



Briefs

D Company, 187th Medical Battalion Change of Command, today

Outgoing commander Capt. Jerardo Lopez will relinquish command of D Company, 187th Medical Battalion to incoming Capt. Donald Carden at a Change of Command ceremony today, 5 p.m. in Bldg. 1002, near old BAMC.

Bldg. 902 Memorialization Ceremony, tomorrow

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

Newcomers' Extravaganza, Feb. 24

Newcomers' Extravaganza will be held Feb. 24, 9 a.m. at Roadrunner Community Center, Bldg. 2797 on Stanley Road. For information, call 221-2705/2418.

A Company 187th Medical Battalion Change of Command, Feb. 25

A Company 187th Medical Battalion will hold a Change of Command ceremony Feb. 25, 9 a.m. at the MacArthur Pavilion, in case of inclement weather it will be held at Blesse Auditorium.

FSHISD Board of Trustees Meeting, Feb. 26

Fort Sam Houston ISD Board of Trustees will meet Feb. 26, 11 a.m. in the FSHISD Professional Development Center, 1908 Winans Road.



Photo by Esther Garcia

Daughter Maggie and wife Pat McGiffert, attend the Feb. 10 ceremony at the Stilwell House commemorating the first presentation of the Lt. Gen. John McGiffert scholarship. Retired Gen. Ralph Haines presented the first annual \$2,500 scholarship to Julius Gribou dean of the School of Architecture, University of Texas at San Antonio. Associate Dean Bob Baron and faculty member Sue Ann Pemberton represented the faculty and students.

FSH Historic Society presents scholarship

By Phil Reidinger
Fort Sam Houston Public Affairs

Retired Gen. Ralph Haines presented the first annual McGiffert scholarship by family members of late Lt. Gen. John McGiffert at the historic Stilwell House, Feb. 10. The McGiffert family is an active member of the Society for the Preservation of Historic Fort Sam Houston. McGiffert was a member of the society's board of directors.

Haines presented the \$2,500 scholarship on behalf of the family to Julius Gribou, the dean of the School of Architecture, University of Texas at San

Antonio.

The scholarship is awarded to graduate students pursuing a degree in the School of Architecture. Applicants for the scholarship must have successfully completed course assignments pertaining to the historic preservation of Fort Sam Houston.

According to Joan Gaither, president of the Society for the Preservation of Historic Fort Sam Houston, "It is a great partnership that we have formed between the society and the university School of Architecture. The historic buildings located on the post are an invaluable teaching aid."

Pat McGiffert reminisced that her husband thought about being an architect as a

child. Haines said that McGiffert graduated from Virginia Military Institute and completed a distinguished career as the commander of Fifth U.S. Army. "He was so highly respected by the community that he became the director of the Institute for Texan Culture."

During the scholarship presentation Gribou said, "I am extremely pleased and grateful to receive this scholarship. Three years ago we had 371 students. Today we have 677 students. One of our main studies is historic preservation. Your support allows our students to get involved in this area. Thank you for your support of our students, faculty and program."

New temporary health benefits for Reserves announced

The Department of Defense announced Feb. 12 that it will implement the "2004 Temporary Reserve Health Benefit Program" for certain eligible Reserve Component sponsors and their family members.

The Emergency Supplemental Appropriations Act and the National Defense Authorization Act (NDAA) for fiscal 2004 authorized new health benefits, some permanent and some temporary. The 2004 Temporary Reserve Health Benefit Program includes three

temporary TRICARE benefit provisions; some are effective as of Nov. 6, 2003, and all expire Dec. 31, 2004. Total expenditures for these new provisions may not exceed the \$400 million limit established by Congress for fiscal 2004. TRICARE Management Activity will implement the new provisions in phases starting in the spring.

"These new temporary provisions were designed by Congress to improve readiness and enhance access to care for Reserve service members and their fami-

lies," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "We are implementing these new provisions as soon as possible," he said.

One provision temporarily authorizes TRICARE medical and dental coverage for Reserve component sponsors activated for more than 30 days and their family members. Eligibility begins either on the day the sponsor receives delayed-effective date active duty orders or 90 days prior to the date the active duty period begins, whichever is later.

A second provision temporarily extends eligibility for TRICARE benefits to 180 days under the Transitional Assistance Management Program for Reserve component sponsors who separate from active duty status during the period Nov. 6, 2003 through Dec. 31, 2004, and their eligible family members.

The third provision temporarily extends TRICARE medical benefits to Reserve component sponsors and family members who are either unemployed or

See Health on Page 3

Army announces Fort Sam Houston Residential Communities Initiative partner

The Army announced Feb. 10 its selection of Lincoln Military Housing, LLC to develop the Community Development and Management Plan for Fort Sam Houston, Texas as part of the Army's Residential Communities Initiative. Under the RCI Program, the Army plans to privatize family housing at 34 installations located throughout the United States.

Lincoln Military Housing, LLC will work with the Army to develop the CDMP, which will serve as the blueprint for the Army's residential communities at Fort Sam Houston. Preparation of the CDMP is expected to take about six months. Following acceptance of the

CDMP by the Army, and review by the Department of Defense, Office of Management and Budget and Congress, implementation of the CDMP is expected to begin in March 2005.

Approximately \$145 million in private sector debt and equity will be spent during the initial 10-year development phase to renovate existing and construct new family housing at Fort Sam Houston. Over the anticipated 50-year term all family housing will be rehabilitated restored or replaced at least twice. In addition, it is expected that RCI will bring new community centers, other ancillary facilities and amenities to meet family housing needs to Fort Sam Houston.

RCI will improve, in a relatively short period of time, the quality of life for Soldiers and families assigned to Fort Sam Houston. The overall family housing appearance and function within the Fort Sam Houston installation will weave the natural and historical environments together as a planned community.

The Assistant Secretary of the Army for Installations and Environment has overall responsibility for the RCI program. Under RCI, Soldiers who live in privatized family housing receive the Basic Allowance for Housing that they pay to the Project as rent.

The Army's family housing revitalization requirement would take many years

to satisfy through the exclusive use of traditional military construction projects. Together with traditionally funded military construction and increased housing allowances, privatizing family housing under RCI is an essential element in solving the Army's acute family housing problem within the next ten years.

Lincoln Military Housing, LLC is owned by Lincoln Property Company, which is headquartered in Dallas, Texas. Lincoln Property Company develops, owns and manages private housing and commercial properties throughout the United States and Europe.

Source: Department of the Army news release.

U.S. flag insignia may now be worn by all

By Sgt. 1st Class Marcia Triggs
Army News Service

All Soldiers can now wear the U.S. flag insignia on the right shoulder of their utility uniform, as a continued reminder that the Army is engaged in a war at home and abroad.

"The flag has been around for years to identify deploying troops. Now based on the Army's joint expeditionary mindset, the flag represents our commitment to fight the war on terror for the foreseeable future," said Sgt. Maj. Walter Morales, the uniform policy chief for G1.

Army Chief of Staff Gen. Peter Schoomaker approved the uniform item

Feb. 11, and all Soldiers have until Oct. 1, 2005 to get the insignia sewn on their uniforms.

A message on the uniform policy went out to the force Feb. 14, announcing "the current policy of deployed Soldiers wearing the U.S. flag on utility uniforms is expanded to include all Soldiers throughout the force regardless of deployment status."

Currently there are not enough flags in the inventory, which is why Soldiers have a substantial amount of time to get the flags sewn on, Morales said. Deploying troops have the priority. Everyone else will have to wait until the Defense Logistics Agency has more in stock, he said. An estimated 30 million flags need to be procured, he

added.

Enlisted Soldiers will not have to purchase the flags. They will be issued five flags from their assigned unit, and commanders will make arrangements for getting the insignia sewn on, Morales said. However, if Soldiers purchase the flags on their own, they will not be reimbursed, he added.

When purchasing the flag, the only ones authorized for wear on the uniform is the reverse field flag in red, white and blue. Subdued flags and those in other colors are in violation of U.S. code, Morales said. Individuals should comply with Army Regulation 670-1, Wear and Appearance of the Army Uniform and Insignia.

The regulation still states that Soldiers are not authorized to wear the full-color cloth U.S. flag replica upon their return to home station. However, the latest change will be added to the regulation when it is revised sometime this year, Morales said.

Nothing has changed regarding the placement of the flag, Morales said. It is sewn 1/2 inch below the shoulder seam. If a combat patch is also placed on the right shoulder, the flag is sewn 1/8 inch below the combat patch.

"The flag is worn on the right shoulder to give the effect of the flag flying in the breeze as the wearer moves forward," Morales said. "This will serve as a vivid reminder that our nation is at war."

Fort Sam Houston News Leader

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Surgeons to perform breast ultrasounds, improve patient care

Story and photo by Sue Campbell
59th Medical Wing Public Affairs

Eight Wilford Hall Medical Center surgeons attended an American College of Surgeons Breast Ultrasound Course here on Feb. 9. The course is a partnership between WHMC and the Uniformed Services University of Health Sciences and included several Army and Navy surgeons assigned to military hospitals in the region.

Many military and civilian surgeons use ultrasound images to evaluate organs during surgery, but breast ultrasounds were normally still in the realm of radiology.

"Wilford Hall surgeons have performed trauma ultrasounds since 1998," said Lt. Col. (Dr.) Donald Jenkins, chief of trauma and chairman of general surgery here. "This additional training will allow us to expedite the care for patients with breast abnormalities."

Most women are initially seen by a gynecologist who sends them to an imaging facility. The GYN calls the patient with the results and, if there is an abnormality, refers them to a surgeon. The surgeon reviews the image, consults with the patient and performs a biopsy or schedules more invasive surgery. This adds up to three or four appointments.

"If a woman suspects there's something wrong and her first visit is to a surgeon



Maj. (Dr.) Myung Park, a surgeon in the 859th Surgical Operations Squadron, practices performing a biopsy on a raw turkey breast during breast ultrasound training.

who is trained to do breast ultrasounds, that surgeon can perform a biopsy immediately and save her several appointments," said Dr. Eric Whitacre, an ACS instructor. "We are taking the middleman out of the picture, cutting down on the time from ini-

tial evaluation to diagnosis."

According to Dr. Whitacre, this type of procedure is now common in the civilian community.

"Ultrasounds give us more accuracy in diagnosis, better patient satisfaction, and

improved outcomes," said Dr. Whitacre. "It enhances the surgeon's skills and compliments the radiology exam."

