



# News Leader<sup>®</sup>



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Fort Sam Houston — Home of Army Medicine

March 25, 2004

## Briefs

### AUSA Luncheon, today

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

### MOC 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 FSH. For information, call Robb Wood at 221-5428.

### Newcomers' '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 for 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 FSH Elementary School Library, 3370 Nursery Road.

### Quadrangle closed, April 5-6

The FSH Quadrangle will be closed to the public April 5-6. During this time, the veterinarians will perform the annual checks and vaccinations of the animals.



Photo by Esther Garcia

Media surround Don Spigelmyer, director of the Army Residential Communities Initiative, installation commander, Brig. Gen. Daniel Perugini, and Kevin Keane, Lincoln Military Housing LLC senior vice-president during the ceremony announcing the partnership to build new homes and renovate existing residences. The 50-year contract worth an estimated \$1.4 billion will also include development of associated community recreational centers.

## Residential Communities Initiative planning begins

By Phil Reidinger  
Fort Sam Houston Public Affairs

The post community gathered March 17 near new housing under construction at Patch-Chafee for the official announcement of the Army's 50-year lease contract with Lincoln Military Properties LLC to start planning the renovation of existing houses and construction of new quarters

on post.

The 50-year contract to manage and build post housing on the historic post is estimated to be valued at \$1.37 billion. The initial 10-year development investment is estimated to be \$145 million.

The initial six months of the contract will be dedicated to developing a management plan addressing new construction requirements and locations, replacement

and renovation of existing family housing and development of community amenities supporting residential areas.

Don Spigelmyer, the department of the Army director of the Residential Communities Initiative program said the beginning of a partnership between Fort Sam Houston and Lincoln Military Housing LLC will significantly improve

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## Walter Reed Army Medical Center handles leishmaniasis cases

Army News Service

Health care providers at Walter Reed Army Medical Center have treated almost 400 patients infected with leishmaniasis since the beginning of Operation Iraqi Freedom last year.

Patients receiving, or who have received care at Walter Reed for Leishmaniasis, have been treated as outpatients, without having to spend any nights in the hospital, according to medical center officials.

"Most receive antibiotics for 10 days

and are then able to return to duty or go on leave," said Maj. Gen. Kevin C. Kiley, commander of WRAMC and the North Atlantic Regional Medical Command.

"This treatment keeps our staff busy, but has in no way overwhelmed us."

"We hope the number of leishmaniasis patients goes down, but if it should increase we feel that we're ready to care for them," Kiley added.

Leishmaniasis is a disease spread by the bite of a sand fly, occurring most frequently in tropical areas around the world such as in Iraq, Kuwait, Saudi Arabia,

Afghanistan, Pakistan and other countries in Southwest Asia.

The peak season for the sand flies is March through October.

There are two kinds of leishmaniasis - cutaneous and visceral. There have been no cases of visceral leishmaniasis (the more serious infection of the two) detected among patients from Iraq being treated at Walter Reed.

People who get the cutaneous form of leishmaniasis have sores on their skin that may not heal for several weeks. The lesions form weeks after an infected sand

fly bites the person. The sores initially appear as bumps on the skin, then form an open, flat, circular sore with raised edges. Sometimes they have a scab and may be tender. If left untreated, the skin sores can last for years and leave permanent scars, but are not life threatening. Cutaneous leishmaniasis is not contagious.

Visceral leishmaniasis is much more serious, infecting the liver, spleen and other internal organs and may be fatal if not treated.

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## Army leaders to review effectiveness of policies on sexual assault

Army News Service

Senior Army leaders are reviewing policies to ensure that victims of sexual assault continue to receive immediate care and assistance and that all reported allegations are thoroughly investigated.

"Sexual assault has no place in our Army," said Lt. Gen. Franklin Hagenbeck, the Army deputy chief of staff, G1, during an interview with Dateline's Stone Phillips that aired March 12.

In the last year, Army CID personnel in the Central Command area investigated 92 allegations of sexual misconduct. The complaints were not all made by Soldiers,

officials said. And not all of those assaulted were women. Also, the perpetrators were not all Soldiers, officials added. Allegations have been made against local nationals and members of other services and coalition forces.

Of the 92 cases, the Criminal Investigation Command has completed 74 of the investigations so far, officials said.

CID officials said they are committed to conducting thorough and complete criminal investigations into the cases discussed on Dateline and have been doing so since the incidents were reported to CID.

"It would be inappropriate at this point to comment on either of the investigations

to protect the integrity of those cases," a CID official said, "and we are as equally committed to protecting the privacy of the victims."

The Army remains committed to taking care of Soldiers and dealing expeditiously with any complaint or allegation, officials stressed.

"The mere fact that this happens in our Army to me is unconscionable," Hagenbeck said. "We go out and form teams, small groups live together, serve together and sometimes die for each other. The fact that someone in the same uniform could turn around and commit a criminal offense against one of the members of that team is intolerable."

Where appropriate, the Army will prosecute perpetrators who fall under the Uniform Code of Military Justice using full legal authority through all the right channels while taking care of Soldiers who have been assaulted, Hagenbeck said. At the end of the day, Soldiers need to know that they are still a part of the team, he added.

To ensure that current policies and programs are effective, Les Brownlee, the Acting Secretary of the Army, directed the establishment of a task force to review the effectiveness of the Army's policies on reporting and addressing allegations of sexual assault. This task force will review

See Army on Page 3

# A-76 townhall meeting questions and answers

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 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:** Are resumes being checked at all to fill positions in the event of buy outs?

**A:** Positions vacated by buy outs will not be refilled. However, personnel data will be used to match employees to new MEO/CGA positions.

**Q:** I understand that we did not receive the authority to offer VERA/VSIP to 2210's. But MEDCOM recently offered a 2210 a buy out. How can this be?

**A:** Authority to buy out 2210 series has not yet been received by USAG. USAG will comply with the buy out rules. USAG is not in a position to explain MEDOM's buy out.

