



Briefs

B Company, Academy Battalion Change of Responsibility, tomorrow

A change of responsibility ceremony will be held tomorrow, 4:30 p.m. in Blesse Auditorium, Willis Hall, Bldg. 2841. Outgoing 1st Sgt. Mario Curet will relinquish responsibility to 1st Sgt. Kuwanda Dixon.

Author to speak and sign books at AMEDD Museum, tomorrow

Cindy Weigand, author of "Texas Women in World War II," will speak at the AMEDD Museum tomorrow, 1 p.m. and will sign copies of her book. In her book, Weigand chronicles war experiences of courageous female World War II Texas veterans.

A-76 Town Hall Meetings, March 8-9

Attention U.S. Army Garrison employees, A-76 Town Hall meetings will be held on March 8, 1:30-3 p.m. at the Roadrunner Community Center and on March 9, 1:30-3 p.m. at the FSH NCO Club.

National Prayer Breakfast, March 9

The National Prayer Breakfast will be held March 9, 6:45-8 a.m., NCO Club. Former Chief of Chaplains retired Maj. Gen. Matthew A. Zimmerman will be the keynote speaker. See unit's sergeant major for tickets (\$2 donation).



After addressing the Brooke Army Medical Center staff, Joint Commission on Hospital Accreditation surveyors Jackie Duplantis, and Dr. Nelson Sirlin join Brooke Army Medical Center's Director of Quality, Ann Halliday, for a picture with the hospital's cannon. Sirlin said the BAMC Joint Commission survey made him aware of how much gratitude the nation owed Soldiers for the freedoms Americans enjoy.

BAMC excels in accreditation process

Story and photo by Nelia Schrum
BAMC Public Affairs

Brooke Army Medical Center officially received the Joint Commission on Accreditation of Healthcare Organization's Gold Seal of Approval in February by demonstrating compliance with the Joint

Commission on Accreditation of Healthcare Organization's national standards for health care quality and safety.

The final JCAHO report accredits BAMC for a three-year period and makes a preliminary score announced in December official.

The hospital participated in a weeklong

onsite visit by the JCAHO surveyors in December receiving a preliminary score of 97 with no major findings. The initial out brief and recommendation by the Joint Commission was announced by the surveyors Dec. 19 in the BAMC auditorium packed with hospital staffers.

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Armed Forces members become American citizens during FSH ceremony

By Esther Garcia
Fort Sam Houston Public Affairs

The San Antonio District office of U.S. Citizenship and Immigration Services naturalized 38 members of the U.S. Armed Forces as new citizens at a naturalization ceremony held March 1 at the Fort Sam Houston Officers Club. The ceremony also celebrated the one-year anniversary of the establishment of the USCIS under the Department of Homeland Security.

U.S. Magistrate Judge John Primomo presided as judge and administered the citi-

zenship oath during the final hearing, which is the last step in the citizenship process.

Eduardo Aguirre, director, U.S. Citizenship and Immigration Services for Homeland Security, keynote speaker, said, "Know that we are behind you, and that we support you completely. You are carrying out a just and noble cause, for freedom must triumph over terror."

Of the 38 new citizens, 16 were deploying within 72 hours of the ceremony. But Airman Jahanbakhsh Badsha of India flew in from Iraq for the ceremony and he was

to return immediately to resume his duties. The countries of origin represented were American Samoa, Cameroon, Canada, China, Colombia, Dominican Republic, Egypt, El Salvador, Germany, Ghana, Haiti, India, Ivory Coast, Liberia, Mexico, Nigeria, Panama, Peru, Philippines, Poland, South Korea, Togo, Trinidad and Tobago.

New citizen Spc. Yuoki Wong, attending medical training at Fort Sam Houston, said, "I am very proud to say that I am now a United States citizen, not only do I have the opportunity to serve my country and to follow my dreams of becoming a nurse, but it

also gives me a sense of belonging and purpose and to be able to give back to a country that has given me so much. America is not just a place where I reside, but a place I can call home."

The ceremony included a video presentation of President Bush congratulating them on their citizenship. The Brooke Army Medical Center Color Guard led by Sgt. 1st Class Olu Fasheyide posted the colors. The 323rd Army Medical Command Band Brass Quintet provided patriotic music.

See photos on Page 17.

Army study to dispel Lariam suicide myths

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

The surgeon general of the Army told Congress that there is no correlation between the anti-malaria drug Lariam and a recent spike in suicides in combat zones.

There have been 21 confirmed suicides in the Iraq theater, but only four of the Soldiers were in units that were taking Lariam, and only one had traces of the drug in his system, Lt. Gen. James Peake, the Army's surgeon general, told members of the House Armed Services Total Force Subcommittee Feb. 25.

"We do know the documented side effects of this medicine, but the key causes of the suicides were failed intimate relationships, legal and financial problems," Peake said. "The same kind of issues that you see back home related to suicides seem to be the predominant triggers in the-

ater as well."

A 12-person Mental Health Advisory Team went to Kuwait and Iraq from August to October to assess mental health issues and behavioral health care for Soldiers serving in Operation Iraqi Freedom after it was reported that there is an annual rate of 15.8 suicides per 100,000 Soldiers per year. This is an increase from the 9.1 to 14.8 annual Army wide rates between 1995 and 2002.

Suicide, depression and paranoia are some of the reported side effects of Lariam. But Peake said that if a Soldier has a history of depression, then an alternate anti-malaria drug is given. Chloroquine is a daily anti-malaria drug, but the weekly dose of Lariam is preferred, Peake added.

This summer Chloroquine may be given to Soldiers in Iraq, or there may not be a need for any anti-malarial medicine in Iraq, said officials

See **BAMC** on Page 3



Lt. Gen. James Peake, Army surgeon general, testifies to the House Armed Services Total Force Subcommittee about suicides in Iraq. Sgt. Maj. of the Army Kenneth Preston, to his right, prepares to testify about wellness in theater.

AAFES seeks customers' patience, monitors BDU supply

Backorders from the military supply system Defense Supply Center Philadelphia, are affecting Army & Air Force Exchange Service Military Clothing Sales Stores. Both Army & Air Force MCSSs are out of stock on selected sizes of Enhanced Hot Weather and Temperate Battle Dress Uniform coats and trousers.

The military supply system advised AAFES that the get-well date for the temperate BDUs will be August. "AAFES continues to be in constant communication with DSCP," said Military Clothing Divisional Merchandise Manager Dave Lumbley. "The information we received from DSCP indicates AAFES will be

experiencing shortages on temperate BDUs through the end of summer 2004."

Representatives from DSCP said the current supply position is due to the allocation of BDU production from woodland to desert to support the tremendous increase in desert requirements as a result of the war in Iraq.

"The temperate trousers are the item in the most critical position, and while DSCP does not expect to get well until August, we will experience a significant increase in deliveries starting in April," said Jim Kane, product manager for battle-dress uniforms in DSCP's clothing and textile directorate. "We have recently released all backorders for enhanced hot

weather coats and trousers. These assets should be reaching the stores soon, and DSCP expects to remain in sustained supply for the enhanced hot weather items." DSCP and the Defense Logistics Agency annually buys about \$10.4 billion worth of food, clothing, textiles, medicines, medical equipment, general and industrial supplies and services for America's war fighters worldwide, their eligible family members and other non-Defense Department customers.

The military supply system provides routine support for AAFES requirements. Recruits/units and other higher priority requirements such as Operation Iraqi Freedom and Recruit Induction Centers

receive first priority.

Since DSCP is the only authorized BDU source as directed by the MOAs with the Department of the Army and the Department of the Air Force, AAFES has no other choice but to continue to monitor the situation. Lumbley advises that AAFES continually requests updates on the backorder status. "We remain committed to providing customers with the latest information and fix shortages regarding the situation. Until such notice is received, AAFES is asking for customers' patience as it continues to work with the military supply system to find a solution to the BDU situation."

Source: AAFES news release.

Fort Sam Houston News Leader

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'Green' conference sparks participants' interest

By Kathy Richardson
Special to the News leader

The "It's Not Easy Being Green" Conference has come and gone for another year with enthusiasm running strong in participants of all ages. "A wonderful, relaxing, rejuvenating time," read one conference evaluation. The conference, held Saturday and Sunday, met with appreciative reception from attendees ranging in ages from 18 to 80.

Rita Van Autreve delivered a keynote address that set a tone of caring for the Army family. As the spouse of Sergeant Major of the Army Leon Van Autreve she witnessed an increase of attention to the needs of the Army family. Speaking before an admiring audience, she related her belief that interaction and support are the lifeblood of our Army community. She shared her experiences from the heart. As one evaluation read, "Mrs. Van Autreve's words were gentle and encouraging. The Army has come a long way."

Brig. Gen. Daniel Perugini, commander,

Army Medical Department Center and School and Fort Sam Houston, launched the conference by expressing his best wishes and support of the conference goals to motivate and strengthen members of our Army community. Perugini thanked participants for the bulwark of support they provide as family members. He recognized the importance of coming together and expressed his hope that the conference will continue to grow in years to come.

Support for "It's Not Easy Being Green" came from many sectors of both the military and civilian communities. Conference success is a direct result of the support of AUSA, BAMC Auxiliary, Bank of America Military Bank, Costco, Eisenhower National Bank, First Command, Fort Sam Houston Commissary, HEB, Marriott, OCSC, SACU, Sam's Club, and Wal-Mart.

Now in its third year, the "It's Not Easy Being Green" Conference will certainly carry on the proud tradition of supporting military spouses and of encouraging them to celebrate our military lifestyle.



Rita Van Autreve visits with Brig. Gen. Daniel Perugini, commander, U.S. Army Medical Department Center and School and Fort Sam Houston during the "Its Not Easy Being Green" conference held Saturday and Sunday. Van Autreve was the keynote speaker for the conference.



JoAnna M. Lund of DeWitt, Iowa, presents a class in "Entertaining Family and Friends Fast, Cheap and Easy" for conference participants.



Motivational speaker Larry Johnson talks with conference attendee Diane Stajduhar before signing a copy of his book.



Lt. Jennifer Rogers, nutrition care, discusses fad diets at the "It's Not Easy Being Green" Conference on Saturday.

Mike Motl offers digital camera advice to Jan Carter during the conference held at Dodd Field Chapel on Saturday and Sunday.





Courtesy Photo

Capt. Tara Hayden, currently a nurse with the Evans Army Community Hospital, Fort Carson, Colo., saw eight to 10 major trauma cases a day while deployed with the 28th Combat Support Hospital in support of Operation Iraqi Freedom.