One of the ACS instructors, Major (Dr.) Jon Perlstein, a surgeon assigned at the David Grant Medical Center at Travis Air Force Base, Calif., calls the ultrasound a breast stethoscope. "I have conducted breast ultrasounds in my practice for awhile and can tell you first hand that seeing the image real time and being able to coordinate it with my physical exam makes me a better clinician," he said.

The Feb. 9 training was 7.5 hours of initial orientation and each of the eight WHMC surgeons will receive further instruction to become certified on breast ultrasounds. One WHMC surgeon, Maj. (Dr.) Steven Bowers with the 859th Surgical Operations Squadron, is also training to be an instructor.

"We are focusing on teachers first," said Dr. Jenkins. "Dr. Bowers will train other instructors which will help ensure that every member of our surgery training program is proficient in breast ultrasound before their graduation."

Portable ultrasound machines are now available in the WHMC surgery clinic. "This is an extension of our physical exam," said Dr. Jenkins. "We are excited about being able to offer improved care and better outcomes for our patients."

CRNAs play pivotal role in U.S. efforts to combat worldwide terrorism

Certified Nurse Anesthetists deployed as part of Operation Iraqi Freedom and Operation Enduring Freedom provide most anesthetics to military personnel and area civilians. Certified Registered Nurse Anesthetists, including active duty personnel and reservists, are the main anesthesia providers to American troops and area civilians during Operation Iraqi Freedom and Operation Enduring Freedom missions.

Statistics released in May from the U.S. Pentagon indicate a total of 364 CRNAs and 77 anesthesiologists deployed as part of Operation Iraqi Freedom from the army, navy and air force combined. Numbers issued in October show 167 CRNAs and 46 anesthesiologists deployed from all military branches in Iraq.

Nurse anesthetists often practice without physician supervision, commanding the respect of active duty medical personnel who rely on them to make all anesthesia-related patient care decisions. A CRNA served as the only anesthesia provider during the dramatic rescue of Army Pfc. Jessica Lynch from an Iraqi hospital during Operation Iraqi Freedom.

Historians speculate that U.S. nurses first provided anesthetics to Soldiers during the Civil War. Formal U.S. deployment of nurse anesthetists dates back to World War I when American Sophie Gran Winton received the French Croix de Guerre medal for her life-saving efforts at a mobile army hospital in Chateau-Thierry, France. Nurse anesthetists also served as chief anesthesia providers during World War II and the Korean War,

and played a significant role during the Vietnam War, helping to develop new field equipment and serving in evacuation hospitals and aboard naval hospital ships.

Deployed nurse anesthetists practice in a variety of circumstances and treat patient cases ranging from sports injuries and stress-related gastrointestinal disorders to gunshot and shrapnel wounds. Maj. Jeffrey Roos, a CRNA stationed at Ft. Benning, Ga., earned a Bronze Star from the Army for his life-saving efforts during Operation Anaconda, the first major U.S. offensive launched in Afghanistan after the September 11 attacks on the World Trade Center. One of two CRNAs on duty at a mobile combat support hospital in Uzbekistan, Roos and the surgical staff "operated for 72 straight hours and took 80 casualties."

"A lot of Soldiers were trapped in the mountains for 24 hours. Once troops got out of the mountains and away from the weather and enemy fire, we were able to patch them up and, within 72 hours, get them on planes to Germany," he explained.

Maj. Adrienne Hartgerink, an active duty CRNA stationed at Langley Air Force Base in Virginia, served as the sole anesthesia provider to more than 1,000 U.S. peacekeeping troops during her tour of duty at a Philippine army hospital in 2002. She also served as the anesthesia component of a 10-member Small Portable Expeditionary Aeromedical Rapid Response team. Though she treated mostly routine injuries, she recalls the day a terrorist's bomb forced her to use

the mass casualty emergency skills gained during her SPEARR training.

"Twenty five casualties were brought into our hospital with bomb-related injuries from wood and shrapnel. We're so lucky in the United States. It's not something we deal with day in and day out," she commented.

Army reservists Maj. C. Ben Campbell and his wife, Lt. Col. Mary Jane Campbell of Hot Springs, Ark., served as the sole anesthesia providers to the military and civilian population of Eagle Base in Bosnia. Called to active service in 2002, they practiced in a fixed facility and treated mainly sports-related injuries during their three-month tour of duty.

"Our mission was peacekeeping so once the fighting stopped, there were long lulls where nothing happened. We had a basketball gym, football and soccer fields. When most of your military personnel are composed of 19 and 20 year-olds and they have all this free time, all they want to do is play football and basketball," explained Ben Campbell.

Campbell, Hartgerink and Roos notice an increase in the length and frequency of deployments since the events of September 11, 2001. Hartgerink says that naval deployments, which typically last 90 days, now extend to 120 days as the United States expands its military presence worldwide. Indeed, two months after Hartgerink's return from the Philippines, her husband, Bradley, a lieutenant commander at the Naval Medical Center in Portsmouth, Va., received 24-hour notice to deploy to the Persian Gulf

aboard the U.S.N.S. Comfort, a navy hospital ship.

Longer deployments mean longer absences from home, putting a strain on families left stateside. Roos, a 16-year army officer, plans to retire from active service in four years to "give quality time to my family." Ben and Mary Jane Campbell, who plan to remain in the army reserves for the foreseeable future, needed to reassure their children about the safety of their mission to Bosnia.

"They were concerned about our well-being. We explained that the reason we live in the country we live in and enjoy the freedoms that we do is because people sacrificed their lives," Ben Campbell said.

From World War I to the present war on terrorism, nurse anesthetists use their practice skills to serve their country. Ben Campbell said he and Mary Jane joined the army reserves because they "felt they had something to contribute." Hartgerink and Roos, who enjoy the camaraderie and practice autonomy of military service, consider it an honor and privilege to care for U.S. troops on deployment.

"The pride you feel in your country and knowing that people will go home to their families because of us is very satisfying. It renews your love of the military," said Hartgerink.

"I feel proud to be a citizen of this country. To serve our Soldiers, who put their lives down for us, and support their families is an extraordinary honor," echoed Roos.

Source: American Association of Nurse Anesthetists new release.

Health

Continued from Page 1

employed but not eligible for employer-provided health coverage.

These temporary provisions end on Dec. 31, 2004.

"We encourage Reserve component sponsors and family members to save health care receipts, claims and explanation of benefits for dates of service from Nov. 6, 2003, through Dec. 31, 2004.

This is necessary in the event the sponsor is determined to be eligible and the care qualifies for retroactive TRICARE reimbursement once the 2004 Temporary Reserve Health Benefit Program begins," said Winkenwerder.

The three permanent health benefit provisions of the NDAA include: benefit counselors for the Reserve component in each TRICARE region; authorization for

medical and dental screening and care for members alerted for mobilization; and TRICARE eligibility for reserve officers pending orders to active duty following commissioning.

Additional information for Reserve component families, who have questions regarding the TRICARE benefit or need assistance processing TRICARE claims, are available on the TRICARE Web site

at <http://www.tricare.osd.mil/> and the Reserve Affairs Web site at <http://www.defenselink.mil/ra>. Each TRICARE region will soon have a designated beneficiary counseling and assistance coordinator available to assist members and families with understanding and using their enhanced TRICARE benefits.



Afghan National Army soldiers prepare to evacuate a mock "casualty" as a U.S. Army instructor supervises during a mass casualty exercise at the ANA Pol-e-Charki base in Kabul, Afghanistan.

An Afghan National Army soldier treats a mock "casualty" during a mass casualty exercise at the ANA Pol-e-Charki base in Kabul, Afghanistan.

Medical Training Team tests ANA medics' skills

Story and photos by
Staff Sgt. Robert R. Ramon
Combined Joint Task Force
Phoenix Public Affairs Office

Wounded soldiers were strewn throughout the room. Painful screams filled the air. Within a few minutes, medics stabilized each soldier and prepared for a speedy evacuation.

This was the scene recently at the Pol-e-Charki Afghan National Army base in Kabul, Afghanistan during an elaborate mass casualty exercise created by a U.S. Mobile Training Team to test ANA soldiers' medical skills.

The exercise was the culmination of an eight-week medic course. How each soldier performed at the exercise would determine whether or not he would participate in the graduation ceremony three days later.

"This exercise brings together all the skills they've been learning the past eight weeks," said Maj. Michael R. Bell, U.S. Army physician from Severna Park, Md.

The MTT is comprised of one physician, five medics, an operations officer, a physician's assistant, and a preventive

medicine non-commissioned officer who traveled together to Kabul, Afghanistan, from various medical units throughout the U.S. Army. The MTT, whose main mission is to train ANA soldiers as qualified medics, is serving as part of Coalition Joint Task Force Phoenix that is mainly comprised of the Oklahoma National Guard's 45th Infantry Brigade. Training ANA medics is a part of CJTFP's overall mission to train the ANA in order to provide a measure of stability to the country and help to prevent the re-emergence of terrorism.

After attending classes on basic human anatomy, students are taught a number of skills including evacuation procedures, cardio-pulmonary resuscitation, trauma assessment, airway management, IV administration and the proper techniques for treating shock, heat and cold injuries and gunshot wounds.

"This is showing that these combat medics have the skills to save their comrades who have been wounded on the battlefield," said Bell. "This training was necessary because we're creating a professional medical capability so they're able to save their comrades wounded in combat,"

he said.

Realizing the importance of their mission, several of the Soldiers were nervous about what to expect when asked to train ANA soldiers. Although they had previous experience training U.S. Soldiers to be medics, training foreign soldiers would be a new experience.

"We didn't know what to expect when we first arrived," said Sgt. 1st Class Tyrone D. Rand, an MTT instructor from Tyrone, Ark. "Once I began training them though, I realized they're really interested and eager to learn. They pay real close attention to everything and are great at hands-on training," he said. "I was particularly impressed with their attention span."

The students seemed to share the same respect and admiration for their instructors.

"He (Rand) is our teacher, our friend, and he has a very nice character and is a great person to learn from," said Sgt. Fazalallah Parwana, a student from Jalalabad. "We have learned a lot! Whenever he teaches us anything we learn it very well."

As the medics rapidly performed their newly acquired skills during the exercise,

a look of satisfaction was noticeable on the trainers' faces.

"When it came time to test, they did extremely well," said Rand. "I'm not really surprised because the more we trained every day, the better they got. Overall I was very satisfied with their performance today. Practice makes perfect!" Bell agreed.

"This mass casualty exercise is very important as a final exam so these soldiers can demonstrate all the skills they've learned and perform them under stressful situations," said Bell. "They're smart students, eager to learn, motivated and talented. They will be the best trained medics in the Afghan National Army!"