**Q:** What is the status of the VERA/VSIP for 2210 series employee? Could CPAC set up a distribution list of all 2210's that requested VERA/VSIP so that accurate and timely information could be sent directly to them?

**A:** 2210 series personnel receive special pay rate. Buy outs of 2210 personnel requires approval from Assistant Secretary of the Army. FSH's request is already at the office of the ASA.

**Q:** If VERA/VSIP is eventually

offered to 2210 Series employees, will those vacated positions be refilled?

**A:** Positions vacated by buy outs will not be refilled. Hiring actions will occur for 2210 positions in new MEO/CGA structure.

**Q:** What are the other Special Pay classifications at FSH besides 2210's?

**A:** Engineers, Police Officers, and certain healthcare occupations.

**Q:** How much longer will ITBC remain in Bldgs. 4190 and 2840?

**A:** Space assignments for all MEO/CGA offices is still being studied.

**Q:** If I have been serving in a temporary promotion and I am placed into a

See A-76 on Page 4

## Fort Sam Houston News Leader

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1st Lt. Robin Sunday, a registered nurse at the Camp Phoenix Aid Station in Kabul, Afghanistan, prepares to administer intravenous solution to a patient. The Camp Phoenix Aid Station is on-call at all times for the approximately 900 Soldiers who make up Coalition Joint Task Force Phoenix, which is comprised mainly of National Guard units from over 20 states, the Oklahoma National Guard's 45th Infantry Brigade Headquarters, and contingents from seven different countries.



U.S. and coalition Soldiers transport an Afghan civilian patient to the Camp Phoenix Aid Station in Kabul, Afghanistan. The Camp Phoenix Aid Station is on-call at all times for the approximately 900 Soldiers who make up Coalition Joint Task Force Phoenix, which is comprised mainly of National Guard units from over 20 states, the Oklahoma National Guard's 45th Infantry Brigade Headquarters, and contingents from seven different countries.

## CJTFP medics provide medical care on par with that found in the U.S.

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

When most Americans are in need of emergency medical care, help is usually just a quick phone call away. U.S. Soldiers serving at Camp Phoenix in Kabul, Afghanistan, may not have a phone readily available, but medical assistance can be there just as quickly.

The Camp Phoenix Aid Station is on call at all times for the approximately 900 Soldiers who make up Coalition Joint Task Force Phoenix.

"Our mission is to support U.S. and coalition forces with medical care so they're able to do their mission," said Maj. Ted M. Ware from Yukon, Okla., the officer in charge of the Camp Phoenix Aid Station.

CJTFP's mission of training the Afghan National Army is very important to Afghanistan's future since it will provide a measure of stability to the country and will help to prevent the re-emergence of terrorism. CJTFP's Soldiers, mainly from National Guard units from over 20 states, the Oklahoma National Guard's

45th Infantry Brigade Headquarters, and contingents from seven different countries, can concentrate on their mission knowing that if medical care is needed, it's quickly available.

"If they came here with no medical support, they'd be very concerned and unable to fully concentrate on their mission," said Ware. "Our presence here is a big reassurance to them, and they can fully concentrate on their jobs."

Staffed with 25 medical professionals from the Oklahoma National Guard's 45th Infantry Brigade, including two physicians, two physician's assistants, two registered nurses, a pharmacy operations officer, a non-commissioned officer in charge who is also a registered nurse in her civilian job, and 17 medics, the Camp Phoenix Aid Station is more than capable of providing medical care on par with that found in the U.S. "Knowing medical care is available, folks are reassured that despite the conditions here they'll get the same level of care as they would in the U.S.," said Ware.

"Obviously, we're not back home," he said. "However; you're going to get the same medical care in this theater as you'd get back home even though some of our

equipment may look a little different than what you're used to seeing in the civilian world."

"We're able to provide advanced trauma management, provide advanced cardiac life-support, and stabilize patients until evacuated," said Ware.

Depending on the seriousness of a Soldier's illness or injury, he can be evacuated to either the International Security Assistance Forces compound about 5 kilometers from Camp Phoenix, or to the U.S. Bagram Air Field about 30 miles away.

Not only do the Soldiers of CJTFP reap the benefits of excellent medical care that is just a stone's throw away, but also Afghan civilians can occasionally be treated at the aid station.

"If someone shows up at the gate and is in danger of losing life, limb or eyesight, we'll definitely take care of them," said Ware. "We also care for employees of the Department of the Army and Department of Defense working at Camp Phoenix."

Although the illnesses and injuries are usually minor, the Camp Phoenix Aid Station sees a steady stream of patients on a daily basis.

"On the average day, we see eight to 10 people for everything from gastrointestinal and upper respiratory problems to sprained ankles," said Ware.

Despite working long hours at the aid station and having to perform the usual duties of a Soldier such as guard duty, the aid station staff remains upbeat and does everything in their power to provide the best care possible.

"They (staff members) perform an excellent job here," said Ware. "They meet all challenges with cheerful smiles and a can-do attitude!" he added.

Even with all the responsibilities and worries associated with providing medical care for the entire task force, Ware remembers the big picture of exactly why he and his staff are here.

"I support our mission 100 percent because I don't want to see 9/11 happen again," said Ware. "I think we're taking the right step in providing stability to a country that has been unstable for so many years."

His eyes weary from the end of a 24-hour shift in the harsh environment of Afghanistan, Ware remains nonetheless unfazed. "I think it's a small price to pay for the freedom that we enjoy."

## WRAMC

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Since there is no vaccine to protect against leishmaniasis, service members who deploy to areas where there's a chance of contracting the disease are briefed about preventive measures to possibly avoid getting it, said Col. Dallas C. Hack, chief of the Walter Reed Preventive Medicine Service.

These measures include:

- Limiting outdoor activity at dusk and

during the evening when sand flies are most active, especially during warmer weather.