Nurse recalls OIF, praises medical staff

By Joe Burlas
Army News Service

While Capt. Tara Hayden continues to praise the teamwork of all medical Soldiers of the 28th Combat Support Hospital, she played her own part in saving lives of Soldiers and others wounded in OIF.

Hayden, an Army nurse currently assigned to the Evans Army Community Hospital, Fort Carson, Colo., served with the 28th CSH in Kuwait and Iraq from April to November 2003, and shared her OIF experiences with the Evans staff during an Army Nurse Corps anniversary celebration Feb. 17.

"I had the opportunity to work with the finest doctors, nurses, medics and support staff the Army has," Hayden said. "Their dedication and selfless service is hard to

explain unless you were there to witness it."

The 28th CSH saw eight to 10 major trauma cases each day while Hayden was in Iraq. It didn't matter if the wounded person was a U.S. Soldier, enemy prisoner of war or Iraqi civilian, each patient received outstanding care, Hayden said.

Some of the most touching cases for the 28th staff involved three young Iraqi boys who were playing with an improvised explosive device when it exploded, Hayden said. Two required CPR upon arrival to the hospital; all required extensive surgeries. A little more than three months later, all three walked out of the hospital to return home.

"Those that cared for these children have pictures of them and some still say prayers for them," Hayden said. "It didn't matter to the staff they were Iraqi -- they were three little boys in desperate need of the finest

medical care and they received it."

Her OIF service really hit home, Hayden said, when an E-7 approached her in the Evans Emergency Department in early February. When Hayden told him she didn't recognize him, the E-7 told her she had helped save his life.

She said she then looked at the nametag on his uniform and the memories returned. "This was one of the Soldiers who had sustained multiple injuries from a land mine -- including a shattered femur and some intestinal injuries," she recalled.

And she recalled him asking her to pull a picture of his two-week-old daughter he hadn't met from his uniform and holding his hand as she reassured him that he would have the very best medical staff working on him. Despite several touch-and-go situations that staff helped pull him through.

Army speeds up suicide awareness plans and programs

By Sgt. 1st Class Marcia Triggs
Army News Service

The implementation of certain suicide prevention initiatives have been accelerated, to include a 1-800-number, to help curb suicides among Soldiers during these stressful times, said an Army personnel official.

In 2000, prior to the terrorist attacks on America, the Army revamped its suicide prevention program. The campaign, "Soldiers, Leaders and Communities Saving Lives," was developed to train everyone in the Army community on how to recognize early signs of suicidal behavior and how to intervene.

"We know that the stress level of our Soldiers has increased since Sept. 11, therefore programs that were being considered now have been implemented and fully funded by G1, (the Office of the Deputy Chief of Staff for Personnel)," said Lt. Col. Jerry Swanner, the Army suicide prevention program manager at the Pentagon.

Soldiers can now talk to a trained professional about any of their problems, by dialing the 12-digit phone number, 1-800-

464-81077 if they are overseas; and 1-800-464-8107 for those who are stateside.

"Army One Source is a 24/7 crisis hotline that makes behavioral health professionals more accessible," Swanner said. "Soldiers can talk freely, and it won't go in their medical records."

About three years ago Swanner convinced Training and Doctrine Command to fund a training workshop called "Applied Suicide Intervention Skills Training" or ASIST. The focus of the training is to provide anyone who might come in contact with a person at risk of committing suicide with the confidence and tools to take immediate life-saving actions.

Recently units like the 1st Infantry Division at Wurzburg, Germany, had at least two Soldiers in each company get the ASIST training, so they could instruct suicide awareness classes before the unit deployed to Iraq.

Fort Lewis, Wash., is another installation that has adopted ASIST as part of its suicide prevention plan.

"More than 330 Soldiers and civilians have been trained at Fort Lewis, and there is an ASIST coordinator whose primary

responsibility is to conduct suicide prevention training for every civilian employee on the post," said Maj. Thomas Cox, the post family life chaplain.

Fort Lewis' program stands out among other Forces Command installations, Swanner said. Decreasing suicides takes more than chaplains giving briefs. It takes leadership involvement and an overarching community focus, he said.

"We've seen installations that don't have installation-wide programs, and they continue to miss Soldiers that would have been caught if the post agencies were working together to fight suicides," Swanner said. "If an Army Emergency Relief counselor is meeting with a Soldier with financial difficulties, the counselor should be able to recognize if that Soldier is at risk of committing suicide."

It is evident throughout the I Corps and Fort Lewis community that its suicide prevention program, "Dare to Care," is a high priority for the commanding general, Cox said.

Other installations are incorporating suicide prevention in more on-post programs, like the Deployment Cycle Support Contingency Plan, Swanner said.

In pre-deployment briefings Soldiers find out that suicides are more likely to happen in a deployment environment because there is access to lethal means, Swanner said.

"What we know from U.S. statistics is that households with firearms are at a five times greater risk than those households without firearms," Swanner said. "Then once Soldiers re-deploy they are briefed again. During both briefings we're encouraging help-seeking behavior."

Part of the Army's plan, Swanner said, is convincing Soldiers to get help and talk to a mental health professional before the situation worsens.

Great suicide awareness programs don't mean that there will be no suicides among Soldiers, Swanner said. Suicide is a human phenomenon, and until society can solve the problem of suicide the Army will continue to deal with it, he said.

However, Swanner emphasized that to combat the spread of suicides senior leaders have to get involved. "Suicide impacts all ranks," he said. "Everyone has to be attuned to the issue of suicide because the greatest success comes from leaders talking about it."

BAMC

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Cheers went up when Dr. Nelson Sirlin gave his preliminary report.

"You are accredited for a three-year period of time," Sirlin said. "You have no Type 1 recommendations and you have a grid score of 97."

Sirlin, who led the three-person team that looked at BAMC, said the score was a great accomplishment that "just demonstrates the tremendously effective leadership you have and support you have and the great caregivers you have."

The Department of Defense Health Affairs chose the Joint Commission on Accreditation of Healthcare Organizations as the accrediting agency for all DoD hospitals and clinics. The purpose of the external accreditation is to have objective meas-

urement and documentation of hospital quality with comparable ratings between military hospitals and the civilian sector. The surveys occur once every three years.

"Only 15 percent of hospitals surveyed by the Joint Commission receive a score of 97 or better," said Brig. Gen. C. William Fox, Jr., the commander of BAMC. "We are one of them."

Fox said the Joint Commission is dedicated to continuously improving the safety and quality of the nation's health care through voluntary accreditation. The three-member survey team applied national standards intended to stimulate continuous systematic and organization-wide improvement in an organization's performance and the outcomes of care.

"The Joint Commission surveyors vali-

dated the outstanding team effort here," Fox said. "The military community should be proud that BAMC is focusing on the most challenging goal -- to continuously raise quality and safety to higher levels."

Ann Halliday, who serves as BAMC's director of quality and spearheaded the preparation work for the survey, said she was extremely proud of how the hospital staff all contributed to the accreditation of BAMC. She called the accreditation process "proof of an organization-wide commitment to providing quality care on an ongoing basis."

Halliday said that the BAMC staff appreciated the educational aspect of the

survey and the opportunity to interact with the team of surveyors.

"The BAMC dedication to patients and patient support activities were very apparent to our JCAHO surveyors," Halliday said.

Sirlin said that the Purple Heart Ceremony for two injured Operation Iraqi Freedom Soldiers was a highlight of the Joint Commission visit to BAMC.

He said that the ceremony made him aware of how much gratitude a nation is owed to the Soldiers awarded the Purple Hearts and all members of the military.

"It reminded me that I could walk around and enjoy freedoms because of the work you all do."



Army

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from Office of the Surgeon General. The Central Command surgeon will make the decision after the mosquitoes are tested for malaria, officials said.

Two task forces are studying the perception troops have of Lariam and to see if it causes adverse outcomes, Dr. William Winkenwerder, assistant secretary of defense for Health Affairs, said during tes-

timony.

The scientific study may take several months to two years to complete, Winkenwerder said. The study on perception is ongoing to see how service members feel about the drug, and how they came to that conclusion, he added.

Cpl. Victor Thibeault, from the 10th Mountain Division, Fort Drum, N.Y., said he stopped taking Lariam because he start-

ed having nightmares and it made him physically ill.

Thibeault, who served in Afghanistan, saved the lives of local civilians and his buddy by grabbing a grenade that had been thrown in his vehicle and securing it his hand. He testified that everyone he knew who was taking the drug also had similar complaints.

"Lariam has been approved by the

Federal Drug Administration, and it is used to protect Soldiers from a deadly form of malaria," Peake said. There have been Soldiers and Marines who have died from malaria, he added.

Winkenwerder said Thibeault's feelings toward the drug worries him, and he's hoping that the ongoing studies can dispel myths about Lariam and give Soldiers confidence in the drug.



Photo by Blanca M. Wheeler

At center, The Army Surgeon General, Lt. Gen. James B. Peake and AMEDD Center and School and Fort Sam Houston Commander, Brig. Gen. Daniel Perugini, pose with international military students during the Hospital Corpsman anniversary Feb. 27 held at the AMEDD Museum. International students from left standing are: Sgt. 1st Class Markus Hausleitner of Germany, Sgt. 1st Class Nicola Califano of Italy, Maj. (Doctor) Robert Kollermann of Austria, Lt. Col. (Doctor) Bineet Kumar Lakhtakia of India and Sgt. 1st Class Isaac Benjamin Dimba of Malawi; sitting are: Cpl. Aloycious Koroma of Sierra Leone, Sgt. 1st Class Tomoya Ishikawa of Japan, Sgt. Gokhan Ulusu of Turkey and Capt. Ioanna Kechagia of Greece.

418th Med Log Company Change of Command, March 12

The 418th Medical Logistics Company will hold a change of command ceremony March 12, 10 a.m. at the Consolidated Motor Pool, Bldg. 2378. Outgoing commander is Capt. Corey Daughtrey, incoming commander is Capt. Pablo River, Jr. For information, call 221-0973.

When to claim 'Injured Spouse' on a joint tax return

If you file a joint income tax return and all or part of your share of the overpayment was or will be applied against your spouse's past-due Federal tax, child or spousal support, student loan or state income tax, you may be considered an "injured spouse." If you want your share of the overpayment shown on the joint return refunded to you, you will need to file Form 8379 and meet the following conditions:

- You are not required to pay the past-due amount. (Note: if your main home was in a community property state, you may file Form 8379 if only this condition applies. The IRS will allocate overpayment involving community property states in accordance with that state's law.)
- You reported income such as wages, taxable interest, etc. on the joint return.
- You made and reported payments such as Federal income tax withheld from your wages or estimated tax payments, or you claimed the earned income credit or other refundable credit, on the joint return.