As the last "casualty" was evacuated, ANA soldiers and their U.S. instructors were all smiles knowing overall performance was excellent.

The newly trained medics will play an integral part in a national army that will help foster the legitimacy and authority of the interim government of Afghanistan and provide a safe, secure and stable environment in which government, economic and civil institutions may develop and become self sufficient.

War in Iraq adds seven names to DUSTOFF Memorial at AMEDD Museum

Story and photo by retired Col. Dan Gower
Special to the News Leader

A ceremony to dedicate memorial pavers will be held Saturday, Feb. 21, 2 p.m. at the Army Medical Department Museum located at the corner of Harry Wurzbach and Stanley Roads.

The names of seven Army medical helicopter crewmembers killed in action in Iraq will join 250 memorial pavers honoring Army helicopter medical evacuation "DUSTOFF" crewmembers who have lost their lives during efforts to save others.

The DUSTOFF Memorial includes names of DUSTOFF crews from the Vietnam War, Desert Storm, Panama and those killed in the conduct of peacetime medical evacuation missions.

The ceremony will remember Chief Warrant Officers Hans N. Gukeisen and Brian K. Van Dusen and Sgt. Richard P. Carl, whose medical evacuation UH60 helicopter crashed May 9, 2003 during a mission to save an Iraqi girl near Baghdad. Also remembered will be Chief Warrant Officers Lan D. Manuel and Philip A. Johnson, Jr, Spcs. Michael A. Diraimondo, and Christopher A. Golby, whose aircraft was shot down by a surface-to-air missile on Jan. 8. Five patients on board their aircraft were also killed. Family members of at least two of the 571st Medical Company's heroes will be in attendance.

The dedication is part of the annual reunion of DUSTOFF crews, held annually in San Antonio. The

25th DUSTOFF reunion's Saturday evening banquet will honor Spc. Wilder Morey, a medic in the 571st Medical Company (AA) just home from Iraq, and the 159th Medical Company (Air Ambulance), also serving in Iraq, for the DUSTOFF Rescue of the Year award. Honored in addition to these units will be two soldiers wounded in Iraq now recuperating at Brook Army Medical Center, who were evacuated by these two units.

The DUSTOFF Association derives its name from the radio call sign given to the first aeromedical helicopter evacuation unit in Vietnam, the 57th Medical Detachment (Hel Amb), which arrived in country in 1962.

The 57th initially communicated internally on any vacant frequency it could find. In Saigon, the Navy Support Activity, which controlled all call words used in call signs in South Vietnam, allowed the 57th to adopt the call sign "DUSTOFF."

This call sign epitomized the 57th's medical evacuation missions. Since the countryside was then dry and dusty, helicopter pickups in the fields often blew dust, dirt, blankets, and shelter halves all over the men on the ground. Throughout Vietnam all evacuation helicopters assumed the call sign "DUSTOFF" followed by a numeri-



Members of the DUSTOFF Association will gather at the Army Medical Department Museum on Feb. 21 to add new markers to the wall of fame and commemorative brick pavers in memorial of helicopter medical evacuation crewmembers who lost their lives during military operations in Iraq. The dedication is part of the annual reunion of DUSTOFF crews in San Antonio.

cal designation. DUSTOFF crews flew nearly 500,000 hours in Vietnam, evacuating 900,000 wounded.

The DUSTOFF Association is an organization for all officer and enlisted Army Medical Department personnel, aviation crewmembers, and others who are, or were engaged in or actively supported in any capacity, Army aeromedical evacuation programs in war or peace.

Army's Voting Assistance program helps with absentee voting

By Andrea Takash
Army News Service

Americans across the country are now voting for president in state primaries, but many Soldiers can't make it to the polls, said Jim Davis, the Army's voting action officer. The Army's Voting Assistance Program aims to ensure that Soldiers, their families and DoD civilians overseas can exercise their right to vote, Davis said.

Absentee ballots can be applied for by filling out the federal postcard application, standard form 76, which can be found at the Federal Voting Assistance Program's Web site, Davis said.

"Not only does this register them for an absentee ballot, but it also registers them to vote in federal, state and local elections," he said. "Everything is taken care of in one step."

"I recommend that Soldiers send in the federal post card application every year because they might have had an address change since the last election," he said.

The Uniformed and Overseas Citizens Absentee Voting Act requires states to

allow absent military voters and overseas American citizens to use absentee ballots in elections for federal office.

"The states have extended this right to state and local elections also," Davis said.

Typically absentee ballots are mailed out to citizens 30 to 45 days before an election. If Soldiers, families or civilians sent in their request for an absentee ballot in sufficient time and didn't receive their ballot, they can fill out form 186, the federal write-in application, which allows them to write their votes without a ballot. Voting assistance officers at each unit have copies of form 186, Davis said.

"The federal write-in application is primarily for federal elections; however, some states accept it," he said.

Most states require the absentee ballot by close of business on the day of the election. However, there are some exceptions to that rule.

Absentee ballots for Louisiana must be in by midnight before the election. In New York, absentee ballots need to be postmarked the day before the election. North Carolina requires the ballots to be in by 5 p.m. the day before the election.

To make sure the state election official received the absentee ballot, Davis suggests calling the state election office.

Davis also said that absentee votes are counted just like regular votes. "There is no difference," he said.

He advises people to educate themselves on the issues before voting. "If necessary, do research before you vote. Don't go in blindly," he said.

Davis stressed the importance of understanding the laws on residency before registering to vote in a particular state.

"Your decision on which state to register in can affect your pay," he said.

"You can only have one legal residence at a time; however, you may change residency each time you are transferred," Davis said. For specific questions on residency, he recommends visiting the Staff Judge Advocate office.

The Army requires every unit to have a voting assistance officer, he said. The voting assistance officers get training at Federal Voting Assistance Program workshops. "The training they receive at these workshops are critical for their ability to

do their job," he said.

Voting assistance officers are there to answer questions and provide resources to Soldiers, their families and DoD civilians on voting in federal, state and local elections.

Davis said the Army is non-partisan. "Our real goal is to inform people on how to vote, who to go see and make them aware," he said.

It is important that every American citizen of voting age votes, according to Davis. "Voting is how you influence who is in charge of your quality of life. It is your entitlement as an American citizen," he said.

With the presidential primary elections in full swing, Davis said it is just as important to vote in primaries. "By voting in the primary, you can help the candidate that you want to see in the general election," he said.

A list of the state's presidential primary election dates is listed below.

For more information on federal and state voting policies, go to the Federal Voting Assistance Program's Web site at <http://www.fvap.gov/>.



Photo by Esther Garcia

418th MedLog Company "Squad Stakes" team winners recognized

Capt. Corey Daughtrey, commander 418th Medical Logistics Company, presented first, second and third place trophies to the teams who participated in the "Squad Stakes" competition held Jan. 28-30. Soldiers were divided into teams and competed in events such as the obstacle course, 3-mile road march, physical fitness event, nuclear biological chemical reaction drill and a volleyball competition.

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

DMRTI to host Medical Humanitarian Assistance courses Feb. 23-26

The Defense Medical Readiness Training Institute will host two Military Medical Humanitarian Assistance courses for MC's, PA's, NP's and DO's. The courses will be held at Carter Hall Bldg. 10215, Room 179 at Lackland Air Force Base. For course information, call Staff Sgt. Griffin at 221-0552. To register, call Master Sgt. Rodriguez at 221-9029.

Combat zone service members may qualify for certain tax benefits

By Capt. Mary Meek
Tax Assistance Center

Taxpayers serving in the military may be entitled to certain tax exclusions and extensions based upon their military service. A brief summary of these benefits is provided below. More detailed information regarding tax benefits available to service members may be obtained by visiting the Armed Forces Tax Benefits section under www.irs.gov.

The IRS reports that for federal tax purposes, service members are defined to include officers and enlisted personnel in all regular and reserve units controlled by the Secretaries of Defense, and the United States Army, Navy and Air Force. The Coast Guard is also included, but not the U.S. Merchant Marine or the American Red Cross. However, these and other support personnel may qualify for certain tax deadline extensions because of their service in a combat zone.

Exclusions

Armed forces members who serve in a combat zone or qualified hazardous duty area (or in direct support thereof) are entitled to exclude certain pay from income. They do not have to receive the pay while in a combat zone, but it must be paid for service there or for a period during which they were hospitalized as a result of their service there.

The wages shown on the 2003 Form W-2 should not include military pay excluded from an individual's income under the combat zone exclusion provisions. Contact your local finance office if you have questions about the exclusion. If your 2003 W-2 is incorrect, you must receive a corrected W-2 from DFAS. The Tax Center cannot make adjustments to amounts reported on a W-2.

Extensions

Armed forces members who served in a combat zone or a qualified hazardous duty area are allowed additional

time to take care of tax matters. The deadline for taking actions with the IRS is automatically extended for at least 180 days after the later of the following:

- The last day the taxpayer is in a combat zone (or the last day the area qualifies as a combat zone); or
- The last day of any continuous qualified hospitalization for injury from service in the combat zone.

(Qualified hospitalization is defined as hospitalization that resulted from an injury received while serving in the combat zone.)

Beyond the 180 days, the deadline is also extended by the number of days that were left for the member to take action with the IRS when he entered the combat zone. If the member entered the combat zone before the time to take the action began, the deadline is extended by the entire time the member has to take the action.

Notification

The IRS requests that taxpayers covered by the relief provisions described here should put the words "COMBAT ZONE" and their deployment date in red at the top of their tax returns.

Covered taxpayers who receive a notice from the IRS regarding a collection or examination matter should return the notice to the IRS with the words "COMBAT ZONE" and the deployment date in red at top of the notice and put "COMBAT ZONE" on the envelope so the IRS can suspend the action. Taxpayers may prevent issuance of such notices by notifying the IRS that they serving in a combat zone.

Working with the Department of Defense, the Internal Revenue Service identifies taxpayers who are serving in a combat zone so that we may suspend compliance actions, such as audits or enforced collections, until 180 days after the taxpayer has left the zone. Taxpayers qualifying for such combat zone relief may also notify the IRS directly of their status through a special e-mail address: combatzone@irs.gov <mailto:combat@irs.gov>.

