous "Iraq's Most Wanted" cards. She served in Kuwait from March to July 2003. A flight suit with a 1967 date, worn by Chief Warrant Officer 3 Pat Hudson, currently with the 469th Medical Evacuation group and son of Jim Hudson, is also on display and in great condition, along with an Army helicopter flight helmet, a 101st Airborne Aviation Regiment wool

throw, a paratroopers' jump wings, a 101st Screaming Eagle patch, and a Combat Infantry badge.

Hudson reports, "The items that are presented are used to enhance instruction in our social studies classes. I feel if we can bring the museum to the students, we can better offer them the chance of seeing items that are important to history. This display is very timely to current events in the world." He continues, "Other teachers bring their classes to look at the display and I cover the history behind the display and discuss each item so the students may better understand."

In previous years, Hudson reports that the contributions of African American servicemen during World War II have been highlighted, including the Tuskegee Airmen and the 555th Paratroopers Infantry Battalion "the Triple Nickles." In addition, the truck drivers of the famous Red Ball Express in the European theater of operations, women in the military and Hispanic Congressional Medal of Honor recipients have been honored.

Hudson has been a social studies teacher in FHSISD for 15 years and has been honored as the district's nominee for the Trinity Prize for Excellence in Teaching, has received the Board of Trustees Hero Award, and is known for making history come alive for his students.

Fort Sam Houston ISD

Weekly Campus Activities January 26-31

Fort Sam Houston Elementary School
GATE Testing all week
Tuesday, Jan. 27
- Fourth Grade Writing TAKS Field Test
Thursday, Jan. 29
- FHISD School Board Meeting in Professional Development Center, 11 a.m.

Robert G. Cole Jr./Sr. High School
Monday, Jan. 26
- Students of the Month Presentation in Mall Area, 9:50 a.m.
Tuesday, Jan. 27
- Grade 7 TAKS Writing Field Test - TBA
- Grade 9 Reading TAKS Field Test - TBA
- Grade 9 SDAA Reading Field Test - TBA
- Girls Basketball at Navarro, 5 and 6:30 p.m.
- Boys Basketball at Navarro, 5 and 8 p.m.
- ATSSB Junior High Band Clinic and Concert at Lytle, all day
Wednesday, Jan. 28
- Grade 10 and 11 TAKS Language Arts Field Test, TBA
- Grades 10 SDAA Language Arts Field Test, TBA
Thursday, Jan. 29
- FSHISD School Board Meeting in Professional Development Center, 11 a.m.
- Academic Decathlon Regional Meet, TBA
Friday, Jan. 30
- Girls Junior Varsity Basketball vs School of Excellence at Central Post Gym, 5 p.m.
- Girls Varsity Basketball vs School of Excellence at Cole, 6:30 p.m.
- Boys Basketball vs School of Excellence at Cole, 5 p.m. and 8 p.m.
- Academic Decathlon Regional Meet, TBA

Fort Freebies

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



For Sale: Wooden bunk bed with 3 drawers, top twin bottom full, in good condition, \$200. Call 8291416.

For Sale: Kimball Aquarius electric organ in mint condition, wood cabinet with bench, \$250. Call 221-6693.

For Sale: Six-piece double bass MAPEX drum set w/Sabian HiHats, crash and ride cymbals, barely used, all for \$700. Call 657-8211 and leave a message.

For Sale: Twin size bed with headboard shelves and under bed shelves (captains bed) with mattress, \$150; washer and dryer, \$100 each or \$150 for both; computerized reclined stationary bicycle and treadmill, \$150 each or \$200 for both; bunk bed without mattress, \$50. Call 270-9939.

For Sale: 30" GE gas cook top, black, never used, \$150; Jennair 30" downdraft cook top, almost new, \$200; 17" monitor, new in box. Call 656-3289.

For Sale: Plastic bedliner for 1999-2003 Ford F250/F350, longbed truck, in good condition, \$75. Call 383-3650.

For Sale: 1996 RM 125 motocross bike with many upgrades and extras, \$1,300. Call 271-7197.

For Sale: 1997 Lincoln Town Car, Cartier (top of the line) Series, 4.6L V8, 38,000 miles, \$12,000; 2002 Gold Honda Reflex, 250 cc. 70 mpg, 85 mph top speed, \$3,500; 1976 Seacrest bass boat in excellent condition, rebuilt 40 hp Mercury outboard, \$2,000. Call 493-0183.

For Sale: NBA ticket to Spus vs Sacramento Kings on Jan. 29, 8:30 p.m., family pack of four tickets, good seats, \$200. Call 661-3051.

For Sale: Two-bedroom 2 full bath, 1,055 sq. ft. (not including Florida room), garage, nice yard with privacy fence and storage shed, appliances included, only five minutes from FSH, \$59,999 obo. Call 310-0535, call after 6 p.m.