How to file Form 8379

- If you have already filed the joint tax return, complete the Form 8379 and mail the form by itself to the Internal Revenue Service Center for the place where you lived when you filed the joint return. Be sure to include copies of all W-2, W-2G and 1099R forms showing income tax withheld.
- If you have not filed your joint return, attach Form 8379 to your return and enter "Injured Spouse" in the upper left corner of the return.
- If you later file Form 1040X, Amended U.S. Individual Income Tax Return, requesting an additional refund, you should attached a revised Form 8379 if you want the refund allocated between you and your spouse.
- Processing Form 8379 may delay your refund if you attached it to your original return by 6 to 8 weeks. Allow at least 8 weeks for the IRS to process your claim.

'Innocent Spouse Relief' eligibility

Do not use Form 8379 if you are requesting relief from liability for tax that you believe should be paid only by your spouse (or former spouse). Instead, file Form 8857, Request for Innocent Spouse Relief.

Publication 971, Innocent Spouse Relief, explains the rules to qualify for and claim relief from tax liability. Briefly, if you signed a joint return with your spouse and you thought your spouse had paid the taxes due or the IRS increased your taxes because of your spouse's unreported income or disallowed deductions and you knew nothing about your spouse's unreported income or erroneous items when you signed the return, you may have tax relief available to you.

You can download the above forms and publications from www.irs.gov or order them from the IRS at 1-800-829-3676.

Source: Tax Assistance Center

Revision to the Soldiers' and Sailors' Civil Relief Act

On December 19, 2003, President Bush signed into law the "Servicemembers Civil Relief Act." This law is a complete revision of the Soldiers' and Sailors' Civil Relief Act.

The SSCRA provided a number of significant protections to servicemembers.

These include:

- Staying court hearings if military service materially affects servicemembers' ability to defend their interests.

- Reducing interest to 6 percent on pre-service loans and obligations.

- Requiring court action before a servicemember's family can be evicted from rental property for nonpayment of rent if the monthly rent is \$1,200 or less.

- Termination of a pre-service residential lease.

- Allowing servicemembers to maintain their state of residence for tax purposes despite military relocations to other states.

The SSCRA was largely unchanged from its enactment in 1940. The SCRA was written to: clarify the language of the SSCRA; to incorporate many years of judicial interpretation of the SSCRA; and to update the SSCRA to reflect new developments in American life since 1940.

The SCRA:

- Expands the definition of "court" to include "an administrative agency of the United States or of any state." Previously, the SSCRA did not apply to administrative hearing.

- Extends the application of a servicemember's right to stay court hearings to administrative hearings. It now requires a court or administrative hearing to grant at least a 90-day stay if properly requested by the servicemember. Additional stays can be granted at the discretion of the judge or hearing official. The court must appoint counsel to represent the servicemember if the court denies the request for an additional stay.

- Clarifies the rules on the 6 percent interest rate cap on pre-service loans and obligations by specifying that interest in excess of 6 percent per year must be forgiven. The absence of such language in the SSCRA had allowed some lenders to argue that interest in excess of 6 percent is merely deferred. It also specifies that a servicemember must request this reduction in writing and include a copy of his/her orders. As under the SSCRA, the creditor

may avoid reducing the interest rate to six percent only if it can convince a court that the servicemember's military service has not materially affected the servicemember's ability to pay.

- Modifies the eviction protection section by precluding evictions from premises occupied by servicemembers for which the monthly rent does not exceed \$2,400 for the year 2003 (an increase from the current \$1,200). The Act provides a formula to calculate the rent ceiling for subsequent years. For 2004, the monthly rent ceiling has been determined to be \$2,465.

- Extends the right to terminate real property leases to active duty Soldiers moving pursuant to permanent change of station (PCS) orders or deployment orders of at least 90 days. This eliminates the need to request a military termination clause in leases. The section still applies to leases entered into prior to entry on active duty. It adds a new provision, however, extending coverage to leases entered into by active duty servicemembers who subsequently receive orders for a PCS or a deployment for a period of ninety days or more.

- Adds a new provision allowing the termination of automobile leases for use by servicemembers and their dependents. Pre-service automobile leases may be cancelled if the servicemember receives orders

to active duty for a period of 180 days or more. Automobile leases entered into while the servicemember is on active duty may be terminated if the servicemember receives PCS orders to a location outside the continental United States or deployment orders for a period of 180 days or more.

- Adds a provision that would prevent states from increasing the tax bracket of a nonmilitary spouse who earned income in the state by adding in the service member's military income for the limited purpose of determining the nonmilitary spouse's tax bracket. This practice has had the effect of increasing the military family's tax burden. Clarifies that the protections of this section extend to servicemembers who are legal residents of a Federal Indian reservation.

- Adds legal services as a professional service specifically named under the provision that provides for suspension and subsequent reinstatement of existing professional liability insurance coverage for designated professionals serving on active duty. While the SSCRA specifically names only health care services, legal services have been covered since May 3, 1999 by Secretary of Defense designations. The SSCRA permitted such a Secretarial designation, but this revision will clarify this area.

- Increases limitations to a servicemember's request for deferments of certain commercial life insurance premiums and other payments for the period of military service and two years thereafter. If the Department of Veterans Affairs approves the request, the United States will guarantee the payments, the policy shall continue in effect, and the servicemember will have two years after the period of military service to repay all premiums and interest. The total amount of life insurance that this program could cover was limited to \$10,000. The SCRA increases this total amount to the greater of \$250,000 or the maximum limit of the Servicemembers Group Life Insurance.

- Historically, the SSCRA applied to members of the National Guard only if they were serving in a Title 10 status. Effective December 6, 2002, the SSCRA protections were extended to members of the National Guard called to active duty for 30 days or more pursuant to a contingency mission specified by the President or the Secretary of Defense. This continues in the SCRA.

- There are other minor changes to this Act. Information contained in this article is general in nature and does not constitute legal advice. Consult an attorney to answer questions particular to your situation.

Source: Legal Assistance Office.

TRICARE announces most recent changes

Unremarried Former Spouse

As of October 1, 2003, the Social Security number used to verify TRICARE eligibility in the Defense Enrollment Eligibility Reporting System for unremarried former spouses changed. DEERS will now reflect TRICARE eligibility for these beneficiaries using the unremarried former spouse's own SSN and name, not the former sponsor's. These beneficiaries will now use their own name and SSN to schedule medical appointments and to file TRICARE claims.

The current Uniformed Services Identification and Privilege Card, DD Form 1173, held by the former spouse is still valid until it expires. Upon renewal, the unremarried former spouse will be issued a replacement Department of Defense/Uniformed Services Identification and Privilege Card, DD Form 2765. At renewal time, visit the nearest identification card issuing facility (locations may be found online at www.dmdc.osd.mil/rsl) or by

calling (800) 406-2832.

Reserve Component

The recently enacted Emergency Supplemental Appropriations Act and the National Defense Authorization Act for fiscal year 2004 authorized enhanced temporary health care benefits and TRICARE eligibility for Reserve Component sponsors and family members. Several of the new benefits are effective November 6, 2003 through December 31, 2004, whereas

others require implementing procedures and systems before they become available.

The program is called the "Temporary Reserve Health Care Program," and is being implemented in several phases. The first phase is an awareness campaign that will highlight plans for implementation. Phase II will provide guidance on policy, benefit, and eligibility, and Phase III will quickly follow with an implementation period.

Under Sections 703 and 704, some RC sponsors and family members may be eligible for reimbursement of health care costs incurred before the temporary program is implemented. For this reason, the Department of Defense encourages families whose sponsors are deployed in support of a contingency operation to save their health care receipts, claims and the explanation of benefits forms for dates of service beginning November 6, 2003.

Hospital Costs

Effective October 1, 2003, the daily costs for TRICARE beneficiaries' hospital stays were revised. The chart below reflects the new costs for inpatient stays:

TRICARE Inpatient Costs

	TRICARE Prime	TRICARE Extra	TRICARE Standard
Active duty family members	MTF Care: \$0 copayment Civilian Care: \$0 copayment	MTF Care: \$13.32 per day Civilian Care: \$13.32 per day or \$25 minimum charge per admission, whichever is greater.	MTF Care: \$13.32 per day Civilian Care: \$13.32 per day or \$25 minimum charge per admission, whichever is greater.
Retirees and others	MTF Care: \$13.32 per day Civilian Care: \$11 per day or \$25 minimum charge per admission, whichever is greater. Note: No separate copayment or cost-share for separately billed professional charges.	MTF Care: \$13.32 per day Civilian Care: \$250 per day or 25% cost-share of negotiated charges, whichever is less, plus 20% cost-share of separately billed professional charges.	MTF Care: \$13.32 per day Civilian Care: \$441 per day or 25% cost-share of billed charges whichever is less, plus 25% cost-share of allowable charges for separately billed professional charges.

Career service recognition for civilian employees notice

Army Regulation 672-20, Decorations, Awards, and Honors, Incentive Awards, dated February 26, 1999, states that career service emblems and Office of Personnel Management certificates will be awarded to civilian employees in recognition of career Federal Service. Installation activities are responsible for issuing Length of Service pins to include retirement pins, and appropriate certificates to civilian employees within their organization. The CPAC maintains a limited supply of each for emergency situations only. Service pins can be purchased through GSA by calling 1-800-525-8027 or DSN 465-1416. Certificates can be ordered through the Fort Sam Houston Publications office by calling 221-4995. For information, call Roy Perez at 221-0639.

Health Promotion Center March Class Schedule

Class	Date	Time
Introduction to Weight Reduction	5	Noon to 1:30 p.m.
Breastfeeding Support Group	5	1-2:30 p.m.
Diabetes Education	8	12:45-4:30 p.m.
Diabetes Education	9	12:45-4:30 p.m.
Stress Management	9	1-2 p. m.
Tobacco Cessation	9	5-7 p.m.
"Readiness to Change"		

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.

Carden assumes command of D Company, 187th Medical Battalion



Photo by Esther Garcia

From left, incoming commander Capt. Donald Carden accepts the company guidon from Lt. Col. John Collins, commander, 187th Medical Battalion, during a change of command ceremony for Delta Company, 187th Medical Battalion held Feb. 19. Outgoing commander is Capt. Gerardo Lopez.



Photo by Esther Garcia

Capt. Carolyn Carden, wife of incoming commander Capt. Donald Carden is presented with a bouquet of yellow roses at the change of command ceremony held Feb. 19.