Taxpayers qualifying for combat zone relief should provide the IRS with their name, stateside address, date of birth and date of deployment to the combat zone. They should not, however, include any social security numbers via e-mail. The taxpayer, spouse, or authorized agent or representative may make this notification. The IRS cannot provide tax account information by e-mail. Instead, the IRS will send responses to any questions about the taxpayer's account by regular mail to the address it has on record for the person, within two business days. Additionally, the IRS may provide general answers to questions regarding the status of individual combat zone updates via e-mail.

Eligible taxpayers may also visit the Tax Assistance Center for help with tax questions or tax return preparation. The Tax Assistance Center is open Tuesday through Saturday from 9 a.m. to 4:30 p.m., and offers two intake sessions at 9 a.m. and 1 p.m. The center is located in the Officer's Club, Bldg. 407 on Dickman Road. For more information, call the Tax Assistance Center at 295-1040.

West Point Baseball team in town for three game series

The West Point Baseball team is scheduled to play a three-game series against the University of Texas at San Antonio

Roadrunners at Nelson Wolff Stadium on Friday, Feb. 20, 7 p.m., Saturday, Feb. 21, 2 p.m. and Sunday, Feb. 22, noon. To reserve tickets, contact the Roadrunner Ticket Office at 458-UTSA.



Changes made to Leave and Earning Statements to reduce identity theft

Leave and Earning Statements for all service members and Defense Department civilians, and paychecks for military retirees will soon have more protection over identity theft. Over the next several weeks, the Defense Finance and Accounting Service will drop the first five digits of a person's social security number from all pay statements and checks to guard against identity theft.

"The changes apply to everyone," said Patrick T. Shine, acting director Defense Finance and Accounting Service. The proposal "originated internally and will be phased in over the next couple of pay periods." Reports of identity theft have substantially increased in recent years, according to the Federal Trade Commission, which monitors the issue.

This change is to be for all hard copy leave and earning statements. This does not apply to electronic copies of statements found on myPay, the online system for access and control of customers personal pay information (<https://mypay.dfas.mil>).

Five years ago, the number of complaints to the FTC was roughly 23,400. By 2001, the rate had more than tripled

to about 86,200. Based on figures released in January 2004, the number of complaints of identity theft nearly topped 215,000 for 2003. The Social Security Administration also has taken the same step of eliminating the first five social security numbers on the millions of checks it issues.

Source: Defense Finance and Accounting Service news release.

Certificate of Creditable Coverage automatically issued for persons no longer eligible for TRICARE

On Feb. 1, the Department of Defense Military Health System began automatically issuing a Certificate of Creditable Coverage to any former uniformed services sponsor or family member who lost eligibility for health care benefits under TRICARE.

Eligibility for TRICARE may end as a result of a sponsor's separation from active duty status, divorce, and demobilization if the sponsor is a member of the National Guard or Reserves, or a dependent child reaching age 21 or 23 for full-time students.

For persons no longer eligible for TRICARE, the certificate serves as proof of previous health care coverage and limits the time another health care plan may exclude them from participating in a health care plan due to a preexisting medical condition.

The Defense Manpower Data Center Support Office, as custodian of the Defense Enrollment Eligibility Reporting System, will mail a certificate for the sponsor or family member within five to 10 days after eligibility

has been lost. As long as a current address is on file in DEERS, members may expect to receive the certificate within 30 days.

Sponsors or family members who need to expedite receipt of a certificate can mail or fax a request to the DSO. The request should include the sponsor's name and Social Security Number, name of family member(s) for whom the certificate is needed, reason for the urgent request, name and address of the person or organization where the certificate should be sent to, and finally, signature of the requester.

The request may be faxed to the DSO at (831) 655-8317 or mailed to: Defense Manpower Data Center Support Office (DSO), Attn: Certificate of Creditable Coverage, 400 Gigling Road, Seaside, Calif., 93955-6771.

Sponsors or family members who have questions regarding the certificate may contact the DSO at (800) 538-9552, or TTY/TDD at (866) 363-2883. Additional information is also available on the TRICARE Web site at www.tricare.osd.mil/certificate/index.cfm

Health Promotion Center February Class Schedule

Class	Date	Time
Back Pain	19	2-3:30 p.m.
Introduction to Weight Reduction	20	Noon to 1:30 p.m.
Breastfeeding Support Group	20	1-2:30 p.m.
Cholesterol & Lipids	23	8:30-11:30 a.m.
Diabetes Education	23	12:45-4:30 p.m.
Breast Health	24	9-10 a.m.
Diabetes Education	24	12:45-4:30 p.m.
Office Yoga	25	Noon to 1 p.m.
Self Care & Health	26	1-3 p.m.
Breastfeeding Support Group	27	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.

Blood is the fluid of life

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



Black History Month Trivia Questions of the Week

In recognition of Black History Month, during the month of February, a series of trivia questions about well-known facts, events and personalities will be published. The answers and the winner's name will be published in the following week's issue. Answers must be sent via e-mail to Gayle.Ellis@CEN.AMEDD.ARMY.MIL or delivered in a sealed envelope, addressed to Gayle Ellis, Black Employment Program committee member in Bldg. 2841, Room 1335, by close of business Tuesday, following the publication of questions. The winner will be the first set of correct answers received. E-mail responses are highly encouraged.

The following are the questions for this week:

1. Dr. Mae Jemison is famous for doing what? Use www.quest.arc.nasa.org to find the answer.
2. Crispus Attucks was a black man and the first person killed in what war and what historical event is synonymous with his killing? Use www.fcasd.edu/schools/dms/bhm.htm to find the answer.
3. Who was the first African-American woman to campaign for U.S. President? Use www.fcasd.edu/schools/dms/bhm.htm to find the answer.
4. Bessie Coleman, born in Atlanta, Texas, was inducted into the Texas Aviation Hall of Fame. Why was she famous? Use www.bessiecoleman.com to find the answer.
5. What African-American activist established chapters of the NAACP throughout the Mississippi Delta, tried to integrate the state's oldest public university, and was ultimately killed in his driveway in 1963 by a white supremacist, who was not found guilty until 1994. Use www.ole-miss.edu to find the answer.

The following are the answers to questions published on Feb. 12:

Congratulations to the winner, Terrance J. Eiteljorge, data analyst, Great Plains Medical Command for the following responses.

1. The role of the Black Press.
2. Forty acres of the land from the islands from Charleston south, the abandoned rice-field along the rivers for thirty miles back from the sea, and the county bordering the St. John's River, Florida.
3. When voting rights marchers were beaten as they attempted to cross the Edmund Pettus Bridge on March 7, 1965.
4. Charles Richard Drew, M.D.
5. To obtain evidence necessary to prove discrimination against black farmers.

A Company 187th Medical Battalion Change of Command, Feb. 25

A Company 187th Medical Battalion will hold a Change of Command Feb. 25, 9 a.m. at the MacArthur Pavilion, in case of inclement weather it will be held at Blesse Auditorium.

FSH Celebrates African American History Month

February 2004

Today - For Soldiers in Initial Entry Training, the Capoiers Dancers will perform at the Hacienda Recreation Center, 6-7 p.m.

Today - Medical Command Black History Program will be held in Wood Auditorium, 10:15 a.m. to 1 p.m. Guest speaker is Dr. Angela McPherson Williams, assistant to the principal, St. Phillips College. Food sampling will be available.

Tomorrow - A memorialization ceremony for Lt. Col. Karen Wagner Hall, Bldg. 902, 32nd Medical Brigade, located on Harney Road will be held at 9:45 a.m.

Feb. 26 - An Oratory Competition will be held in Wood Auditorium, Medical Command Headquarters, 10-10:45 a.m. The topic is: Applying Jefferson's writings that "all men are created equal," do you believe America has made progress in education? This event is open to the public. For information, call Maj. Vereen at 221-6722.

Earn a master's degree in 12 months

The National Graduate School of Quality Management is now accepting applications for a Masters Program scheduled to start in March. Classes will be held one night a week from 6-10 p.m. at Fort Sam Houston. Students will earn a M.S. in Quality Systems Management. Masters Business Project replaces thesis. This institution is regionally accredited, nationally recognized and eligible for VA/TA benefits.

Call toll free at 1-800-838-2580 or local 410-9147 or 213-1248. Visit the Web site: www.ngs.edu.

Antiterrorism individual protective measures

The following are antiterrorism measures for Soldiers to follow in support of homeland security at all times:

Bomb Incidents

- Be suspicious of objects found around the house, office or auto.
- Check mail and packages for the following:
 - Unusual odors.
 - Too much wrapping, bulges, bumps, or odd shapes.
 - No return or unfamiliar return address.
 - Incorrect spelling or poor typing.
 - Items sent "registered" or marked "personal."
 - Protruding wires or strings.
 - Unusually light or heavy packages.
- Isolate suspect letters or packages. Do not immerse them in water. Doing so may cause them to explode.
- Clear the area immediately.
- Notify your chain of command.

Circle of Flags dedication ceremony, Feb. 22

The veterans of the Greater San Antonio area will host a dedication ceremony on Feb. 22, at 2 p.m. at the Fort Sam Houston National Cemetery. The ribbon cutting ceremony will be held at the gazebo near the cemetery administration buildings and a display of flags and poles. Congressman Charles Gonzalez will be the keynote speaker. The generous contributions from members of the community, veterans, and patrons, helped to raise the necessary funds to purchase new flags and flag-poles, which were erected in time for last year's Veterans Day ceremony on the avenue of the flags in the new and old sections of the Fort Sam Houston National Cemetery.



Photo by Master Sgt. Christopher S. Allbright

Wisconsin students visit historic Quardangle

Maj. Benjamin Henderson, of Headquarters, Fifth U.S. Army and Wisconsin native, gives a group of 31 high school seniors from Brookfield Academy a tour of the historic quadrangle including the legends surrounding the oldest building on Fort Sam Houston. Brookfield is located outside West Milwaukee, Wis. One of the sponsors, Sharon Koenings said, "We chose San Antonio to show the students a part of America that they haven't experienced." She added that San Antonio has a rich history that mixes both Spanish-language culture and Texas history. The students' trip to San Antonio included a visit to the Alamo, River Walk and other attractions.

ITBC implements Password change procedure to meet new Army regulation

In accordance with Army Regulation 25-2, Information Assurance dated November 14, 2003; the following change will be implemented:

Effective immediately, all users will be required to change their existing password to meet the new Army regulation guidelines.

There will be a two-week grace period for users to change their password. This grace period ends on March 1. If you have not changed your password by

that date, you will need to visit the Helpdesk located in building 4190 or 2840 to establish your new password.

