



News Leader[®]



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Fort Sam Houston — Home of Army Medicine

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Briefs

Fifth U.S. Army change of responsibility ceremony tomorrow

Fifth U.S. Army will hold a change of responsibility ceremony tomorrow, 2 p.m. in the Quadrangle. Outgoing is Command Sgt. Maj. Teddy E. Harman, Sr., incoming is Command Sgt. Maj. George L. Nieves. In the event of inclement weather, the ceremony will be held at the FSH Officers' Club.

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.

Memorialization Ceremony of Bldg. 902, Feb. 20

The 32nd Medical Brigade will conduct a memorialization ceremony of the Lt. Col. Karen Wagner Hall, Bldg. 902, on Harney Road at 10 a.m., Feb. 20.

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

"It's Not Easy Being Green" Conference will be held Feb. 27-28 at Dodd Field Chapel. Registration deadline is Feb. 18. For information, call Judy Markelz at 655-0238 or Kim Taylor at 566-6526.



Photo by Mike Dulevitz

Brig. Gen. C. William Fox, Jr., cuts the ribbon on the new Great Plains Regional Medical Command and Brooke Army Medical Center blood mobile Friday.

BAMC unveils new 'Soldier-medic' blood mobile

By Mike Dulevitz
BAMC Public Affairs

The Great Plains Regional Medical Command and Brooke Army Medical Center unveiled a state-of-the-art blood mobile on Friday in a ribbon cutting ceremony held at the Fort Sam Houston NCO Club.

The blood mobile is a 48-foot branded tractor-trailer rig specifically designed and built to meet the needs of the GPRMC and BAMC donor needs.

"The blood mobile you see is the proud product of a process that began in 2001 with a MEDCASE packet," said Capt. Marti Blose, the director of the donor center.

She said that despite funding obstacles the combined efforts of BAMC, the U.S. Army Medical Command, the U.S. Army Tank-Automotive and Armaments Command, and General Service Administration Engineers made the blood mobile become a reality.

Blose said that during the project's con-

See *BAMC* on Page 3

Requirement expires for TRICARE Standard Non-availability Statements

American Forces Press Service

People covered by the TRICARE Standard military health care plan no longer need approval from their military treatment facility to seek inpatient care at civilian hospitals.

The need to get a non-availability statement before seeking civilian inpatient care expired Dec. 28 under a provision of the 2002 National Defense Authorization Act. A non-availability statement indicates that care is not avail-

able from the military facility and authorizes care at a civilian facility.

An exception in the law continues the requirement for TRICARE Standard beneficiaries to get a non-availability statement before seeking non-emergency inpatient mental health care services. However, officials said, this applies only to beneficiaries who use TRICARE Standard or Extra, who are not Medicare eligible, and who have no other health insurance that is primary to TRICARE. DoD does not require preauthorization

for TRICARE beneficiary inpatient mental health care when Medicare is the primary payer.

"With this change in policy, beneficiaries now have the freedom to choose a military treatment facility or a civilian facility, without any extra paperwork," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "However, I urge TRICARE beneficiaries to still look to the military health system as their first choice for health care, because I believe the servic-

es we offer are second to none."

A military treatment facility may request a departmental waiver of the new policy in certain specific, but limited, circumstances. But those requests don't apply to maternity services, unless the affected beneficiary began her first prenatal visit before Dec. 28, officials said.

Any military treatment facility granted a waiver must publish a notice in the Federal Register that a non-availability statement is required for a certain proce-

See *TRICARE* on Page 3

New Army Web site assists disabled retirees apply for special compensation

Army News Service

A new Web site designed to assist disabled military retirees in applying for Combat-Related Special Compensation went online the week of Jan. 12.

The U.S. Army CSRC Web site, located at <http://www.csrc.army.mil>, provides information a disabled military retiree needs to apply for this special compensation, said officials from the Human Resources Command. The site provides program guidelines used to determine eligibility for combat-related disability benefits and application procedures for the program.

"The site includes an application form, which can be downloaded, and it gives

detailed instructions of the application process, said Brig. Gen. Gina S. Farrissee, the Army Adjutant General. "It also contains supporting documentation required to substantiate a claim and helpful tips on how to enable the timeliest application processing."

The Web site also provides:

- Guidance on how and where to file an appeal for retirees who previously submitted applications that have been determined ineligible or have been declined.
- A detailed listing of specific information and documentation that is frequently overlooked by applicants in their initial applications, as well as procedural and timing considerations.
- Phone and e-mail points of contact in

the event customers have difficulty navigating the site or need specific information about the CRSC program.

As a provision of the 2003 National Defense Authorization Act, CRSC allows eligible disabled military retirees to collect payments for both their military service and their service-related disability.

According to the legislation, a veteran with "combat-related" disabilities is any 20-year military retiree with at least a 60 percent combined disability rating, with injuries as a "direct result of armed conflict" or as a result of "hazardous" military service, while serving in "conditions simulating war" or were incurred "through an instrumentality of war."

Automatic qualifiers include any mili-

tary retiree with at least 20 years of service who is rated as at least 10 percent disabled by injuries related to the award of a Purple Heart, officials said. Payments are retroactive to June 1 for those whose disability occurred before that date. Those who apply and are approved will begin receiving payments about 60 days after approval. Payments are deposited concurrently with standard military pay.

As of Jan. 1, CRSC eligibility will be expanded to include disabled military retirees with 10 to 100 percent VA disability rating and Reservists and National Guard retirees eligible at age 60 who are receiving retired pay.

Source: U.S. Army Human Resources Command news release.

A message to the troops from Gen. Schoomaker, Army Chief of Staff

"We are entering the most challenging period for our Army since World War II. 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's 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 sacrific-

ing for the good of the whole."

Afghanistan Update

- The U.S. and its Coalition partners are helping the Afghan people rebuild a country that has struggled through 23 years of war, five years of Taliban repression and four years of drought. The challenge is great: In 2001 Afghanistan was a failed state with a destroyed infrastructure -- it ranked 169 out of 174 states on the United Nations human development index in 1996, the last year it was ranked.

- Afghanistan's political and economic reconstruction is underway.

- Provincial Reconstruction Teams are up and running in Gardez, Bamiyan, Kunduz, Mazar-e-Sharif, Herat, Jalalabad, Parwan and Kandahar.

- Afghanistan has a secular constitution, formulated through the democratic loya jirga process, that enshrines human rights

and democratic principles. It provides for a president, bicameral legislature and independent judiciary.

- The influence of the Afghan central government is spreading through the national development framework, effective engagement with local warlords and plans for national elections in the coming months.

Security progress:

- The U.S. has trained 13 battalions of the Afghan National Army.

- Military operations are ongoing against remaining Taliban and al Qaeda elements.

- Germany is helping train 24,000 new police officers.

- Italy is working to establish an effective judicial system in Afghanistan.

- Japan and the United Nations are aiding demobilization and integration efforts.

- The United Kingdom is undertaking counter-narcotics operations and initiatives.



Gen. Peter J. Schoomaker
Army Chief of Staff

Fort Sam Houston News Leader

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Medical Holding Company change of command brings praises and challenges

By Capt. Mark Williford
BAMC Public Affairs

Capt. Kelly Turner's challenge of managing two companies came to an end Jan. 15 when Capt. Jacob C. Smith assumed command of the Medical Holding Company.

Turner simultaneously served as the commander for Company B and the Medical Holding Company of Troop Command for Brooke Army Medical Center.

Col. James Mundy, troop commander for BAMC, praised Turner during the change of command ceremony.

"Kelly is the ultimate operations officer," Mundy said. "She has made sure medical hold Soldiers have been well cared for."

Mundy explained that Troop Command has seven companies and includes Soldiers placed in a medical hold status. He said the medical hold company manages about 90 Soldiers when not in a wartime status.

"The medical hold company has swelled from 90 to 300 Soldiers," Mundy said. "In an extended war, we have an influx of Soldiers who are wounded and injured and who need special care."

Mundy said the company must manage everything from service members keeping routine appointments to undergoing medical evaluation boards.

He said the company had grown to a point where a primary commander was needed due to the size of the unit.

Mundy praised Turner for innovative programs she initiated during her command.

"Kelly was the ultimate compassionate leader," Mundy said. "She led the way for creating a transportation platoon and Soldier escort service."

He said Soldiers would arrive at San Antonio International Airport and not have transportation to BAMC. Turner's program let new Soldiers know they were cared for the moment they arrived. He also said Turner assigned Soldiers to escort sick or wounded serv-

ice members back home.