Gen. Peter J. Schoomaker
Army Chief of Staff

To the Soldiers and families of the U.S. Army

March 1, marks the beginning of the Army's 62d annual Army Emergency Relief Fundraising Campaign. Since 1942, AER has been helping Army people - every day, in peace and in war - remain confident and self-reliant during times of financial need. Last year alone, our contributions of 6.5 million dollars helped to provide more than 34 million dollars of direct assistance to some 50 thousand Soldiers and their families.

Each of you should be proud to know

that Reader's Digest Magazine recently selected Army Emergency Relief as one of the best charities in the United States. In the November 2003 issue of their magazine they wrote that AER is one of a group of charities that "you can trust with your dollars."

The famous American composer Irving Berlin helped start AER by donating the proceeds from his stage and screen play, "This is the Army." Since that beginning, it's been the members of the "Army fami-

ly" who have kept the organization going by generously contributing and providing assistance for their fellow Soldiers who are in financial need.

Please take a moment and read the AER information brochure your unit's AER Campaign Key person will provide to you, and please join me in voluntarily contributing to help our Army family through the 2004 Army Emergency Relief Campaign.

Army trains Physician Assistants

The U.S. Army is looking for qualified Soldiers to attend the Interservice Physician Assistant Program at the AMEDD Center and School, Fort Sam Houston, Texas. This is an intensive two-year course of study. Graduates of the course receive a commission as a second lieutenant, and a master's degree from the University of Nebraska.

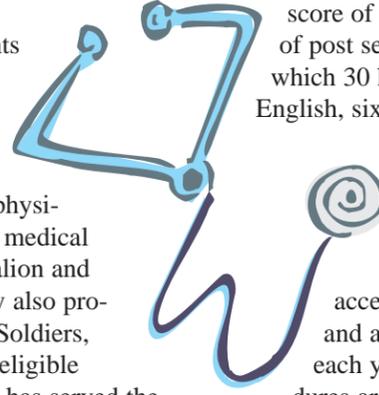
Army Physician Assistants are important members of the AMEDD healthcare team and provide a broad range of medical services traditionally performed by physicians. They are the primary medical provider to Soldiers in battalion and division level units and may also provide garrison healthcare to Soldiers, family members, and other eligible beneficiaries. The Army PA has served the nation in all conflicts and peacekeeping missions since the Vietnam War.

The Army trains approximately 50 Soldiers a year alongside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard, and U.S. Public Health Service. Candidates attend the AMEDD Center and School for the classroom portion of the program. Courses range from anatomy and physiology to orthopedics. During a year of clinical training at selected Army hospitals, the

candidates participate in clinical rotations in such areas as surgery, pediatrics, and dermatology.

Applicants must be enlisted Soldiers, commissioned or warrant officers with a minimum of three years time in service. Other eligibility criteria include, but are not limited to; a GT score of 110 or greater, 60 semester hours of post secondary school education of which 30 hours must include six hours of English, six hours of humanities, six hours of chemistry, six hours of anatomy and physiology, three hours of algebra, and three hours of psychology.

Applications for this program are accepted until April 30 of each year and are reviewed by a board in July of each year. Complete application procedures are found in AR 601-20, The Interservice Physician Assistant Training Program, and in the yearly message update to the regulation found on the Web site <http://healthcare.goarmy.com/docs/paqual3.htm>. Local Army education centers can also assist applicants with procedures. Questions can be directed to the program manager at DSN 536-0386, Commercial 502-626-0386, toll free 1-800-223-3735 extension 6-0386, or e-mail ipap@usarec.army.mil.



Notification

Camp Bullis Water System, Permit Number 12080-001 failed to collect the required samples for coliform monitoring of the water distribution system during the months of September and October 2003. This monitoring is required by The Texas Commission on Environmental Quality's "Drinking Water Standards" and the federal "Safe Drinking Water Act", Public Law 95-523.

Bacteriological samples are used to monitor water quality and indicate if the water is free of

coliform bacteria. The water system is required to submit (2) bacteriological samples each month. Failure to collect all of the required bacteriological samples is a violation of monitoring requirements and the command is required to notify the community of this violation.

If you have any question regarding this violation, contact Gladys Terrell of Safety, Environment and Fire, Fort Sam Houston, Texas, at 221-5169 or via Fax at 221-5419.

Attention U.S. Army Garrison Employees

MARCH 2004

Fort Sam Houston

A-76 Townhall Meeting

Roadrunner Community Center
March 8, 1-3 p.m.

and

Fort Sam Houston NCO Club
March 9, 1-3 p.m.

Cash and carry sale of NAF property, March 10

Morale, Welfare and Recreation will conduct a sale of Non-appropriated Funds property on March 10, 8 a.m. to 3 p.m. in Bldg. 4205, Bay "B." Cash and checks with picture identification will be accepted for payment. Patrons are advised that all sales are final and property is sold "as is, where is."

Items available for sale include used refrigerators, used microwave ovens, used televisions, 1 used 46" big screen TV, used vacuum cleaners, used bed spreads, used carpet tile, used lamps, used desk chairs, used lounge easy chairs, over 300 used recliners, used tables, desks, wall art, assorted used billeting furniture, used CPU's, used monitors, large chandelier from NCO club and more.

In addition, MWR will accept sealed bids on a 1992 Ford F-250 pick-up truck with winch. All property listed is subject to issue to NAF activities for continued use prior to date of sale. For information or directions, call the MWR Warehouse at 221-4449 or 221-4950.



Photo by Esther Garcia

San Antonio Rampage salutes the military

San Antonio Rampage recognized the military community on Friday evening at the SBC Center with an elaborate ceremony before the game and an auction that benefits the various charities on the installations. Representatives from all three installations were on hand to talk about their special charity at the auction that was held immediately following the game. Rick Carden, Director of Hockey Business Operations briefed Col. Richard Agee, who represented the Red Cross, Col. Garry Atkins, Garrison commander who represented the Soldiers Facility Assistance Center, Fort Sam Houston and Leonard Gray, Director, of the 37th Mission Support Squadron Family Support Center, Lackland Air Force Base. Camouflage jerseys worn by the hockey team members during the game were auctioned and the money collected will be divided among the charities.

Pet Lover's Class, March 6

The Fort Sam Houston Veterinary Treatment Facility will hold the quarterly Pet lover's Class on March 6, 10 a.m. in the Roadrunner Community Center. The topics of discussion will include heat injuries, grooming, products, diet and exercise and dental. Free pet food, toys and other cool gifts will be available. For information, call 295-4051.

Fort Sam Houston Spring Clean Up set for April 5-6

Spring Clean Up will begin April 5-6. During this week, both military and civilian post residents should concentrate efforts on the appearance of areas adjacent to their work places and assigned areas of responsibility as outlined in the FSH Regulation 420-2. This includes cleaning of parking lots and family housing area in accordance with the latest area of responsibility map sheet.



FSH chapter of Federally Employed Women seeks new members

Are you interested in learning more about career opportunities for women in government and obtaining information on legislative issues? Then, join a dynamic organization. Join the Fort Sam Houston chapter of Federally Employed Women.

Meet an FEW chapter member at the regularly scheduled monthly Extravaganza held at the Roadrunner Community Center. If you are unable to attend this community event, the next chapter meeting will be held March 10, 11:30

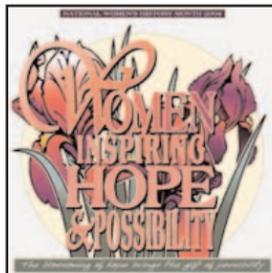
a.m. to 12:30 p.m. at the Officers Club. We hope to see you at our next chapter meeting.

The FEW was established in 1968 and has more than 300 chartered chapters. It is a non-profit membership association. The FEW represents more than one million civilian and military women. Men are also eligible to join FEW.

To learn more about FEW and what it has to offer call FEW Chapter President, Arcy Longoria at 221-9182.

Breakfast celebrates National Women's History Month

Fort Sam Houston invites you to a continental-style breakfast to celebrate Women's History Month on March 11, 7:30-8:30 a.m. at the NCO Club. The guest speaker will be Nancy Gonzalez from KSAT 12 News. Cost is \$6 and tickets may be obtained by calling Sgt. 1st Class Walls at 295-0561 or Sgt. 1st Class Boehringer at 221-9276.



OCSC announces their Spring Fashion Show and Luncheon, March 9

The Officers and Civilian Spouses Club of Fort Sam Houston invites you to the Spring Fashion Show Luncheon on March 9, 11 a.m. at the FSH Officers Club, featuring styles from Chico's. A "Make it, Bake it, Buy it, Grow it" Silent Auction will be held to benefit the Scholarship and Welfare Funds. For reservations, call Brenda Hebron at 444-0259 before noon, March 5.

Black History Month Trivia Questions of the Week

In recognition of Black History Month, during the month of February, a series of trivia question about well-known facts, events and personalities were published.

The following are the answers to the Black History Month trivia questions published on Feb. 26:

1. Habitat for Humanity International.
2. Phylis Wheatley.
3. Lanterns on the hitching posts. Also quilts with special patterns and colors are acceptable per some books.
4. Mary Eliza Mahoney, RN.
5. Matthew Henson.

This concludes the Black History Month Trivia Question of the Week contest.

OCSC seeks scholarship and welfare applicants

The Fort Sam Houston Officer & Civilian Spouses Club announces the 2004 scholarship and welfare applications are now available.

Scholarships are available for high school seniors, undergraduate and spouses' applications (Spouses must be members of the OCSC as of December 2003 to be eligible). All public and private high schools have been sent applications and students can obtain them through their counselor offices. Home-schooled students, undergraduates and spouses may obtain applications by calling Jane Carter at 224-9298.

Welfare applications may be obtained at the FSH Officer's Club or the Roadrunner Community Center. All non-profit organizations that support the welfare of the Armed Forces at FSH and Camp Bullis are eligible to apply for welfare funds. Application deadline is April 5.

Army Family Team Building offers classes

Level II Classes

The Army Family Team Building Level II classes will be held March 10-12, 8:45 a.m. to 3 p.m. in the Roadrunner Community Center, Bldg. 2729.