Your new password must meet the following guidelines:

- Password must be a minimum of 10 characters long.
- Password must use as a minimum: 2 upper case alpha characters, 2 lower case alpha characters, 2 numeric characters, 2 special characters, and a mini-



mum of 2 more characters of your choice.

Examples:

- Upper case characters = AB
- Lower case characters = cd
- Numeric case characters = 12
- Special case characters = %#
- Example of a valid password: ABcd12%nr
- Note: Please do not use the example password!
- Passwords must be changed every

150 days, this is a change from previously announced 90 days.

Password history configurations will prevent reutilization of the last 10 passwords. If you have any questions concerning the password implementation, call the Helpdesk at 221-4357.

Note: Password change instructions can be found on the FSH Intranet Web link:

fsh-intranet.amedd.army.mil/password.asp.

DAPS Online now available worldwide, provides faster service

The Document Automation & Production Service (DAPS) has now implemented its DAPS Online service throughout its 11 Office Groups in the continental United States, the Pacific and Europe. Formerly known as DocAccess Online, the service was already a hit with customers as a fast, easy and efficient way to conduct business with DAPS. The implementation of a new program version heralded the change of the name to DAPS Online as part of a marketing strategy to further encourage the use of doing business electronically. DAPS Online can be reached at www.daps.dla.mil for the corporate location and www.okc.daps.dla.mil for your local support.

DAPS Online promises to vastly improve the online experience for both customers and production personnel. The visibility to status during demand fulfillment is much easier. The customer receives an email confirming the order. A link is also included to allow the customer to check the status of a job. Cost estimates are available online and even the final bill arrives via email. The most important capability in the new version will be the

interface with the Defense Working Capital Fund Accounting System (DWAS). Accounting information will now be captured as the customer enters the order instead of having the entry done by DAPS personnel. This saves valuable time and improves the billing process, the most requested improvement asked for by customers.

The first users are already providing valuable feedback on the functionality of the new version:

Data Manager, Naval Air Station, Jacksonville, Fla.: "DAPS Online is so convenient and easy to use. Uploading is fast and the emails keep us up to date on document status."

DAPS accepts various forms of customer funding including Military Interdepartmental Purchase Requests (MIPRs), lines of accounting and government credit cards to pay for an order through DAPS Online. During the registration process, the customer notes which funding source will be used. This flexibility helps to get the project completed quickly and accurately.

Customers can be at their desktops and

submit their requests online. Document files can be submitted electronically to the customer's local DAPS facility for printing, reproduction, conversion to other digital format or storage of multiple documents on a Compact Disc (CD) for easier distribution and retrieval. If the customer requests it, DAPS production managers can send documents to other DAPS locations worldwide and have the finished job available for pickup or local delivery.

DAPS production managers will use the system to manage the workflow throughout their entire multi-state Office Group area or to interface with other Office Groups worldwide. DAPS Online contains reporting capabilities to look at all the jobs in progress, forecast production times and redistribute the workload to other facilities as required to meet customer requirements.

Additional services will be available in fiscal year 2004. DAPS Online will soon provide on-line proofing to allow a customer to see exactly how a document will look once printed. A portable document file (.pdf) will be generated by the actual production system used in the DAPS facil-

ity. The customer will receive an email notification with a link to view the proof on-line and can then inform DAPS to proceed with final production or note any needed changes.

DAPS, headquartered in Mechanicsburg, Pennsylvania, provides document automation products and services to the Department of Defense and designated federal activities, including imaging and conversion of documents to electronic media, digital warehousing, and distribution of digital and hardcopy information. It is the single manager for all DOD printing and duplicating. DAPS is also the executive agent for the DOD specifications and standards program and the designated focal point for document conversion technology.

For local support contact Julian Alejos at 221-3058 located in Bldg. 7318, 2108 9th Street, Fort Sam Houston.

For additional information or DAPS Online training support, call Lupe Alvarado, DAPS Customer Account Manager at (405) 734-9040 or e-mail at lupe.t.alvarado@dlm.mil.

TSP Loan Program to implement new changes beginning July 1

There will be some changes to the Thrift Savings Plan Loan Program. These changes are addressed in the January 2004 edition of TSP Highlights, and are summarized below.

- A \$50 fee will be deducted from the amount of each new loan.
- Participants will no longer be able to have two general purpose loans at the same time.
- Participants obtaining one general purpose loan and one residential loan is still permissible.

When a participant pays off one loan:

- There will be a 60-day waiting period for eligibility to apply for another loan.

The Highlight edition explains that these changes are due to increases in the number of loans - in 2003 over 300,000 loans were issued.

Currently 500,000 participants have loans, and over 40 percent of them have two loans. In the past the administrative costs associated with loans were passed to all TSP participants, 2.7 million of them. The \$50 charge will enable the cost to be borne by the borrower.

TSP administrators hope that the changes to the loan program will reinforce the importance of borrowing from the TSP account only as a last resort so that retirement funds are not diminished.

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



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



San Antonio community Job Fair, March 24

More than 100 employers are expected at the San Antonio Military Community Job Fair March 24, 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road.

The event is sponsored by:

- Fort Sam Houston Army Career & Alumni Program
- Fort Sam Houston Family Member



Employment Assistance Program

- Lackland AFB Transition & Career Focus Programs
- Randolph AFB Transition & Career Focus Programs
- Webster University Alumni Association

- Texas Workforce Commission
For information, call the Fort Sam Houston ACAP Center at 221-1213.

U.S. Army issues dietary supplement 'Safetygram'

By Kevin Larson
FORSCOM News Service

U.S. Army medical and safety professionals recently issued a "Safetygram" to inform Soldiers and their family members about the risks of using dietary supplements.

Although current Army regulations do not prohibit Soldiers from using them, Soldiers need to be aware of the health effects and impacts on performance caused by dietary supplements.

Some dietary supplements' effects are well understood, while the effects of others are largely unknown, said U.S. Army Forces Command Surgeon Col. Gerald Cross.

"Loads of supplements are available in stores ranging from caffeine to ginseng, and many more," Cross said. "Caffeine is found in ordinary coffee. A cup or two of coffee containing caffeine may delay fatigue, but in large amounts it can cause nervousness and increased pulse rate. Ginseng is added to some beverages to promote energy. While it may be safe in small doses, little benefit has been established scientifically."

The bottom line, according to Army medical and safety professionals, is that dietary supplements are not a safe choice for Soldiers or their families. The lack of government oversight on dietary supplements is one reason to be cautious about supplements, Cross said.

"Supplements do not receive the same level of oversight from the Food and Drug Administration that prescription medicines receive," Cross said. "There is little scientific research about some supplements so their side effects, interactions with other drugs, and long-

term effects are not established. Also, quality control has been a problem with some companies – leading to concerns about the ingredients in some products."

If Soldiers are taking dietary supplements, they should tell their health care provider what they are taking, Cross said. While a dietary supplement may not be unsafe for everyone, it could be unsafe for specific people.

"This important information may help the doctor explain some laboratory variations and might be used to prevent interactions with prescribed medication," he said.

For information on dietary supplements, visit www.usuhs.mil/mim/ergopam.pdf or chppm-www.apgea.army.mil/dhpw/Wellness/dietary.aspx.

More than half of the population of the U.S. uses dietary supplements, according to the Food and Drug Administration. Vitamins, minerals, amino acids, proteins, herbal supplements, glandular extracts and other animal products are all considered dietary supplements.

The FDA does not regulate dietary supplements. Advertising and labelling are also unregulated, so the supplements may not necessarily match the claims or contents.

However, the FDA can ban a dietary supplement that is a significant and unreasonable risk to a person's health. The FDA in the United States because of safety issues recently banned Ephedra.

The FDA put the ban into effect after conducting an "exhaustive and highly resource intensive process" required by the Dietary Supplement Health and Education Act of 1994.



Courtesy Photo

232nd Soldiers participate in MASH marathon

Soldiers from C Company, 232d Medical Battalion participated in the annual MASH 1/2 Marathon held Feb. 7 on post. From left are: Thomas Moffat, Armand Fermin, Jamin Robinson, Gregory Papadatos, Grant Croft, Dominic Gonzales, Season Westbrook, David Montano, Miles Fermin, Megan Mahoney, Christopher Jones, Arturo Carrera, Andrew Broxterman, Charles Mack, Lawrence Josefyk, and David Bush.



Special Forces



Special Forces will conduct two briefings on Feb. 24, 10 a.m. and 1 p.m. at the Road Runner Community Center, Bldg. 2729 on Stanley Road.

U.S. Army Special Forces is a specially trained organization of carefully selected volunteers.

Special Forces are currently accepting applications from Officers in year groups 01-02 and soldiers in the grade of E-4 to E-7.

Special Forces are looking for motivated, aggressive soldiers, that are able to work independently or within a small cohesive 12 man team.

For information, call the
Fort Hood Special Forces Recruiting
Station at (254) 288-5324/7411,
DSN 737-7411.



Join the Health and Wellness Fair and Blood Drive, Feb. 25

Stop by the Health and Wellness 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. There will also be a Blood Drive, free food, and giveaways.

It's Not Easy Being Green

CONFERENCE 2004

A Celebration of Military Life

FEBRUARY 27 & 28
DODD FIELD CHAPEL
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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.

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!

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.

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AUSA, SACU, USO, OCSC

For more information call
Judith Markelz 210-655-0238 Kim Taylor 210-566-6526

FRG Leadership team workshop, Feb. 20

A Family Readiness Group Leadership Team Workshop will be held Friday, Feb. 20, 8 a.m. to 4 p.m., Roadrunner Community Center.

This workshop is open to all units on the installation whether or not you have a Family Readiness Group. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG leaders, and any other unit representative with an interest in family readiness. The material presented in the workshop is from the Operation READY program developed by The Texas Cooperation Extension of Texas A&M University under contract with Headquarters, Department of the Army, Community & Family Support Center, and Army Community Service.

Agenda

- | | |
|-------------------------|-------------------------------------|
| 8-8:30 a.m. | Registration |
| 8:30-9:15 a.m. | Introduction/FRG Overview |
| 9:15-10 a.m. | Leadership for Effective FRGs |
| 10-10:10 a.m. | Break |
| 10:10-10:40 a.m. | Building Your FRG - Getting Started |
| 10:40-11:20 a.m. | Building Your FRG - Volunteers |
| 11:20-11:45 a.m. | Building Your FRG - Making Contact |
| 11:45a.m. to 12:30 p.m. | Lunch |
| 12:30-1:15 p.m. | Running the FRG - Communications |
| 1:15-1:45 p.m. | Running the FRG - Special Events |
| 1:45-1:55 p.m. | Break |
| 1:55-2:30 p.m. | Running the FRG - Money Matters |
| 2:30-3 p.m. | Running the FRG - JAG |
| 3-3:30 p.m. | The FRG - Bringing it All Together |
| 3:30-3:50p.m. | Workshop Wrap-up |
| 3:50-4 p.m. | Certificates |

Pre-registration is required and class size is limited. For reservations and more information, contact the Mobilization & Deployment Office, Army Community Service at 221-2705. The next scheduled workshops are March 12 and April 9.