- Wearing protective clothing and insect repellent.
- Treating uniforms with permethrin.
- Using permethrin-treated bed netting.

While rare, some forms of leishmaniasis can be transmitted through blood transfusion, medical officials said. There

have been no cases of the disease transmitted through blood transfusion in the United States and personnel deployed to Iraq have been deferred from donating blood for one year after departure from Iraq. The deferral, put in place by the Armed Services Blood Program Office, is a precautionary measure to ensure the safety of the blood supply.

People diagnosed with leishmaniasis are permanently deferred from donating

blood. In many cases, it takes two to six months for symptoms of leishmaniasis to show up. Service members returning from Iraq may have been bitten by the sand fly that causes the disease and may theoretically have the parasite in the blood stream, but they may not know it.

Information provided by Joan Malloy of the Walter Reed Army Medical Center Public Affairs Office and the U.S. Army Medical Command.

## Army

Continued from Page 1

existing processes, procedures and programs and will make recommendations for improvement. The findings of the task force will be reported to the Secretary of the Army in May.

Overall the Army is taking care of its Soldiers from a legal, psychological and medical angle, Hagenbeck said. Victims currently have access to lawyers, chaplains, medical specialists, psychologists and victim witness liaisons. Leaders at every level need to under-

stand their responsibilities in supporting victims, and they also need to create a climate where victims feel free to report allegations, officials said. Ensuring all leaders understand this is another goal of the task force.

During Hagenbeck's interview with Phillips, he repeatedly emphasized that the Army is a value-based organization that takes care of its own. "Sexual assault is a criminal offense, and one is too many," Hagenbeck stressed.

## Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
- In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.

Source: Fort Sam Houston Safety Office



# RCI

Continued from Page 1

the quality of housing communities and the quality of life for Soldiers and their families in the years to come.

"For the next six months the Lincoln and FSH team will jointly put together a community development and management plan that addresses how they plan to revitalize your housing, housing communities, and sustain them in excellent condition for the next 50 years," he said. He noted the development plan would address new construction, replacement and renovation of family housing, but also quality operations and management of the FSH community for the next 50 years.

"The size of the scope and financial investment in this project has far reaching implications," Spigelmyer said. He encouraged community leaders and large and small business groups, outside the gate to work with the FSH team.

"I should also note that the RCI process allows and encourages healthy input by the FSH residents. The RCI team will be hosting a number of focus groups and design charrettes where you can contribute to the plans for the new FSH communities. I encourage you to participate in these activities so that your project truly reflects your living requirements and a sense of well being for the military family," he added.

Spigelmyer emphasized that a spirit of partnership between the Army, the private partner, and the military family makes a project a success.

To date, FSH is the 24th installation of



Photo by Esther Garcia

Kevin Keane, Lincoln Military Housing LLC senior vice-president, Don Spigelmyer, Residential Communities Initiative Program director, and Col. Garry Atkins, U.S. Army Garrison commander, discuss the agenda for future meetings to prepare the command development management plan during the next few months.

the 34 scheduled for privatizing. He emphasized projects under way have resulted in families very happy with the quality of housing, both new and renovated, amenities such as parks, pools, community centers, and maintenance and repair housing operations provided by privatization partners. "The positive comments and feedback from surveys, letters and site visits clearly indicate that the RCI program and its processes are effective and successful tools that attract world-class

developers to partner with the Army. Lincoln Military Housing LLC is the epitome of the type of partner that the Army seeks," Spigelmyer added.

Kevin Keane, senior vice-president, Lincoln Military Housing LLC said, "When we were notified that the opportunity to privatize FSH was available, we thought our firm would be a good fit." He noted his firm is a Texas company founded in Dallas, and still is one of the most active privately held real estate development companies in the United States.

"Our preliminary plan calls for the venture to invest over \$170 million during the next ten years in the construction of 638 new homes, the renovation or redevelopment of 800 historic and non-historic homes, and demolition of approximately 260 homes. "In addition, our plan anticipates the construction of five community recreational centers for families to gather and enjoy leisure activities. All of this work will be completed using regional contractors," he added.

Keane noted during the next four months, various groups,

associations, schools, and city leaders will be contacted to assist the RCI privatization team conduct focus group meetings to determine what is it about living at Fort Sam Houston and in the San Antonio area that is considered to be most important. "We will then incorporate those items thought to be most important to the military families of FSH into a preliminary master plan," he said.

After completion of the preliminary master plan with focus group input, the RCI team will host a charrette process during which Lincoln Military Housing architects and land planners will incorporate suggestions and modify plans to reflect what he termed "real time modifications for long term living."

Keane emphasized, "As we move through our development and management activities with the RCI post team as our partners, our goal is to provide an exceptional quality of living by providing services and support, improved housing, restoration of historic housing, and neighborhood amenities that connect one another and enrich military family life."

Army Medical Department Center and School and FSH commander, Brig. Gen. Daniel Perugini said, "Our goal is to make Fort Sam Houston a better place to live and to work – as a model, future Army installation. This post has a rich history that will be preserved."

Perugini noted FSH is a military community consistently recognized within the Defense Department for innovation and adaptive use of the installation infrastructure supporting 70 resident tenant commands and activities.

"We are all looking forward to creating a management plan that provides an opportunity to increase available housing for Soldiers and their families, enhances the preservation of our unique historic quarters, and creates opportunities for conversion or return of historic structures to family residences. RCI does not mean only building housing units, but also creating and maintaining housing communities," he said. He added that the community is looking forward to working with Lincoln Military Properties as a partner to continue the transformation of FSH into a community that is deserving of the nation's great military families.

## RCI staff conducts walk-through inspections

The Fort Sam Houston Residential Communities Initiative and Lincoln Military Housing LLC will begin the revitalization of the overall family housing appearance and function of the installation starting in 2005. In support of this initiative, LMH will perform a visual inspection to be used to define the scope of work for future renovations of the residences. This is just the preliminary stage for enhancing the quality of life at Fort Sam Houston.