March 10

- Military Grade and Command Structure, 2.04.4
- Traditions, Customs, Courtesies and Protocol, 2.04.6
- Benefits, Entitlements, and Compensation, 2.04.5
- Working Lunch: Networking with Community Agencies, 2.04.1
- Building a Resource Library, 2.04.2
- Management Skills: Conflict Management, 2.02.3
- Enhancing Relationship Building, 2.01.1

March 11

- Management Skills: Communication Skills, 2.02.2
- Management Skills: Group Dynamics, 2.02.6
- Management Skills: Crisis and Coping, 2.02.5
- Working Lunch: Adapting to Change, 2.03.1
- Family Support Groups, 2.04. 3
- Stress Management, 2.03.2

March 12

- Intermediate Problem Solving, 2.03.3
- Volunteer Management/Marketing/Experience, 2.02.1
- Management Skills: Understanding Needs, 2.02.4
- Working Lunch: Time Management, 2.03.4
- Meeting Management, 2.03. 5
- Introduction to Effective Leadership, 2.01.2
- Certificates

Bring your own lunch, full kitchen available - drinks will be provided. For information, call the AFTB Office at 221-2705. Registration deadline is March 5.

Level I Classes

The Army Family Team Building Level I classes will be held March 23, 8:45 a.m. to 3 p.m. in the Roadrunner Community Center, Bldg. 2729.

- Family and Military Expectations (Great Expectations!)
- Impact of the Mission on Family Life
- Military Terms, Acronyms (Break the Code!)
- Military Customs & Courtesies
- Basic Problem Solving (Show me how to fix it!)
- Introduction to Military/Community Resources
- Supporting Your Child's Education
- Chain of Command/Chain of Concern (Who's in charge?)
- Benefits, Entitlements & Compensation

For information, call the AFTB Office at 221-2705/2418. Registration deadline is March 19.



Family Readiness Group Leadership Team Workshop

The Family Readiness Group Leadership Team Workshop will be held Friday, March 12, 8 a.m. to 4 p.m. at the Roadrunner Community Center, Bldg. 2729 on Stanley Road.

This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, 1st Sgt.'s, 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 am.	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
11:45 a.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
3:30-3:50 p.m.	Workshop Wrap-up
3:50-4 p.m.	Certificates

Pre-registration is required and class size is limited. For reservations and information, call the Mobilization and Deployment Office in ACS at 221-2705.

The next scheduled workshops are scheduled for April 9 and May 14.

Four retire after almost a century of combined military service

During a combined retirement ceremony held Feb. 26 at Blesse Auditorium, the following Army personnel announced their retirements:

Lt. Col. Deborah E. Bray, Brooke Army Medical Center, Fort Sam Houston, Texas, retired March 1, after 23 years of military service.

Bray graduated as a Distinguished Honor Graduate from the University of Texas at El Paso in May 1983 and completed the AMEDD Officer Basic Training at Fort Sam Houston, Texas, in September 1983.

Highlight of her assignments include: first at Letterman Army Medical Center, Presidio, San Francisco, Calif.; in 1986, William Beaumont Army Medical Center, Fort Bliss, Texas; AMEDD Officer Advanced course in residence at Fort Sam Houston, Texas; the 15th Evacuation Hospital Fort Polk, La.; the Bayne Jones Army Community Hospital from 1989-1991; reassigned to William Beaumont Army Medical Center, Fort Bliss, Texas, from 1991-1993. She was selected for Long Term Civilian Training at the University of Texas at El Paso and completed her Master of Science in Nursing for Adult Health, Clinical Nurse Specialist with Magna Cum Laude recognition in December 1994. Bray completed her utilization tour at Moncrief Army Community Hospital, Fort Jackson, S.C., from 1995-1997 and was assigned to the Army Health Clinic Bamberg, Germany. She was then reassigned to Brooke Army Medical Center, Fort Sam Houston, Texas, as the Pulmonary Clinical Nurse Specialist since 2000.

Her military awards include the Meritorious Service Medal with two Oak Leaf Clusters, Army Commendation Medal with two Oak Leaf Clusters, Army Achievement Medal with Oak Leaf Cluster, National Defense Service Ribbon with Bronze Service Star, Armed Forces Reserve Medal, the Army Service Ribbon, and the Overseas Service Medal.

Bray has one son.

Sgt. Maj. Earnest C. Bridges, Special Troops Battalion, Fort Sam Houston, Texas, retired March 1, after 30 years of military service.

Bridges enlisted in the U.S. Army from Meridian, Miss., on February 27, 1974. He completed Basic Combat Training at Fort Polk, La., and received his PMOS training at Fort Benning Ga., as a 76Y supply specialist. He later attended 75B School in 1977 at Fort Benjamin Harrison, Ind., and graduated Distinguished Honor Graduate.

Highlights of his duty assignments include: 2/69th Armor, 197th Support



Photo by Rudy Flowers

From left, Sgt. 1st Class Mario A. Ramirez, Lt. Col. Deborah E. Bray, Sgt. Maj. Earnest C. Bridges, and Staff Sgt. Kathleen Carroll complete their military careers during a combined retirement ceremony held Feb. 26 at Blesse Auditorium.

Battalion, Fort Benning, Ga.; 343rd HLT, 222d Avn BN, Fairbanks, Alaska; 44th Airborne Company, Fort Benning, Ga.; IOBC, Fort Benning, Ga.; 7ATC, Grafenwoehr, Germany; USAISSC-W, Fort Belvoir, Va.; 510th PSC, Vicenza, Italy; 3PG, Fort Hood, Texas; Field Artillery Branch, PERSCOM, Alexandria, Va.; HRBC, Fort Sam Houston, Texas.

His military education includes Primary Leadership course, Advanced Noncommissioned Officers course, First Sergeant course, and graduated from the Sergeant Major Academy (Class 47). He earned an Associate of Arts degree from Meridian Jr. College in 1973.

He has earned the following awards and decorations: the Meritorious Service Medal with four Oak Leaf Clusters, Army Commendation Medal with Oak Leaf Cluster, Army Achievement Medal with two Oak Leaf Clusters, the Good Conduct Medal (10th award), National Defense Service Medal (Bronze Star), NCO Professional Development Ribbon, Overseas Service Ribbon, Army Service Ribbon, Army Parachutist Badge, the Honorable Order of Saint Barbara and the Major General Horatio Gates Medal in Bronze.

Bridges is married to the former Natasha Wilson of Kingston, Jamaica and they have a son and a daughter.

Sgt. 1st Class Mario A. Ramirez, San Antonio Recruiting Battalion, San Antonio, Texas, retires following 23 years of military service effective June 1.

Ramirez completed Basic Combat Training and Advanced Individual Training at Fort Bliss, Texas, and Basic Airborne

Training at Fort Benning, Ga., in 1984.

Highlight of his assignments include the 3rd Battalion 4th Air Defense Regiment at Fort Bragg, N.C., in 1984; E Battery, 5th Battalion Air Defense in the Republic of Korea as during the 1988 Seoul Olympics in Korea; back to C Battery 3rd Battalion 4th Air Defense Artillery where he served in Desert Shield and Desert Storm. After completing the U.S. Army Recruiter course, he was assigned to the San Antonio Recruiting Battalion with duties in Brownsville, McAllen, Weslaco, San Marcos, and Beeville, Texas, as a recruiter, recruiter trainer and station commander.

Ramirez's military education includes the Primary Leadership course, the Pre Commissioned Officer's course, the Basic Noncommissioned Officer's course, and the Advanced Noncommissioned Officer's course.

His military awards and decorations include: the Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal with three Oak Leaf Clusters, Good Conduct Medal, National Defense Service Medal, Kuwaiti Liberation Medal, Liberation of Kuwait, Southwest Asia Medal with two stars, NCO Professional Development Ribbon, Overseas Ribbon, Army Service Ribbon, parachutist badge, Gold Recruiting Badge with three star sapphires, Army Recruiting Ring, and the Glenn Morrell Award for Recruiting Excellence (Medallion).

Ramirez has one son.

Staff Sgt. Kathleen Carroll, Brooke Army Medical Center, Fort Sam Houston, Texas, will retire after 23 years of military service on June 1.

Carroll completed Basic Combat Training at Fort Dix, N.J., in January 1982. She attended Advanced Individual Training at Fort Sam Houston, Texas, as a medical specialist, followed by additional training as Patient Care specialist at Fitzsimmons Army Medical Center graduating with Honors in January 1983.

Carroll then returned to the Minnesota National Guard until February 1985 when she enlisted in the Active Army.

Highlight of her assignment include: the 517th Medical Detachment, 4th Infantry Division (Mechanized); Headquarters, Headquarters Brigade, 56th Field Artillery Command; 187th Medical Battalion, Fort Sam Houston, Texas; William Beaumont Army Medical Center, El Paso, Texas; Bayne-Jones Army Community Hospital, Fort Polk, La.; deployed to Saudi Arabia to serve with the 15th Evacuation Hospital from Fort Polk, La. She then returned to the Medical-Surgical Ward and Intensive Care Unit, NCOIC of Nursing Education and Staff Development; in December 1993, she was reassigned to the 15th Evacuation Hospital, Fort Polk, La. In May 1995, she transferred to Brooke Army Medical Center as an instructor for the Phase II, Practical Nurse course. In November 1998 she transferred to Tripler Army Medical Center, Honolulu, Hawaii. Her final assignment was at Brooke Army Medical Center, Phase II, Practical Nurse course, as an instructor.

Carroll is a graduate of the Primary Leadership Development course, and the Basic Noncommissioned Officer course. She has also completed numerous other military courses to include the Army Pre-commission course, the Basic Life Support Instructor Trainer course, the Critical Care course, the Faculty Development, the Emergency Medical Technician course, the Pre-hospital Trauma Life Support and Support Cadre Training. She is a graduate of Wayland Baptist University with a Bachelor of Science degree in Occupational Education and is currently pursuing her Master's in Education with the University of the Incarnate Word in San Antonio, Texas.

Her awards and decorations include: the Meritorious Service Medal with two Oak Leaf Clusters, Army Commendation Medal with Oak Leaf Cluster, Army Achievement Medal with three Oak Leaf Clusters, Good Conduct Medal (6th award), the National Defense Ribbon, Southwest Asia Service Medal, Kuwait Liberation Medal, Army Superior Unit award, and the Expert Field Medical Badge.

Carroll is married to Kirk Carroll of Cochran, Pa., and they have one son.

Army Medical Department seeks civilian medical professionals

By Harry Noyes
U.S. Army Medical Command Public Affairs

In the Global War on Terror, a vital measure of victory for Army Medicine will be to deliver on its promise of seamless care for Soldiers, retirees and families in the homeland. It won't be easy. A fast-paced OPTEMPO keeps taking health professionals away from stateside Army hospitals and sending them to the theater of operations. To master this challenge, an unheralded team of personnel experts and plans officers at Headquarters U.S. Army Medical Command is exploiting every nook and cranny of obscure regulations to cut red tape and bring experienced Army Medical Department veterans (military and civilian) back as civilian employees for as short or long a time as needed.