Career Clips



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

Health Information Manage Coder - San Antonio. CCS and RHIT and one to two years of acute care hospital-coding experience.

Health Care Finder - San Antonio. Will be screening referral request for medical necessity and appropriateness using Milliman and Robertson criteria and screening preauthorization requests. Must have great data entry and computer skills

Mammography Technologist - San Antonio. Patient care, friendly to all customers and patients at all times. Understands and uses the scales, field of view, gain, voltage, amps and other adjustments and factors on the equipment in order to produce high quality images. Quality Control and Safety.

Civilian Workshop Schedule

The Army Career and Alumni Program staff will conduct Resume, Writing, and Interviewing Workshops for DoD civilian employees who are contemplating leaving federal service workforce. Workshops are being offered on the following dates: Jan. 28, Feb. 11, March 10.

To register as an ACAP client and to reserve a seat in one of the workshops, call 221-1213. Workshops will be cancelled and clients rescheduled, if there are less than 10 confirmed attendees one week prior to the workshop. Register now and get your friends and family members to do the same.

Pre-Job Fair 'Tune-up,' March 12



- How to work a Job Fair
- Who will be there, times
- What to bring, how to dress
- Fine tune your Job Fair skills
- March 12, 9-11 a.m.
- Sign-up at ACAP Center, 221-1213
- Bring your resume to class

San Antonio military community Job Fair scheduled for March 24

San Antonio area employers have a unique opportunity to access the most highly qualified group of employment candidates in the world – United States military personnel preparing to leave active duty and veterans. Since 1994, local military bases have worked together to conduct the San Antonio Military Community Job Fairs in March and September of each year.

The next job fair is scheduled for March 24. Historically we have had from 85-150 employers and an average of 1200 job seekers in attendance. All employers are invited to participate in the upcoming job fair to take advantage of the

opportunity to attract potential employees from this well-educated, highly trained and strongly motivated group with a wide range of technical and professional skills.

For more information contact the Transition Assistance Program manager at the following installations:

Fort Sam Houston, Russ Lane at 221-1213.

Lackland Air Force Base, Margaret Ozuna at 671-3722.

Randolph Air Force Base, Fae Simmons at 652-5321.

What is HOOAH 4 HEALTH?

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 46 million hits have been recorded. The users of www.hooah4health.com include not only Reserve Component citizen-soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army Web site originate from around the world. The H4H newsletter is available at www.h4hnewsletter.us/.



Community events

'Murder at the Vicarage' at Harlequin

The Harlequin Dinner Theatre is featuring 'Murder at the Vicarage' a mystery by Agatha Christie, Wednesday through Saturday evenings now through Feb. 14. Prices are \$25.95 on Fridays and Saturdays and \$22.95 on Wednesdays and Thursdays. There are discounts for military and students. The theatre opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30-7:30, and curtain is at 8 p.m. For reservations, call the Harlequin Dinner Theatre at 222-9694. The box office is open from noon to 5 p.m. weekdays and 1 to 5 p.m. on Saturdays. Theatre is handicapped accessible.

Colorado River Walkers Volksmarch Club Walk, Jan. 24-25

The Colorado River Walkers Volksmarch Club will host a 10-kilometer (6.2 mile) and 5-kilometer walk at Bastrop State Park Jan. 24-25, beginning at 8 a.m. to noon, finishing by 3 p.m. both days. There is a \$3 park fee per car. For information, call JoAnn Fries at (512) 303-9505 or e-mail at Joannwoolf@aol.com or the club's Web site at <http://www.io.com/~zenteer/crw/>.

'It's Not Easy Being Green' Conference, Feb. 27-28

It's time to register for the "It's Not Easy Being Green" Conference scheduled for Feb. 27-28 at Dodd Field Chapel. The conference features classes and lunch. Limited spaces for free childcare for \$5. Participants may choose classes in yoga, line dancing, cooking, public speaking, and more. Information and registration materials are available at ACS, FSH Library, NCO Club, O'Club, BAMC Information Desk, OCSC February Luncheon, Jimmy Brought Fitness Center, and CYS Central Registration or from Judith Markelz at 655-0238 or Kim Taylor at 566-6526. Registration is due by Feb. 18.

7th Annual Komen San Antonio Race for the Cure, March 27

The 7th Annual Komen San Antonio Race for the Cure will be held March 27 at the Alamodome. Recruit your military team of 10 or more and enjoy easy advance registration and early team Race packet pick-up. There will be an award for the largest military team. Team Leaders are encouraged to attend one of the Meet & Greet meetings, which will be held Jan. 24 at HealthLink Fitness Center, 288 W. Bitters Road (at Bitters Road and West Avenue). The deadline for team registration is March 5. For information on team registration or to volunteer to help on Race day, log on to www.sakomen.org or call the Race Hotline 822-8700.