Before assuming command, Turner said she questioned whether she could handle both companies. She told the audience about some of the more challenging moments she faced. She named each Soldier by name in remembrance of those that did not survive their injury or illness while under her command.

"Because of you, this is the best job in the Army," Turner said, as she thanked members of the company for their support. She praised 1st Sgt. Juan Rosado for his hard work and dedication to the Soldiers of the unit.

Mundy said incoming commander, Capt. Jacob Smith, is an outstanding officer whose experience qualified him for the position. He praised him as having a reputation of excellence during the periods of interaction with Mundy.

"Smith has worked as chief of patient administration with the 115th Field Hospital at Fort Polk, La., and served as the unit's personnel officer," Mundy said. "He was the most efficient officer I dealt with during that time."

Smith's other duties include service as a medical platoon leader with the 1st Battalion, 36th Armored Infantry Regiment, 1st Armored Division and executive officer of the Butzbach Health Clinic in Butzbach Germany.

Mundy projected the Medical Holding Company would swell over the next few months as major rotations within the Iraqi theatre occurred.

"For the next 120 days you're going to be busy," Mundy told Smith. He said new buildings would be con-



Capt. Jacob Smith, incoming Medical Holding Company Commander, waits as 1st Sgt. Juan Rosado prepares to present the guidon to outgoing commander Capt. Kelly Turner. Col. James Mundy praised both Smith and Turner as exceptional leaders during the change of command ceremony conducted in the BAMC auditorium Jan. 16.

structed and new fulltime personnel and finance employees would be hired.

"I'm really proud to be part of Brooke Army Medical Center," Smith said. "Brooke is the pinnacle of care for wounded and injured Soldiers."

BAMC neurologist becomes neurology advocacy leader

Brooke Army Medical Center's chief of neurology service Dr. (Col.) Alan W. Halliday, completed training at the second annual Donald M. Palatucci Advocacy Leadership Forum, held Jan. 8-11 in Dana Point, Calif. The American Academy of Neurology established the Palatucci Advocacy Leadership Forum in 2003 to empower neurologists to advocate on behalf of their patients for sensible healthcare reforms on local, regional and national levels. Participants are

selected based on their leadership potential and their passion for patient and professional advocacy.

"I am very excited about the opportunity to become an advocate for an organization that I have belonged to for 22 years," said Halliday. "With 75 million baby boomers rapidly approaching their 'need a neurologist years,' we have to act now to preserve our specialty as a viable practice option."

The 2004 Forum prepared 30 neurolo-

gists from 16 states and three countries to serve as "Advocacy Leaders" on vital local, state and federal neurology issues. The four-day Forum included courses on media training, facilitating organizational change and legislative advocacy training. The new leaders worked with 16 mentors from last year's program.

For more information about the American Academy of Neurology and the Palatucci Advocacy Leadership Forum, visit

www.aan.com/advocacy/index.cfm.

The American Academy of Neurology, an association of more than 18,000 neurologists and neuroscience professionals, is dedicated to improving patient care through education and research. A neurologist is a doctor with specialized training in diagnosing, treating and managing disorders of the brain and nervous system such as stroke, Alzheimer's disease, epilepsy, Parkinson's disease, autism and multiple sclerosis.

BAMC

Continued from Page 1

ception, "the entire donor center staff taped out the layout of the blood trailer on the floor of the Akeroyd Blood Donor Center. The taped out design became the plan for the mobile as well as the prototype for the Army's mobile blood collection units.

Brig. Gen. C. William Fox, the commander of Great Plains Regional Medical Command and Brooke Army Medical Center, said the branded mobile blood unit depicting a Soldier medic and American Eagle is a significant addition to save Soldiers on the battlefield.

"This (blood collection) is extremely important to what we do to save Soldiers'

lives on the battlefield," Fox said. "The ability of all of our services to gather blood to save lives on that battlefield is becoming a bigger challenge all of the time."

Fox said that necessary donor restrictions and social behavior have hampered the Army's ability to maintain bloodstock. He cited the advent of mad cow disease, tattoos, and anti-prophylactic vaccines as circumstances that have reduced the numbers of Soldiers able to donate blood.

Fox said the Army's ability to reach out to the civilian population for blood donations is becoming a necessity.

"The way we will do that, of course, is with a professional team and a profession-

al mobile donor unit like we have here," he said. "We are going to take this on the road around Great Plains Regional Medical Command. We are going to take it out to federal installation areas that we have and ask people to donate blood."

He closed by stating that, "we really have a challenge ahead of us, and that's why this is such a vital part of our ability to provide care to our Soldiers on the battlefield, and collecting the blood that is used to save their lives."

Fox and Lt. Col. Donna Whitaker, chief of the BAMC Blood Bank, cut the ribbon for the blood mobile and presented battle streamers to four Fort Sam Houston units whose participation in the blood donor

program earned them unit of the quarter awards for fiscal year 2003.

These units are Echo Company of the 187th, Charlie Company of the 232nd, Golf Company of the 232nd, and Bravo Company of the 232nd.

Five individual donors were recognized for volume donations and outstanding dedication to the blood donor program. These high gallon donors are Larry Arispe, 20 gallons; Julie King, 23 gallons; Ken Kneupper, 25 gallons; Linda Wenck, 26 gallons; and Connie Jo Purchis, 40 gallons.

Individuals interested in donating blood should contact the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

TRICARE

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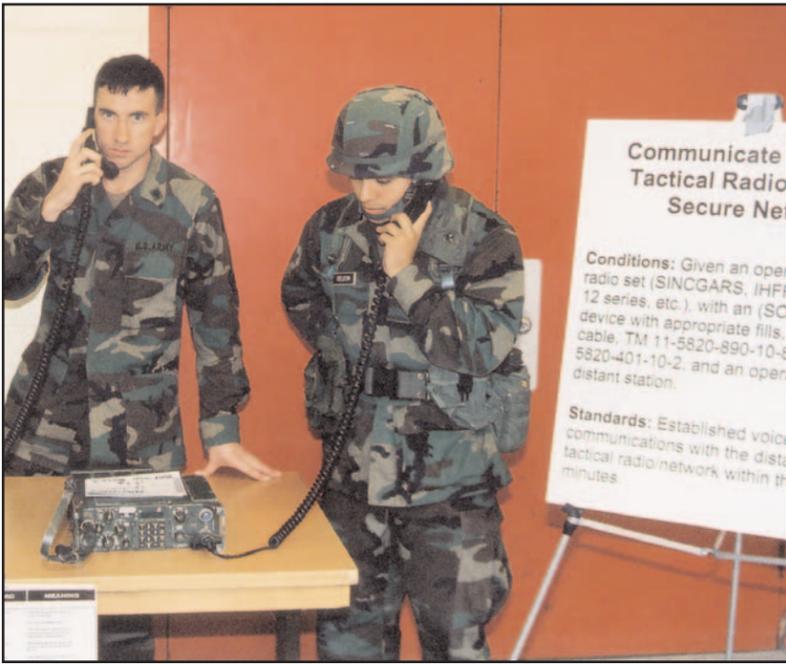
procedure; the treatment facility, the services and the TRICARE Management Activity will notify the affected beneficiaries if this occurs, officials said. Maternity patients should check with their local military treatment facility to compare maternity services there with those available in civilian facilities, Military Health System officials said.

A recently implemented "Family-Centered Care" program offers enhanced services and recognizes the unique needs of military families in today's climate of increasing deployments and high operations tempo, officials said. Beneficiaries can review the enhanced military treatment facility maternity services online and with their military medical care provider.

Beneficiaries can check the TRI-CARE Web site if they are seeking an inpatient service and want to know if their nearby military treatment facility applied for a non-availability statement waiver. They also may contact the beneficiary counseling and assistance coordinator or health benefits adviser at their nearest treatment facility, officials said.

Before seeking care at a civilian facil-

ity, military health system officials urge beneficiaries to check with their nearby military treatment facility to compare services and ask questions. Even if the facility could not provide the needed services in the past, the facility's staffing levels or capabilities may have changed, and they might now be available, officials said.



187th Medical Battalion students learn to communicate via a tactical radio in a secure net. Through Common Task Training Soldiers develop teamwork skills so that no matter where they are assigned they will be trained and equipped to fight as a team.

Capt. Christopher Flaugh, commander, B company, 187th Medical Battalion, instructs Soldiers on the correct technique of holding their M16 while in a temporary fighting position.