For many months, the Army Medical Department's go-to-war system worked

well. Active Army physicians, nurses and medical technicians did their Professional Filler System duty, leaving U.S. Army Medical Command hospitals to serve in field units overseas.

In turn, many Army Reservists mobilized to "back-fill" MEDCOM facilities. Other, specialized units came on active duty to provide medical support for mobilization/demobilization of other Reservists at "power-projection" installations, so that MEDCOM medical personnel did not have to assume this added workload.

But now the reservoir of Army medical professionals is no longer overflowing. Regulations to protect Reservists' medical practices and Reserve retention are beginning to kick in. Many Reservists have done their duty and more and are beginning to be demobilized.

As the next overseas rotation gets under way, with its demands for new field med-

ical people, where will the next back-up shift come from?

To meet this challenge, the MEDCOM's civilian personnel division, directorate of operations, and marketing office developed an intensely focused, high-energy program to hire hundreds of civilian healthcare personnel.

The program's ingredients are not new, but the determination to use them to the max gives the effort a new synergy.

They call that effort the "Centralized Civilian Recruitment Program in Support of the Global War on Terrorism," but the title is ironic because decentralized execution is the key to success.

What is centralized is the concept, marketing effort, and a toll-free number (1-800-633-3646) that interested parties anywhere can call.

"We have a single marketing plan to fill our jobs with high-quality individuals

quickly," said Jo Ann Robertson, chief of CPD.

Is it working?

"We are already getting 1-800 calls," she said. "Not as many as we'd like but some."

How many people does the AMEDD need?

"You can say 1,400...today," Lt. Col. John Shero of the operations directorate said. "But that is a moving target."

It's not a case of officials being unable to do the math. It's the fact that the needs themselves keep shifting, as decisions on mobilizations, demobilizations and deployments evolve.

A central facet of the plan is a series of job fairs focused on medical recruiting, beginning at Fort Sam Houston, Texas, on March 24, and then at various other instal-

AMEDD

Continued from Page 14

lations across the U.S.

But the execution of the job fairs and the hiring that results is very much decentralized.

That's because the AMEDD is taking systematic advantage of an overlapping assortment of "direct hire" options. Direct hire, which minimizes delay and paperwork, is inherently decentralized.

"In layman's terms, 'direct hire' means 'on the spot' hiring," explained Robertson.

"A prospective employee can bring in his or her license and resume and the manager can hire the person on the spot," she said.

Not all jobs are covered by Direct Hire Authority. Only 13 critical health specialties are, but they represent 70 percent of AMEDD needs, Robertson said.

However, some of the other 30 percent of needs (e.g., nursing assistants) are also vitally important and will be a focus of the job fairs, even though they are not eligible for DHA and normal civilian hiring procedures will be used.

Few current openings are permanent jobs, since the concern is backfilling positions vacated by Active and Reserve Soldiers.

Appointments will mostly be temporary (up to two years) or term (up to four years).

For individuals who want longer-term employment, Robertson says, there are two possibilities.

First, some temporary appointments may be extended one year, when needed. Second, there is a normal turnover rate among civil service "medicals" so an appointee might later be able to move into a permanent job when an opening appears.

Experience already proves that DHA works.

The big question is whether it will work well enough to fill all the AMEDD's gaps.

The job market for medicals is very competitive, civilian personnel officials recognize, and this program has no extra resources to offer to candidates.

Those hired will get the same salary rates, bonuses, relocation allowances, etc., that other civil service health-care professionals in their specialties receive.

But the AMEDD offers other satisfactions, e.g., patriotism, a chance to practice "pure" medicine without worries

about business management, malpractice insurance, etc. Managers hope that will help entice a sufficient number of high quality professionals into Army service.

What skills are sought, who's being recruited, where the jobs are

Of 13 professions covered by Direct Hire Authority, those needed in greatest numbers are physicians, registered nurses, physician assistants, licensed practical nurses and diagnostic radiologic technologists.

Others are: dentists, dental assistants, dental hygienists, dental lab technicians, pharmacists, podiatrists, audiologist/speech pathologists and optometrists.

Locations are at almost all Army medical centers, major installations and other posts, e.g., Fort McCoy, Wis.

Officials are focusing their hunt mainly on recent military and civilian retirees from any of the military medical services (Army, Air Force and Navy), but all qualified professionals are welcome to apply.

Proven direct hire concept now faces biggest challenge

Direct Hire Authority is not new. Congress has authorized it for physicians, registered nurses and nine other health professions in each year's Defense Appropriations Act since 9-11.

Under the Homeland Security Act of 2002 U.S. Office of Personnel Management has made two more groups of medicals eligible for DHA.

Authority has been delegated to The Surgeon General of the Army and by him to subordinate commanders. And they have used it well.

In the first year of DHA, May 2002 to May 2003, the MEDCOM filled 876 vacancies with it, cut average processing time from 101 days to 22 days, and reduced vacancies 42 percent.

Reducing "fill time" not only benefits current employees and managers by bringing new help on board faster. It also makes AMEDD jobs more attractive to potential employees. People in high-demand professions won't tolerate being left in limbo for months.

Comments from hiring officials have been virtually ecstatic. They get more and better applicants and can hire them faster. Examples:

- "It has been wonderful...I have nurses here within a week. The max, two weeks...(they got) me a retired nurse within a day."

- "I now have many, many applicants...Word about this concept has spread in the private sector...I have been asked by the local newspaper about the direct hire authority...."

- "We have been able to hire 27 registered nurses (in) 12 weeks...equivalent to the amount of time previously required to receive a referral list...Our vacancy rate has dropped from 35 percent to 10 percent for medical-surgical and psychiatric nursing...Word has spread to the community about direct hire, enhancing our position in the job market...Ease of hiring under DHA has brought new applicants...Telephone and walk-in volume...has increased 50 percent...candidates are at ease with the streamlined process."

- "This initiative has allowed us to reach 100 percent projected fill on our vacancies for the first time in anyone's memory."

DHA still upholds merit-based selection, the principle of Veteran Preferences and the DoD Priority Placement Program. Also, the individuals hired must meet the same licensing, credentialing and privileging requirements as other AMEDD health-care professionals.

What is HOOAH 4 HEALTH?

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



Patrons of the Health and Wellness Fair and Blood Drive move from one table to another as they gather valuable information about their health and well-being.

Massage therapist Theresa Medellin conducts deep tissue and myo-facial release massage on one of many patrons during the Health and Wellness Fair and Blood Drive held at the Jimmy Brought Fitness Center on Feb. 25.



Health and Wellness Fair and Blood Drive draws many

Story and photos by Margaret McKenzie
Special to the News Leader

Hundreds of patrons flock to the Health and Wellness Fair and Blood Drive held at the Jimmy Brought Fitness Center on Wednesday, Feb. 25. The event featured services that included cholesterol screening; blood pressure checks; nutrition and other information for maintaining good health. In addition, patrons were able to donate blood at the brand new blood mobile, which was located just outside the fitness center. Many health professionals were on hand to

provide information about healthy eating habits, successful tips on losing excess weight and establishing good habits for healthy living. The Jimmy Brought Fitness Center resident massage therapist Theresa Medellin was on hand to provide deep tissue and myo-facial release therapy to several patrons.

Healthy snacks and food samples were provided by E-Z's and Subway.

The Health and Wellness Fair and Blood Drive proved to be a successful event, that benefited attendees and the Akeroyd Blood Donation Center.



Fort Sam Houston's state-of-the-art "Soldier-med" blood mobile was available for patrons willing to donate blood.



2nd Lt. Jonathan Poyourow, Brooke Army Medical Center dietetic intern, provides health facts on good nutrition information at the fair.

Pvt. Samuel Lucio draws blood from Lester Walters to conduct a cholesterol screening, just one many of the service available at the Health and Wellness Fair and Blood Drive. Walters wears a T-shirt that was given to patrons at the fair.



More than 500 patrons who attended the Health and Wellness Fair and Blood Drive took advantage of valuable information and free give-a-ways available at the event.



Photos by Esther Garcia

Thirty-eight members of the Armed Forces became American citizens with the naturalization oath, the final step to becoming United States citizens.

Armed Forces members become U.S. citizens



International, national and regional media interviewed the Soldiers, sailors, Marines, and airmen during the naturalization ceremony hosted by the Fort Sam Houston community at the Officers Club.

New citizen, Spc. Yuoki Wong, was keynote speaker at the ceremony. She is attending medical training at Fort Sam Houston. During her remarks she emphasized her pride receiving United States citizenship.



Airman Jahanbakhsh Badshah from India receives his certificate of citizenship from Eduardo Aguirre, director, Citizenship and Immigration Services and U.S. Magistrate, Judge John Primomo. Badshah flew in from Iraq to receive his citizenship and was to return immediately to resume his duties.

Sgt. 1st Class Olu Fasheyide leads the Brooke Army Medical Center Color Guard as court opens for the naturalization ceremony at the Fort Sam Houston Officers Club.

Annual women's workshop and service, March 11-14

The Women of Dodd Field Gospel Service will hold the annual Women's Workshop and Worship Service on March 11-14 at Dodd Field Chapel. The theme for this year's event is "Uplifting Women through Spiritual Growth." The workshop is open to all women who desire to be revived in the spirit. For information and registration, call Angela Lott at 299-4726, Patsy Newborn at 497-7584, or Bedell Springs at 445-4588. Registration fee is a \$10 donation and deadline is March 5. Light refreshment will be served nightly.

The following agenda will be observed:

- **Thursday, March 11**, 6:30-8:30 p.m.

Registration and Reception

- **Friday, March 12**, 6:30-9:30 p.m.

Guest speaker, Brig. Gen. Sheila Baxter, Chief of Staff for Force Sustainment, U.S. Army MEDCOM

- **Saturday, March 13**, 8 a.m. to 3 p.m.

Prayer Breakfast and seminars, workshop facilitator the Rev. Ruth Smith-Martin, Ball Tabernacle AME

- **Saturday, March 13**, 6:30-10 p.m.

Celebration of Women Banquet

- **Sunday, March 14**, 10:30 a.m.

Worship Service, Dodd Field Chapel, 1721 Dodd, Blvd., Bldg. 1721, Fort Sam Houston

Men of the Chapel breakfast and meeting, March 27

The Men of the Chapel will host a breakfast meeting on March 27, 8:30 a.m. at Dodd Field Chapel. This event is open to all men of Fort Sam Houston. For information, call Robb wood, director of Religious Education at 221-5428.

