



Fort Sam Houston

# News Leader<sup>®</sup>



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Fort Sam Houston — Home of Army Medicine

March 18, 2004

## Briefs

### National Women's History Month Workshop, March 23

Women's History Month Workshop will be held March 23, 7:30 a.m. to noon at Wagner Hall, Bldg. 902. Cost is \$3. To register, call 221-9356 or e-mail maria/preda@samhouston.army.mil.

### AUSA Luncheon, March 25

Sgt. Maj. of the Army Kenneth O. Preston will be guest speaker at the AUSA Luncheon, March 25, noon at the NCO Club. Preston was sworn as the 13th Sergeant Major of the Army on January 15, 2004.

### FSH Monthly Combined Retirement Ceremony, March 25

A combined retirement ceremony will be held March 25, 7:45 a.m. at MacArthur Parade Field, corner of Stanley and Harry Wurzbach Roads. The public is invited.

### FSH Newcomers' next 'Extravaganza' March 30

The "Newcomers Extravaganza," will be held March 30, 9 a.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road. Attendance is mandatory all permanent party in-processing Soldiers in rank of lieutenant colonel and below within 60 days of their arrival. For information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

### FSHISD Regular Board Meeting, March 31

The FSHISD Regular Board Meeting will be held March 31, 11 a.m. at the FSHISD Professional Development Center, 1908 Winans Road.



Sgt. Cedrick Carr, assistant Certified Occupational Therapist, helps Staff Sgt. Rashaan Canady build a model car. Canady, who works with therapists daily to master intricate skills, holds a miniature part with his myoelectric prosthesis.

## War hero masters daily life skills with BAMC's robotic technology

Story and photo by Capt. Mark Williford  
BAMC Public Affairs

After losing his right forearm in Iraq, Staff Sgt. Rashaan Canady is learning to live life to its fullest with robotic technology provided by Brooke Army Medical Center Orthopedics.

Canady, a Silver Star and Purple Heart

medal recipient, recently was fitted with a myoelectric robotic hand that provides almost life-like movement.

"A sensor patch rests against my forearm muscle and when I flinch it -- the hand opens," Canady said.

"Limb loss patients today are enjoying unprecedented benefits of technology," Lt. Col. James Ficke, assistant chief of ortho-

pedics, said.

Ficke, who leads a team of 15 limb loss specialists at BAMC, said the rubberized hand of the prosthesis was uniquely engineered to sense direct pressure. He said sensors were designed into the fingers to detect the resistance an object exerts.

"Because of this design, sensors in the

See **BAMC** on Page 3

## Troops get federal tax break for combat zone service

By Gerry J. Gilmore  
American Forces Press Service

American troops serving in designated combat zones in support of the war against terrorism continue to get a tax break from Uncle Sam.

Depending upon rank, eligible service members can exclude from federal income tax either all or some of their active duty pay -- and certain other pays -- earned in any month during service in a designated

combat zone.

The Internal Revenue Service's Armed Forces' Tax Guide for 2003 says "a combat zone is any area the president of the United States designates by executive order as an area in which the U.S. armed forces are engaging or have engaged in combat."

Service members who serve one or more days in a designated combat zone are entitled to federal tax exclusion benefits for that entire month, according to the IRS.

Current designated combat zones include, Afghanistan, Iraq and other specified parts of the Persian Gulf region -- to include Kuwait, Saudi Arabia, Oman, Bahrain, Qatar and the United Arab Emirates -- and parts of the Kosovo area.

Service members in several other areas specified in law as "qualified hazardous duty areas" are eligible for the same tax breaks. Bosnia-Herzegovina, the Former Yugoslav Republic of Macedonia and Croatia have been listed since 1995.

The downloadable Armed Forces' Tax Guide for 2003 can be accessed on the IRS Web site. It lists many, but not all, designated combat zones.

Some service members providing direct support for military operations within a designated combat zone or qualified hazardous duty area, such as Djibouti, Africa, Turkey, Yemen, and the Philippines, are eligible for income tax exclusions.

To be in direct support of a combat

See **Troops** on Page 4



Photo by Esther Garcia

U.S. Army Garrison Commander, Col. Garry Atkins answers employees questions during A-76 townhall meeting.

## A-76 townhall meeting update

A76 townhall meetings were held March 8-9 at the NCO club. These meetings were held to inform the work force the status of the implementation of the Most Efficient Organization (MEO) which is scheduled for Aug. 2.

Col. Garry Atkins, commander U.S. Army Garrison, began the meeting by saying, "How we are working today goes away. Stop thinking about what you are doing today, because on Aug. 2, when the MEO goes into effect, some things will change."

There will be three April town hall meetings for USAG and Camp Bullis employees. The sessions for USAG personnel will be held on April 27-28, 1:30-3 p.m. at Evans Auditorium. The session for Camp Bullis employees will be held on April 29, 10-11:30 a.m. in Bldg. 5000 at

Camp Bullis.

The following questions and answers were presented at the meetings held March 8-9:

**Q:** I feel vulnerable because I did not see my series in the MEO structure. Why?

**A:** Employees will be placed IAW RIF rules. Abolishment of old job series does not mean you will not be matched with a position in the new structure.

**Gibson:** In general, the MEO is not the result of a remodeling of our current structure. Rather, the MEO structure is largely a new creation. Tasks were grouped in new and different ways for maximum efficiency. As a result, many new jobs (by title, series, and grade) will exist in the MEO and CGA. Similarly, some of the tradition-

See **A-76** on Page 4

## Post residents to receive annual Official Army Resident Survey

By **G.Z. Benavides**  
Residential Community Initiative Office

Once again, it is time for the annual Official Army Resident Survey. During the month of April, the residents of Army family housing in those installations participating in the Residential Communities Initiative will be invited to participate in this important survey.

This survey is an annual effort aimed at measuring the level of resident satisfaction with on-post Army family housing. The information residents provide will guide the Army and its developer partner in providing the services and the facilities that are important to you.

Responses to the housing survey are strictly confidential, and residents are urged to offer honest responses. The survey will not tabulate any personal data and in no way identifies occupants or the residence addresses.

It is very important for residents to complete the questionnaires and promptly return them in the postage paid envelope within seven days of receipt. Responses will be used to guide the Army and its local developer partner in their efforts to improve the quality of housing.

For more information or an extra copy of the survey, call G.Z. Benavides, Fort Sam Houston RCI Office, at 221-2250.

## DSEF announces waste disposal procedures

The Directorate of Safety, Environmental, and Fire accepts hazardous waste from units or households located on post year round. In preparation for Fort Sam Houston Spring Clean Up, April 5-9, we want to ensure that personnel are assigned to receive the waste products. We request that you contact us with the necessary information prior to turn-in. Include inventory with name of chemical and amount.

Be sure to call for help with your inventory and pre-inspection or fax a copy of your inventory to 221-5419. Include a name and telephone number. Once your inventory is received, our staff will contact you to pre-inspect or with directions to the turn-in point.

We accept waste products throughout the year, and welcome the opportunity to assist you during the Spring Clean-up. For information, call 371-7490 or 221-4842.

### **Fort Sam Houston News Leader**

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**Army Medical Department  
Center and School and  
Fort Sam Houston  
Commander**  
Brig. Gen. Daniel F. Perugini

**Garrison Commander**  
Col. Garry Atkins

**Public Affairs Officer**  
Phillip Reidinger  
**Editor**  
Yolanda Hagberg  
**Layout Artist**  
Taryn Smith

# Black Hawk crash hero exhibits Army values

By Jen D. Rodriguez  
BAMC Public Affairs

Sgt. Joshua Forbess is a survivor and a hero. But, according to the Operation Iraqi Freedom Soldier, the Soldiers of the 101st Airborne Division known as the Screaming Eagles are the real heroes.

Forbess was honored and presented with the Bronze Star for Meritorious Service in Combat and a Purple Heart medal Feb. 27 by his commanders from the 101st Airborne Division (Air Assault) of Fort Campbell, Ky., during a formal ceremony held in the Brooke Army Medical Center auditorium.

"Lots of people consider me a hero because I made it through the helicopter crash and I'm still alive," Forbess said. "I lost my whole section within a three-week period. Hancock, Acklin, Hagul, Hafer and Whitener -- those Soldiers are my heroes and will be my heroes forever."

His mom Cheryl Nation and fiancée Torey Kirkland were also present for the ceremony, along with a packed auditorium of military, civilian staff members and friends.

"Sgt. Forbess is an inspiration to all of us," BAMC Commander Brig. Gen. C. Williams Fox, Jr. said. "We at BAMC have the honor, distinction and privilege to be able to restore to health a great Soldier."

Fox said for the BAMC staff, "The service commitment and dedication is reaffirmed when we see some of our Soldiers, our patients, and our American Soldiers who deserve recognition for their contributions to the War on Terrorism."

"Sgt. Forbess is our hero," Commander of Division Artillery, Col. David Martino said. "He emphasizes and is an example of our Army values."

Martino said, "Selfless service and personal courage were the two Army values that Sgt. Forbess exhibits as a team leader."

"Sgt. Forbess puts his country, unit and



Photo by Kelly Schaefer

Capt. Vinnie Generoso, commander of the C-Battery, 1-320 Field Artillery, pins the Purple Heart medal on Sgt. Joshua Forbess. Generoso praised Forbess for being a prepared Soldier who prepared his Soldiers for the reality of war.

men above himself," Martino said. "He makes sure his Soldiers are trained with the resources they need to do their job."

Martino said the commitment of non-commissioned officers like Forbess sets the U.S. Army above the rest of the Army globe and provides Soldiers with the overmatch to win wars, fight battles and do the things that the U.S. Army does.

"It's not the tanks, the helicopters or the Howitzers that make the difference," Martino said. "It's Soldiers like Sgt. Forbess."

Martino said Forbess also has personal courage. "He is a leader of many non-commissioned officers," he said. "When he goes about his business, he inspires his men to do their job."

A member of the C Battery, 1-320th Field Artillery Regiment, Forbess survived a Black Hawk helicopter crash Nov. 15 in Mosul, northern Iraq, which claimed the lives of 17 fellow comrades when two Black Hawk helicopters collided after one

was hit by ground fire.

One of four Soldiers who survived the crash, Forbess was fortunate to have the battalion's combat medic, Staff Sgt. Russell Taylor on the ground. Taylor was the first person to reach Forbess and pulled him out of the burning helicopter with Forbess still on fire. The combat medic administered first aid to Forbess, before he was flown out to Landstuhl, Germany, for further treatment.

"It starts on the battlefield with the combat medic and Sgt. Forbess was fortunate enough a medic was on the battlefield," Fox said.

Martino said Soldiers know when they get hurt, wounded or go down on the battlefield that the combat medic is coming to get them.