The walk-through inspections are planned to occur during normal business hours, 8 a.m. to 5 p.m., now through May 14. Each inspection is estimated to take approximately one to

two hours. In order to reduce your inconvenience and to more efficiently perform the inspections, a LMH representative will be contacting you over the next couple of weeks to arrange appointments for their staff to have access to your home for the inspections.

The areas to be inspected include the interior and exterior spaces as well as structural conditions. Some internal and external photographs will be taken of the housing units in order to document areas of concern as well as the typical condition of the unit. LMH and the Residential Communities Initiative staff encourage the housing residents to have a list of problems handy for the inspection teams.

## A-76

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lower-graded position, will my save pay be based on my temporary promotion salary or on my permanent grade salary?

**A:** Save pay is based on permanent grade salary.

**Q:** After receiving a downgrade from a GS-11 to a GS-09, save pay is maintained for a period of 2 years. What happened after that, do I go to GS-09 pay?

**A:** Grade retention lasts for two years. Pay retention continues after two years, but with limited annual pay increases (i.e., step increases, annual pay adjustments)

**Q:** For all the new USARSO positions will we have to apply for these jobs or will they be included in the RIF/placement process?

**A:** USARSO's direct hiring actions should be applied for and will not be filled via RIF action.

**Q:** I Understand in August 2004 we will be going with the MEO, and then RCI will take over in April 2005. What is going to happen to us at housing?

**A:** If the Residential Communities Initiative results in a cessation of work performed by civil service employees in housing, then another downsizing initia-

tive might be appropriate. That is, impacted individuals may be reassigned to continuing jobs, offered incentives to voluntarily separate or (in the worst case) they could be subject to another RIF process.

**Q:** I am a GS-12, 2210 with almost 34 years of service, and currently working for AMEDDC&S. Is it likely that I would be offered a buy out from Garrison?

**A:** It is not likely. The original MEO structure was based on workload data, which is now a couple of years old. The MEO is being modified to reflect the Garrison's current workload and missions. The modifications will improve our ability to place employees in the GS-2210 family and reduce the need to encourage voluntary separations thru buy outs. Based on the results of the canvass for interest in buy outs among Garrison employees, offers to non-Garrison individuals is possible but not likely.

**Q:** What is a buy out package for a new government employee? (2 years)

**A:** Buy out amounts (i.e., packages) are calculated in the same manner as severance pay and are therefore based on length of civilian service and age. An individual with two years of service would receive an amount (before taxes)

equal to two weeks of pay. Such individuals over 40 years of age would receive an additional 10 percent of that amount for each year their age exceeds 40.

**Q:** After working through buy outs when can we expect to be bumped? If the buy outs do not produce enough positions to place people whose positions are being abolished?

**A:** Reduction-in-force actions (e.g., bumping) will probably be effected when the MEO is "implemented." That target date is currently Aug. 2. Notices of impending bumping actions will be delivered 60-days prior. During the 60-day notice period, efforts will continue to mitigate or eliminate the scheduled bumping.

**Q:** How soon will we be receiving our RIF letters? I want to introduce myself to my new supervisor since we will be working together under the new organization.

**A:** Reduction-in-force notices will be delivered about 60-days prior to the effective date. Arrangements for some training or orientation prior to reporting dates are anticipated. Also, jobs offered in RIF letters are subject to change during the 60-day notice period.

**Comment:** Need to post no cell

phones or turn off cell phones in the meetings.

**Reply:** We will ask attendees to turn off their cell phones at the beginning of the next town hall meetings.

**Comments:** 1) The format of questions is great, but just place answers in the middle of the screen and not the bottom. It is too difficult to read. 2) For future town hall meetings held at the NCO club, please raise the answers toward the top of the viewing screen. I sat in the sixth row and could read the top half of the screen, but the bottom half was mostly blocked by other people's heads.

**Note:** This would not apply for meetings held at Evans and Blesse Auditorium, where the screens are above the seats.

**Reply:** The April Town Hall Meetings will be held in the Evans Auditorium. However, in the event we have to hold future Town Hall Meetings in the NCO Club, we will make every attempt to display the slides where everyone can see them.

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



Photo by Diane Martinez

**BAMC team wins Basketball Intramural games**

BAMC's basketball team is the winner of the Basketball Intramural games held recently on post finishing the season with 15 wins and one loss. From left, Keith Hughes, Jamison Anderson, Anthony Johnson, Thomas Andrews, Anthony Calloway, Willie Lattimore, Cory Jenkins (payer/caoch), and James Clifford. Not pictured is Gregory Steward. Jenkins received individual trophies for highest point average and most 3-point shots made.

**Blood is the fluid of life**

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

Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



# Retro Bill shares safety, drug free messages with FSH students

By Linda Furlow  
Special to the News Leader

A genuine Hollywood celebrity visited Fort Sam Houston schools March 8 and 9. Students, parents and school staff did a double take as he passed by them. Wearing a leather jacket and pompadour hairdo, Retro Bill smiled and waved to them as he made his way to the stage.

After an introduction by Spc. Desarei Hoss, Drug Abuse Resistance Education officer and military policeman, Retro Bill bounded up on stage full of enthusiasm and with important safety messages for Fort Sam Houston's kids.

Retro Bill spent his entire life savings and gave up many luxuries to produce his award-winning video, which he then donated to the DARE program. His goal is to make a positive difference in the world, especially for children. He is currently in negotiation with Nickelodeon about appearing in a show on their network and has been called "a human Jimmy Neutron." The media has touted him as the "Mister Rogers of the 21st century."

Retro Bill spoke to the elementary school children about being bullied, being teased, and about respect. Respecting themselves, each other, their parents and especially their teachers. He also talked about saying no to drugs, alcohol and tobacco. Retro Bill kept his audience's attention when

he brought out his hula-hoop. He used the toy to talk about his grandmother's hula-hoop theory of "what goes around comes around."