Rain or shine, CTT continues at the 187th Medical Battalion



Initial Entry Training student demonstrates throwing a grenade during the Common Task Training held Jan. 24.



Litter carrying is another aspect of the Common Task Training. The students are taught the proper technique of transporting the wounded on a litter carrier.

Photos by Esther Garcia



Staff Sgt. Eric Alva, who was wounded when he was in Iraqi, speaks to the students about his experiences while in Iraqi and the importance of training.

An instructor assists a student with the Mission Oriented Protective Posture gear. Students learn to protect and react to a chemical and biological hazards attack.

FSH Tax Assistance Center now open

Operating hours Tuesday through Saturday, 9 a.m. to 4:30 p.m. Center is closed from noon to 1 p.m. for lunch.

Note: Closed Feb. 13-14 in observance of President's Day.

- Limited number of clients each day.
- Daily sign-in sessions at 9 a.m. and 1 p.m.
- Limited to 25 clients, priority given to active duty in uniform (no PFUs).

Tax Assistance Center is located in the Officer's Club, Bldg. 407, Dickman Road. Point of contact is Capt. Meek at 295-1040.

Documents to Bring:

- Your Social Security Card, your Spouse's, and other family members' cards.
- Your Military ID card.
- Forms W-2, W-2G, 1099-R, 1099-MISC, 1099-INT, 1099-DIV, and other Income, Interest, and Dividend Statements.
- Forms SSA-1099 for Social Security Income.
- Copy of your 2002 Federal Income Tax return.
- For electronic filing of a joint return, signature of each spouse or a specific Power of Attorney explicitly for the current tax year executed by absent spouse, or signed IRS Form 2848.
- Voided check or account and routing number.

Tax statements 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 assistance in obtaining a myPay PIN, call customer support at 1-800-390-2348.

Source: Defense Finance and Accounting Service news release.



Left to right, Pvt. Todd Guggisberg, Pvt. Todd Lifton, and Pvt. 1st Class Evan Kohoutek, D Company, 232d Medical Battalion, under the guidance of Staff Sgt. Davis Lawson (standing), treat a simulated casualty at the Camp Bullis MOUT training facility.

232nd Medical Battalion conducts MOUT exercise in 91W training

Story and photo by Lt. Col. Bruce McVeigh
232nd Medical Brigade

Military Operations on Urban Terrain are not new to the U.S. Army. Throughout its history the Army has fought an enemy on urban terrain. What is new is that urban areas and urban populations have grown significantly during the late twentieth century and have begun to exert a much greater influence on military operations. The worldwide shift from a rural to an urban society and the requirement to transition from combat to stability and support operations and vice-versa have affected the U.S. Army's doctrine. Our current Global War On Terrorism has exacerbated these facts.

The increased population and accelerated

growth of cities have made the problems of combat in built-up areas an urgent requirement for the U.S. Army. Urban areas are expected to be the future battlefield and combat in urban areas cannot be avoided. Urban combat operations may be conducted in order to capitalize on the strategic or tactical advantages which possession or control of a particular urban area gives or to deny these advantages to the enemy. Villages and small towns will often be caught up in the battle because of their proximity to major avenues of approach or because they are astride lines of communications that are vital to sustaining ground combat operations.

In order to train the Army's 91W (Combat Medics) to be more prepared to treat casualties in this type of austere environment, the 232nd Medical Battalion has added MOUT training as a new major task to the soldier's culminating FTX. Soldiers are placed in an urban setting where they receive a patrol order, provide security for their medical teams, and have to treat, stabilize, and evacuate patients out of buildings. These patients are on multiple floors in a very dark and confusing setting, thus causing uncertainty and forcing the Soldier Medics to constantly remain aware of their environment and surroundings. This training is very realistic, complete with simulated combat sounds, role player aggressors, and numerous patients. The soldiers must also establish a casualty collection point for further treatment and then call in MEDEVAC assets to get their patients to the next level of care. Training received here will prove to be essential to success on today's modern battlefields. The 91W soldiers will obtain a level of confidence in dealing with MOUT environments, and this will add to the life saving abilities that these soldiers train on as they go out to the operational Army.

TF Guardian Soldiers take challenge, claim top NCO, Soldier of Year honors

Story and photo by Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs

Both newly selected winners of Task Force Guardian's Noncommissioned Officer and Soldier of the Year titles said they didn't think they stood a chance to win as they sized up the top-notch contenders.

Staff Sgt. Richard A. Harp, and Spc. Lendsi J. Edwards, overcame their apprehensiveness to claim their respective titles at boards conducted at the TF Guardian headquarters here on Jan. 8.

TF Guardian covers a 21-state area west of the Mississippi River that mirrors the Fifth U.S. Army area of responsibility. The task force is made up of more than 7,500 mobilized National Guardsmen and Reservists representing 19 states responsible for homeland defense and base security under Operation Noble Eagle III, which supports U.S. military installations in response to the September 11, 2001, terrorist attacks.

The trail to the TF Guardian NCO and Soldier competition included boards at the company/battery, battalion, brigade and regional levels. As winners, the TF Guardian NCO and Soldier go on to compete for the Fifth U.S. Army titles later this year.

The TF Guardian competition consisted of eight NCOs and seven Soldiers, each representing one of eight regions in the TF Guardian area known as clusters. One Soldier candidate didn't make the trip because of job conflicts.

Command sergeants major from the clusters served as board members to assess the candidates. Competitors answered questions on basic soldiering, leadership, Army history, current events and other topics. Candidates were evaluated on their military bearing and knowledge during the

question-and-answer session.

Staff Sgt. Richard A. Harp

A 13-year veteran of the military, Harp is the chief of an eight-member Howitzer section in Battery A, 1st Battalion, 160th Field Artillery, of Paul's Valley, Okla. He is deployed to Red River Army Depot in northeast Texas.

"It was really an honor to be selected," Harp said. "As I looked around, I didn't think I had a chance because of the high caliber of NCOs at this board. Any one of them could've won it."

Harp's first sergeant originally asked him to compete, and it was an offer he couldn't refuse. "You don't say no to something like this," Harp said. By studying for the boards, Harp said he became reacquainted with military customs, regulations and other facts that will help him as an NCO. "I learned a lot through this process -- just little things and regulations that I've overlooked previously," said the Norman, Okla., native. "It is an incredible learning experience. You can really learn more from a couple of months preparing for a board than you can by just hanging out doing your job." He continued to say that his section members called him several times to find out how he did. "They're probably more excited than I am."

Spc. Lendsi J. Edwards

The process for the newly selected Soldier of the Year began last July. Edwards, a native of Ponca City, Okla., said when her platoon leader put her in for the Soldier of the Quarter competition of the 1120th Maintenance Company, she replied to the platoon leader, "All right, sir, I'm not going to turn down a challenge." After winning that, she won the title for the

110th Engineer Battalion and onto the TF Guardian Soldier title.

"It was a shock. I didn't think I could win. I figured they'd be more prepared than me," said Edwards, who has been in the military for three years.

Edwards said she would recommend that other Soldiers also go through the process. "A lot of these Soldiers have no experience like myself. The only way for me to learn all of this information is by studying," Edwards said. "I learned so much -- the little bitty things that we're supposed to be doing and nobody does."

Edwards is a nursing student at Northern Oklahoma College of Tonkawa. She deployed for a year, but volunteered for a second year of deployment. She said that she wants to set the standard for other Soldiers to follow when she becomes an NCO herself.

TF Guardian

Headquarters, Task Force Guardian, is located at Fort Sam Houston, under the direction of Fifth U.S. Army. TF Guardian is under the command of 2nd Bde, 40th Infantry Division, of the California National Guard. The commander is Col.



Task Force Guardian's NCO and Soldier of the Year, Staff Sgt. Richard Harp and Spc. Lendsi Edwards, will compete for Fifth U.S. Army's NCO and Soldier of the Year later this year.

Lawrence A. Haskins and the senior NCO is Command Sgt. Maj. Stephen Hallman. Soldiers from California's "Sunburst Division" assumed command of TF Guardian from 3rd Brigade, 49th Armored Division, of the Texas National Guard, last March.

Source: Lt. Col. Katherine Kobliner, TF Guardian, also contributed to this article.

OB NAS elimination provides more choices for OB care

With the exception of TRICARE beneficiaries who have had to obtain an obstetric non-availability statement in the past, most beneficiaries may not have noticed recent news articles or flyers in their local military treatment facility about the OB NAS elimination. Most beneficiaries probably think it does not

apply to them. The OB NAS elimination, however, potentially affects all female Military Health System family members of childbearing age.