United Way's Referral Training, March 3

Attention commanders, first sergeants and Family Readiness Group leaders, United Way's Agent Referral Training will be held March 3, 8 a.m. to 3 p.m. in the Fort Sam Houston Officers Club. Training facilitator is Joyce Houston. Cost for Club buffet lunch is \$5.95.

Your unit's Referral Agent representative should be someone who is people oriented, has knowledge of the unit mission and chain of command, is trustworthy, and is willing to

accept the responsibility of providing information and making referrals to appropriate resource agencies.

Upon completion of this training each participant will receive a formation packet and a valuable resource catalog. To register for the training, call Connie Fretwell at 221-0296 or e-mail at connie.fretwell@samhouston.army.mil or Judith Markelz at 221-0946 or e-mail judith.markelz@samhouston.army.mil.

Army Community Services Family Advocacy Program Class Schedule February 2004

Class	Dates	Time
Commanders' Training	26	8-9:30 a.m.
Conflict Management	20	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth	22	9 a.m. to Noon
Saturday Marathon!	28	9 a.m. to 5 p.m.
Girl Talk! Ages 9-10	25	3-4 p.m.
Healthy Pregnancy	26	9 a.m. to Noon
Helping Us Grow Securely (H.U.G.S.) Playgroup	24	9-11 a.m.
Parenting with Love & Logic (ages 0-12)	19, 26	9-11:30 a.m.
Teen Talk	19, 26	4-5 p.m.
New Series (1 -2)	24	4:30-5:30 p.m.
Your & Your Baby	25	8 a.m. to Noon

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

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.

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.

Retiree donates ‘Support Our Troops’ wooden nickels

By Donna Miles
American Forces Press Service

As a show of support for the men and women in uniform, a San Antonio businessman is giving away free wooden nickels imprinted with the words, “Support Our Troops” and “The Price of Freedom is NOT Free!”

Herb Hornung, a retired Air Force master sergeant who now runs the Old Time Wooden Nickel Co., has a long history of passing out wooden nickels with slogans supporting America’s veterans.

So when the United States started deploying service members to Iraq, Hornung decided to print up wooden nickels urging people to support the troops. Initially he carried pockets full of them

around town and handed them out when he noticed men and women in uniform. Then he got the brainstorm to broaden his effort and promote the giveaway on his company Web site.

Hornung estimates that since he started his cyber-effort he’s given away about 50,000 “Support the Troops” nickels. Requests have poured in from

throughout the United States, he said, and a few have come from Canada.

Some requests come from overseas military post office addresses, but Hornung said he’s not sure if they’re from Iraq or

other overseas locations.

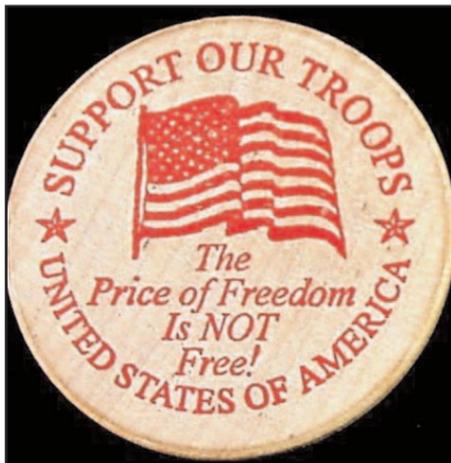
The first wooden nickels were issued during the Depression when two Washington state banks failed, leaving their communities with a money shortage. Later, wooden coins became popular for use at state fairs and centennials. The old saying, “Don’t take any wooden nickels” cautioned people not to accept wooden money during the last days of a fair, in case they didn’t get to cash them in before the event ended.

Likewise, while Hornung’s “Support the Troops” coins can’t be used as legal tender, he’s hopeful the coins he gives away have a significant although less

tangible, value. “I figured that this is something I can do to show support for the troops and to let them know that we’re behind them,” he said.

To request four free wooden nickels, send a self-addressed business-size envelope with two first-class stamps to: Support Our Troops, Wooden Nickel Bldg. 345 Austin Road, San Antonio, Texas 78209.

Retired Air Force Master Sgt. Herb Hornung of San Antonio, Texas, estimates he has distributed more than 50,000 free novelty wooden nickels in support of U.S. troops.



Texas Wanderers' host Honey Creek state natural area and Guadalupe River state park walks

By **Martin L. Callahan**
Special to the News Leader

The Texas Wanderers volkssport club of Fort Sam Houston is again hosting its popular Honey Creek state natural area and Guadalupe River state park walks on Feb. 21-22. Honey Creek is located 30 miles north of San Antonio in Comal County between Boerne and New Braunfels.

Arrowheads have been found throughout the area, which give testament to the original inhabitants. The first settlers were from Bavaria and began to homestead in the Honey Creek area in 1866. Honey Creek is known for its sparkling spring water splashing over rock formations and collecting into pools before merging with the Guadalupe River.

The other walk will take place at the Guadalupe River state park, which is adjacent to the Honey Creek state natural area. The park is noted for its rugged, scenic beauty and is located along the boundary of Comal and Kendall Counties. The huge bald cypress trees that line the banks of the Guadalupe River are the park's most outstanding

natural features. The river course over four natural rapids in the park and two steep limestone bluffs reflect its erosive power. Both Honey Creek and Guadalupe River state parks are inhabited with diverse plant and animal life. Learn more about both parks online at www.tpwd.state.tx.us/park/guadalupe/

The start point for both walks is the Rust House at the Guadalupe River state park at 3350 Park Road, Spring Branch, Texas. Both walks are 10-kilometers (6.2 miles) and a shorter route of lesser difficulty will also be available. Both walks will be over caliche, loose gravel, dirt, with some rugged terrain not suitable for strollers, wagons or wheel chairs. Pets are not allowed in the Honey Creek state natural area; however, pets are allowed in Guadalupe River state park but must be on leash at all times. There is a \$4 per person per day park entry fee (children under 12 free) and the registration fee for walkers is \$3 per walk.



Courtesy photo

From left, Martin Callahan, Susan Beardslee, Lisa Rusch and "Frosty" pose for a picture on last year's walk trail, with the steep limestone bluffs along the Guadalupe River visible in the background.

For information on the walk call Lyn Ward at 651-6536 or e-mail at Lward10KM@aol.com and check out the club's website at www.walktx.org/Wanderers or call the park on the day of the event at (830) 438-2656.

Selma Pathfinder to host walk in Lost Maples state park

The Selma Pathfinders will host the annual Lost Maples state natural area walks on Feb. 28-29. The park is located on FM 187 five miles north of Vanderpool in Bandera County, Texas. There will be two 10-kilometer (6.2 miles) walks on this walk and a walking stick is recommended. One of the walks offers an additional 4-kilometer route as an option. A flatter, easier trail will be available for those choosing not to "rough it." To participate, call Phyllis Eagan at 496-1402 or e-mail at milchene@juno.com or visit the club's Web site at www.geocities.com/Yosemite/Gorge/8195/.

Vet clinic announces Walk-in Vaccination Clinic, Feb. 28

The Fort Sam Houston Veterinary Clinic will conduct a Walk-in Vaccination Clinic for cats and dogs on Saturday Feb. 28, 8 a.m. to noon. (No sick call please.) Active duty personnel, retirees, their dependents and reservists on active duty status (with copy of orders) are eligible to bring their pets for care. All regular prices will apply. Call the clinic in advance at 295-4260, so that records may be prepared prior to pet's arrival.

Medics making a difference in Iraq



Department of the Army photo

Combat Medic receives Silver Star

A Soldier of the 101st Airborne Division, nicknamed the "Screaming Eagles," recently received the Silver Star for his actions during combat in Iraq. Pvt. Dwayne Turner repeatedly exposed himself to enemy fire to treat wounded comrades in Iraq, on April 13, 2003, despite being critically wounded. Turner is a combat medic assigned to Headquarters and Headquarters Company, 3rd Battalion, 502nd Infantry Regiment. He provided life-saving medical care to 16 fellow Soldiers when his unit came under a grenade and small arms attack 30 miles south of Baghdad. Turner and two other medics were part of a work detail that came under attack as they unloaded supplies in a makeshift operations center. Although shrapnel injured his legs; a bullet broke his arm and he was shot in the leg, he kept on giving first aid to fellow Soldiers and dragging them to safety until he collapsed from loss of blood. "Other people may see me as a hero," Turner said. "I see myself as doing my job."



Photo by Sgt. Jack Morse

Capt. Jason Seery examines a young Iraqi boy during a medical assistance mission near Balad, Iraq. Seery is a doctor assigned to the 2nd Armored Cavalry Regiment. Medical assistance missions involve medical personnel, translators and civil affairs Soldiers. They help bring stability to Iraq through promoting a healthier populace.



Photo by Sgt. Jack Morse

Spc. Rocky Amez, a medic assigned to the 4th Infantry Division's 124th Signal Battalion, examines an Iraqi boy during a medical assessment visit to a school near Balad, Iraq. Doctors, medics and additional military personnel from several units visited the school to assess student's medical needs.



Photo courtesy of DoD

Maj. Jonathan Leong reads an x-ray brought to him by an Iraqi citizen at a temporary medical clinic set up by Coalition members in the village outside of Al Hawijah, Iraq. Leong is the 173rd Airborne Brigade surgeon.



Photo courtesy of DoD

Spc. Destiny Morgan performs a periodic check-up on Falla, an Air Force military working dog at Tallil Air Base, Iraq. Morgan is one of the few Coalition veterinary technicians in the theatre, and she provides care to military working dogs of various services.



Right to left, Amjed Baghdadi, administrative resident for the hospital, Staff Sgt. Shirley Malone, and Spc. James LeFebvre, representing Fort Sam Houston, spent the day visiting hospitalized veterans at Audie Murphy Memorial Veterans Hospital.

Soldiers visit hospitalized veterans on Valentine's Day

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

The annual national salute to hospitalized veterans was held on Feb. 13 at the Audie Murphy Memorial Veterans Hospital. This program is an opportunity for the community to say thank you to hospitalized veterans. Citizens from throughout the community are invited to visit the veterans and mingle with one another.