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:

5:30 p.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:

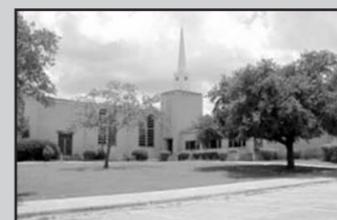
10 a.m. - 32nd Medical Bde. Soldiers

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

Wells Fargo donates to Fort Sam Houston ISD

The Fort Sam Houston Independent School District received a check for \$750 from the Wells Fargo Bank Corporation. Through its "Team Up for our Schools" program, the bank donates up to \$30 to local school districts for each new checking account and related services that are opened in their area during the program campaign. The funds will be spent on direct classroom expenses, including teaching materials, school supplies and/or teacher compensation.

FSHISD Superintendent Dr. Gail Siller accepted the funds on behalf of the district at a breakfast held in early February. According to Don Denrick, Community Banking Regional president, Wells Fargo supports schools through the Junior Achievement program, "Hands on Banking," a financial literacy program also implemented in Spanish, "El Futuro en Tus Manos" program, and financial contributions. Elementary principal Jayne Hatton and Cole principal Dr. Roland Rios were delighted to receive funds for their schools.

Cole's Academic Decathlon team wins third in state

The Cole Academic Decathlon Team competed Feb. 27-28 at the State Academic Decathlon Meet hosted by San Antonio College. The team won 22 individual medals: 9 gold, 9 silver, and 4 bronze. The team placed third in the Super Quiz Relay and third overall in state. The winners included the following.

Gold Medal: David Parker, Mathematics, Language & Literature, Science, Highest Individual Varsity score for Cole; Jonathan Simpkins, Mathematics, Highest Individual Scholastic Score for Cole.

Honors: Scott Gibson, Mathematics; Amanda Collyer, Interview, Highest Individual Honors Score for Cole.

Silver Medal: David Parker, Economics, Essay, Highest Individual Score for Varsity; Lisa Ahrens, Mathematics, Speech; Martin Castorena, Mathematics.

Honors: Scott Gibson, Science; Caitlin Gresenz, Essay; Amanda Collyer, Science.

Bronze Medal: David Parker, Art.

Honors: Amanda Collyer, Language & Literature, Mathematics, Individual Score for Honors.

David Parker won a \$2,500 scholarship for second overall individual rating in the Varsity Division, while Amanda Collyer won a \$1,500 scholarship for a third overall individual rating in the Honors Division. Each member of the team won a \$500 scholarship for placing third in the state, as well as an additional \$500 San Antonio College scholarship for being the top small school in Bexar County.

Growing spiritually requires discipline

By Rob Wood
Special to the News Leader

Growing Spiritually Series Part V

Growing spiritually is a process; but it is also discipline. No one likes discipline; nevertheless, the results are worth the effort. Children are disciplined to make their bed, brush their teeth, take a bath, and eat with utensils. Concerning spiritual growth, we need to be disciplined in prayer, studying the scriptures, in service, and in community (fellowship).

The Bible through scriptures teaches that spiritual discipline is of more value than physical discipline. When we discipline ourselves we "... throw off everything that hinders and the sin that so easily entangles and ... run with perseverance the race marked out for us" Heb 12:1-2. Discipline obliges our time, energy, and dedication. Yet, spiritual discipline taken in small steps merits the exertion. Until our next visit, may God watch over you!

Join the Officer Christian Fellowship 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: March 5, 12, 26 and April 2, 16, 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.

Fort Sam Houston ISD Weekly Campus Activities March 8-13, 2004

Fort Sam Houston Elementary School

Monday, March 8

- PTO Ice Cream Social, 6:30-7:30 p.m.

Wednesday, March 10

- 6th Grade Choice Slip Day

Friday, March 14

- End of Third Nine Weeks

- Spirit Day

Robert G. Cole Jr./Sr. High School

Monday, March 8

- Golf Team at Randolph, All Day

- Winter "C" Awards in Moseley Gym, 6 p.m.

Tuesday, March 9

- Baseball vs. St. Anthony at Incarnate Word, 5 p.m.

Thursday, March 11

- Junior Varsity/Varsity Track Meet at Comfort High School, 1/2 day p.m. (Finals only)

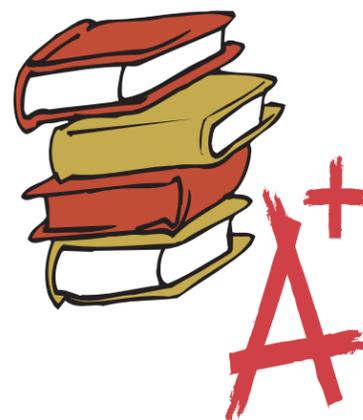
- Cole Tennis Team at Kerrville Tivy Invitational Tourney, TBA

Friday, March 12

- Baseball vs. St. Anthony at Cole, 4:30 p.m.

- Cole Tennis Team at Kerrville Tivy Invitational Tourney, TBA

- Junior High Spring Break Dance in Cafeteria, 6-9 p.m.



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.

Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life. Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



CGSC replaced by ILE course in June

Intermediate Level Education has replaced the Command & General Staff College officer education system. ILE is designed to meet the requirements detailed by the Army Training and Leader Development Panel. This new program will provide the Army an adaptive, self-aware, field grade leader of character and competence, who shapes the joint operational environment.

This new program is a non-resident program offered to Active Duty, National Guard, and Reserve Officers. The program has been reduced in length from the most recent CGSC model. It now consists of three sequential phases over the duration of 13 months. Phase I is a two-week class conducted at Fort Leavenworth, Kan., starting in June.

Phase II starts in October and ends in May 2005. The classes for Phase II consist of a four hour block of instruction offered every Thursday night throughout the academic year, or a one weekend per month version covering a 16 hour block of instruction, depending on student needs. Phase II will be conducted at Fort Sam Houston.

Phase III is another two-week offering at Fort Leavenworth, Kan., in June 2005. Students will graduate from ILE during this Phase.

You can enroll in this class if you hold the rank of major or captain (promotable). For information, call Lt. Col. Lowell Larson at 679-6393 or e-mail lowell.larson@us.army.mil. A correspondence version of this course will not be available until FY06.



Photo by Phil Reidinger

Military police gear up to respond

Sgt. Thomas Mosley checks a Fort Sam Houston military policeman wearing Personal Protective Equipment recently issued to the Law Enforcement Command. Post military police frequently rehearse their roles as first responders. The Tyvex suits and M40 masks are designed to protect them when responding to potentially hazardous incidents involving chemical agents.

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: 2002 Saab 95.4 turbo sedan, hazelwood exterior, all leather interior, moon roof, 47K miles in excellent condition, \$18,900. Call 295-7403 or (830) 935-4944 in the evenings.

For Sale: 2002 Mustang V-6 Coupe, 17.5K miles, excellent condition w/ Mach MP3 system, cruise control, leather steering wheel, power locks, windows, driver's seat, rear spoiler, free radar detector, only \$13,150 firm. Call and leave a message at (877) 366-9832.

For Sale: 2001 Mustang V-6 Coupe, 13.5K miles, automatic with cruise control, power locks, windows, driver's seat and tinted windows, like new condition, \$11,500. Call 675-5919.

For Sale: 1997 Chevrolet Astrovan, excellent running condition, but high miles, \$5,000 obo; very old cedar chest, \$100, 2 stuffed easy chairs, \$35, 2 dark oak end tables \$45 each. Call 646-7371.

For Sale: 16 ft. boat for fishing/skiing, runs great, \$2,300; hot tub with Gazebo great for backyard \$1,400. Call 221-0796.

For Sale: 4-wheeled hand-brake walker with seat and basket \$150, never used; 3 Turkish rugs 3' x 5' \$150 each; 1 Turkish Kilim, \$75; Necchi console sewing machine with achments, \$250; 1996 Atlanta Olympic Games Coca Cola patio set, \$375, auctioned after Games for \$550, Rattan furniture, call for details. Call Alan at 659-3629.

For Sale: Sanyo microwave still in original box, \$55; rims with almost new tires, 4 each (15") for 98 Jeep Grand Cherokee, like new; \$190; Schlage home security system with remote control, new, unopened (cost \$180) will sell

for \$50; 1994 Suzuki GSX-R 750 sport bike; includes gloves, 2 helmets, jacket, battery charger; runs great, \$2,900 obo. Call 493-8420.

For Sale: Corner computer desk, \$60; roll-top desk, \$250; Futon, full size, \$125; non-slip pet ramp, \$90; PC monitor, keyboard and mouse, \$75. Call 662-0234 or 865-9227.

For Sale: Tire and wheel set of 255/50R18 Toyo Proxes mounted on 18" chrome Mondera Volare, Universal 5-lug pattern. Fits truck/SUV. Serious inquiries, call 653-3663, leave message.

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

For Sale: 1996 Fleetwood mobile home, 3/2 new HD carpet, semi-furnished, bed with futon, living room set w with sofa-sleeper, 3 tables and lamps, appliances included, many extras, in Windcrest area, \$17,500 obo. Call David at 288-4505 or home 916-3733.

For Sale: Oak dining room table with extension, seats 12, \$400; computer wooden desk, \$35; Compaq printer, \$15; book shelf, \$25; tool bar for compact car, \$25; TV stand, \$15. Call 241-1291.

For Sale: GE 30" black "Select Top" built-in modular downdraft cooktop, \$75; Polaris 165 swimming pool cleaner, \$50; Natural pine kitchen table with leaf (62" by 32") with 4 chairs, \$50; white queen size bed with pull-out drawer, 2 night stands and book case, \$75. Call 221-2509 or leave a message at (830) 980-2622.

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.

Medical Instructor/Operations Coordinator - San Antonio. Assists the Chief as needed to perform planning and programming training support. Supervises and supports the synchronization and integration of training support technicians.

Associate-Authorization Coordinator - San Antonio. Collects, processes, and monitors routine to moderately complex claims, healthcare services data. Verify benefits to customers. Thorough knowledge of medical terminology and CPT coding and ICD-9 coding.

DRG Quality Coordinator - San Antonio. Certification as a RHIA, RHIT, or CCS. Experience in inpatient ICD-9 CM coding and knowledge of DRG Prospective Payment Systems. Monitors and reports multiple projects simultaneously.

Resumix workshops for U.S. Army Garrison employees

Accessing Resumix workshops will be held March 9, 8-9:15 a.m. and March 23, 8-9:15 a.m. Attendance is by reservation only and limited to eight per class. For information or registration, 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.

Smoke-free and courageous forever

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

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



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.