While at Cole Junior/Senior High, he spoke to students about making the right choices in what they put into their bodies. You could hear a pin drop as Retro Bill spoke of a young girl he met a few weeks ago, who was dying from emphysema caused by smoking cigarettes. He drove home his point by pouring a beer into a blender, adding a cigarette and chewing tobacco, all the while talking about the advertising of these products. A chorus of "ugh...gross" could be heard throughout the gym.

After keeping his audiences entertained for almost an hour, he ended his program by talking about respecting the flag and the sacrifices our men and women in uniform are making for our freedom. Several members of the Cole ROTC joined him in front of the students while he talked of his friend, Greg, a member of the Special Forces, who presented him with the flag that he carries, and how he died in Iraq a few months later.

After his show, kids and adults scrambling for his autograph besieged Retro Bill. He signed autographs until the kids had to go back to class or were forced to catch their bus home.

In August 2003, Retro Bill was the host of National

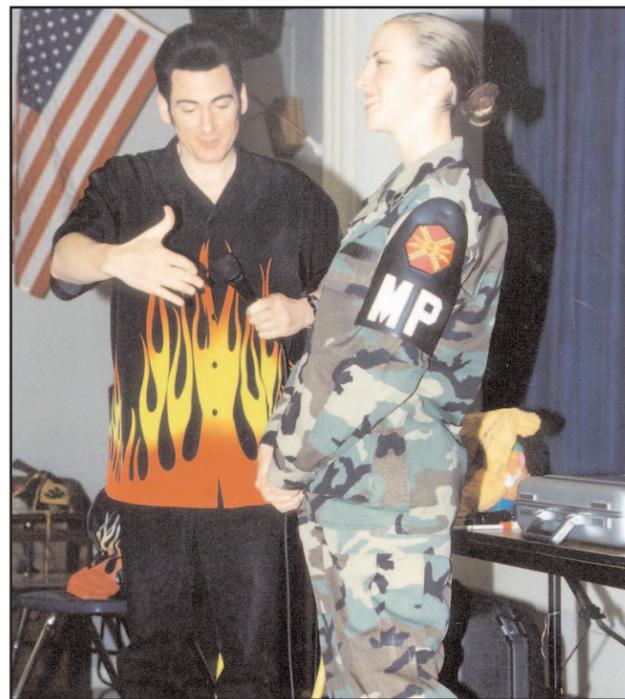


Photo by Dr. Roland Rios

Spc. Desarei Hoss, DARE Officer and MP, introduces Retro Bill during his recent visit to local schools.

Kids Day in front of the White House, where thousands saw him. Maj. Richard Crusan, USARSO's Public Affairs Officer, was impressed by his show and invited him to Fort Sam Houston to support installation safety and drug awareness programs sponsored by the Provost Marshal Office.

## Proceed with caution when selling goods on the Internet

The Legal Assistance Office has recently received information of an Internet scam. This scam takes advantage of Soldiers who are trying to do the right thing by refunding an overpayment for online transactions.

The basics of this scam are outlined in the following scenario:

An individual places an item on the Internet for auction or sale, such as on Ebay or another Web site. Several interested bidders for the item soon notify the seller by e-mail, the highest bidders being from other countries. The winner of the bid is willing to pay for shipping and promptly states that to the seller.

After the Internet portion of the transaction is complete, the seller soon receives a cashier's check that greatly exceeds the selling price, plus additional money for shipping. The seller then notifies the expected buyer that they have sent too much money for the transaction. The buyer directs the seller to calculate the accurate cost and keep that

amount. The buyer tells the seller to send the remainder (the overpayment) in the form of a cashier's check to an address indicated by the buyer (in another country).

The seller proceeds as directed and deposits the cashier's check that they received from the buyer into a bank account. The seller keeps only what is needed to conclude the transaction and promptly has his or her financial institution cut a check for the balance to be sent back to the buyer. The new cashier's check covering the overpayment is then sent to the address provided by the buyer.

The initial check is then returned to the seller's bank marked "counterfeit." The seller is held liable for all fees associated with the returned check, plus all funds that he or she sent to the buyer as a refund for overpayment.

Unlike many scams that rely heavily on the greed of the victims, the deception of this scam counts on their honesty. In all cases, the victims seem to have done

all that they could to close the deals in a prompt and fair manner. In their zeal to complete the transaction, they neglect to verify each step as being valid before proceeding to the next step.

Use caution. Check and verify all financial transactions done on-line. Use extreme caution with medium to large transactions. Take the time to verify each step of the deal to minimize errors. Review the fraud policy of the Web site you are using for your transaction. Check with your local bank to see if they have anything in place to help in recovering funds fraudulently taken from your accounts. Also keep in mind that some credit card transactions do offer some protection when buying or selling online. Find out what those are before you act.

## Focus: Task force 'jump starting' future

By Gary Sheftick  
Army News Service

This is the third in a series of articles that will examine the 16 focus areas outlined by Army Chief of Staff Gen. Peter Schoomaker. This one focuses on 'Current to Future Force.'

The "Current to Future Force" initiative is about more than accelerating futuristic technology for use in today's Army, according to a leader of the task force. "We're creating a new way of doing business," said Ed Mazzanti, deputy of the Capabilities Development Directorate at the Training and Doctrine Command's Future Center.

Mazzanti and his focus area task force identify promising capabilities under development and attempt to "rapidly spiral" them for use in the current force. They are looking closely at certain aspects of the Future Combat Systems, such as unmanned aerial vehicles and robotics.

The UAVs and robots brought into use today may not have the "threshold capabilities" intended for 2010, Mazzanti said, but they will provide current leaders an opportunity to experience application of the technologies while research continues. "It really gives us a jump-start toward bringing that future to being," Mazzanti said.

His task force also examines "lessons learned" from Iraq, Afghanistan and other operations to help steer development of future capabilities to what is needed. "It's really a continuation of Army transformation," Mazzanti said. "It embraces the notion of adjusting the Army's transformation to what has occurred in the operational environment," especially after September 11, 2001.