Otras Cosas

Workforce Recruitment Program for college students with disabilities

The Department of Defense pays salaries and work years and you get a great college student to work for you for the summer. Students may be employed on or after May 15 and must be off the rolls no later than Sept. 30. Submit a brief statement of essential job skills/college studies a student should have that are related to the job you wish to fill for the summer to no later than Jan. 28 to Glennis.Ribblett@samhouston.army.mil. For information, call Glennis Ribblett at 221-9401, or fax 221-2126.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still

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in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. To schedule an appointment, call 221-1738.

Ten Star All-Star Basketball Camp

Applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp. This camp is by invitation only. Boys and girls ages 10-19 are eligible to apply. Past participants include Michael Jordan, Tim Duncan, and Vince Carter. Players from 50 states and 11 foreign countries attend the camp. Basketball scholarships are possible for players selected to the All-American team. For a free brochure, call (794) 373-0873 anytime.

Scholarship applications now being accepted

Established in 1992, the Bernard P. Randolph Scholarship Fund supports college-bound seniors or full- and part-time college students in the San Antonio military, civilian, or dependent community. Independent evaluators will judge 600-800 word essays. Applications may be obtained at Brooks City-Base, Lackland and Randolph Air Force Bases and Fort Sam Houston libraries, education offices, or Family Support Centers. Applications and essays are due Feb. 4, 1 p.m. The scholarships will range from \$500 to \$1,000 and will be awarded at the Scholarship Luncheon, Feb. 25, 11:15 a.m. at Brooks Air Force Base. For information, call Lt. Lorrie C. Carter at 536-4896 or Lt. Goldie Boone at 536-6727 or visit the Web site www.brooks.af.mil/aaca/.

Bernard Curtis Brown II Memorial NASA Space Camp Scholarship information available

Keith Toney, Fort Sam Houston School Liaison Officer, has information on the 2004 Bernard Curtis Brown II Memorial NASA Space Camp Scholarship. Bernard, the 11-year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, was killed on September 11, 2001, when the hijacked airliner on which he was a passenger, crashed into the Pentagon in Washington, D.C. At the time, he was on his way to represent his school at a National Geographic event. The Military Child Education Coalition funds the scholarship. For information, call Keith Toney at 221-9613 or visit the MCEC Web site at www.spacecamp.com.

Direct commissioning program available

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. Interested individuals can apply at anytime. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Casiano at 692-7376 or 834-7879 or e-mail at Beverly.Casiano@usarec.army.mil.

In the classroom

ECPI online AAS Degree presentation, Jan. 27

Electronic, Communication, Programming and Information Systems College of Technology will conduct several briefings and enrollment opportunities for the Associates of Applied Science Online Degree programs on Jan. 27, 11:30 a.m. to 1 p.m. at the Fort Sam Houston Education Service Center, Bldg. 2248, Stop 30, 2408 New Braunfels Ave. For information, call Chico Buyo at (361) 775-2976, e-mail fbuyo@ecpi.edu, or visit the Web site at www.exp.edu.

Special Force Recruitment Briefings, Jan. 27

Special Forces will conduct two briefings Jan. 27, 11 a.m. and 1 p.m. at the Roadrunner Community Center. SF is currently accepting applications for officers in year groups 01-02 and Soldiers in the grade of E-4 to E-7. For information, call the Fort Hood Special Forces Recruiting Station at (254) 288-5324 or 288-7411. DSN is 737-7411.

470th MI Groups seeks Army reservists for training in February

The 470th Military Intelligence Group seeks MI Army Reservists to train for 30 days in February in San Antonio. If you have left Active Duty, but was considering the U.S. Army Reserves, if you are in the Individual Ready Reserve or know someone who is, we are looking for personnel in the following Military Occupational Specialties: 96, 97, 98, 350, 351, and 352. We will also have Troop Program Unit positions opening up soon. For information, call 295-6061.

Check out the new improved ACAP Web site

The Army Career and Alumni Program Web page has been upgraded. There is much more information now available for transitioners, employers and Army leaders. All are encouraged to take a look at the Web site and see what might be useful to you, www.acap.army.mil.

Free computer training for family members

Family Member Employment Assistance offers free computer training for family members. Morning and afternoon training session are available on all Microsoft Office software and much more. Appointments are required. For information, call Pat Fory at 221-0516.

ESL classes for foreign-born spouses are back

English as a second language classes will be held every Monday and Wednesday, 5:30-8:30 p.m. at the Roadrunner Community Center, Bldg. 2797. These classes are for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginners, intermediate and advanced students. Region 20 Education Center and the Army Community Service Relocation Program sponsor classes. For information, call 221-2418.

Purple Heart veterans sought

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

Meetings

USAWOA - Lone Star Chapter meetings

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets at 7 p.m. on the third Tuesday of each month at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, call WO1 Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil.

FSH Sergeants Major Association seeks new members

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

Calling all single Soldiers to join BOSS

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