"It doesn't matter where they are, what circumstance they are in -- we are coming," Martino said. "When we come, we are going to come with a very professional medic from our own organization, who is

trained to save life and limb and get that person back into the larger system."

The larger system that Martino speaks about is a medical facility such as Brooke Army Medical Center.

"Soldiers know that they are going to get first class care, the very best care that you can provide in the world -- anytime, any place," Martino said. "That is an incredible morale booster for the Soldiers. We appreciate everything that you do."

BAMC's Burn and Trauma Surgeon Maj. Sandy Wanek and Maj. Louis Stout, head nurse in Intensive Care Unit were in Landstuhl, Germany, waiting to transport an injured Soldier when Wanek heard about the Black Hawk crash on CNN. She knew then that she might have additional patients.

"I want to thank Sgt. Taylor for saving my life and Dr. Wanek for holding the plane," Forbess said. "And everybody else who helped me recovery from the time the helicopter went down until now. "Everyone has done a great job and thank you."

Forbess was in Landstuhl for just two hours before he and the other patients were flown back to San Antonio. Wanek convinced the Air Force C-9 pilots to wait until Forbess arrived.

"He was very sick in ICU," Wanek said. "Forbess was on a ventilator when he arrived due to the inhalation injury, but didn't develop full respiratory failure until his pneumonia here in San Antonio."

Wanek said as she evaluated the Soldier before loading him on the aircraft for the 12-hour flight to San Antonio she found he suffered from inhalation injury, burns, and open fractures on his hands.

Forbess's commander from the C-Battery, 1-320 Field Artillery, Capt. Vinnie Generoso said, "Thank you Dr. Wanek for what you've done. I know you're probably the one that stopped the plane from leaving Germany and probably saved Sgt. Forbess's life."

## BAMC

Continued from Page 1

fingers won't crush a styrene cup or produce a overbearing handshake," Ficke said.

Canady can easily hold a cup, pick up a pencil, fold clothes, flip switches and even open and close clothes pins.

"Flinching my forearm muscle quickly causes the thumb and fingers to open immediately. If I exert a slow rate of pressure to my muscle, it opens slowly," Canady said.

Staff Sgt. Heather Martin, a certified occupational therapy assistant, teaches Canady how to overcome some of the most challenging daily living skills.

"Buttering toast is the most interesting task he executes," said Martin. "He really excels at changing diapers on our baby mannequins."

Canady's tasks include holding a knife and cutting simulated steaks made from medical Playdoh.

Martin said Canady must "work out" in the occupational therapy kitchen. There he cooks rice, turns knobs on the oven, pops popcorn and practices folding sheets to make a full-size twin bed.

"I'm really good at ironing clothes with the prosthetic," Canady said, as he pointed out the myriad of living skills he performs in the occupational therapy training facility.

A fully operational washing and drying machine, microwave and a conventional oven are just some of the appliances Canady must learn to operate.

"Motivation to excel is Staff Sgt. Canady's greatest strengths," said Martin. Canady is truly an overachiever when adversity strikes.

Canady, who served as a forward observer with the 1st Battalion 41st Field Artillery, 3rd Infantry Division, was wounded April 4, 2003, on Highway 8 just seven miles from the Baghdad International Airport. As a rocket propelled grenade slammed into his Humvee, Canady would have to muster every ounce of determination to survive.

Being blown from his driver's seat, Canady was dragged for about 10-feet before breaking away from the seat belt.

"I stood there watching the vehicle continue to drive forward with my battery commander unconscious in the passenger seat," Canady said. "I fell to the ground and had a strange calmness come over me,"

Canady said that it was the thought of his daughter not having a father that convinced him not to accept the option of death.

His right forearm now severely injured and his right eye bleeding from a jagged piece of shrapnel, Canady suddenly realized that he had to save his commander.

"I ran for about 150 meters after the vehicle under a hail of gunfire," Canady said. "When I arrived, the Humvee was idling in a ditch. It was then an Iraqi raised and fired his AK-47, and blew my Kevlar off my head."

Canady, feeling as if he had just been hit with a sledgehammer, played dead as the Iraqi walked over and thrust the muzzle of the weapon into Canady's face.

"The weapon jammed and didn't fire," Canady said. The Iraqi walked back to the rear of the vehicle while Canady mustered what little strength he had and seized the

initiative.

"The engine was still running and I leapt forward and jumped in the driver's seat," Canady said. "My commander was still there and I put the vehicle in reverse and slammed my foot on the gas."

As the vehicle lunged back, the force of the vehicle crushed the surprised Iraqi.

Canady, whose left hand had been shredded open by shrapnel, said his tendons lay exposed and severed. The good news was he could use his thumb and index finger. Reaching over to shift into drive, he steered to his left with just two fingers.

"I grew up in Queens, N.Y., so driving like a maniac was no big deal for me," Canady said.

Not able to see out of his right eye, he leaned his head to the far left when he saw two Iraqi soldiers standing directly in the path of his oncoming vehicle.

Canady joked about his peril and said he did what all good New York drivers do when people get in the way of a moving vehicle, "I pushed on the gas as hard as I could and ran both of them over."

As he drove forward he remembers telling his commander everything would be ok. "I couldn't see him out of my right eye due to my injury," Canady said.

Driving back to his unit, the battalion surgeon strategically applied a tourniquet.

"I'm grateful he applied it below the elbow. He allowed me to keep my elbow and his action allows my prosthetic to fit better," Canady said.

Canady's heroic attempt to save his commander didn't go unnoticed. He was

later awarded the Silver Star; the nation's third highest ward for bravery and gallantry in combat.

Ficke said Canady's motivation and enthusiasm has allowed him to excel in mastering daily life skills with the myoelectric prosthetic.

"Newer models are lighter and made to match the skin tone of the patient," Ficke said.

Ficke said the design of a clasping mechanism enclosed within a prosthetic hand also psychologically benefits patients.

"The old body powered shoulder models forced the patient to rotate the shoulder. The rotation pulled a cable that opened or closed hooks."

Ficke said the myoelectric models require the patient to stimulate muscle groups just as if were a normal hand.

"Brooke Army Medical Center is providing Soldiers with state of the art prosthetics," John Schulte, mid-Atlantic regional vice president for Hanger Prosthetics and Orthotics, said.

Schulte said each unit is custom engineered in one of over 630 Hanger laboratories to the specific needs of each individual patient. Because of the custom craftsmanship involved, prosthetics range from \$22 to \$60,000 per unit.

Schulte, who is a certified prosthetist and orthotist, said Canady's device is unique in several ways.

"Comfort flex sockets create negative pressure suspension that makes a vacuum in the socket," Schulte said, "Canady can exert over 10 pounds or more of pulling pressure from an object."

# Preston delivers first 'sergeant's time' message, stresses safety

By Spc. Lorie Jewell  
Army News Service

In his first few weeks as the Army's top enlisted Soldier, Sgt. Maj. of the Army Ken Preston said he's getting a crash course on the 'big picture' Army while zeroing in on key issues he'll focus on.

"Right now, I need to understand a little bit of everything across the board," Preston said during his first "Sergeant's Time" interview as sergeant major of the Army with Soldiers Radio and Television. "The Army staff is doing a wonderful job in getting me smart. Once they finish, I'll really start focusing on a couple things I can make a difference on over the course of the next three or four years."

Safety is one of those issues. With a mandate from the secretary of defense to reduce the accident rate by 50 percent, Preston plans to spearhead plenty of dialogue about the subject. "So far this quarter, 79 Soldiers have died in accidents – 20 more than the first quarter of fiscal year 2003," Preston said. From fiscal years 2001 to 2003, the number of accidental deaths in the Army jumped from 168 to 255, according to the U.S. Army Safety Center at Fort Rucker, Ala.

"It's about not becoming complacent," Preston said. "It's ensuring Soldiers out there follow procedures established in policies, regulations, operating manuals."

"Sergeants have a responsibility for enforcing the standards, for making sure Soldiers aren't taking short cuts or taking things for granted," he added.

Preston acknowledged that the current fast-paced operations tempo plays a role in the accident rate, but stressed he believes awareness can make a difference.

"We have 325,000 soldiers in more than 120 countries across world, and eight divisions in transition. The operations tempo is much higher, but nevertheless when a Soldier dies because of an accident, particularly when it could be prevented, it's a tragedy," Preston said. "I really think that the more we focus on it and the more we talk about it, even with the current pace of operations, we can reduce the rate."

"The Army's most pressing priority at the moment is the global war on terrorism and upcoming troop movements into and out of theaters," Preston said. "But leaders are also focused on concurrent goals, such as transitioning from a current to future force that remains relevant and ready," he

added.

"As the Army changes and evolves, so must other things," Preston said. "One of the things I want to look at is the future of the non-commissioned officer education system. It needs to evolve to take into consideration the modern battlefield we're currently on."

"The Army's current design and organization was for the cold war-era fight, for a time when the good guys were at one end of the battlefield, the bad guys at the other, and they met in the middle for a 'clash of the Titans' type battle," Preston explained.

"It is truly now a 360-degree battlefield," he said.

Training centers like NTC in California and JRTC in Louisiana are evolving to incorporate the lessons Soldiers are learning in Afghanistan and Iraq, Preston added. Emphasizing the Warrior's Ethos is another way of mentally preparing Soldiers for the new battlefield.

"The Warrior's Ethos is what quantifies what Soldiers are about today," Preston said. "If you look at what's going on in Iraq, all Soldiers there are warriors. The mentality that every Soldier is a rifleman first is so, so important."

Balancing the force is another way of better preparing for the new battlefield. Preston said the Army's 100 artillery battalions were designed, again, for the cold war era. That number will be pared down, while other units in heavy demand – military police, for instance -- will be increased. "The current 33 brigade combat teams will be refigured into 48 brigade units of action," he said.

"Such changes will not only make the Army more modular and better able to quickly deploy, but will offer Soldiers more predictability in when they'll deploy," Preston said.



Sgt. Maj. of the Army  
Kenneth O. Preston

Preston will be testifying before Congress in the near future, giving a state of the Army address from the enlisted Soldier's point of view.

"They want to know what Soldiers think when the rubber meets the road," he said.

One of the most frequent questions Preston fields has to do with morale. He said he answers based on what he knows, which comes from his interaction with Soldiers in Iraq. Preston believes morale is high across the Army. When he talks to Soldiers there, he shares his belief that a year from now, they will all be proud of their accomplishments in Iraq.

"The greatest gift you can give any human being is the gift of freedom," Preston said.

"Sergeant's Time" with Preston was aired on SRTV Feb. 10 and 17. He will return for future talks on the show, with Soldiers encouraged to e-mail Preston questions. The address is: smaweb@hqda.army.mil.