MWR Ticket office at NCO Club

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, Space Center (Houston), Splashtown, Natural Bridge Caverns, Fiesta Texas, Disney on Ice, IMAX, San Antonio City Tours. For information, call 226-1663. Additional tickets will be posted as they are received.

Recreation and Fitness

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

March Classic Basketball Tournament, March 6-7 - Come and cheer the teams at the annual March Classic Basketball Tournament, March 6-7, 8:30 p.m. at the Jimmy Brought Fitness Center.

Spring Fling, 10k Race, March 7 - Register now for the 10k Spring Fling race and the 5K Fun Run, which will be held March 7, 7:30 a.m. starting from the Brigade Gym. Download a registration form at www.portsamhoustonmwr.com or pick one up at the Jimmy Brought Fitness Center.

Aerobathon March 13 - Get moving for three hours of non-stop aerobics fun including step moves, abs and low impact aerobics. The next aerobathon will be held March 13, 9 a.m. to noon at the Jimmy Brought Fitness Center. Cost is \$10 and participants will receive a T-shirt.

March Classic Basketball Tournament, March 13-14 - Come and cheer the teams at the annual March Classic Basketball Tournament, March 13-14, 8:30 p.m. at the Jimmy Brought Fitness Center.

Youth Horsemanship Program, March 15-19 - If your child is interested in learning how to ride a horse, the youth

horsemanship camp may be what you're looking for! Youth ages 7-18 will learn proper riding form as well as a variety of care techniques. The next camp will be held March 15-19, 9 a.m. to 3 p.m. each day at the Fort Sam Houston Equestrian Center. Cost is \$165. For registration information, call 224-7207.

BG Johnson 10k Race, March 21 - Join the BG Johnson Memorial 10k race and 5k fun run, March 21, 7:30 a.m. starting from the Brigade Gym. Download a registration form at www.portsamhoustonmwr.com or pick one up from the Jimmy Brought Fitness Center.

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 to work out 45 of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. You will also attend two 30-minute weight loss classes. Cost is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.

Weight Loss Classes - Held every Tuesday from 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. This program is held Monday through Friday after school until 6 p.m. YS will pick the child from the Elementary or the Jr./Sr. High School and take the child to the Youth Center, provide a snack, work on homework, participate in clubs and participate in fun innovative projects that include the 4-H club, a photography club, a Computer Tech club and others. Work will include areas of interest that both the parents and the students like. This program is free for youth registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502

Youth Service Volunteers - YS is always looking for volunteers for assisting with the youth programs. Coaches, computer skilled people, crafty people and those that just care about kids are needed. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

Baseball Registration - Youth Services baseball, softball and T-ball registration continues until March 22. Registration is from 10 a.m. to 7 p.m., Monday through Friday. Cost is \$45 for 5-18 year olds and \$25 for 3-4 year olds. The season will run from the end of March to the beginning of June. Birth certificates, and physicals are required. All participants must be regis-

tered at the Child and Youth Services. For information, call 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. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours are youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

Saturday Shuttle - Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost to this shuttle 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. - Leave 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 will leave 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 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

Theatrical and Singing Group Auditions - Youth Services will hold auditions for a singing and dancing performance group and a theatrical group for youth ages 6-13. Boys and girls are invited to try out. Practices will be held on Saturdays for 10 weeks increments. The cost will be \$25 per person, per month. The Singing group will call the Fort Sam Houston Rainbow Kids. Auditions will be held at the School Age Services, Bldg. 1705 on Saturday, March 13. Singing from noon to 2 p.m. and theatrical auditions from 3-5 p.m. If your child likes to sing, dance and perform for your friends and others, bring them to the auditions and encourage them to try out. For information, call 221-3502.

JR Teen Council Meeting - The JR Teen Council Meeting will be held on Thursday March 4, 4 p.m. All members are requested to attend. Discussions will include planning activities for the summer and upcoming months.

Cheerleading Clinic - Youth Services will offer a Cheerleading Clinic for girls and boys ages 9-15 on Mondays from 6:30-7:30 p.m. at the Youth Center, Bldg. 1630. The

Clinic will begin on Monday March 8 and continue through July 26. The cost is \$15 per month, per person. If you are interested in learning the principals and mechanics of cheerleading, having fun and making new friends, the Cheerleading Clinic. Registration will be held at the Youth Center. Parents are asked to attend on March 8. For information, call 221-3502.

Alternative Dance Class - Join the Middle school and Teens for Alternative Dance Class on March 5, 5-6 p.m. Dance types include salsa, hip-hop and country.

Model Car Club - The Model Car Club will meet on Tuesday March 9, 4-5 p.m. at the Youth Center.

Parents Wanted - Parents are needed at the Youth Center every third Saturday of the month from 7-10 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or two followed by refreshments.

Tae-Bo - Join the YS staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m. Spring is just around the corner so come get in shape with us.

Teen Council - There will be a Teen Council Meeting On Saturday, March 13, 4-5 p.m. at the Youth Center. All Teen Council members are asked to attend. Council members will be working with the teen staff to plan summer activities.

Child and Youth Services Central Registration offers many services

3-Day Part Day Preschool Program on hold - The 3-day Part Day Preschool program has been placed on hold due to lack of enrollment numbers. If you are interested and have questions concerning this program, notify Central Registration to place your name on a list. Fees range from \$151-\$200 per month and will be assessed by calculating total family income.

Family Child Care offers certified childcare - The FCC home-based childcare for children ages 4 weeks to 12 years on and off post with certified childcare providers. Types of care are full day, part day, before and after school care, hourly care, and extended hour care and long-term

care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723.

FCC providers sought - The FCC is looking for family members interested in becoming certified FCC providers to offer home based childcare. There is a no-cost start up plan. For information, call 221-3820 or 221-3828.

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

Instructional classes offered - If you are interested in instructional classes

such as Tae Kwon Do, Piano or gymnastics, call 221-4882 or 221-4871/1723. For quarterly Babysitter training course or other information, call 221-4871 or 221-1723.

After School and Weekend Recreation - School Age Services (Kindergarten - 5th grade) offers After School and Weekend Open Recreation opportunities and After School hourly care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

School Age Services Summer Camp early registration - Early registration at the School Age Services building for Summer Camp will be April 12-16, 9 a.m. to 6 p.m. for active duty personnel only. For DoD civilians/contractors and retirees, registration will be held April 19-23, 9 a.m. to 6 p.m. After those dates all registration will be at Central Registration, Bldg. 2797. To register for Summer Camp children must have completed kindergarten, provide updated immunizations, \$18 dollar registration fee and provide proof of income.



Community events

'Steel Magnolias' at the Harlequin now through March 27

The Harlequin Dinner Theatre at Fort Sam Houston will feature "Steel Magnolias," a play by Robert Harling, Wednesday through Saturday evenings now 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, noon to 5 p.m. and Saturdays, 1-5 p.m. Theatre is handicapped accessible.

Texas Volkssport Assn. Walk, March 6-7

The Texas Wanderers Volkssport Association will host two 10-kilometer (6.2 mile) walks starting at McKinney Falls State Park in Austin. For information on the walk, call Charles Wertz at (512) 479-0741 or e-mail at: cwertz@texas.net and check out the club's Web site at www.walktexas.org.

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

The Government Hill Alliance Neighborhood Association will sponsor "Dial-A-Trailer Dumpster Day" on 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.

Disney On Ice 'Disney/Pixar's Monsters, Inc.' offers Military night discount, March 10

Disney On Ice presents "Disney/Pixar's Monsters, Inc.," March 10-14 at the Alamodome featuring an international team of award-winning figure skaters, thrilling choreography and a fast-paced musical score. Tickets are available at Ticketmaster Ticket Centers including Foley's and the Alamodome Box Office or call 224-9600. Receive a \$5 discount with military ID on Military Night, March 10 at the Alamodome Box Office only.

Randolph Roadrunners Walk, March 13

The Randolph Roadrunners Volksmarch club will host a 10-kilometer (6.2 mile) walk starting at Roosevelt Park at 331 Roosevelt Street in San Antonio. For information, call Ellen Ott at 525-8574 or e-mail ellenotter@cs.com. Also check the club's Web site at www.geocities.com/randolphroadrunners.

Communicators hold speech contest, March 18

The Cloverleaf Communicators, ITC, will conduct the annual speech contest March 18, 11:30 a.m. to 1 p.m. in the San Antonio Credit Union Conference Room located on Stanley Road. Cloverleaf Communicators meet on the first and third Thursday of each month, 11:45 a.m. to 1 p.m. The winner at local level will move on to compete at council level on May 1 at the FSH Officers Club. For information, call Mariea Shelton, 916-3406.

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

The 7th Annual Komen San Antonio Race for the Cure will be held March 27 at the Alamodome. Recruit your military team of 10 or more and enjoy easy advance registration and early team Race packet pick-up. There will be an award for the largest military team. Deadline for

¿Que Pasa?

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.

Volunteer

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.

Army Family Action Plan Conference Delegate Call

The Fort Sam Houston AFAP Conference will be held March 25-26. This conference provides a forum for community members to identify issues that affect the quality of life for Soldiers, retirees, family members, and DA civilians, and provide recommendations for resolution of these issues. We are looking for representation from the DA civilian workforce, spouses of enlisted personnel, NCOs, and officers, and retirees to serve as delegates. Units will identify delegates representing the Soldier population. The delegates must attend the two-day conference, March 25-26, 7:30 a.m. to 4:30 p.m. each day and training March 18, 1-4:30 p.m. To volunteer, call the AFAP Program Manager, Sue York, at 221-2705.

High School Exchange Program seeks host families

Volunteer host families are needed to host international exchanges students for the upcoming 2004-2005 academic year. Students speak English; have spending money and medical insurance. Host families provide a bed, meals, and a caring environment. For information, call Yvette Coffman at (800) 942-3738.

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.

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. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

Education

ACES announces new hours

Army Continuing Education System, Bldg. 2248, 2408 North New Braunfels, announces new hours of operations: Monday through Thursday 6:30 a.m. to noon and 1-4:15 p.m. Friday 7 a.m. to noon and 1-3:45 p.m. The center is closed from noon to 1 p.m. Have your registration infor-

mation and cost when requesting tuition assistance. Also have a Degree Plan from the school you plan to attend. Guidance Counselors are: Jane Moon, 221-1373, Richard Rodriguez, 221-1429, Hazel Rockey Moore, 221-1634. Reception Desk, 221-1738. Army Learning Center, Clarence Prevo, 221-1117.

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.

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

Meetings

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.

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.