This is also an opportunity for the community to see one of the South Texas Veterans Health Care System's facilities and become more familiar with the services that are offered to veterans and to interest participants in visiting throughout the year.

The staff and volunteers of the Audie Murphy Division planned a day of celebration to honor and recognize veterans for their sacrifices and military service. Members of the military from various branches of the services were escorted throughout the hospital visiting hospitalized veterans, swapping war stories.

At the end of the visit refreshments were served by the Veterans of Foreign Wars and Auxiliary volunteers.



Veteran Staff Sgt. Charles Fuller talks about his experience while in the military with Spc. James LeFebvre, Fort Sam Houston military ambassador, and Sgt. 1st Class Samuel Morris.



Sgt. 1st Class Samuel Morris presents veterans pins to patients during the hospital reception for visiting Soldiers. Soldiers also presented veterans special Valentine's Day cards prepared by the Fort Sam Houston Elementary School students.



Audie Murphy hospital ward nurse explains medical conditions of patients to Sgt. 1st Class Samuel Morris, Staff Sgt. Shirley Malone, Amjed Baghdadi, and Spc. James LeFebvre prior to visiting veterans.



Courtesy photo

Cole honors "Principal's Students of the Month"

Each month Cole Jr./Sr. High School recognizes one student from each grade level for his/her outstanding attitude, citizenship, and overall contribution to the school. The teachers nominate the students and then the faculty of each grade level selects one student. The Principal's students of the month are from left (back) Sarah Caouette, 11th grade; Allison Erickson, 9th grade; Leah Morris, 10th grade; (front) Christopher McGee, 8th grade; Cathleen Waring, 12th grade; and Kelsey Charlton, 7th grade.

Cole swim team sweeps district championship

By Caitlyn McCoole
Special to the News Leader

The Cole Jr./Sr. High School swimming team won the District 29-4A Swimming Championship held at Palo Alto College in San Antonio. Coaches Joe Wyckoff, science teacher, and Dave Waugh led captains Michael Gresenz and Ailie Dochnal and the rest of the team to their first district championships in both the girls' and boys' divisions.

The boys' team swept the competition with a score of 75 points, 47 points ahead of the closest competitor. The relay team, consisting of senior Michael Gresenz, juniors Jon Simpkins and Debesh West, and freshman Fabian Rodriguez, stole first place in the 400-yard freestyle event, shattering Cole's previous record by more than four seconds. Individual record breakers included Jon Simpkins in the 200-yard and 500-yard freestyle and Debesh West in the 200-yard IM and 100-yard butterfly events. Fabian Rodriguez placed 3rd in the 50-yard freestyle with sophomore James Bills at a close 4th.

In the 100-yard freestyle race the Cole team took top honors with Michael Gresenz (1st), Fabian Rodriguez (2nd), and James Bills (3rd). Senior Michael Gresenz and sophomore Lionel

Lowery both placed second, in the 100-yard backstroke and 100-yard breaststroke, respectively.

The girls' team took the championship with 78 points. Senior Ailie Dochnal, juniors Caitlyn McCoole and Jennifer Bagg, and sophomore Caitlin Gresenz took 2nd place in the 200-yard medley relay. Amanda Jeter replaced Jennifer Bagg in the 400-yard freestyle relay for another 2nd place win. In the 200-yard freestyle relay, Amanda Jeter, Caitlyn McCoole, Jennifer Bagg, and Caitlin Gresenz won the gold. Individual winners include Jennifer Bagg placing 3rd in the 50-yard freestyle, Caitlyn McCoole and Jennifer Bagg placing 2nd and 3rd, respectively in the 100-yard breaststroke, Caitlin Gresenz placing 2nd in the 100-yard backstroke, and Ailie Dochnal placing 1st in both the 200- and 500-yard freestyle. Amanda Jeter broke school records in the 50-yard and 100-yard freestyle events.

Both teams now advance to the UIL Region VII-4A swimming meet at the Palo Alto College Natatorium. The top finishing swimmer and relay teams from each event will advance to the State Class 4A Championships to be held at the University of Texas Swim Center on February 20-21.

Cole Cougar Pride Club sells Fiesta parade tickets

The Cole Cougar Pride Club, the school's teacher-parent organization, is selling tickets to the Fiesta 2004 parades. The Battle of Flowers parade will be held Friday, April 23 with the vanguard starting at 11:50 a.m. and the parade at 12:45 p.m. The Fiesta Flambeau parade will be held the evening of Saturday, April 24, with the vanguard at 6:50 p.m. and the parade at 7:35 p.m.

Seats are \$7 each and are located along the 100 block of East Commerce St. Call Shari Mullins at 226-9568 to purchase your seats. The Cole Cougar Pride Club conducts a variety of events to support students and teachers. All profits from the ticket sales benefit the students, in the form of scholarships, the "C" Awards presentations, and Project Cougar, which in the past has donated funds to acquire the radio station transmitter, benches, and other items benefiting the school.

MWR Ticket office

MWR Ticket Office, Bldg. 1395 Chaffee Road, 226-1663

The MWR Ticket Office is now located in the NCO Club. Hours of operation are Tuesday through Friday, 10 a.m. to 5 p.m. and Saturdays, 10 a.m. to 2 p.m.

Tickets can be purchased at the Cashier's Cage in the main entrance of the club. We currently have the following tickets available at great discount prices:

- Ripley's Wax Museum
- Splashtown
- Fiesta Texas
- IMAX
- San Antonio City Tours
- Space Center (Houston)
- Natural Bridge Caverns
- Disney on Ice
- Rampage vs. Houston (2/27 Game)

For ticket information and pricing, call 226-1663. Additional tickets will be posted as they are received.



Courtesy Photo

Military Ball candidates from left Vanessa Medina, Peyton Bell, queen Jovan Egalaroza, Lesleigh Hayes, and Lisa Ahrens.

Cougar battalion hosts 36th military ball

By 1st Lt. Ashley Kelle
Cougar JROTC Public Affairs Officer

The Robert G. Cole Jr./Sr. High School JROTC hosted the 36th annual Military Ball on Jan. 24 at the Holiday Inn Riverwalk. The Military Ball, designated as "the best dance of the year," proved to be an exciting experience for all. The ball consisted of promotions, awards, the coronation of the Military Ball queen, and dancing until midnight. Cole senior Jovan Egalaroza was crowned as Military Ball Queen from a group of candidates including Vanessa Medina, Peyton Bell, Lisa Ahrens, and Lesleigh Hayes. Distinguished guests included FSHISD Superintendent Dr. Gail Siller and her husband Ruben, Cole Jr./Sr. High School Principal Dr. Roland Rios and his wife Leticia, and Kim Gresenz, mother of Cougar Battalion Commander Cadet Lt. Col. Mike Gresenz.

Fort Sam Houston ISD Weekly Campus Activities February 23-28

Fort Sam Houston Elementary School

Tuesday, Feb. 24

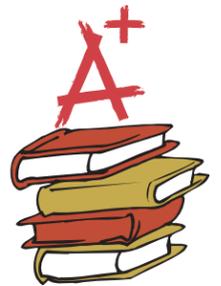
- 4th Grade SDAA Writing
- 4th Grade TAKS Writing

Thursday, Feb. 26

- DENTAC
- FSHISD School Board Meeting in Professional Development Center, 11 a.m.

Friday, Feb. 27

- Black History Performance
- 4th, 5th, and 6th Grade, 8:30 a.m.
- Pre-Kindergarten through 3rd Grade, 9:30 a.m.
- Spirit Day



Robert G. Cole Jr./Sr. High School

Monday, Feb. 23

- Students of the Month Presentation in Mall Area, 9:50 a.m.
- Boys Basketball Bi-District Playoff, TBA

Tuesday, Feb. 24

- 7th Grade SDAA Writing
- 7th Grade TAKS Writing
- 9th Grade TAKS Reading
- 10th and 11th Grade TAKS English Language Arts
- 12th Grade TAAS Writing
- Boys Basketball Bi-District Playoff, TBA

Wednesday, Feb. 25

- 12th Grade TAAS Math

Thursday, Feb. 26

- 12th Grade TAAS Reading
- FSHISD School Board Meeting in Professional Development Center, 11 a.m.

- Varsity Track Meet vs SAISD at Alamo Stadium, 1/2 Day (finals only)
- DECA State Competition in Galveston, Texas
- Boys Basketball Area Playoff, TBA

Friday, Feb. 27

- State Academic Decathlon Meet at San Antonio College
- Baseball vs St. Anthony at Cole, 4:30 p.m.
- DECA State Competition in Galveston, Texas
- Boys Basketball Area Playoff, TBA

Saturday, Feb. 28

- State Academic Decathlon Meet at San Antonio College
- DECA State Competition in Galveston, Texas
- Boys Basketball Area Playoff, TBA

Ash Wednesday (Feb. 25) Catholic Mass Schedule

Ash Wednesday Catholic Masses will be conducted as follows:

- 7:30 a.m. - Main Post (Gift) Chapel
- 11 a.m. - Main Post (Gift) Chapel
- 11 a.m. - BAMC Chapel
- 11 a.m. - Camp Bullis Chapel
- 5:30 p.m. - Dodd Field Chapel
- 7 p.m. - AMEDD Chapel



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.

BAMC seeks 'Partners in Healing' volunteers

Brooke Army Medical Center is looking for upbeat volunteers to become "Partners in Healing." BAMC wants those who understand the hardships that Soldiers experience during separation from loved ones while coping with illness or injury. Compassionate and understanding volunteers are also needed to tend to the special needs of hospitalized seniors. BAMC currently offers 130 positions ranging from clerical, administrative and direct staff support and will match your skills and interests with administrative or patient care needs. No experience is necessary. For information, call the Office of Volunteer Services at 916-5083.

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

FSH 'Strike Force' powerlifting team heads to Military Nationals

By Lt. Col. David Mullins
Special to the News Leader

"Get out of the hole" is a term heard more on squat day at the Jimmy Brought Fitness Center than "hooah" at a basic training event. Powerlifters are required to drop "in the hole" on the descent portion of the squat. This means going below parallel to the point where the crease of the hips is below the top of the thigh. The USAPL Military Nationals scheduled for March 13 in Killeen, Texas is motivating Fort Sam's "Strike Force" to "get out of the hole" and "get their head in the game" for the competition ahead. Teams from all service branches will compete for individual and team records at this event.