## Sergeant Major of the Army to speak at AUSA luncheon

The Alamo Chapter of Association of the United States Army will host membership luncheon on Thursday, March 25, 11:30 a.m. to 1:30 p.m. at the Fort Sam Houston NCO Club.

The Sgt. Maj. of the Army Kenneth O. Preston will be the keynote speaker.

Sworn in as the 13th Sergeant Major of the Army on January 15, 2004, Preston has served in every enlisted leadership position from cavalry scout and tank commander to his most recent assignment as the Command Sergeant Major for Combined Joint Task Force 7, serving in Baghdad, Iraq.

For reservations, call 316-6602 or see unit AUSA representative.

## Troops

Continued from Page 1

zone, a service member must be serving in an area the secretary of defense determines is directly supporting a combat zone. Service members deployed to Mediterranean waters east of 30 degrees east longitude also are eligible for combat zone tax relief, from March 19 to August 1, 2003, as an "in direct support" area. Service members serving in Israel from January 1 to August 1, 2003, also were serving in an "in direct support" area.

While military members can use the tax guide in preparing their 2003 federal tax returns, those who have specific questions about designated combat zones should contact their unit personnel or pay officials or unit tax assistance officer.

The IRS guide notes service members normally don't need to claim the combat zone exclusion or subtract eligible earnings on their federal tax returns. The services normally have already excluded combat zone earnings from the taxable gross income reported on service members' Form W-2s, the guide says.

The IRS points out that military retired pay and pensions aren't eligible as combat zone income tax exclusions.

In other military pay news, The National Defense Authorization Act for 2004 extended the increase in imminent danger pay to \$225 per month to eligible service members through December 31, 2004.

The amount of service member federal tax relief depends upon a taxpayer's rank.

For example, enlisted troops and warrant officers serving in a designated combat zone or qualified hazardous duty area for any part of a month exclude all gross income earned for military service that month from federal taxation.

For commissioned officers, the monthly income exclusion is capped at the highest enlisted member pay (E-9), plus any hostile fire or imminent danger pay received. For example, in 2003, the most a commissioned officer could earn tax-free each month was \$5,957.70. For 2004, the cap increases to \$6,315.90 (\$6,090.90, the highest monthly enlisted pay, plus \$225 hostile fire or imminent danger pay.)

The IRS also allows troops deployed to an area entitled to combat zone tax exclu-

sion extra time to file their federal taxes, usually 180 days after the service member leaves the combat zone or qualified hazardous duty area.

And, the Military Family Tax Relief Act of 2003 provides certain above-the-line tax deductions for reservists and National Guard members who travel more than 100 miles to attend military drills and meetings. This new provision allows reservists and Guard members who cannot itemize deductions to still take these deductions. This provision is effective for the 2003 tax year.

The act also provides a \$12,000 nontaxable death gratuity to families of service members who die on active duty, retroactive to Sept. 10, 2001.

## A-76

Continued from Page 1

al Garrison jobs (by title, series and grade) will no longer exist.

**Q:** When will the CGA stand-up and how will personnel be selected for those positions?

**A:** Same timeline as MEO - Aug. 2. RIF process will be followed to match employees to CGA positions.

**Q:** When is the proposed implementation date? What is the timeline of events until the implementation date?

**A:** Aug. 2.

**Atkins:** How did we get to the 2 Aug date? In December we said that once we received the VERA/VSIP authority it would take us 5 and one-half months before we could implement the MEO. We received VERA/VSIP authority on Feb. 17, and on Feb. 18 the clock started ticking. We started the first tier of the

VERA/VSIP, and this is where Aug. 2 came from. In order to do RIFs, I have to do that with 60 days notification prior to the implementation. On June 1, all RIF notifications must be given to anyone who is tentatively going to be RIFed by Aug. 2. Again, a very dynamic process, things don't stop on June 2 just because we have sent out RIF notices to you. We will continue moving to getting everyone off the RIF list up to the implementation date. What I have told you before, I stand by today, and that is to RIF no one. That is what we are working for, that is what the buyouts are about, it is about shaping this to get everyone off RIF.

**Q:** How can buyouts be given when contractors are "probably" staying and new positions are being added?

**A:** Buyouts are awarded for the purpose of reducing the permanent civil serv-

ice workforce through voluntary separations. While new positions are created, the total number of available and viable permanent civil service positions is less than the number of such employees currently on-board. The buyout program neither dictates nor prohibits the scope of contractor arrangements. The MEO and CGA may ultimately have temporary positions and/or contractors in the job categories of employees who have accepted buyouts.

**Q:** Will a list be published of those being offered the buyout and when?

**Atkins:** No, we are not going to provide a list of those folks. We are making the list available to the union and working with the union informing them why we selected certain people and not others. I want you to believe that we are doing the right thing and we are not taking advantage of anyone or anyone's position.

**Employee Q:** If someone is offered a buyout today, sign the paperwork and one month down the road they change their mind, will you make them stick to what they have signed.

**Atkins:** Yes, as much as possible I want them to stick to it. If someone has signed a buyout and they are still working here at FSH, then this is because we have negotiated with them to stay because we needed their services to get to the implementation. If in a month, the person changes his mind about the buyout, then we have to renegotiate that position with CPAC.

**Employee Q:** My concern is, you offered someone a buyout, they signed the paperwork and on June 15, after RIF notices have been passed out, if the

## A-76

Continued from Page 4

employee decides not to leave, then what?

**Atkins:** I will be the decision maker based on what we can do. The importance of the buyouts will reduce the number of people we will RIF. You must be very sure when you sign those papers.

**Q:** When will the rest of the buyouts be offered?

**A:** Additional offers are possible after current buy-outs are settled. More buy-out offers are possible after RIF notices are issued.

**Q:** What is the selection criteria for buyouts and why are VERAs being offered to employees with less seniority?

**A:** Seniority (a.k.a., longevity) is an important factor in determining VERA/VSIP offers. However, the dominant factor is the job category. For example, at the outset we had an excess number of employees in some categories (e.g., supply, military personnel, trades and crafts) and shortages in other categories (e.g., engineers, environmental, computer technician/assistant).

**Q:** Approximately when will RIF notices be going out (if any)?

**A:** By regulation, RIF notices are to be delivered at least 60 days prior to the effective date of the RIF actions (i.e., reassignments, changes-to-lower-grade, or separations). During the 60-day "notice period" efforts continue to improve offers. These improved offers may actually be an initial offer of a job to some employees scheduled for separation. Some offers will be jobs at higher grades. Some offers may even be different jobs at the same grade

as initially offered to improve skills matches or to enable better offers to others.

**Q:** What is going to happen to me, and when will I know what position I'm going to be placed in?

**A:** There are as many answers to this question as there are people involved. Unfortunately, it is too early to have answers for many employees -- and guessing can be dangerous. However, the question has been addressed for forty-five employees who have accepted buyout offers. Another sixty-four employees received offers today and have the opportunity this week to shape answers for themselves. As we move toward implementation a few more answers may become obvious but for many others reliable information will not be available until initial RIF offers are delivered about 60 days prior to the implementation date.

**Q:** When will the mock RIF results be implemented?

**A:** Mock RIF results will not be implemented. Mock RIF results are used as a planning tool only.

**Q:** Why are buyouts not done according to the mock RIF -- to preclude



Photo by Esther Garcia

Efrain Ramos was on of several garrison employees who asked questions at the A-76 townhall meeting.

bumping?

**A:** Mock RIF results were used as a guide in planning buy-outs.

**Note:** Additional questions and answers will be published in the March 25 issue of the News Leader.

Source: A-76 Office. Esther Garcia contributed to article.

# DFAS announces retroactive civilian pay raise processing plan

On March 13, the Defense Finance and Accounting Service began processing the retroactive pay increase for Federal general schedule employees directed by the Executive Order signed by President George W. Bush on March 3. The retroactive pay increase is effective January 11, 2004.

As the personnel actions authorizing the increase are received from the responsible civilian personnel offices, DFAS will process the retroactive pay increases during its routine nightly civilian pay system personnel updates.

## Whole Groups

Processing of the retroactive pay increase for several specific groups of Federal employees paid by DFAS will proceed according to the following schedule. This schedule is contingent upon DFAS having received and successfully processed the civilian personnel actions.

### Pay period ending March 20:

Executive Office of the President  
Overseas Employees Paid on the Second Thursday Payday  
Overseas Employees Paid on the First Friday Payday  
Navy Shipyard Employees  
Most Other Defense Agencies  
**Pay period ending April 3:**

## Department of Energy

Split Groups - Three groups, comprised primarily of Army, Air Force and Navy employees, will be processed over the course of two pay periods, due to the large number of employees in each of these databases. Approximately one half of the employees in these groups will be processed during each of the two pay periods.

In order to conduct these large pay system updates in a reliable manner, specific agencies and major commands within those agencies have been selected for processing each pay period. All employees within the major commands selected will be processed during the specified pay period, provided that the DFAS civilian pay system has received and successfully processed the employees' personnel actions.

Employees in these three groups can expect to see the retroactive adjustments according to the following schedule:

### Army Stateside Employees

#### Pay Period Ending March 20:

Army Corps of Engineers  
National Guard Units  
Army Medical Command  
Army Training and Doctrine Command

### Pay Period Ending April 3:

All other Army major commands  
Air Force Stateside Employees

#### Pay Period Ending March 20:

Air Force Materiel Command  
Air National Guard Units  
Other Defense Agency employees in this database

### Pay Period Ending April 3:

All other Air Force major commands  
Navy Stateside Employees

#### Pay Period Ending March 20:

Naval Sea Systems Command  
Naval Air Systems Command  
U.S. Atlantic Fleet  
U.S. Marine Corps  
Other Defense Agency employees in this database

### Pay Period Ending April 3:

All other Navy major commands

## Impact of Intervening Personnel Actions

Some personnel actions may have been processed during this retroactive period. These are referred to as intervening personnel actions. If an intervening personnel

action(s) has been processed for an employee during the January 11 to mid or late March timeframe, the payroll system's retroactive process will calculate and pay from January 11, and stop at the date of the intervening personnel action. If there was more than one intervening action, the retroactive process will stop at the date of the first action. The responsible civilian personnel office must process pay corrections for the intervening action(s) and send them to DFAS. The payroll system will then pick up and complete the retroactive processing for the remainder of the prior pay periods. This will happen at a later date than the implementation dates set out above. It may take several months for all of the civilian personnel offices to process corrections to these intervening actions.

Increases for Federal Wage System employees will be processed during the pay period in which the personnel action is received from civilian personnel offices. At this time, personnel actions for FWS employees have not yet been received.

## Local cadet named to Dean's List

Cadet Megan Rebecca Williams, daughter of Lt. Col. Floyd Williams and retired Maj. Denise Miner-Williams of Fort Sam Houston, was named to the Dean's List at the U.S. Military Academy, West Point, N.Y., recently. To qualify for the Dean's List, a cadet must maintain a 3.0 grade point average.