Understanding the OB NAS elimination is crucial for those who wish to make informed decisions about their maternity care.

“The decision to receive maternity care through a military treatment facility or civilian provider is personal. With the OB NAS elimination, TRICARE Standard users will be happy to know that they have more choices for their prenatal care, delivery, and post-natal care under TRICARE,” said Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs.

Because of the new law, beginning December 28, 2003, TRICARE Standard beneficiaries who have not yet had their first prenatal visit may choose a civilian provider

for their care without first seeking permission from their MTF. TRICARE Prime patients will continue to go to the MTF if the services are available there.

In most cases, expectant mothers with TRICARE Prime must have their prenatal care and deliver their babies in the MTF.

Because of the elimination of the OB NAS requirement, some TRICARE Prime beneficiaries who currently receive care at their MTF might be wondering if they should disenroll from TRICARE Prime and seek civilian maternity care under TRICARE Standard. In addition, some TRICARE Standard beneficiaries may be undecided about receiving maternity care at their MTF. There are four things these beneficiaries should know.

The Military Health System provides outstanding, family-centered maternity

care for all patients. Military treatment facilities have professional health care providers who understand the unique needs of military families, especially in today's climate of increasing deployments. These professionals are experienced in supporting the emotional well-being of the beneficiaries whose loved ones are serving overseas.

Beneficiaries may have difficulty locating an OB provider or one who participates in TRICARE Standard and accepts the TRICARE maximum allowable charge for his or her services. It is best to check for the availability of an OB or other maternity care provider before making the decision to disenroll from Prime. Beneficiaries also should check for the availability of an authorized pediatrician for their infant before disenrolling from Prime.

With TRICARE Standard, medical services other than maternity care are subject to out-of-pocket expenses including deductibles and co-payments. For example, if a pregnant woman or infant over three days of age suffers an injury or illness, there will be unexpected out-of-pocket expenses, which could be considerable.

TRICARE Prime patients may opt to use the TRICARE Prime Point-of-Service option, which allows Prime enrollees to receive non-emergency,

TRICARE-covered services from any TRICARE-authorized civilian provider without a referral from their primary care manager or authorization from a health care finder. Using the TRICARE Prime Point-of-Service option is more costly to the enrollee, and Point-of-Service charges are not subject to the catastrophic cap, which means beneficiaries could pay thousands of dollars out of pocket in a year. However, with the Point-of-Service option, beneficiaries remain enrolled in Prime.

Health care needs change during pregnancy and no decision about health care, especially at this time, should be rushed. “We encourage our beneficiaries to think about how they can get the best possible personalized, coordinated care during this special time,” said Dr. Winkenwerder. Beneficiaries who are uncomfortable making this decision on their own are encouraged to speak with a TRICARE service center representative or a MTF beneficiary counseling and assistance coordinator/health benefits advisor to learn more about their options under the new law. Information about the new law also is posted on the TRICARE Web site at www.tricare.osd.mil/familycare/default.cfm.





Thank an Army nurse with gifts from AMEDD museum

The Army Nurse Corps will celebrate its 103rd anniversary on Feb. 2. In honor of this occasion, the Army Medical Department Museum Gift Shop has unique gifts to remember Army nurses worldwide. One of the most popular gifts is a rosewood accessory box (above right) with a beveled glass lid etched with the corps insignia, which is now available on a very limited basis for \$45. A "Thank You" coin paired with a Nurse Corps coin and displayed (above left) in a walnut base makes a thoughtful gift for only \$17.95. A wide selection of gifts for your favorite Army nurse, are available at the AMEDD Museum Gift Shop, which is open from 10 a.m. to 4 p.m. Tuesday through Saturday or visit the Web site www.ameddgiftshop.com. For information, call Cheryl Musket, gift shop manager, at 225-0015.

Learn about Federal Long Term Care Insurance, Feb. 3

A representative from the Federal Long Term Care Insurance Program will be presenting an educational meeting on retirement planning and long term care insurance on Tuesday, February 3, 2 p.m. in the Roadrunner Community Center. The representative will be available to answer questions and offer individualized assistance immediately following the meeting.

The National Defense Authorization Act for

2004, signed into law by President Bush on November 24, 2003, made retired "grey" reservists and their qualified relatives eligible to apply for insurance under the Federal Long Term Care Insurance Program. For information on these subjects visit the FLTCIP Web site (www.ltcfeds.com) and on the "Bulletin Board" on the OPM site (<http://www.opm.gov/insure/ltc/index.asp>).

Health Promotion Center Jan./Feb. Class Schedule

January Class	Date	Time
Introduction to Weight Reduction	30	Noon to 1:30 p.m.
Breastfeeding Support Group	30	1-2:30 p.m.

February Class	Date	Time
Diabetes Education	2	12:45-4:30 p.m.
Menopause	2	5-7 p.m.
Diabetes Education	3	12:45-4:30 p.m.
Osteoporosis	4	10-11 a.m.
Office Yoga	4	Noon to 1 p.m.
Introduction to Weight Reduction	6	Noon to 1:30 p.m.
Breastfeeding Support Group	6	1-2:30 p.m.

Note: Appointments for Diabetes Education are scheduled through the Internal Medicine Clinic at 916-0794. Appointments for the Fibromyalgia Treatment Group require a consult to Behavioral Medicine Clinic. To schedule Winning Combination and Introduction to Weight Reduction, call the Nutrition Care Division at 916-5525. To schedule Back Pain, call Physical Therapy at 916-3247.

Learn about the many aspects of menopause

The Health Promotion Center and the Women's Health Clinic invite you to attend a class to discuss the many aspects of menopause. This class will be held Feb. 2, 5-7 p.m. in the Brooke Army Medical Center Health Promotion Center, located on Ward 3 West. Guest speaker will be Lt. Col. Barbara Hector, Women's Health Nurse Practitioner.

To register, call the Health Promotion Center at 916-3352.

Smoke-free and courageous forever

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

Health Promotion Center, Ward 3 West, BAMC, 916-3352 or 916-5538

NCO Risk Management and Safety Course rescheduled

The NCO Risk Management and Safety Training Course previously scheduled for Feb. 9-13 has been rescheduled for March 1-5. The course will be held in Willis Hall, Bldg. 2841, Room 3305, 7:30 a.m. to 3 p.m. Personnel selected to attend should be Collateral Duty Safety Officers. This course is open to E-5, E-6, E-7, officers, and civilians. To register, call Richard Edges at 221-3857.

Study seeks better management of asthma, an epidemic among children and adults

By Dr. Monica Lee
Special to the News Leader

The University of Texas Disease Management Center with its academic affiliates, Brooke Army Medical Center, Wilford Hall Medical Center, TRICARE Region 6, and the South Texas Veterans Health Care System, is conducting an exciting asthma study to evaluate a state-of-the-art disease management approach to the treatment of asthma, which will assist both the patient and the primary care physician by providing education, additional outpatient resources, and additional access to health care personnel. This approach stresses empowering the patients or parents of children with asthma to participate in the patients' own health care at a higher level, which, in the case of asthma, is critical to wellness.

Asthma is a chronic respiratory disease characterized by episodes or attacks of inflammation and narrowing of small airways in response to asthma "triggers." Asthma attacks can vary from mild to life threatening and involve shortness of breath, cough, wheezing, chest pain or

tightness, or a combination of these symptoms. Many factors can trigger an asthma attack, including allergens, infections, exercise, abrupt changes in the weather, or exposure to airway irritants, such as tobacco smoke.

The United States is experiencing an asthma epidemic. The National Center for Health Statistics reports that as of 2001, this chronic disease affects 20.3 million people. The most dramatic increase in prevalence is seen in children ages 0 to 17, in which 87 per 1000 children (or 6.3 million children) have asthma compared to 69 per 1000 adults (or 14 million adults). This rise in prevalence of asthma has resulted in over 9 million visits to health care providers per year, over 1.8 million emergency room visits per year, and over 460,000 hospitalizations per year. In 1998, the National Heart, Lung, and Blood Institute estimated the total annual economic cost of asthma care was \$11.4 billion per year.

In the military health system, within TRICARE Region Six, asthma was the cause of over 50,000 outpatient visits in 1999 and this number is likely a gross

underestimate. The direct costs for ambulatory asthma care in TRICARE Region Six totaled over 8.5 million dollars for fiscal year 1999. Approximately two-thirds of the costs were generated at military treatment centers and the balance at TRICARE network facilities. In addition, asthma engenders significant indirect cost to the military health system through work absenteeism, particularly the absenteeism, which results from asthma exacerbations in the dependent children of active duty members.