This is something Mazzanti's task force calls "current to future," which differs in principle from the "future to current" acceleration of technology.

"Today's Army is very capable, well proven," Mazzanti said, explaining that proven capabilities deserve to stay around for the future. For instance, he said the M-1 Abrams tank will be around for "decades into the future."

The third function of his task force is to look at "current to current" capabilities, Mazzanti said. This means finding capabilities being used successfully in one corner of the Army and adapting them for wider application. Mazzanti said this includes some battle command initiatives fielded to forces in Iraq.

Every six months, his task force -- with members from the Pentagon, Army Materiel Command, Joint Forces Command, Army Testing and Evaluation Command, TRADOC and elsewhere - will team up to conduct a "capabilities assessment" and determine what technologies are ripe for fielding.

"We're casting a very wide net," Mazzanti said, explaining that his group not only has "tentacles across the Army," but is also looking at academia and foreign armies, such as a South African mine detection capability.

The task force is also looking at a Counter Mine Change Detection Work Station, which would process information collected by infrared imagery, cameras and other sensors, and analyzes the terrain to determine if it has been disturbed. The software will alert forces to the probability of land mines being present.

They are looking at lightweight mortar radar that can be disassembled and carried by two Soldiers.

Active Protective Systems for combat vehicles are being examined, but not necessarily for near-term fielding, Mazzanti said. APS could sense incoming rounds or missiles and enable countermeasures, Mazzanti said. He said this type of capability could eventually be added to current combat vehicles, once it is developed further.

One way Mazzanti's task force aims to accelerate the fielding of technology is to "team early" the research and development folks with the acquisition corps.

"The intent is to accelerate," Mazzanti said, "but there are certain statutory requirements in acquisition."



Photo by Timothy L. Rider

A Packbolt searches for booby traps on this truck at Najaf airfield, Iraq. The Packbolt is an example of technology that is being accelerated for the current force.

"We still have to operate within the statutory requirements," Mazzanti said. He also stressed that change is never recommended for the sake of change itself.

"You have to be careful about the pace of change," Mazzanti said. He said that the task force weighs the added capability of a change to ensure it merits the turbulence it will create.

Change affects materiel, doctrine and the way units conduct business, Mazzanti said. He said the task force constantly balances risk between today and tomorrow.

"It's a mindset," Mazzanti said, "a continuum of activity that pushes the Army toward the future."

# New Military Family Tax Relief Act clarification

By Capt. Mary E. Meek  
Tax Assistance Center

During tax season, articles abound instructing taxpayers how to save money in preparing their taxes or how to spend their refund checks. Taxpayers are urged to verify the accuracy of the information reported before acting on an article's promised benefits. However, even reputable sources may misstate tax law.

An article published in a local newspaper this month highlighted the benefits of the 2003 Military Family Tax Relief Act. Unfortunately, in an effort to provide military taxpayers with crucial tax information, the article inaccurately stated the new law regarding when taxpayers may exclude gain on a home sale. The article erroneously stated, "it doesn't matter how long the family lived in the property so long as they had to sell due to the military orders to relocate at least 50 miles."

How long the family lived on the property is vital to determine the amount of exclusion to which the taxpayer is entitled. When the family last lived on the property is, simi-

larly, crucial to ascertain whether gain from the home sale may be excluded at all.

In determining whether gain on the sale of a home may be excluded, it is important to realize that two tests must be satisfied: use, and ownership. Under the law prior to the Military Family Relief Act, a taxpayer must have both "used" the home as a principal residence, and "owned" the home for at least two out of the previous five years to qualify for the full exclusion under Internal Revenue Code Section 121: \$250,000 for single filers; and \$500,000 for married filing jointly.

The new law does not change the standard of two years of ownership and use for qualification for the full Section 121 Exclusion. The new law, additionally, does not change a taxpayer's eligibility for a reduced exclusion should the taxpayer own and use a property for less than two years. That is, a taxpayer may exclude the portion of the appropriate maximum exclusion amount that is equal to the taxpayer's actual time of ownership and use.

What the new law changes is the assessment period: how recently the family must

have satisfied the use and ownership tests to qualify for the Section 121 exclusion. Whereas the prior law required a taxpayer to satisfy both tests within the last five years, the new law allows the taxpayer serving on "qualified official extended duty" to suspend for up to ten years the running this five-year assessment period. "Qualified Official Extended Duty," in turn, is defined as service at a duty station at least fifty miles from the residence sold.

Additionally, the article accurately notes, but does not emphasize one of the most remarkable provisions of this new law: taxpayers can amend their returns back to 1997 to exclude gain on home sales occurring after May 6, 1997. However, taxpayers must act quickly to take advantage of this waiver of the three-year limitations period for amending returns. Congress allotted taxpayers only one year, until November 12, 2004, to amend pre-2000 returns and claim refunds.

Servicemembers who believe that they are entitled to exclude gain on the sale of a home or any other benefit under the Military Family Tax Relief Act are encour-

aged to visit the Fort Sam Houston Tax Assistance Center for assistance. Additional information is also available at the Internal Revenue Service Center Web site [www.irs.gov](http://www.irs.gov), or by calling IRS Customer Assistance at 1 (800) 829-1040.

The Main Fort Sam Houston Tax Assistance Center is located in the Officer's Club, Bldg. 407 on Dickman Road, and may be reached by calling 295-1040. The Tax Assistance Center is open Tuesday through Saturday from 9 a.m. to 4:30 p.m. The Main Tax Assistance Center sees a limited number of clients each day with priority given to active duty in uniform. Sign-in sessions begin at 9 a.m. and 1 p.m. The BAMC Satellite Tax Center is located on the 5th floor and is open from 9 a.m. to 4 p.m., Tuesday through Friday.