In addition to attaining high academic standards, Williams plays on the women's rugby team, which took the greater Metro-New York championship last season. She is cadet in charge of the Jewish Chapel Cadet organization, and was recently selected as Executive Officer of the

56th Student Council for United States affairs.

Williams graduated from Leavenworth High School, Leavenworth, Kan., in 2001. She is concentrating her studies in Comparative Politics and plans to graduate in 2005 and be commissioned a second lieutenant in the U.S. Army.

The mission of the U.S. Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country; professional growth throughout a career as an officer in the United States Army and a lifetime of selfless service to the nation.

## Camp Bullis Users' Conference



**Thursday, April 15, 7:30 a.m. to 4:30 p.m. at the Camp Bullis Theater, Bldg. 5900**

The purpose is to show you how to get the most out of your Camp Bullis training experience, meet our staff and join us for a tour.

Registration will begin at 7 a.m. in the theater. The conference begins at 7:30 a.m. Lunch is from noon to 12:45 p.m. A tour is scheduled from 1-3:15 p.m.

Workshops and training will include range card preparation, risk management documentation, use of training sites, emergency services procedures, environmental protection and training support services.

For reservations, call 295-7510, 295-7616 or 295 7686 or send an e-mail to [alba.correa@samhouston.army.mil](mailto:alba.correa@samhouston.army.mil).

## Fort Sam Houston Newcomers' Extravaganza set for March 30

The Garrison Commander invites all Fort Sam Houston residents, especially newcomers to the Fort Sam Houston community, to the Newcomers' Extravaganza on March 30, 9 a.m. at the Roadrunner Community Center.

Everyone--Soldiers, civilians, and family members--will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings, registrations, and social activities. This Extravaganza is the official "Newcomers' Orientation" for Fort Sam Houston. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are welcome and special treats and strollers are available will be provided.

Attendance is mandatory for permanent party inprocessing Soldiers in rank of lieutenant colonel and below within 60 days of their arrival.

For information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

## 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.

## 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 Fort Sam Houston Regulation 420-2. This includes cleaning of parking lots and family housing area in accordance with the latest area of responsibility map sheet.

## Army Community Service Family Advocacy Program March Class Schedule

Class	Dates	Time
Boys Only! Ages 9-10 Building Effective Anger Management Skills (B.E.A.M.S.) Thursday Classes (Series 1-4) Friday Classes (Series 1-2)	31 18, 25 19, 26	3-4 p.m. 11 a.m. to 12:30 p.m. 11 a.m. to 12:30 p.m.
Commanders' Training	25	8-9:30 a.m.
Conflict Management	22	11 a.m. to 12:30 p.m.
Girl Talk! Ages 9-10	24	3-4 p.m.
Healthy Pregnancy	22	Noon to 3 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	23, 30	9-11 a.m.
Parenting with Love and Logic (ages 0-12)	18	9:30 a.m. to Noon
Stress Management I & II	23	1-2 p.m.
Teen Talk	25	4-5 p.m.
New Series (1-2)	23, 30	4:30-5:30 p.m.
Your and Your Baby	24	8 a.m. to Noon
Saturday Marathon!!	27	9 a.m. to 5 p.m.

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

## AFTB offers classes, March 23

### 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.



## 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.

## Free guide helps deployed families

By Donna Miles  
American Forces Press Service

A new, free guide being offered by the National Fatherhood Initiative is designed to help service members maintain their important role in their children's lives during military deployments.

"The Deployed Fathers and Families Guide," released in January, offers tips to help families cope with the practical as well as emotional aspects of family separations caused by deployments, explained Vincent DiCaro of the National Fatherhood Initiative.

The guide expands upon the institute's popular brochure, "10 Ways to Stay Involved With Your Children During Deployment."

DiCaro said the new guide builds on tips in the brochure to help family members prepare to han-

dle the many day-to-day issues within households typically handled by the service member who is about to deploy. The guide also addresses the emotional challenges families face during deployments, particularly those to dangerous regions of the world.

"Fathers play a unique and irreplaceable role within the family," said DiCaro. "Our goal is to help them stay as connected as possible when they are gone."

For a free copy of the guide or brochure, fill out the electronic request form on the institute's Web site, [www.fatherhood.org](http://www.fatherhood.org). The site also allows military children to post an online message to their deployed fathers. The brochure and guide also are available by calling (301) 948-0599 or writing to National Fatherhood Institute, 101 Lake Forest Blvd., Gaithersburg, Md. 20877.

## Army announces incentive pay for assignments to Korea

The Department of the Army announced a new incentive program to encourage Soldiers in or enroute to Korea to extend their tours of duty on the peninsula for an additional year.

The program, titled the Assignment Incentive Pay (AIP) program, authorizes service members to collect an additional \$300 per month in their paychecks for an additional 12-month tour in Korea.

The AIP is a one-year program that is being offered to all Soldiers -- officer, warrant officer, and enlisted, to promote stability, predictability and improved readiness in Korea while reducing personnel turbulence Army-wide.

"This is an outstanding, unprecedented opportunity for our Soldiers to extend their tours in this great country so they may continue to strengthen the warfighting abilities of their units, and to further experience the cultural opportunities available to them that they might otherwise miss on a shorter, 12-month tour," said Lt. Gen. Charles Campbell, commander of 8th U.S. Army. "You only have to look at the benefits of this program to see how every Soldier and every unit can benefit."

"We want to keep more of our extremely well-trained Soldiers on the peninsula," said Campbell. "Our Soldiers and leaders are the cornerstone of our high readiness posture, and retaining more of that talent in theater for a longer period of time enhances our ability to deter aggression and support peace and stability on the peninsula."

With limited exceptions, all Soldiers, regardless of rank, currently stationed in Korea or on assignment instructions to Korea, can apply for the program. Soldiers currently serving in Korea will have the opportunity to apply for the program during a 60-day period. All other Soldiers serving outside of Korea will have the opportunity to volunteer for this program.

"I strongly encourage all Soldiers on the peninsula to take a hard look at this program before the opportunity is lost. As leaders, we

know with certainty that this program is a benefit to the forces on this peninsula, but only our Soldiers can decide whether this is right for them individually and for their families," Campbell said.

"Eligibility for this program is a sweeping change to the benefits for extension currently available for Korea," said Col. Rick Mustion, commander of 8th Personnel Command in Korea. "Under the existing programs, the chief beneficiary has historically been enlisted Soldiers. With the AIP, warrant and commissioned officers can also take full advantage of the program with the same extension benefits as our enlisted Soldiers."

Under the current program, Soldiers who elect to receive a monetary bonus may receive a lump sum or a monthly entitlement during their extension period. Under the AIP, Soldiers will receive an extra \$300 in special pay each month, and this pay will continue until the end of their assignment in Korea. "Soldiers should keep in mind that this incentive pay, like other extension incentives, is taxable income," said Mustion.

Soldiers can apply for AIP on the 8th Personnel Command Web site:

- Log on to the 8th PERSCOM Web site at <http://www-8perscom.korea.army.mil>. Click on the "AIP" link; enter the Army Knowledge Online user ID and password.

- After login is complete, view the pre-populated DA Form 4187, and accept or decline the terms and agreements by clicking on either the "Accept" or "Decline" buttons.

- Soldiers can obtain a copy of the documents by clicking on the "Print" button.

- Soldiers should contact their unit personnel officers for additional assistance or contact Theater Army Replacement Operations at DSN 724-3150 or via e-mail at [Aip@usfk.korea.army.mil](mailto:Aip@usfk.korea.army.mil) for assistance.

Source: Department of the Army news release.

## More retirees returning to TRICARE

By Master Sgt. Scott Elliott  
Air Force Print News

Military retirees are returning to TRICARE for their health care, and the service's senior executive thinks that is a good thing. But it comes at price.

Secretary of the Air Force Dr. James G. Roche met Feb. 26 with members of the House Committee on Armed Services to discuss the Air Force's portion of the 2005 National Defense Authorization Request.

"This is a good-news story on one level -- it's validation that we're caring for our retired servicemembers," Secretary Roche said. "It comes, however, with significant cost growth."

Retiree enrollment in TRICARE has risen eight percent in the past two years, because of higher premiums and co-pays in the civilian sector. Secretary Roche said the Department of Defense has reprogrammed about \$600 million this year to pay for that growth, and that the services are being forced to absorb increasing amounts.

The secretary told committee members about an idea for a joint venture with Veterans Affairs to help cut costs and maximize usage of military facilities.

"We have unused capacity in our Air Force hospitals and clinics," he said. "We'd like to ... advertise to our retirees what's available at our Air Force medical facilities and see how many will come back -- not to TRICARE, which is cash, but come back to our existing facilities to work with our doctors."

Secretary Roche urged the committee to keep the increased usage and costs in mind as they consider any proposed expansion of benefits.

"I believe it's a good thing because it says we're keeping faith with people, and we gave them our word," he said.



Photos by Sgt. 1st Class Mark Bundy

Participants practice the Prone Row in Conditioning Drill 1. The Prone Row focuses on the mobility of the upper back and requires adequate muscular endurance. Participants find out first hand that this exercise is no easy task.

Sgt. 1st Class Chris Doonan trains participants in the Power Jump, Conditioning Drill 3. The Power Jump focuses on improving strength and explosiveness of the lower body.

## 32nd Medical Brigade trains for the new IET Standardized Physical Training Program

By Capt. Christopher Flaugh  
B Company, 187th Medical Battalion

Last week, the 32nd Medical Brigade hosted the U.S. Army Physical Fitness School Mobile Training Team to conduct a train the trainer course for the new Training and Doctrine Command Initial Entry Training Standardized Physical Training program. Approximately forty drill sergeants and instructors from the 187th, 232nd and Academy battalions participated in the three-day training course at the NATO Field and experienced first hand how physically challenging the new PT program is.

The need for training stemmed from the newly

approved TRADOC IET Standardized Physical Training Program that will start at all Basic Combat Training sites Army wide effective April. The new program prescribes a specified progressive physical fitness training program from the start of BCT to completion of Advanced Individualized Training. The program is geared to improve recruits' overall fitness, improve Army Physical Fitness Test pass rates, and decrease injury rates in the IET environment. The goal of the standardized program is to insure that Soldiers are physically prepared for the demanding requirements of their future Military Occupational Specialty, and improve the combat readiness of units, especially with the Army's role in wartime efforts.