The study seeks to enroll 1,053 asthmatic patients from San Antonio and the surrounding counties for the four-year long study. Volunteers between the ages 5 and 64 will be enrolled for the duration of 18 months and will be divided among three groups. The first group will receive traditional care, in which patients are cared by the primary care physician and seek medical care when needed. The second group will have periodic phone consultations by a registered nurse from the National Jewish Medical and Research Center, who will provide patient education and will serve as an ongoing liaison

between the patient and the patient's primary care physician in the care of the patient. This group will have around-the-clock access to a case manager when needed. The third group will have not only phone consultations with a National Jewish registered nurse but will also have 4 home visits from a respiratory therapist, who will provide additional hands-on education with demonstration on the proper use of inhaler medications, the use of peak flow meters for home monitoring, and provide home environment assessment and recommendations to prevent triggers for asthma, including providing dust mite impermeable covers. A study physician and/or nurse practitioner will see all groups every 6 months and will have pulmonary function tests done at a preferred patient facility, including WHMC and BAMC. If you or your child has asthma and would like more information on becoming a volunteer for this exciting study, call 567-9700.

By Dr. Monica Lee is assistant project director of the University of Texas Disease Management Center.

New hours at SACU FSH Branch

San Antonio Federal Credit Union announces new hours for the Fort Sam Houston Branch, located at 2750 Stanley Road. The lobby hours are Monday, Tuesday, and Thursday 9 a.m. to 5 p.m.; Wednesday 10 a.m. to 5 p.m.; Friday 9 a.m. to 6 p.m. The drive-up teller lanes will be open from 7 a.m. to 5 p.m. Monday through Thursday and 7 a.m. to 6 p.m. on Friday. They will be closed on Saturday.

SACU offers many ways to access your accounts, including our convenient branch at Fort Sam Houston. With every checking

account, members have free Internet banking service, a free SACU CashAnytime® Debit Card accepted at thousands of MasterCard® merchants worldwide. SACU also offers online bill payment services.

The credit union also has a convenient depository ATM at the FSH Branch and one of the largest networks of ATMs in the greater San Antonio area, with more than 100 locations available without charge to SACU members. It provides PhoneLink® telephone access to your funds around the clock.

Black History Month luncheon, Feb. 12

The Chaplains office is sponsoring the Black History month 2004 luncheon.

Location: Fort Sam Houston NCO Club

Time: 11:30 a.m. to 1 p.m.

Date: Feb. 12

Uniform: Duty

Cost: \$6

Open to all personnel of Fort Sam Houston.

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



Military community Job Fair, 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, the job fair attracts 85-150 employers and averages 1,200 job seekers. 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.

\$200 reward for larceny of Gov. property

Sometime between December 31, 2003 and Jan. 2, unknown person or persons unlawfully entered Radiology Oncology Clinic, Brooke Army Medical Center and stole a Dell desktop computer with serial number GJJ331 that belonged to the U.S. Government.

CID is offering a \$200 reward for information that leads to the identification, apprehen-

sion and conviction of the perpetrators.

Information concerning this investigation should be provide to Special Agent Ronald Belenski at 221-0575, the U.S. Criminal Investigation Command at 221-1763/1764, or the Fort Sam Houston Military Police Station at 221-2222.

Running safely on post reduces risk of accidents

If walking or running during hours of darkness carry a flashlight to shine on the sidewalk in front of you. One should also be wearing light (or reflective) clothing, stay out of the roadway, and be alert to traffic. Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes. Run in familiar areas and avoid unpopulated areas, deserted streets, and overgrown trails. Don't

wear headphones. Run against traffic and keep the approaching automobiles in view. Wear reflective material if you must run during the hours of darkness. Runners may run on sidewalks or on the grass along the roads mentioned below.

Prohibited running/jogging roads on Fort Sam Houston: Stanley, Dickman, Artillery Post, Wilson, Scott, New Braunfels, Harry Wurzbach, Schofield, Roger Brooke and Binz-Engleman.

AER Fund Campaign meeting March 9

Project Officers and key workers for the Army Emergency Relief Campaign "Kick-off" are invited to a meeting on March 9, 10 a.m. at the Roadrunner Community Center, Bldg. 2797, Stanley Road. Details for conducting the campaign will be discussed and campaign materials will be distributed at that time. Names of designated project officers and key personnel should be provided to the AER office no later than March 8.

For information, call the AER office at 221-1612 or 221-1474.

BAMC EFMP Clinic hours

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.

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: Feb. 11 and 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.

Accessing Resumix workshops offered Feb. 10 and 24

Accessing Resumix workshops are scheduled for Feb. 10 and 24, 8-9:15 a.m. for Garrison employees. All classes are by reservation only and limited to eight students per class. For more information and reservations, call 221-2276.

Fort Sam Houston ISD Weekly Campus Activities February 2-7, 2004

Fort Sam Houston Elementary School

Wednesday, Feb. 4

- Progress Reports Go Home

Thursday, Feb. 5

- PTO Board Meeting, 11:30 a.m.

Friday, Feb. 6

- Spirit Day

Robert G. Cole Jr./Sr. High School

Monday, Feb. 2

- Cougar Pride Executive Meeting in Library, 5:30 p.m.

Tuesday, Feb. 3

- Girls Basketball at Gervin, 5 and 6:30 p.m.

- Boys Basketball at Gervin, 5 and 8 p.m.

Friday, Feb. 6

- Pep Rally: Randolph Basketball Game in Gym, 3 p.m.

- UIL Region 7-4A Swim Meet at Palo Alto, 5 p.m.

- Girls Basketball vs Randolph at Central Post Gym, 5 and 6:30 p.m.

- Boys Basketball at Randolph, 5 and 8 p.m.

Saturday, Feb. 7

- UIL Region 7-4A Swim Meet at Palo Alto, 5 p.m.

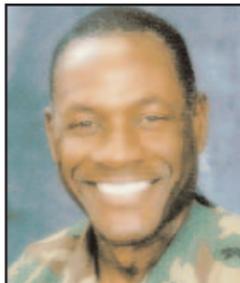
FSHISD honors and recognizes board members

January 2004 is School Board Recognition Month. The Fort Sam Houston Independent School District takes this opportunity to thank the following members of the Board of Trustees for their commitment and sacrifice to the students, their parents, and all the staff: Keith A. Toney, president, Special Needs director, Child and Youth Service Division; Eustace S. Lewis, vice-president, Anatomy Lab; Jesus Torres, secretary; Clarence E. Maxwell, member, Facilities Management Officer, Great Plains Regional Medical Command and Jeanne Warren, member, Youth Services director.

The Fort Sam Houston Youth Services Board members play a crucial role in the district, making decisions that affect the present and future lives of the children of military parents. A big "thank you" is extended to the Board of Trustees from the Fort Sam Houston Independent School District.



Keith A. Toney



Eustace S. Lewis



Jesus Torres



Clarence E. Maxwell



Jeanne Warren

Conference for parents of Special Needs students, set for Feb. 28

The TAPPEstry Conference will be held on Feb. 28, 8:30 a.m. to 3:30 p.m. at the Education Service Center, Region 20, 1314 Hines Avenue in San Antonio, Texas. The conference is held annually for parents of children with special needs and for teachers, administrators, and other professionals who work with children with special needs. The conference is a collaborative effort among parent organizations, several area school districts, Alamo Area Council of Administrators of Special Education, Brighton School, Inc., the Center for Inclusive Communities, and the Education Service Center, Region 20.

The 2004 conference theme is "A Framework for Partnerships: Ever-Changing Patterns." Dr.

David Welsh, a nationally renowned speaker and author, will present the keynote address as well as a general session. The afternoon will include breakout sessions on a number of disability issues. For information on registration, visit www.esc20.k12.tx.us/catalog/pdfs/tappestryconf.pdf.

The conference fee of \$25 includes lunch, snacks and materials. Both parents may attend for one registration fee. Some scholarships are available. For information on scholarships, call Nancy Hunter, ESC Reg. 20 at 370-5402 or e-mail nancy.hunter@esc20 and Becky Tarwater, North East ISD, at 804-7201 X 382 or btarwa@neisd.net.