Information contained in this article is general in nature and does not constitute legal advice. Please consult an attorney to answer questions particular to your situation. The legal assistance office is located in Bldg. 134 on Stanley Road. We see eligible clients on a walk-in basis or by appointment. For information, call 221-2282.

## Tax facts about refinancing, selling your home

### Refinancing your home

Taxpayers who refinanced their homes may be eligible to deduct some costs associated with their loans, according to the IRS.

Generally, for taxpayers who itemize, the "points" paid to obtain a home mortgage may be deductible as mortgage interest. Points paid to obtain an original home mortgage can be, depending on circumstances, fully deductible in the year paid. However, points paid solely to refinance a home mortgage usually must be deducted over the life of the loan.

For a refinanced mortgage, the interest deduction for points is determined by

dividing the points paid by the number of payments to be made over the life of the loan. This information is usually available from lenders. Taxpayers may deduct points only for those payments made in the tax year. For example, a homeowner who paid \$2,000 in points and who would make 360 payments on a 30-year mortgage could deduct \$5.56 per monthly payment, or a total of \$66.72 if he or she made 12 payments in one year.

However, if part of the refinanced mortgage money was used to finance improvements to the home and if the taxpayer meets certain other requirements, the points associated with the home improvements may be fully deductible in the year the points were paid. Also, if a homeowner is refinancing a mortgage for a second time, the balance of points paid for the first refinanced mortgage may be fully deductible at pay off.

Other closing costs - such as appraisal fees and other non-interest fees - generally are not deductible. Additionally, the amount of Adjusted Gross Income can affect the amount of deductions that can be taken.

For information on deductions related to refinancing, visit [IRS.gov](http://IRS.gov), "Frequently Asked Questions" (keyword: refinancing fees) or Tax Topics 504, "Home Mortgage Points," and 505, "Interest Expenses."

### Selling your home

If you sold your main home, you may be able to exclude up to \$250,000 of gain (\$500,000 for married taxpayers filing jointly) from your federal tax return, according to the IRS. This exclusion is allowed each time that you sell your main home, but generally no more frequently than once every two years.

To be eligible for this exclusion, your home must have been owned by you and used as your main home for a period of at

least two out of the five years prior to its sale. You also must not have excluded gain on another home sold during the two years before the current sale.

If you and your spouse file a joint return for the year of the sale, you can exclude the gain if either of you qualify for the exclusion. But both of you would have to meet the use test to claim the \$500,000 maximum amount.

To exclude gain, a taxpayer must both own and use the home as a principal residence for two of the five years before the sale. The two years may consist of 24 full months or 730 days. Short absences, such as for a summer vacation, count as periods of use. Longer breaks, such as a one-year sabbatical, do not.

If you do not meet the ownership and use tests, you may be allowed to exclude a portion of the gain realized on the sale of your home if you sold your home due to health, a change in place of employment, or certain unforeseen circumstances. Unforeseen circumstances include, for example, divorce or legal separation, natural or man-made disasters resulting in a casualty to your home, or an involuntary conversion of your home.

If you can exclude all the gain from the sale of your home, you do not report the gain on your federal tax return. If you cannot exclude all the gain from the sale of your home, use Schedule D, Form 1040, to report it.

For information, get a copy of Publication 523, "Selling your Home," by calling 1-800-TAX-FORM (1-800-829-3676) or by downloading it from the IRS Web site at [www.irs.gov](http://www.irs.gov).

Source: FSH Tax Assistance Center

## Notice of Availability published for post environmental assessment

Interested parties are hereby notified that the Department of the Army at Fort Sam Houston has prepared a Draft Environmental Assessment and a Draft Finding of No Significant Impact for proposed access control measures at FSH and Camp Bullis, Texas.

**Statutory Authority** - This notice is being issued to interested parties in accordance with the National Environmental Policy Act (Public Law [PL] 91-190, 42 United States Code 4321 et seq.) as amended in 1975 by PL 94-52 and PL 94-83.

**Purpose** - The purpose of the proposed action is to protect the personnel and infrastructure of FSH and Camp Bullis by limiting access to these installations. The need for the proposed action is to comply with a Department of the Army message on installation access control programs, dated October 10, 2003, and Army Regulation 525-13, which require all U.S. Army installations to maintain defenses in accordance with the current force protection condition.

Due to the visible nature of the U.S. military services, its members could be prime targets for terrorist attacks. As such, nonspecific terrorist threats and specific terrorist attacks on U.S. military overseas presence, dating from the incidents at Khobar Towers in June 1996 and the U.S.S. Cole in October 2000, have led the Department of

Defense to mandate that U.S. military installations increase antiterrorism/force protection measures. The proposed action is the implementation of access control measures as prescribed in the October 10, 2003 DA message regarding installation access control programs, DOD Directive 2000.12; DOD Instruction 2000.16; AR 525-13; and Unified Facilities Criteria, UFC 4-010-01, October 2003. Under the October 10, 2003 DA message, installations must assess all vehicles for authorized access to the installation and verify the identity of all personnel entering U.S. installations.

Prior to May 2000, there were 29 active gates on Fort Sam Houston and two active gates on Camp Bullis allowing open access for all military, civilian employees, visitors to the installation, and the public to all portions of the installation and through access from across the installation. Fort Sam Houston and Camp Bullis were the most open posts in the U.S. Army and therefore the most vulnerable to terrorist activities.

Alternatives for implementing the proposed action include:

Alternative 1 - The No Action Alternative.

Alternative 2 - Preferred Alternative (permanent closure of all but 6 to 11 access control points on FSH and Camp Bullis.

Alternative 3a - The permanent closure of all but 6 to 11 ACPs on FSH and Camp Bullis and the reopening of North New Braunfels Avenue to public traffic and the installation of twin gates for cross installation traffic

Alternative 3b - The permanent closure of all but 6 to 11 ACPs on FSH and

Camp Bullis and the reopening of North New Braunfels Avenue to public traffic and the construction of a tunnel/underpass for cross installation traffic.