The new physical training program consists of three phases: Warm-up, Activity and Cool-down Phase. In the

Warm-up Phase, Soldiers will conduct Conditioning Drill 1, consisting of ten specific calisthenics, and the Military Movement Drills, consisting of three types of running warm-ups. The Soldiers will then move to the Activity Phase, consisting of either Conditioning Drill 2 and Conditioning Drill 3, muscular strength and endurance drills or a running event (60:120s, 300 yard Shuttle Run, or ability group endurance run). Once the Activity Phase is complete, Soldiers will end training with the Cool-down Phase, consisting of Conditioning Drill 1 and the Stretch Drill.

Currently, the new program will only be implemented in IET units, however based on the success, this program may be implemented Army wide. To view the TRADOC IET Standardized Physical Training Guide supplement or more information, visit the U.S. Army Physical Fitness School Web site at [www-benning.army.mil/usapfs](http://www-benning.army.mil/usapfs).

## Voting Information News: Do's and don'ts for members of the Armed Forces

During an election year, many active duty military members may wish to get involved in campaigning for their favorite candidate. What are the limits their participation? Department of Defense Directive 1344.10, which covers Political Activities by Members of the Armed Forces on Active Duty says that an Active Duty member of the Armed Forces:

- May register, vote, and express his or her personal opinion on political candidates and issues, but not as a representative of the Armed Forces.

- May promote and encourage other military members to exercise their voting franchise, if such promotion does not constitute an attempt to influence or interfere with the outcome of an election.

- May join a political club and attend its meetings when not in uniform.

- May serve as an election official if such service is not as a representative of a partisan political party, does not interfere with military duties, is performed while not in uniform, and with prior approval of the Secretary concerned.

- May sign a petition for specific legislative action or a petition to place a candidate's name on an official election ballot, if the signing does not obligate the member to engage in partisan political activity and is done as a private citizen

and not as a representative of the Armed Forces.

- May write a letter to the editor of a newspaper expressing the member's personal views on public issues or political candidates, if such action is not part of an organized letter-writing campaign or concerted solicitation of votes for or against a political party or partisan cause or candidate.

- May make monetary contributions to a political organization, party, or committee favoring a particular candidate or slate of candidates.

- May display a political sticker on the member's private vehicle.

The same Defense Directive 1344.10, says that Active Duty members of the Armed Forces may not engage in certain activities.

Members of the Armed Forces:

- May not use official authority or influence to interfere with an election, affect the course or outcome of an election, solicit votes for a particular candidate or issue, or require or solicit political contributions from others.

- May not be a candidate for civil office in federal, state or local government, or engage in public or organized soliciting of others to become partisan candidates for nomination or election to

civil office.

- May not participate in partisan political management or campaigns, or make public speeches in the course thereof.

- May not solicit or receive a campaign contribution from another member of the Armed Forces or from a civilian officer or employee of the United States for promoting a political objective or cause.

- May not speak before a partisan political gathering of any kind for promoting a partisan political party or candidate.

- May not use contemptuous words against officeholders described in 10 USC 888.

- May not perform clerical or other duties for a partisan political committee during a campaign or on an election day.

- May not solicit or otherwise engage in fundraising activities in federal offices or facilities, including military reservations, for a partisan political cause or candidate.

- May not sell tickets for, or otherwise actively promote, political dinners and similar fundraising events.



- May not allow or cause to be published partisan political articles signed or written by the member that solicit votes for or against a partisan political party or candidate.

- May not serve in any official capacity or sponsor a partisan political club.

- May not participate in any media or group discussions as a partisan advocate.

- May not conduct a political opinion survey.

- May not march or ride in a partisan political parade.

- May not display a large political sign, banner, or poster on a private vehicle (bumper stickers are allowed).

- May not participate in any partisan effort to provide voters with transportation to the polls.

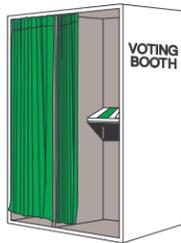
- May not attend partisan political events as an official representative of the Armed Forces or while in uniform.

This list is only meant as a guide. If you have specific questions consult DoD Directive 1344.10 or your legal or JAG officer.

Source: The Federal Voting Assistance program news release.

### FVAP Workshop, April 8

The Federal Voting Assistance Program will present a workshop for Installation and Unit Voting Assistance Officers in the area April 8, 9-11a.m. The workshop will be held at Wood Auditorium located in the HQ MED-COM, Bldg. 2792 on Stanley Road, Fort Sam Houston. For information, call Maj. Carlene Blanding at 221-7801.



### Support the Global War on Terrorism

Critical needs locations in the U.S.A. and Germany now available for healthcare and medical support occupations while Army Soldiers deploy to support GWOT.

Bring a resume and visit with the GWOT Recruitment Booth, March 24, 9:30 a.m. to 3 p.m. at the San Antonio Military Community Job Fair, Live Oak Civic Center, 8101 Pat Booker Road, Universal City, Texas.

For information, visit the Web site <http://civpers.amedd.army.mil/helpGWOT.htm> or call 1-800-633-3646.



Brooke Army Medical Center Commander Brig. Gen. C. William Fox, Jr. congratulates Clyde Laws, a hospital runner, as the "2004 Volunteer of the Year," he received a shadowbox plaque with the BAMC volunteer patch.

An original member of the BRAG steering committee, retired Col. John Mathis, executive committee member and new member, Jerry Jarvis, from urology, represent the BRAG's longest serving and newest volunteers, cut the BRAG 10th year anniversary cake. Jarvis' volunteer service began in February.

## Spirit of medical care found in BAMC's volunteers

Story and photos by Jen Rodriguez  
BAMC Public Affairs

More than 44,000 hours of volunteerism paid off for Brooke Army Medical Center's Retiree Activities Group volunteers during a celebration of the 10th Anniversary Recognition Coffee held March 11, in the Fort Sam Houston Roadrunner Community Center.

Three volunteers received the highest marks for volunteerism in support of healthcare: Clyde Laws, "Volunteer of the Year," Walter Tribitt, Commander's Award for

Public Service and Lou Cottrell, who earned his 7,000-hour service pin.

Additionally, 19 volunteers made up of both BRAG and American Red Cross volunteers were recognized as Volunteer Group of the Year. This is the first year that the group was recognized at the event.

"Volunteerism speaks volumes about the spirit that you have," Brooke Army Medical Center Commander Brig. Gen. C. William Fox, Jr. said. "The extra compassionate touch that is rendered in healthcare is all because of you."

Fox along with Deputy Commander of Administration Col. Frederick Swiderski awarded each of the service certificates and service pins to the volunteers.

Laws, a hospital runner and a member of the BAMC Kernel Club, i.e. popcorn club, competed against 10 fellow BRAG nominees for the award. Laws also earned his 2,000-hour pin, a \$100 gift certificate donated by AAFES and a shadow box with the BRAG patch.

Tribitt, the 2003 Volunteer of the Year, who works in the pharmacy four days a week, also earned his 3,000-hour service pin. The commander's award for public service is the highest award that the BRAG volunteer can earn.

"The volunteers were recognized as partners in our healing environment," said Jessica Veilleux, chief, Volunteer Services.

Fox said our volunteers make us proud – the volunteer's human spirit is visible to our Soldiers, who are appreciative of their real human way. "You do so much for us still on active-duty," he said, "and it's really from the heart. You are close to the need, people in need – a shining example of pure commitment."

The recognition coffee recognized more than 100 BRAG volunteers for the countless hours of service to BAMC.

"Volunteers who volunteered from 1,000 to 7,000 hours received a pin during the awards ceremony," Laura Hansbrough, BAMC's deputy chief of Volunteer Services said. "This is the first year to honor volunteers who achieved 1,000 to 7,000 hours of service."

Volunteers, staff supporters and military staff attended the event in support of the achievements of the volunteers.

Jan Fox congratulated the volunteers on their achievements and asked for their continued support. "Thanks for serving from your hearts," she said. "We (BAMC) couldn't do it without you."

Founded in 1994, today BRAG has nine of its original members still actively involved in the group.

## 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.

# Focus: Fort Stewart to increase its deploying units by 66 percent

By Sgt. 1st Class Marcia Triggs  
Army News Service

This is the second of a weekly series of articles that will examine the 16 focus areas outlined by Army Chief of Staff Gen. Peter Schoomaker.

"It's like breaking China," said the commanding general who has proposed to make his division larger, diversify his brigades and turn all his Soldiers into riflemen.

Soldiers from the 3rd Infantry Division, Fort Stewart, Ga., seized Baghdad and helped in the stabilization of Fallujah. They know what tactics work against an unconventional enemy, and what vulnerabilities make American troops targets.

Their task now is to turn their three brigades into five rapidly deployable "brigade units of action" that are able to plug into any division and independently fight a high intensity conflict.

"The chief told me that he wants five maneuver brigades ... to respond to all the needs of combatant commanders when a crisis occurs, and he said that he wants it to happen ASAP," said Maj. Gen. William Webster, 3rd Inf. Div. commanding general, referring to instructions given to him by the Army Chief of Staff Gen. Peter Schoomaker.

Part of Schoomaker's instruction was to see if the reorganization could take place using existing resources within the division. However, the proposal on the table now would cause the division to get larger by about 2,000 to 3,000 troops, said Webster. The brigade numbers would stay the same, but combat troops would decrease by about 10 to 15 percent, he added.

Each brigade unit of action will have one fewer company-size element and less artillerymen, Webster said. However, it will have more military policemen, better command and control assets to talk to each other over long distances, and more certified troops to call in close air support, he added.

The transformation of the mechanized division will require more than requesting more troops and equipment; the Soldiers are in for some tumultuous times because they are going to have to break precious ways the Army used to do business to create a new organization.

"Soldiers don't mind breaking things," Webster said, "but in the beginning it will be difficult because there will be some frustration and confusion. It's not something that they can't do, but it will be a big challenge."

"They will need to get their equipment combat ready again. Junior leaders will have to learn a number of new tasks and then retrain a lot of

new Soldiers. There will be engineers, medics, artillerymen and a host of other Soldiers who will be assigned to a brigade commander who is not accustomed to taking care of Soldiers with their job specialties."

Change has begun, and one of the first lessons learned from Iraq that is being implemented into the reorganization is making sure that every Soldier is comfortable being a Soldier first, Webster said. Soldiers must be confident and competent with their own weapons and be able to pick up their buddies' weapons, he added.

"There is a program in place now where Soldiers will be shooting a lot more ammunition and using a lot more simulators than before," Webster said.

"Everyone from the journalists and the mechanics to the brigade commander will have the same level of confidence along with being able to live and defend themselves in the field from the front to the rear," he added.

"The enemy is learning from us," Webster said, "and they know that not all of our vehicles are armed and that not all of our Humvees are armored, and they're looking for vulnerabilities to strike with explosive devices and rocket-propelled grenades."

"So we want our Soldiers and their vehicles to exude a fearless confidence that would make the enemy think twice before attacking a convoy or command post."