Photo by Janet Bolin

Talented Cole Junior High students make regional band

From left, Arielle Orridge, Jennifer Sees and Stefan McCarver, Cole Junior High School students, were selected to the Association of Texas Small School Bands Junior High All-Region Band following auditions held Jan. 20 in La Vernia, Texas. Orridge and Sees competed against 55 other clarinet players and McCarver competed against 81 trumpet players. In addition, Sees was selected to the Symphonic Band and Orridge and McCarver were selected to the Concert Band.

AAFES to receive prestigious 'American Spirit Award' for troop support

At the National Retail Federation Annual Convention in New York next Tuesday, Feb. 3, the Army & Air Force Exchange Service will be awarded the prestigious American Spirit Award. The Board of Director of the NRF selected AAFES to receive the award based on its legendary support to the troops wherever they go. "AAFES support in contingency operations is unprecedented in the history of retail, and we are honored that such a respected Trade Association would recognize the commitment, skill, hard work and courage it takes to fulfill our pledge 'We Go Where You Go,'" said AAFES Commander Maj. Gen. Kathryn Frost.

AAFES' greatest achievement in its

efforts to support the troops came when it set up operation in Iraq almost as quickly as the military. On April 7, 2003, AAFES began providing merchandise to soldiers out of the back of a Toyota Land Cruiser. The build up began in earnest in November of 2002. AAFES made its first sale at Tallil Air Force Base, in Iraq on April 7, 2003. With merchandise carried in backpacks by AAFES folks on site survey the first store was set up on April 9. AAFES was in Iraq before the mail, the showers, the latrine or the dining facilities.

Frost went on to say that the American Spirit Award is, "an honor to so many of our associates who have

served in harsh, dangerous and demanding operations; those who have provided the support behind the scenes to enable AAFES contingency workforce; and those who have kept the home fires burning by picking up the slack at home station, while key personnel deployed to serve the 'best customers in the world.' This is an award AAFES truly deserves. No one else does what we can do."

Today AAFES has nine stores in Kuwait and 30 in Iraq, with about 450 associates deployed at any given time. Those associates live and work right alongside the deployed troops. In addition, AAFES supports 88 unit-run Imprest Funds that serve forward operat-

ing bases where it is too remote or dangerous to set up a store. Additionally, AAFES runs phone centers throughout the Area of Responsibility where deployed troops can go to make a call home to their loved ones.

AAFES' Vice Commander Brig. Gen. Toreaser Steele summarized AAFES' excitement regarding the NRF award by saying, "Whenever America sends its sons and daughters to fight our nation's wars, one American retailer goes with them...AAFES. Those who participate in that process truly epitomize the American Spirit."

Source: AAFES news release.

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.

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.

AFTB upcoming events

Level I Classes

Agenda:

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

- Family and Military Expectations (Great Expectations!)
- 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

Attention Student Spouses! You are invited to an Open House just for you, Monday, Feb. 2, 10-11 a.m. at the 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.

Red Cross Open House, Feb. 12

The American Red Cross will hold an Open House on Feb 12, 2-4 p.m. at the Station House on the corner of Patch and Harney. All are welcome to come learn more about Red Cross services for military families, Red Cross volunteer opportunities and upcoming training courses on Fort Sam Houston including CPR and first aid, babysitter's training, learn-to-swim programs and much more.

Please join us to discover all of the ways that Together, We Can Save a Life! For information, call 221-3355.

It's Not Easy Being Green CONFERENCE 2004

A Celebration of Military Life

**FEBRUARY 27 & 28
DODD FIELD CHAPEL
FORT SAM HOUSTON**

The purpose of this conference is to uplift, enlighten, motivate, and strengthen our lives in the military as men, women, husbands, wives, fathers, mothers, & invaluable contributors to the community.



Registration forms are available at ACS, FSH Library, NCO Club, O'Club, BAMC Medical Mall Information Desk, OCSC February Luncheon, Jimmy Brought Fitness Center, and CYS Central Registration. Registration is due by Feb. 18.

Don't miss this opportunity to recharge your battery for all the hats we wear in the military community. It's all about you! You deserve to attend!

Free childcare available on a first-come first-served basis! Register Today!

OUR KIND SPONSORS

**BAMC Auxiliary, First Command
AUSA, SACU, USO, OCSC**

For more information call

Judith Merkelz 210-655-0238 Kim Taylor 210-566-6526



Photo by Nelia Schrum



Photo by Nelia Schrum

The members of the 359th Neurosurgical team render honor to the flag as the national anthem is played during the BAMC sendoff ceremony.

Lt. Col. Joseph Helminiak, a nurse anesthetist, and his wife, Margaret, share an embrace before he boards the bus for Fort Hood.

BAMC neurosurgical team heads to Iraq

By Nelia Schrum
BAMC Public Affairs

Brooke Army Medical Center said goodbye to an eight-member neurosurgical team Jan. 22 that will join the 31st Combat Support Hospital in Iraq for a yearlong deployment.

The eight-member medical team, known as the 359th neurosurgical team, will join 1st Medical Group from Fort Hood, Texas, on the Baghdad deployment. The team includes two neurosurgeons, one nurse anesthetist, one neurologist, one circulatory nurse, and three enlisted technicians.

The team will staff one operating room, but is capable of manning a second field expedient table if necessary.

Lt. Col. Jeff Poffenbarger, a neurosurgeon and team commander said the neurosurgical team was designed to enhance

specialized care delivered in a field combat environment.

"There's quite a bit of demand for neurosurgery services in Iraq," Poffenbarger said.

At the BAMC sendoff ceremony, Col. David Ellis, the deputy commander for clinical services, said it was a day of mixed emotions even though the ceremony gave the BAMC community the opportunity to formally recognize the deploying health care team in an appropriate manner.

"It is sad because although we understand this is exactly the mission of a Soldier, we would rather they could stay with us here at BAMC and with their families," Ellis said. "But the Soldiers patrolling and fighting throughout Iraq need our expert medical care."

Ellis said that until recently, neurosurgical care was not a standard part of the

forward-deployed medical team.

Neurosurgery had been a specialty skill reserved for delivery in a fixed facility. But on today's battlefield, the neurosurgical team was a critical skill added to combat support hospitals. The skills of the neurosurgical team will save the lives of Soldiers who could not possibly survive the evacuation journey to a fixed facility several hours away from the combat zone.

As the families said their farewells there were tears and hugs, but an overriding sense that the team was going to provide a necessary life saving mission for fellow Soldiers deployed to Operation Iraqi Freedom.

"No one wants to leave their family for a long time," said Lt. Col. Joseph Helminiak, the team's nurse anesthesiologist. "But we are doing something we believe in."

Military spouse Heidi Poffenbarger, said her husband Jeff had been ready to deploy since the events of September 11.

Many of the injured that the health care team will provide medical care to in Iraq will be evacuated right back here to BAMC. To date BAMC has provided medical care for more than 800 Soldiers who were injured in the Global War on Terrorism in either Operation Iraqi Freedom or Operation Enduring Freedom (Afghanistan).

The neurosurgical team joins 49 other BAMC health care professionals who left for Iraq in early January. Both groups are expected to be in Iraq for a year.

Sixty-eight BAMC Soldiers, who now serve in the 21st Combat Support Hospital, are expected to return to San Antonio in early February after a year-long deployment.



Photo by Mike Dulevitz



Photo by Mike Dulevitz

Pfc. Darwin Gaskin chats with USO volunteers Lori Marx and Barbara Carpenter.

Lt. Col. Jaime Grimes, a neurologist, shares a tender moment with her son, Jackson, 4, before deploying on for a year to Iraq.

354th Med Log and 328th PSB enroute to Kuwait

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

77 soldiers assigned to the 354th Medical Logistics Company, 807th Medical Brigade, and 18 soldiers from 328th Personnel Services Battalion, 90th Regional Readiness Group, gathered at the Roadrunner Community Center the evening of Jan. 28 with their families for the last time before leaving to Kuwait in support of Operation Iraqi Freedom.

The 328th PSB, will be primarily responsible for providing personnel services support and casualty assistance support to the theater commander.