The Fort Sam Houston powerlifting team represents a diverse group of organizations throughout the command. Sgt. Tony Fantasia from the 228th Combat Support Hospital, Master Sgt. Marty Hilliard and Lt. Col. David Mullins from the 90th RRC Command Readiness Team, Lt. Col. Dan Deuter from the

AMEDD Center & School, Randy Pike from 5th Army Civil Support Team, Maj. Ray Baxter from U.S. Army South, and Navy Lt. Cmdr. Dave Georges, chief Naval Air Training, Corpus Christi, Texas.

Powerlifting is a sport in which the athlete attempts to lift the most weight for one repetition, as tested in three different lifts. In competition, the person who lifts the most combined weight in these three lifts is the winner. The three lifts, in order, are the squat, bench press, and deadlift. Weight classes and age divisions classify lifters in their respective category.

Powerlifting rules are very strict. Consequently, the training becomes very arduous as the team enters a training cycle for a particular meet. At this point, the team is less than six weeks away from the Nationals. The training intensifies as the meet date approaches.



Courtesy photo

"Strike Force" powerlifting team, left to right, Tony Fantasia, Marty Hilliard, David Mullins, Dan Deuter, and Randy Pike.

Each lifter contributes to the overall success of the team in training and in competition. Fort Sam Houston has a great team of seasoned and new lifters to the sport. Watch for some records to be broken on March 13. For information, call Lucian Kimble, Fitness Coordinator, at 221-2020.

Recreation and Fitness

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

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.

3-D Archery at Camp Bullis - The next 3-D archery shoot will be held Feb. 28-29 at Camp Bullis. This exciting competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Prizes will be awarded to the top three in each class. Check-in from 8-10 a.m. Saturday's shoot is \$15, all competitive and Sunday's shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult and a playground is available for kids. Open to the public.

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

Red Cross Approved Life Guard Class - Sign up now for this comprehensive 4-day class at the Jimmy Brought Fitness Center Pool. The course will be held Feb. 28-29 and March 6-7 (4 classes total) from 8 a.m. to 4 p.m. each day. The cost is \$165 and includes a book. For information or to register, call 221-1234.

Get Spring off to a Running Start - Sign up now for the Spring Fling 10K and 5K fun run, March 7, 7:30 a.m. beginning at the Brigade Gym. Download a registration form online at www.samhoustonmwr.com

or pick one up from the Jimmy Brought Fitness Center.

Free Fitness 5K Run/Walk - Join us for this fitness Run/Walk on Saturday, Feb. 21, 10 a.m. at the Jimmy Brought Fitness Center. For information, call Lucian at 221-2020 or 221-1234.

FSH Intramural Sports

Participants are needed for the following intramural sports:

Golf - Letters of intent are due Feb. 20, coaches meeting will be held March 3. First team captains meeting will be held Feb. 24, 11:30 p.m. followed by meetings on March 9, noon and March 22, noon. Entry deadline is March 29, noon. Send entries to Billy.Davis@cen.amedd.army.mil. Season starts April 6, 5:30 p.m. All meetings will be held at the Golf Club House.

Join the fun and register for your favorite intramural sport today. For information, call Earl Young at 221-1180.

Health and Wellness Fair and Blood Drive - 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. There will also be a Blood Drive, free food, and giveaways.

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

Intramural Basketball League Standings

Feb. 13	W	L
DFAS	12	1
BAMC	11	1
STB	10	4
Acad Bn	7	5
5th Recruiting	6	8
NCO Academy	5	9
Navy/Marines	3	8
418th Med Log	3	10
LEC	1	12

Feb. 10	W	L
BAMC	54	NCO Acad 41
Acad Bn	54	5th Recruiting 50
STB	74	LEC 39
DFAS	49	418th Med Log 41

Feb. 12	W	L
BAMC	62	LEC 48
STB	38	418th Med Log 35
Acad Bn	63	NCO Acad 55
5th Recruiting	61	Navy/Marines 39

two 30-minute weight loss classes. Cost for the program is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.

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

Youth Happenings

Exploring Life for Middle School Students - Youth Services offers an after school program for middle school youth grades 6-9 on Monday through Friday after school until 6 p.m. YS will pick up your child from the school (either the elementary or the Jr./Sr. high school and take students to the Youth Center. Students will have a snack, work on homework, participate in clubs and do 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, now through Feb. 27 - Youth Services baseball registration, now through Feb. 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.

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. - Foulois/Scott Road Harris Heights
3:54 p.m. - Forage/Foulois
The return shuttle leaves the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 for those in 9th grade and up. Shuttles service is only for youth who live on post.

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: Guard grill, \$300, Nerf bars, \$100, and rear bumper, \$175 for 2000 Ford F150 (fits any similar style truck), or all for \$500; Sony 61" projector TV (black), \$2,000; and Bissell Big Green multi-purpose steam cleaner, \$75. Call 414-9785, leave message.

For Sale: Whirlpool dryer in good condition, only 8 months old, \$50. Call 673-9216

For Sale: Clarinet, ready to play, \$60 obo. Call 590-2126.

For Sale: Maytag heavy-duty washer, top loading, large capacity, \$60; Maytag heavy-duty dryer, \$50 or \$100 for both. Call 224-6361.

For Sale: 1992 Chevy Beretta, 61K miles; V-6, 5 speed, cruise, AC, power steering, locks, windows ABS, front airbags, new tires, \$1,400. Call 857-6231.

For Sale: 4-wheeled hand-brake walker with seat and basket, \$150, never used; 3 Turkish rugs 3' by 5', \$150 each; 1 Turkish

Kilim, \$75; Necchi Console sewing machine with attachments, \$250; 1996 Atlanta Olympic Games Coca Cola patio set \$375, auctioned after games for \$550. Call Alan 659-3629.

For Sale: 1962 Chevy II Nova original motor and transmission, \$4,500 obo. Call 825-2322.

For Sale: Sony Flat-Tube TV, HD-ready, 36", Model KV36HS510 with Hi-Fi sound system, 40" wide by 30" height by 25.5" deep, \$1,200. Call 946-0209.

For Sale: German Schrank, with cathedral buffet and bar, lots of storage space, \$2,500 obo; large TV stand, black, with shelving and glass door, \$50; glass sofa table, new condition, X/O design, \$75; various decorative wall mirrors. Call 535-3635.

For Sale: Bowflex XTL with lat pull down tower, leg attachments and 310 lbs. of resistance, \$1,200 obo; exercise bike, \$40. Call 930-8411.

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.

Senior Marketing Manager-Health Economics - San Antonio. Development solid economic value models. Manage strategies, tactics and overall growth of assigned products. Develop and oversee new programs.

Nurse/Director - San Antonio. Coordinates and supervises activities for the provision of cares to specified service areas. Supports the mission statement, policies and procedures.

Clinical Research Manager - San Antonio. Manage clinical trials, projects and oversees related research as they pertain to the conduct of clinical trials for medical devices. Monitors progress and outcome.

Accessing Resumix workshop offered Feb. 24

Accessing Resumix workshop will be held Feb. 24, 8-9:15 a.m. for Garrison employees. Class is by reservation only and limited to eight students. For information and reservations, call 221-2276.

Civilian Workshops scheduled

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: March 10, April 16, and May 5.

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.



Community events

Author of 'Crash and Burn' book to visit FSH PX, Feb. 19-21

Jack Edward Wright author of "Crash and Burn, the Survival Story of a Fighter Pilot," will be autographing and selling copies of his book at the Fort Sam Houston Post Exchange on Feb. 19-21, 9 a.m. to 7 p.m.

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.

S.A. Chapter of MOAA to host luncheon, Feb. 24

The San Antonio Chapter of the Military Officers Association of America will host their February luncheon at the Randolph Air Force Base Officers' Club on Feb. 24. Social hour starts at 11 a.m. with lunch served at noon. Cost is \$13 per person. For information or reservations, call 228-9955 or 228-9956.

'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.

94th Anniversary of the Foulis Flight, March 2

A ceremony commemorating the 94th anniversary of the first military flight by 1st Lt. Benjamin Foulois will be held March 2, 11 a.m. at the "Birth of Military Aviation" marker located near the post flagpole on Stanley Road. Keynote speaker is U.S. Army retired Brig. Gen. Charles Canedy.

ACOG sponsors 'Dial-A-Trailer Dumpster' Day March 6

The Government Hill Alliance Neighborhood Association will sponsor "Dial-A-Trailer Dumpster Day" on Saturday March 6, 8 a.m. to 2 p.m. South of Interstate 35, West of Hackberry Street near Crosby Street. Garbage trucks will be stationed ready to receive items too large for regular trash pickup. Plan to clean your yard, garage, attic, tool shed and join the clean up effort. Bring your items to the pickup site. Note: Do not bring hazardous chemicals, paint, concrete, bricks, sod, commercial or industrial waste and other hazardous material. For information or to volunteer, call 226-6352.

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

¿Que Pasa?

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

RLBC, Supply and Services Division personnel to relocate March 1

Effective March 1, Readiness, Logistics Business Center's Supply and Services Division, Property Management Branch personnel will relocate from Bldg. 4197 to Bldgs. 2640 and 4011.

The following changes will occur:

- Customer Services Section will move to Bldg. 2640, Room 46, upstairs in the CIF building.

- Material Management Section depot item managers and hand receipt managers will relocate to Bldg 4011, Room 115.

- Central Issue Facility, Admin Section will remain in Bldg. 2640, but will move downstairs to Room 12.

- Petroleum, Oil, and Lubricants Section will move to Bldg. 2640, Room 11, downstairs in the office of the chief, Supply and Services Division.

- Supply Systems Analyst will remain in Bldg. 2640, but will relocate to Room 14, Food Service Branch.

The telephone numbers remain unchanged. Point of contact for this move is Vanessa Alford at 221-4575.

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. For information, 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 (704) 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

Earn a master's degree in 12 months

The National Graduate School of Quality Management is now accepting applications for a master's program scheduled to start in March. Classes will be held one night a week, 6-10 p.m. at Fort Sam Houston. Students will earn an M.S. in Quality Systems Management. Master's Business Project replaces thesis. Our institution is regionally accredited, nationally recognized and eligi-

ble for VA/TA benefits. Call 1-800-838-2580 or local 410-9147 or 213-1248 or visit www.ngs.edu.

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.

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.

470th MI Groups seeks Army reservists for training in March

The 470th Military Intelligence Group seeks MI Army Reservists to train for 30 days, March 15 through April 15, 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.

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 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.