Webster is working with the Army staff to acquire more machine guns and grenade launchers to put on vehicles, so on the battlefield there will be more crew-served weapons to attack or defend.

While in Baghdad the division had to secure high value assets and set up numerous checkpoints to prevent terrorist

attacks. Security missions alone started to absorb Soldiers and equipment all over the city. Webster's goal is to train more Soldiers to fight, so that combat Soldiers don't have to be used to secure a service support unit.

Besides changes to training tasks, other challenges at the division level will be overcoming the chaos that will occur when every unit identification code is affected. UICs are alphanumerical codes that help supplies flow to units. It's a system that allows personnel actions to occur, training readiness to be recorded and money to be budgeted.

"We are going to perform a very complex process of moving property from one UIC to another," Webster said. "I predict that some parts we order for one company will show up in another company. We're just going to have to make sure that things don't go awry."

In order to make sure that this massive restructuring project meets the Army chief's guidelines, a division staff was created. Lt. Col Eric Wesley is the chief of Reorganization, G7, and he served as the executive officer for the division's 2nd brigade combat team during the push into Baghdad.

"We have a near-term mission," Wesley said, "which is to plan and then develop a course of action to increase our deployable entities and ensure that the division doesn't have to deploy every time a brigade-size element does."

"In the meantime, we must remain combat ready. We don't have the luxury of conducting tests, standing down a unit for an extended period of time and experimenting."

This is not a 3rd Inf. Div. initiative, Wesley iterated. This is an Army initiative, and Training and Doctrine Command

has the long-term mission, he said.

TRADOC was given the responsibility of focusing on Modularity, which is one of Schoomaker's 16 focus areas, Webster said. Modularity would give smaller units a degree of flexibility and more power.

The 3rd Inf. Div.'s role is more immediate, but will keep TRADOC informed to help them with their long-term Armywide reorganization plans, he said.

Previously, whenever there was a change to be made in the Army it would be handed to TRADOC to do an analysis and within a few years come up with and execute a plan, Wesley said. Now both organizations have parallel guidance.

Reorganize, train, tweak some more and go back and train some more until it's time to deploy again, is the direction Webster has from Schoomaker. The first newly formed brigade unit of action will be trained at the National Training Center, Fort Irwin Calif., in March.

The first three brigades will be fairly easy to reorganize, but standing up the last two will take some time because more people and equipment are needed to make them whole, Webster added.

The 101st Airborne Division, Fort Campbell, Ky., commanded by Maj. Gen. David Petraeus, has the mission of reorganizing next. The 101st Abn. Div. has officially begun to redeploy their more than 18,000 troops after serving in operation Iraqi Freedom.

"What I have initiated to do for (Major) General Petraeus is to let him know what courses of action didn't work for us and what concepts caused the Army staff some difficulties," Webster said. "We will offer them anything that will help them start at a level further down the road than we started."

# Energy savings performance contract provides best possible environment

By William Core  
Special to the News Leader

A revolutionary approach occurred in the procurement of projects that resulted in a reduction of energy use and modernization of aged heating, ventilation, and air conditioning (HVAC) plants. The contract is known as Energy Savings Performance Contract. At Fort Sam Houston, we used the contract to produce \$20 million in projects that modernized and upgraded an aged infrastructure of HVAC throughout the post. These projects were financed using both straight financing and shared savings.

What does it take to run a successful program? The first and most important element is command support. No matter how good a program is it won't get off the ground without the support of the people that hold the purse strings. Secondly, it takes a project manager with a passion for success. At Fort Sam Houston we are blessed with both.

Our prime partner in the program is Johnson Controls. Since controls are an integral part of energy savings, JCI brings a wealth of expertise to the table. We have also developed our own unique, state of the art control systems, or Utility Monitoring Control System. This is the other end of a successful ESPC program. The advantage is we have no proprietary software--it's all ours. This is an important element in that we are able to add as many buildings' controls to the system as necessary at very low cost. We have discovered other benefits of a UMCS to include the ability to track actual improvements in energy use. A very necessary aspect when dealing in shared savings because actual readings are more beneficial to the government than estimated savings from a model.

The biggest advantage of the UMCS is the ability to accurately diagnose most issues before they become problems. A fully operational UMCS center can identify a problem and correct

it (often from a remote keyboard) before the customer is even aware that a problem exists.

The ability to remotely correct problems is increasingly important as labor costs rise. To send a mechanic on site at \$40 per hour shop rate to diagnose a problem, obtain the necessary parts, and install on the system is labor-intensive and typically is an all day occurrence. With a fully operational UMCS most diagnosis takes a matter of minutes, thereby reducing actual repair time to minimums. The UMCS, the HVAC systems stay in their most efficient operating state.

Our success stories to date are impressive. We replaced two 600-ton chillers. Our energy consumption efficiencies were so great that not only are we maintaining 300 tons less in chiller capacity, we have yet to run the second chiller at more than 15 percent. At a brigade command and control facility, we have duplicated the success with chillers. We also installed a photovoltaic array that supplies enough electricity to power the HVAC for the building. Another new feature in this building is a sun-tracking solar water heater used to supply reheat water to the AC system. When this system makes more hot water than we need, we use a hot water loop that supplies eight barracks, as the hot water tank. This approach resulted in a reduced boiler usage by 70 percent.

After having said all this, we must remember that the bottom line in HVAC is to provide a comfortable place for our Soldiers and civilians to live and work. Here in South Texas we take this requirement to heart and welcome any technology that will aid in providing the best possible environment. The marriage of ESPC and UMCS provide us with the tools to make this happen.

For information regarding the Fort Sam Houston Programs, call Gene Rodriguez at 295-4778; Ray Mendoza at 295-4707; Daryl Branham at 295-4715, or Jose Calderon at 221-4915.



Each bank of photovoltaic panels is individually fused. Eight panels connected in a series deliver up to 400 volts D.C.



Solar water heating panels on top of Bldg. 902. This is a clean installation.

# Ephedra banned, but not beyond Internet reach

By 2nd Lt. Rachel Villarreal  
BAMC Dietetic Intern

Want to max the physical fitness test, lose weight fast to meet Army standards and have the superhuman energy to get through Army training? All things are possible in just a few weeks with Ephedra - a drug banned in December 2003 by the Food and Drug Administration and the U.S. Army.

## What is Ephedra?

Ephedra is a naturally occurring substance derived from the Chinese herbal Ma Huang. Its principal active ingredient is ephedrine. While products containing natural ephedrine alkaloids have been used in some Chinese medicines in the past to treat respiratory problems, they have recently been promoted as weight loss tools.

## Ephedra banned by many agencies and organizations

On December 30, 2003, the Food and Drug Administration banned ephedra. Also, 20 states have banned the distribution of ephedra products. The National Collegiate Athletic Association, the International Olympic Committee, and the National Football League joined in by banning its use among their players.

With the recent ephedra related death of Baltimore Orioles pitching prospect Steve Bechler, major league baseball is following suit.

If 20 states, the FDA, and sports teams alike are banning the sale of these products can they still be purchased? The answer is yes. All it takes is a push of a button on an Internet site to get these products delivered to the front door within days.

## Army bans ephedra

The Army has joined the initiative to ban ephedra by collecting data on supplement use among Soldiers and banning the sale of ephedra containing products from Army posts. However, the Internet is still out there reeling in Soldiers by targeting their desire to meet the standards set by the Army Physical Fitness Test.

The average Soldier can access an Internet search engine and type in the words "Army" and "weight loss" and it will take them directly to a camouflage decorated Web site that illustrates Soldiers running faster, losing weight, and making muscle gains by taking the ephedra containing products. The following is a quote allegedly from a sergeant in the Army who is advocating the product on one of the sites:

"I just bought a bottle and 30 to 40 minutes after taking it I could feel the difference in my energy level. You know how you feel after you eat lunch...tired, drained? Well, not after taking Xenadrine! All kinds of energy! I am in the Army and Uncle Sam is sending me to a school and one of the requirements is to meet the Army weight standards (for me, 10 pounds in two weeks). From what I have been reading and have heard from different people, this is the stuff to take! Will give update in one week!"

This statement only represents one example of Web



2nd Lt. Rachel Villarreal

site marketing to Soldiers. Testimonials like these, advocated by fellow Soldiers, entice members of the Army to experiment with these potentially lethal supplements.

## Ephedrine look a likes abound

There are numerous products that contain some form of ephedra. Some sources include: Ripped Fuel, Power Thin, Xenidrine RFA-1, Metaballite, Metabadrine, Ultimate Weight Loss, Kwick Energy, Ma Huang Tincture. All of these products can still be purchased online through different Web sites.

## Agencies take action

To protect Americans from the potentially serious risks of these dietary supplements the Department of Health and Human Services and the FDA have issued a consumer alert on the safety of dietary supplements containing ephedra. The FDA notified manufacturers of its intent to publish a final rule on dietary supplements containing ephedrine alkaloids. The DHHS secretary and the FDA commissioner both made statements to clarify their organizations' commitment.

"FDA will publish a final rule as soon as possible that will formalize its conclusions that dietary supplements containing ephedrine alkaloids present unreasonable risks to those who take them for any reason," Secretary Tommy Thompson said.

"Today's action puts companies on notice of our intentions, and it tells consumers that the time to stop using ephedra products is now."

"We are taking action today to notify Americans about the unreasonable risk of ephedra as currently marketed in dietary supplements," said FDA Commissioner Mark B. McClellan, M.D., Ph.D. "Our action is based on diligent and thorough work by the agency as required by the challenging legal standard in the dietary supplement law. We worked hard to obtain and review all the available evidence about the risks and benefits of ephedra, including its pharmacology, studies of ephedra's safety and effectiveness, adverse event reports, and reviews by independent experts."

## Studies show dangerous affects of ephedrine

The Rand Study, commissioned by the National Institute of Health, reviewed recent evidence on the risks and benefits of ephedra. The study found there was limited evidence that ephedra products contributed to weight loss and minimal evidence of performance improvements.

The study said ephedra has side effects, to include mild to moderate heart palpitations, psychiatric and upper

gastrointestinal effects, and symptoms of tremors and insomnia. Researchers reviewed 16,000 adverse reactions associated with ephedra use and found approximately 20 "sentinel events" that included heart attack, stroke and death, which occurred in the absence of other contributing factors. The Rand Study adds significantly to the evidence suggesting that ephedra may be associated with unreasonable safety risks.

The DoD Mortality Surveillance Division studied active duty deaths that may have been related to supplements. From 1997 to 2002, there have been 22 deaths linked to ephedra products.

At Ford Hood, Texas, a Soldier died from an apparent cardiac event and was treated at the Emergency Department at Darnall Army Community Hospital. Apparently, this Soldier was taking a dietary supplement that contained ephedra that contributed to his death.