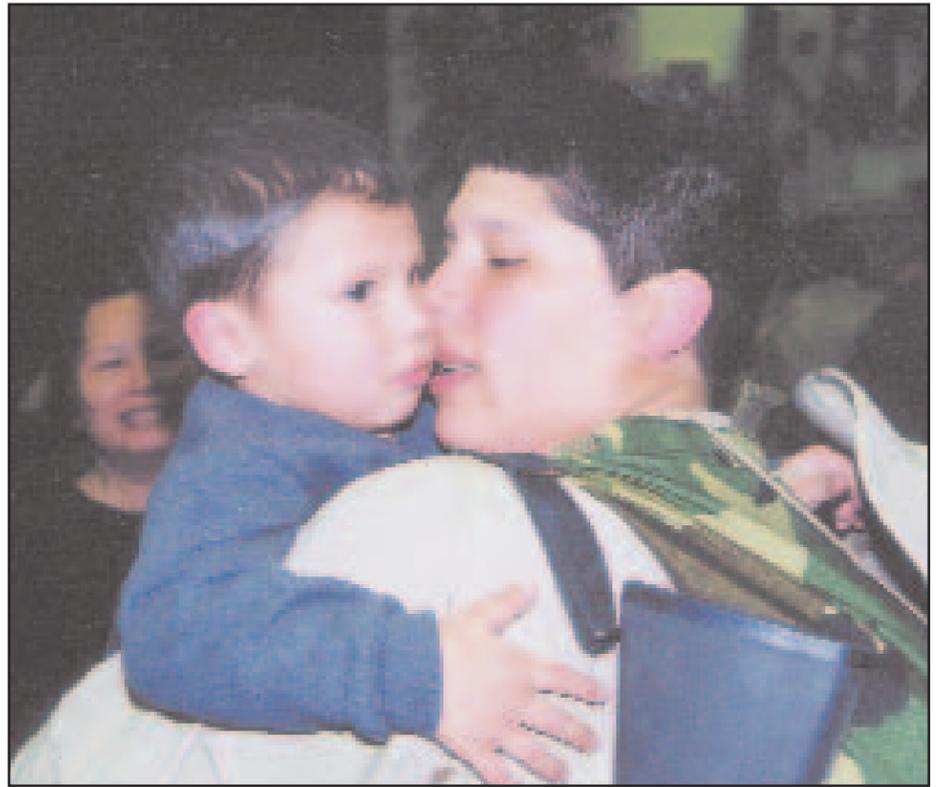
The 354th Medical Logistics Company will be providing medical warehousing and shipping, biomedical equipment repair, and optical fabrication to all soldiers in the theatre of operations.

Both units are United States Army Reserve units and augmented with active duty soldiers from all over the United States. "They are truly representative of the Army of 2004", said Maj. Bernard Harper, Special Troops Battalion, as he welcomed everyone to the deployment ceremony.

Guest speaker Brig. Gen. Stephen Collins, deputy commander, U.S. Army

South, began by saying, "It is customary to recognize distinguished guests. Today the distinguished guests and dignitaries are the soldiers and families that are here today. So I recognize all of you, salute you and we are very proud of you". Collins said, "These patriots are here today to ensure the freedom of the United States and its allies." Collins spoke about the different successes that have occurred in Iraq by those who are currently serving, such as bringing down a dangerous regime. "The role that your units play is to ensure that this progress and successes continues," said Collins. "You will remember and tell the next generation, your children, grandchildren of what you did to keep America free. If you remember anything I said today, remember what I am going to pass to you from the Army Chief of Staff, Gen. Peter Schoomaker. First, always place the mission first. Second, never accept defeat. Third never quit, and finally, never leave a fallen comrade. Four simple rules I know that you will make them a reality," concluded Collins.

The ceremony concluded with the benediction by Chaplain (Maj.) Gail Porter and the Army Song. Refreshments were provided by the USO and Army Community Service.



Three year old John Kennedy says goodbye to mother Sgt. Julie Kennedy as she gets ready to leave for Kuwait. Kennedy, assigned to the 354th Medical Logistics Company, said she is "totally prepared to serve her country."



Brig. Gen. Stephen Collins, deputy commander for U.S. Army South and guest speaker at the deployment ceremony visits with Staff Sgt. Darrell Neill, 354th Medical Logistics Company prior to the ceremony.



Three generations of the Aguayo family are together one more time. From left, father Alex and grandfather Manuel Aguayo attended the deployment ceremony to show their support for Pvt. Daniel Aguayo before he deployed to Kuwait in support of Operation Iraqi Freedom.



Soldiers assigned to the 354th Medical Logistics Company and 328th Personnel Services Battalion, arrive at the Roadrunner Community Center for deployment to Kuwait in support of Operation Iraqi Freedom.

Sgt. Adam Venzor spends time with his wife of three weeks, April, prior to his deployment to Kuwait.

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.

Clinical Research Manager - San Antonio. The position will manage clinical trials, projects and oversees related research activities as they pertain to the conduct of clinical trials for medical devices. Other responsibilities include: Monitoring clinical trial progress and outcomes. Consulting with KCI team members regarding information derived from clinical trials.

Claims Processor requires/Payment Processor - San Antonio. Position requires extensive IC9 coding in addition to CPT, HCPCS, and HCFA forms. Must also be able to interpret EOB.

Plant Manager - San Antonio. Exhibit outstanding leadership and teambuilding skills, possess proven problem solving ability and have a background of ten plus years operations management experience with a proven track record. BS degree in engineering is preferred.



Golf intramural event coordinator needed

The Fort Sam Houston Golf Club is seeking an Active Duty Golf Intramural Coordinator to assist in running this year's Intramural Program. The person selected should have a good knowledge of golf and keen desires to assist the troops enjoy a successful Intramural Golf Program. The Program will run from April to June. If interested in this worthy program, call Gordon Zambrano at 221-4388.



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: Whirlpool almond dryer, large capacity, 3 speed, 4 temperature setting, \$45. Call Sheila before 5 p.m. at 221-1604 or 945-4237 after 5 p.m.

For Sale: Parabody 400 home gym station in mint condition, more than 30 full body exercises, 200 lbs weight stack, enamel fining, \$1,275 obo. Call daytime 632-5056 or evenings 658-7137.

For Sale: Stereo equipment in excellent condition, includes Nikko power amplifier, 100 Watts channel, Soundcraftsmen pre-amplifier/equalizer, Pioneer AM/FM tuner, all for \$50. Call 221-7036.

For Sale: Metal frame Futon black couch/bed, mattress measures 75" x 51", \$50; Bissell upright vacuum cleaner, bagless, 12 amp, manual and all accessories, \$25. Call 945-9905.

For Sale: BMI 9000 home gym, \$100. Call 885-5309.

For Sale: Complete set of golf clubs and bag, \$50; Jumpstart software Kinder through 3rd grade, \$8 each. Call 697-9261.

For Sale: 1999 Harley Davidson 883 Sportster. under 2K miles, lots of custom, chrome, very clean. \$5000, firm. Call Ron at 657-9091 and leave a message.

Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

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.



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

Join the Officer Christian Fellowship Bible study

Interested in a Bible study? Join us for an Officer Christian Fellowship study 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. Group will meet on the following dates: Feb. 13, 20, 27, March 5, 12, 26, and April 2, 16, and 23. For information, call Lt. Col. Griffith at 226-1295 or e-mail at thegrifgang@cs.com or Chaplain Schlichter at 221-1968 or e-mail at david.schlichter@cen.amedd.army.mil.

FT SAM HOUSTON NCO CLUB

February 2004

Lunch is served 11:00a.m. - 1:00 p.m. ALL YOU CAN EAT \$5.95/\$6.95 for Club Members Includes Beverage

Member special events Call 774-7771 Member would be more than happy to assist you.