Although ephedra is considered a taboo when mentioned in the military, it's still a significant problem. All posts have discontinued the sale of ephedra products, but this does not eliminate the need for education on the dangers of ephedra. Several Internet sites are marketing ephedra and selling it to Army Soldiers.

In order to prevent future unnecessary deaths, everyone must be vigilant and inform their peers about the dangers of ephedrine. For information on the affects of ephedrine, visit [www.musclesurf.com](http://www.musclesurf.com) or [www.hhs.gov](http://www.hhs.gov).

## Health Promotion Center March Class Schedule

Class	Date	Time
Back Pain	18	2-3:30 p.m.
Body Fat Testing	19	8-11 a.m.
Introduction to Weight Reduction	19	Noon to 1:30 p.m.
Breastfeeding Support Group	19	1-2:30 p.m.
Cholesterol and Lipids	22	8:30-11:30 a.m.
Diabetes Education	22	12:45-4:30 p.m.
Breast Health	23	9-10 a.m.
Diabetes Education	23	12:45-4:30 p. m.
Office Yoga	24	Noon to 1 p.m.
Self Care and Health	25	1-3 p.m.
Breastfeeding Support Group	26	1-2:30 p.m.
Diabetes Education	29	12:45-4:30 p.m.
Office Yoga	31	Noon to 1 p.m.

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

Rain did not prevent Fort Sam Houston military ambassadors Sgt. 1st Class Wendy Carter and Spc. James LeFebvre from participating in the annual St. Patrick's Day Parade held Saturday. Driver is Spc. Adam Bird and assistant driver is Pvt. Jeremiah Knight, assigned to the 418th Medical Logistics Company.



The annual St. Patrick's Day Parade proceeds through downtown San Antonio Saturday. The parade's theme was "World-Wide Circles of Friendship." In spite of the light rain, hundreds of spectators came out to view the parade.



Tech. Sgt. Maggie Silva and Staff Sgt. Jason Lamoureux are the Lackland Air Force Base military ambassadors. Silva and Lamoureux are among 14 military ambassadors representing the Armed Services at various Fiesta and community activities throughout the year in San Antonio.

Members of the Alamo Silver Wings Airborne Association gather before the start of the parade.





Photos by Esther Garcia

Bexar County Sheriff's Department Mounted Patrol carries the National Colors at the St. Patrick's Day Parade held Saturday.

# Hundreds brave rain, participate in St. Patrick's Day Parade



Laurie Neemann, escort with the Hiawatha High School Band from Kansas, talks with Sgt. 1st Class Wendy Carter prior to the start of the parade. Neemann's daughter will begin medical officer training at Fort Sam Houston in the summer.



Sue Brannon plays the bagpipes at the St. Patrick's Day Parade. Brannon also participates at Fort Sam Houston's Veterans and Memorial Day ceremonies held at the FSH cemetery every year.



1st Lt. David Allick and 1st Lt. Amanda Kitchen, Randolph Air Force Base military ambassadors wave to the crowd at the St. Patrick's Day Parade.

## 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](mailto: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:** Aluminum rims with new tires, 4 each (15"), for 98 Jeep Grand Cherokee, \$200; Sanyo microwave oven, \$50; Schlage home security system with remote control, new cost \$180, sell for \$50. Call 493-8420.

**For Sale:** Electric oven used 6 months, \$250; 2 office desks, \$50 each; Ford Windstar Limited, 93K miles, \$4,800 obo. Call 846-6035 or 846-5649.

**For Sale:** Car dollie, newly painted, \$600 obo. Call 232-0452 or 221-8171.

**For Sale:** 100 ft. of chain link fence, gate, poles, caps, also 45 ft. of unused fence and 50 ft. of older fence free with purchase (no cement), all for \$200; oak bed rails for queen size bed, new in box \$60. Call 916-4646 or 820-3051.

**For Sale:** 16 ft. ski boat 70 HP Mercury runs great, garage kept, \$2,300; hot tub with gazebo seats 4, \$1,400. Call 221-0796.

**For Sale:** 17" x 9" Mustang GT Rims (Torque/Thrust style) with Goodyear tires (4), \$950 for all four. Call 317-3186.

**For Sale:** 1998 Chrysler Cirrus LXI, new engine, 4-door, Kaiser chrome wheels, \$5,500. Call 885-7222 or 221-6687.

**For Sale:** 1995 Acura Legend LLS, V-6, automatic, climate control, all power, all leather interior, moon roof, \$13,900. Call 379-4304, evenings 623-3293.

**For Sale:** Washer and dryer in great condition, \$50 each. Call 885-9096.

**For Sale:** Green couch has 2 recliners with vibrators and center built-in table in excellent condition, also brown recliner in fair condition, best offer. Call Tony at 535-2212.

**For Sale:** Tire and wheel set of 255/55R18 Toyo Proxes mounted on 18" chrome Mondera Folare, Universal 5-lug pattern, fists truck or SUV, \$1,000. Call 653-3663, leave a message.

**For Sale:** GE Select Top cooktop (black), \$75; Polaris 165 pool cleaner \$50; Danish kitchen table with 4 chairs, \$50; 2 tires P225 x 60R14 and P205 x VR14, \$20 each. Call 221-2509 or (830) 980-2622, leave a message.

**Free to a good home:** Laurel, a 70 lbs. Chow, Lab mix, active, friendly, inside dog; Shasha, a 35 lbs. Lab mix, active, friendly, inside dog; Ranma, a 10 lbs. gold Tabby, snuggly, companion, outside cat. Call 491-4177 or 221-1886.

## 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.

**Nurse Director** - San Antonio. Coordinates and supervises activities for the provision of care to specified service areas. Supports the mission statement, policies and procedures. Works collaboratively with patients, families, visitors, nursing personnel, and physicians.

**Director of Quality Improvement/Quality** - San Antonio. Responsible for Quality Improvement/ Control, Outcomes management of a 275-bed hospital.

**Physical Therapy Assistant** - San Antonio. Treating patients, documenting progress toward identified objectives. Assisting in developing and implanting new programs/techniques to enhance physical therapy services.

## Resumix workshop for U.S. Army Garrison employees

Accessing Resumix workshop will be held 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: 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.

## 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.

## DMRTI to host course June 21-25

The Defense Medical Readiness Training Institute will host the Homeland Security Medical Executive Course at the Hilton Austin Airport in Austin, Texas. Course information is available at [www.dmrta.army.mil](http://www.dmrta.army.mil).

## 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: SeaWorld, Walt Disney World, Ripley's Wax Museum, Space Center (Houston), Splashtown, Natural Bridge Caverns, Natural Bridge Wildlife Ranch, IMAX, San Antonio City Tours, and Texas Treasure Casino Cruises. For information, visit the MWR Web site at [www.footsamhoustonmwr.com/bod/mwr\\_ticket\\_office.asp](http://www.footsamhoustonmwr.com/bod/mwr_ticket_office.asp) or call 226-1663. Additional tickets will be posted as they are received.

# Ft. Sam Houston Commissary

## DIAPER DERBY & TODDLER TROT



**Tuesday, March 23, 11 a.m.**

**2 Age Groups & Categories:**

Up to 9 Months, Crawlers

Up to 18 Months, Toddler Trotters

\* Subject to change depending on participation



- All contestants will receive a prize
- Parents must have valid military ID's
- All contestants must have proof of age
- 1st, 2nd, and 3rd place prizes in each category
- Prizes will be awarded the day of event

Sponsored by: Procter & Gamble, Playtex,  
Johnson & Johnson, Del Monte Baby Food, S & K

## Trinity Baptist pastor to speak at SonRise Service

The annual SonRise Service will be held April 11, 6:30 a.m. at Main Post Chapel. Dr. Buckner Fanning will be the guest speaker. The service is open to all who wish to celebrate The Lord's Resurrection!

Buckner Fanning was pastor of Trinity Baptist Church in San Antonio, Texas for 42 years. He is known for his ecumenical spirit of cooperation among various faiths to promote and nurture the spiritual health and well being of the members of the community. He has preached in more than 30 countries. Fanning was selected by Business Weekly of San Antonio as one of the ten most influential persons in San Antonio. Some people refer to him as "San Antonio's Pastor."

Buckner joined the U.S. Marine Corps on his 17th birthday in 1943 and spent three and half years as an enlisted man in the Marine Corps. Much of that time in the Pacific and did occupation duty in Nagasaki, Japan immediately following the dropping of the atomic bomb. This experience along with several other pivotal moments, led him to devote his life to proclaiming the message of Christ's unconditional love and grace for all people.



**Dr. Buckner Fanning**

## 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](http://www.cs.amedd.army.mil/chaplain)



From left instructors, Anthony Varderman, Alex Abraham; students Wisper Herron, Mia Miller and Metheus Miller, pose with medals after their state competition, which qualified them for national competition in July.

## Three FSH state AAU Tae Kwon Do state champs, head for nationals

Story and photo by  
Sp. Roman Kubyskovskyy  
Special to the News Leader

On Saturday, March 6 the AAU Tae Kwon Do Texas Championships were held at San Antonio College. Three children from the Fort Sam Houston Youth Center qualified for the AAU Tae Kwon Do National Championships, which will be held in Fort Lauderdale, Fla., July 6-10.

Wisper Herron, Metheus Miller, Jr. and Mia Miller qualified for the U.S. National AAU Tae Kwon Do Championship by placing in the top four in their respective categories during the tournament.

Mia Miller was recognized as the Texas state champion in the 6-7 year old category in two

different events for winning the Gold medal in Individual Point Sparring and Individual Forms. She also won the Silver medal in Olympic Style Sparring.

Metheus Miller Jr., won the Silver medal in Individual Point Sparring and the Bronze medal in Olympic Style Sparring in the 10-11 year old Advanced category.

Wisper Herron won the Silver medal in Olympic Style Sparring in the highly competitive 8-9 year old Novice category.

All three youths study Tae Kwon Do at the Fort Sam Houston Youth Center under the direction of Anthony Varderman and Alex Abraham of the Korea-America Tae Kwon Do Academy and volunteer assistant Staff Sgt. Metheus Miller, Sr. of G Company, 232d Medical Battalion.

## 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 221-4871/1723.

**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.

## ADOT recruiting prospective engineers

The Arizona Department of Transportation state engineer's office is recruiting for the 2004 Summer Engineering Program. This program is for current engineering students who are interested in working in a professional engineering environment. To be eligible, applicants must be either:

- A high school graduate who has been accepted at a university or college and is a declared Civil Engineering major.

- A current college or university student who is a declared Civil Engineering major.

Persons hired for this program will perform duties related to the design and construction of the state highway system. Deadline to submit a resume is April 1. For information, call (602) 712-8188 or e-mail to lsilva@dot.state.az.us or the Fort Sam Houston School Liaison Services Office at 295-4806.