Monday	Tuesday	Wednesday	Thursday	Friday
2 MWR CLOSED MONDAYS 774-7771	3 CHICKEN Meatloaf with Arrow Gravy Chef's Special	4 I mean Dinkin Sweet & Sour Pork Veg. Lunch Log Koles Chinese Food	5 FRIED CHICKEN & BBQ RIBS	6 Fish Fry Fried Fish Baked Fish Gumbo Chef's Special
9	10 CHICKEN Breaded Pork Cutlet Battered & Red Cabbage Chef's Special	11 Hot / asagna Chicken Alfredo Spag Meatballs Italian CUISINE	12	13 Club Closed for Lunch Open for Bingo & Private Events Only
16	17 CHICKEN Roast Beef with Mushroom Gravy Chef's Special	18 Southern Food Fried Catfish Cajun Pork Chops Jambalaya	19	20 Fish Fry Fried Fish Baked Fish Popcorn Shrimp Chef's Special
23	24 CHICKEN Rakoni Ham with Pineapple Sauce Chef's Special	25 Top Hat For Your Mama - Chicken (Milk Avail) Sassy Beef	26	27 Fish Fry Fried Fish Baked Fish Salmon Croquettes Chef's Special

Fort Sam Houston Officers' Club

February 2004

224-4211

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday Brunch 1000-1330 1000-1330 Sunday Brunch	2 Sausage & Poppers Grilled Pork Chop Chef's Special	3 CHICKEN Meat Hot Pic Chef's Special	4 Gary's Smokehouse Ribs Roast Turkey w/ Dressing Chef's Special	5 CHICKEN Cheese Enchiladas Chicken Fried Steak Joe's Beans	6 Fish Fry Southern Fried Fish Hot Dog Bar Chef's Special	7 The Club is open for special functions
8 1000-1330 Sunday Brunch	9 Homestyle Beef Stew Hawaiian Baked Ham Chef's Special	10 CHICKEN Baked Potato Bar Chef's Special	11 Gary's Smokehouse Ribs Chef's Special	12 CHICKEN Heef + gyas Chef's Special	13 Fish Fry Southern Fried Fish King Ranch Chicken Chef's Special	14 The Club is open for special functions
15 1000-1330 Sunday Brunch	16 Club Closed	17 CHICKEN Meatloaf w/ Mushroom Gravy Chef's Special	18 Gary's Smokehouse Ribs Chicken & Dumplings Chef's Special	19 CHICKEN German Sausage w/ potato salad Joe's Beans	20 Fish Fry Southern Fried Fish Baked Chicken & Gravy Chef's Special	21 The Club is open for special functions
22 Sunday Brunch 1000-1330 Sunday Brunch	23 Hunt tips & Noodles Egg Roll/ Fried Rice Chef's Special	24 CHICKEN Swedish Meatballs Chef's Special	25 Gary's Smokehouse Ribs Chef's Special	26 CHICKEN Crispy Beef Tacos Joe's Beans	27 Fish Fry Southern Fried Fish Pepper Steak Chef's Special	28 The Club is open for special functions
29 Sunday Brunch 1000-1330 Sunday Brunch	30 Need a room for your party? Call 221-5005 Day or night 49 rates available			31 Need to be served from 11:00 A.M. TO 1:00 P.M. BANG BANG! \$5.95/\$6.95 for Members		

FSH Tax Assistance Center is open for business



Photo by Esther Garcia

Sgt. 1st Class Joe Cirilo and his wife Christina have been using the tax assistance center since 1984. The Cirilo's said the program is appropriate because it is soldiers helping soldiers. See Tax Assistance Center information on Page 5.



Photos by Esther Garcia

Col. Richard Agee, Chief of Staff, Army Medical Department Center and School and Fort Sam Houston assists Capt. Mary Meek, Officer in Charge of the Tax Assistance Center, cut the ribbon, which officially opens the Tax Assistance Center on Jan. 27. Last year over 3500 people utilized the Tax Assistance Center on post. The center is located in the FSH Officers' Club.

'Free grounds admission to the Rodeo,' Feb. 12-13

The San Antonio Stock Show & Rodeo is offering "Free Grounds Admission" Feb. 12-13 to those with a valid military identification card. Additionally, a \$5 discount is offered to all military on the Feb. 12-13 on all \$20 tickets. The gates open at 8:30 a.m. and the exhibits open at 10 a.m. The livestock barns will be open early. Carnival vouchers for rides are also available at a 50 percent discount for the military. Vouchers are available at the rodeo ticket office at the SBC Center, southwest corner.



Recreation and Fitness

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

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.

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.

FSH Intramural Sports

Participants are needed for the following intramural sports:

Volleyball (Men's & Women's and

Coed) - Letters of intent are due Feb. 2, coaches meeting will be held Feb. 9 and the season starts Feb. 18.

Soccer - Letters of intent are due Feb. 2, coaches meeting will be held Feb. 9 and the season starts Feb. 16.

Racquetball - Letters of intent are due Feb. 9, coaches meeting will be held Feb. 16 and the season starts Feb. 23.

Flag Football - Letters of intent are due Feb. 9, coaches meeting will be held Feb. 13 and the season starts Feb. 23.

Golf - Letters of intent are due Feb. 20, coaches meeting will be held Mar. 3 and the season starts Apr. 12.

Join the fun and register for your favorite intramural sport today. Call Earl Young at 221-1180.

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.

Intramural Basketball League Standings

Jan. 26	W	L
DFAS	8	0
BAMC	6	1
Acad Bn	4	3
STB	4	4
NCO Academy	4	4
Navy/Marines	3	3
5th Recruiting	3	5
LEC	1	7
418th Med Log	1	7

Jan. 20	W	L
DFAS 45	Navy/Marines 39	
STB 58	Navy/marines 49	

Jan. 22	W	L
BAMC 72	STB 62	
5th Recruiting 68	LEC 58	
DFAS 76	Acad Bn 54	
Navy/Marines 39	418th Med Log 36	



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 participate in fun innovative 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.

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.

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

Dance Class Registration - Registration is ongoing through Feb. 27, for Spring Dance Classes with the recital 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. - Forge/Foulis
 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.



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 opens from 6:30-7:30 p.m., 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 1-5 p.m. on Saturdays. Theatre is handicapped accessible.

Texas Volkssport Association Walk, Feb. 8.

The Texas Volkssport Association will host a 10-kilometer (6.2 miles) walk on Sunday, Feb. 8, 8-11 a.m. in Columbus, Texas. The walk will start at the Community Room of the Nesbitt Library at 529 Washington and finish by 2 p.m. For information, call Bob or Raz Creamer at (979) 732-9231 or e-mail at rcream@wcnet.net or check out the Web site at www.walktexas.org

General Twiggs' Surrender Re-enactment at the Alamo, Feb. 14

A living history encampment will be set up in Alamo Plaza directly in front of the Alamo Feb. 14, 10 a.m. to 3 p.m. At 11 a.m. and 2:30 p.m. re-enactments will take place recreating the February 1861 surrender of all federal military posts and property in the state to Texas. The Sons of Confederate Veterans, Texas Division, Alamo Camp #1325 sponsor this annual event. For information, call Rudy Krisch III at 736-0924 or e-mail Ian Straus at istraus@texas.net.

Auditions for 'Arsenic and Old Lace' set for Feb. 23-24

The Harlequin Dinner Theatre will hold open auditions Feb. 23-24 for "Arsenic and Old Lace," a comedy by Joseph Kesselring. Auditions will be from 7-8:30 p.m. on both nights with William C. Champlin directing. There are roles for 11 men and three women. Other volunteers are needed as light and sound technicians, props and stage crew. Those who come to auditions should enter Fort Sam Houston through the Walters Street gate. Performances will be held Wednesday through Saturday evenings April 7 through May 8. For information, call the Harlequin Dinner Theatre at 222-9694.

'Steel Magnolias' at the Harlequin starts Feb. 25

The Harlequin Dinner Theatre at Fort Sam Houston will feature "Steel Magnolias," a play by Robert Harling, Wednesday through Saturday evenings from Feb. 25 through March 27. Prices are \$25.95 on Friday and Saturday and \$22.95 on Wednesday and Thursday. There are discounts for military and students. The house opens for cocktails and salad bar at 6:15 p.m., dinner is served from 6:30-7:30 p.m. and show time is 8 p.m. For reservations, call 222-9694 or visit the theatre in advance. The box office is open Monday through Friday from noon to 5 p.m. and Saturdays from 1-5 p.m. Theatre is handicapped accessible.

'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 \$5 registration fee covers classes, lunch, and snacks. Childcare will be provided at no additional cost on a first-come first-served basis. Participants may choose from classes in yoga, line dancing, cooking, public speaking, aromatherapy, Texas travels, resume writing and more. We offer something for everyone's

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interests. More information and registration materials are available at ACS, FSH Library, NCO Club, O'Club, BAMC Medical Mall 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. Come recharge your batteries at the "It's Not Easy Being Green" Conference!

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. 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 at 822-8700.

Otras Cosas

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 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.

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. Scott at 692-7376 or (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

In the classroom

Installation Status Report Training, Feb. 10 and 12

Installation Status Report training will be held in Feb. 10, 1-3 p.m. and Feb. 12, 8-10 a.m. in Bldg. 4196, scheduling room for ISR points of contact for all installation activities. Each training session will provide the points of contact with their responsibilities with regard to Part I, and all documentation required to fulfill the activity's ISR reporting requirements for Part I (Infrastructure). Unit representatives may bring additional personnel as deemed necessary. For information, call Judy Barta at 295-4922.

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.

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 sessions 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.

Meetings

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.

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.