Metheus Miller is declared the winner and advances to the next round after winning his first match by a score 8 to 5.

## Fort Sam Houston ISD Weekly Campus Activities, March 22-27

### Fort Sam Houston Elementary School

**Monday, March 22**

- Fourth nine weeks begin

**Tuesday, March 23**

- Reading Proficiency Test in English for limited English proficient students in grades 3-6

**Thursday, March 25**

- Report Cards sent home

**Friday, March 26**

- Spirit Day



### Robert G. Cole Jr./Sr. High School

**March 23-30**

- Cheerleader Tryouts Clinic in gym, 3:30-5 p.m.

**Tuesday, March 23**

- Reading Proficiency Test in English for limited English proficient students only, TBA

- UIL Reading Writing, TBA

- GATE Field Trip at Sea World, all day

- Baseball at Nixon-Smile, 4 p.m.

**Wednesday, March 24**

- Cole Golf Team at Comfort, all day

- Cole UIL One Act Play, "A Doll's House" at Fine Arts Building, 7 p.m.

**Thursday, March 25**

- Varsity Track Meet at Dilley High School (finals only), all day

- Cole UIL One Act Play, "A Doll's House" at Fine Arts Building, 7 p.m.

**Friday, March 26**

- Baseball vs Stockdale at Cole, 4 p.m.

- Tennis at Brackenridge Tourney, TBA

**Saturday, March 27**

- UIL One Act Play practice at Randolph, TBA

- Tennis at Brackenridge Tourney, TBA



Photo by Spc. Roman Kubyskovskyyr

### 32nd Medical Brigade Champs

On March 3, D Company, 232d Medical Battalion claimed the championship by defeating the 187th Medical Battalion in the 32nd Medical Brigade men's basketball tournament.

## MWR memorial race to honor 'BG' Johnson, March 21

By Alexandra Nordeck  
Special to the News Leader

A Memorial 5K/10K race will be held Sunday, March 21 in honor of Gen. Billy "BG" Johnson, former deputy commanding general and director of Dental Services, U.S. Army Health Services Command at Fort Sam Houston.

The "BG" Johnson Memorial race starts at 7:30 a.m. from the Brigade Gym. Same day registration begins at 7 a.m. Entry fee is \$20 and all participants receive a T-shirt.

Awards will be presented in 13 age groups from 15 and under, then every five years to 74 plus, as well as an overall male and female award and an overall military male and female.

Gen. Johnson was born 1935. He entered the active duty Army in 1960, after receiving his doctorate in dental surgery from St. Louis University School of Dentistry. His assignments took him all over the world from Fort Rucker, Ala., to Heidelberg, Germany. Gen. Johnson became deputy commanding general and director of Dental Services, U.S. Army Health Services Command at Fort Sam Houston in August 1984.

As an avid runner, Gen. Johnson loved to run all over post. The running track at the MacArthur Parade Field is dedicated to his memory.

See the News Leader for upcoming MWR races including the Mother's Day 5K/10K May 9 and the Heart of Texas Triathlon series July-August. For information, visit the Web site [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

## Recreation and Fitness

**MWR is on the Web** - Find all the latest news on MWR's programs, facilities and activities at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

**Fitness Run, March 20** - Join the fun at the monthly fitness run/walk, March 20 starting at 10:30 a.m. outside the Jimmy Brought Fitness Center. This event is free and open to the public. Participants receive a T-shirt. For information, call 221-2020.

**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.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or pick one up from the Jimmy Brought Fitness Center.

**3-D Archery at Camp Bullis March 27-28** - The next 3-D shoot will be held March 27-28. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Prizes will be awarded to the top three in each class. Check-in time is 8-10 a.m. Saturday's shoot is \$15, all competitive and Sunday's shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult and a playground is

available for kids. Open to the public.

**Bench Press Contest, April 10** - The next Fort Sam Houston Bench Press Contest is set for Saturday, April 10, 10:40 a.m. with weigh-in from 9:30-10:30 a.m. This event promotes injury-free weight training program.

**Camp Bullis Catfish Pond now open** - The Camp Bullis pay-as-you-go catfish pond is now open Saturdays and Sundays from noon to 6 p.m. All catfish are sold by live-weight. The pond is stocked twice each year with 3 to 5 pound channel catfish. A fishing license is not required and there is no daily fee.

**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.

## 'Rainbow Kids' seeks talented boys and girls for auditions

Fort Sam Houston's Youth Services announce the formation of two performing arts groups on Saturday, March 27.

The first group is known as "The Rainbow Kids," and is open for boys and girls from ages six through 13 years who like to sing, dance, and perform comedy or special acts. The audition will begin at 10 a.m. at the FSH School Age Services, Bldg. 1705, located off Winans and Dodd Roads across from the chapel.

Children who have special talents should have a routine prepared. The audi-

tion will consist of talking to the kids, hearing their voices, learning a simple dance step and answering questions.

You can view the Rainbow Kids Web site at [www.geocities.com/azrainbowkids](http://www.geocities.com/azrainbowkids).

The touring performing arts group is dedicated to presenting professional quality, family style entertainment in a variety of settings. The music includes routines from the 1920s, 30s, 40s, 50s, 60s, Broadway, some modern and country and western. The non-profit group presents

free programs ranging from 30 minutes to more than an hour at schools, churches, community and military events, youth and senior centers, shopping malls, and at patriotic events. This group performs year round with auditions twice a year.

The second performing arts group is called "The Montage Kids" and is designed for kids that prefer acting. They will work in 10-week sessions and will present a program at the end of each session. This group is also open to boys and girls from six through 13 years. The

group will work from scripts that include songs, some dancing, and scenes from famous plays, comedy skits and fun. The "Montage Kids" first meeting will begin at 11:30 a.m. at the FSH School Age Services, Bldg. 1705.

For information, call the FSH Youth Center at 221-3502 or 221-4882. You may also call the School Aged Services at 221-4466. Ron Joy can be reached at (830) 980-7786 or 221-1043 or via e-mail at [rj96707@yahoo.com](mailto:rj96707@yahoo.com).

## 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 registered 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.

**Alternative Dance Classes** - Join the Middle School and Teens for Alternative Dance Class Tuesdays from 5-6 p.m. Dance types include salsa, hip-hop, and country.

**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.

**Saturday Shuttle** - YS 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.



## 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.

### Society for the Preservation of Historic FSH meeting, March 18

The Society for the Preservation of Historic Fort Sam Houston general meeting will be held March 18, noon at Stilwell House, 626 Infantry Post. Jeffrey F. Addicott, professor of law at St. Mary's University School of Law and author of *Winning the War on Terror*, will be the guest speaker. The book will be available for sale.

### San Antonio Chapter of MOAA luncheon, March 24

The San Antonio Chapter of the Military Officers Association of America, formerly The Retired Officers Association, will host a luncheon at the Fort Sam Houston Officers' Club March 24. Social hour starts at 11 a.m. followed by lunch at noon. The cost is \$13. The speaker will be Dr. Whitney, a cardiologist. For information or reservations, call 228-9955 or 228-9956.

### Alamo Chapter ASMC luncheon, March 25

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to a luncheon March 25, 11 a.m. to 1 p.m. at the Mulligan's Café, Fort Sam Houston Golf Club on Harry Wurzbach Road. Guest speaker will be Randy Carroll and Pam Tyler, KJ 97 Morning Show. RSVPs required NLT March 19. For information, call Marlene Quick at 221-7148.

### 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. For information on team registration or to volunteer, log on to [www.sakomen.org](http://www.sakomen.org) or call the Race Hotline at 822-8700.

### SAFEhaven Children's Shoes Benefit Walk, March 27

The New Braunfels Marsch und Wandergruppe Volksmarch club and SAFEhaven Program will host a 10-kilometer (6.2 mile) and optional 5-kilometer walk starting behind the New Braunfels Utilities building at 263 East Main Plaza in New Braunfels on March 27. The proceeds from this walk will be used to provide shoes for poor children through the Safehaven program. For information, call Helgard Suhr-Hollis at (830) 625-6330 or e-mail at [helgard@texas.net](mailto:helgard@texas.net) or visit [www.nbutexas.com](http://www.nbutexas.com).

### Installation Volunteer Recognition Ceremony and Reception April 14

The Fort Sam Houston Volunteer Advisory Council will host the annual Installation Volunteer Recognition Ceremony and Reception on April 14, 2-4 p.m. at the NCO Club. For information, call your Volunteer Advisory

## ¿Que Pasa?

Council Representative or Kim Miller, Installation Volunteer Coordinator at 221-2705/2418.

## Volunteer

### Caring Hearts Support Group sponsors bake sale, April 8

The Caring Hearts Support Group plans to raise money for the first annual Breast Cancer Survivors Retreat that will be held in October. The group will hold a bake sale on April 8 at BAMC in the Medical Mall near the pharmacy. The money raised will help to sponsor women who would not otherwise be able to attend as well as cover speaker's fees, etc. Plan to attend the bake sale and to support the fundraising efforts for Soldiers and their families who are battling cancer. If you know someone who might benefit from this Retreat or would like to help in some way, call Susie Kadleck at 656-0012.

### 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, 11:50 a.m. The Fiesta Flambeau parade will be held the evening of Saturday, April 24, 6:50 p.m. Seats are \$7 each and are located along the 100 block of East Commerce Street. To purchase seats, call Shari Mullins at 226-9568.

### 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.

### 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.

## Education

### Earn a degree through Our Lady of the Lake University's Weekend/Evening program

Earn a bachelor's or master's degree through Our Lady of the Lake University's Weekend and Evening Degree program. A representative will be at the Fort Sam Houston education office on Tuesday, March 23, 11 a.m. to 3 p.m. to answer questions and provide more information. Classes are offered during weekend or evening formats and most classes meet every other week for a total of six sessions. Classes are offered at the University's Main Campus at 411 S.W. 24th Street and the Northwest Campus at 5414 Fredericksburg Road. For information, call 431-3983.

### Parent University sponsors Child Lures, April 6

Parent University is sponsoring Child Lures on April 6, 5:30-7:30 p.m. Child Lures is a program developed by Kenneth Wooden, to help protect the children from criminals. Parents will learn prevention techniques that reveal favorite ploys or "lures"; used by actual criminals. Childcare will be provided for parents attending this program. Pre-Registration forms will be disseminated in late March at the elementary school, School Age Services, Youth Services, CYS Central Registration, and ACS Family Advocacy Program Locations. Parent University is co-sponsored by FSH Elementary, ACS Family

Advocacy Program, and Child and Youth Services.

### 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](mailto:Beverly.Casiano@usarec.army.mil).

### 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 information 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.

## Meetings

### Purple Heart veterans sought

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

### USAWOA - Lone Star Chapter meetings

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