Alternative 3c - The permanent closure of all but 6 to 11 ACPs on FSH and Camp Bullis and the reopening of North New Braunfels Avenue to public traffic and the construction of an overpass for cross installation traffic

Alternative 4a - the permanent closure of all but 6 to 11 ACPs on FSH and Camp Bullis and the construction of a DoD-only ACP at the northern terminus of North New Braunfels Avenue and an exit-only point at the southern terminus on FSH

Alternative 4b - The permanent closure of all but 6 to 11 ACPs on FSH and Camp Bullis and the construction of DoD-only ACPs at the northern and southern termini of North New Braunfels Avenue on FSH.

**Comments:** Comments on the Draft EA should be directed to Jackie Schlatter, chief, Natural and Cultural Resources, Directorate of Safety, Environment, and Fire, MCCS-BFE, 2202 15th Street, Suite 36, Fort Sam Houston, Texas 78234-5036 or via e-mail at Jackie.schlatter@samhouston.army.mil. The comment period is open for 30 days from March 21, 2004 following the publication of this notice in a general circulation newspaper. Copies of the Draft EA are available for review by the public at the San Antonio Central Public Library, 600 Soledad, San Antonio, Texas 78205, the FSH Public Affairs Office, Building 124, 1212 Stanley Road, Fort Sam Houston, Texas 78234, and the FSH Library, Building 1222, 2601 Harney, Fort Sam Houston, Texas 78234. Copies may be obtained by visiting <http://samhouston.army.mil>.

### 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.

### FSH Spring Clean Up set for April 5-9

Spring Clean Up will begin April 5-9. 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.



# BAMC hosts National Patient Safety Week



Lt. Col. Robert Bowman, chief of ambulatory nursing and Mike Perez, patient safety administration assistant, talk with patients and Brooke Army Medical Center staff, March 10, about patient safety during the weeklong celebration of National Patient Safety Awareness Week. Pamphlets regarding patient safety from various clinics, including TRICARE brochures, were provided for visitors.



Department of Surgery Performance Improvement Coordinator, Mariea Shelton; Maria Guerrero, patient representative and Lt. Col. Catherine Ryan, department of nursing performance improvement coordinator, were available to answer questions March 10 at the patient safety awareness information table. The event was sponsored by the BAMC Patient Safety Committee and the Department of Quality Services, in the medical mall. Giveaway treats such as stress reduction balls, cookies and candies were provided to the staff and patients.



Photos by  
Jen Rodriguez

Department of Nursing Performance Improvement Coordinator, Lt. Col. Catherine Ryan, and Chief of Department of Pharmacy, Lt. Col. Emery Spaar take a moment from the information table to discuss a medication safety issue.



Patricia Logsdon receives the Department of Army Commanders Award for Civilian Service from Army Contracting Agency director, Sandra O. Sieber.

## Army Contracting Agency director visits post, presents award

Story and photos by Phil Reidinger  
Fort Sam Houston Public Affairs

Army Contracting Agency Director, Sandra O. Sieber, visited the post with several agency senior staff members for briefings and tours of facilities.

The first permanent director of the agency, Sieber is responsible for a staff of approximately 2,100 involved in contract award and administration of installation support and information technology procurements totaling nearly five billion dollars annually.

Her visit here included awarding the Department of Army civilian service award to Patricia G. Logsdon during a briefing for Southern Hemisphere and Southern Region Army Contracting Agency employees held at Willis Hall. Logsdon was recognized for voluntarily

deploying to Iraq to serve as contracting officer in the Coalition Provisional Authority. She was the only contracting officer for the first five weeks in the rebuilding effort. For a year, Logsdon executed, negotiated and modified contracts in a dangerous, austere environment.

Army Contracting Agency employee, Mary Bergstrum also was recognized for her support of contract administration and procurement operations with the Southern Hemisphere contracting office.

Visiting with Sieber were Melissa Rider, deputy director and Col. Charles Guta, director, Southern Region Army Contracting Agency. Sieber and her staff met with Army South, Fifth Army, U.S. Army Garrison, Medical Command, and Southwest Region, Installation Management Agency staffs.



Army Contracting Agency Director Sandra Sieber congratulates Mary Bergstrum, Army Contracting Agency, Southern Hemisphere, for her support of agency contract administration and procurement operations.

### Army Community Service Family Advocacy Program March Class Schedule

Class	Dates	Time
Boys Only! Ages 9-10 Building Effective	31	3-4 p.m.
Anger Management Skills (B.E.A.M.S.) Thursday Classes (Series 1-4) Friday Classes (Series 1-2)	25	11 a.m. to 12:30 p.m.
Commanders' Training	25	8-9:30 a.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	30	9-11 a.m.
Teen Talk	25	4-5 p.m.
New Series (1-2)	30	4:30-5:30 p.m.
You & Your Baby 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.

## Post residents to receive Army 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 information or an extra copy of the survey, call G.Z. Benavides, FSH RCI Office, at 221-2250.



## Electronic transmission of election materials can save your vote

The Electronic Transmission Service has been very successful for many citizens covered under the Uniformed and Overseas Absentee Voting Act, who vote by absentee ballot. The service is an effective and efficient alternative method for providing high-speed delivery (faxing) of election materials between local election officials and the UOCAVA voters (where permitted by state law). With proper controls in place, the service can reduce the ballot transit time at least in half, ensuring citizens are able to cast a ballot they would otherwise not be able to do.

To date, 49 states and territories allow for some type of electronic transmission of absentee voting materials for UOCAVA citizens. The provisions and guidelines for transmitting election materials electronically (faxing) are identified in each state and territory section of the 2004-05 Voting Assistance Guide (the Guide is available in hard-copy format or on-line at the FVAP Web site [www.fvap.ncr.gov](http://www.fvap.ncr.gov)). To maintain the integrity of the process, citizens should follow the instructions provided in Appendix C of the Guide. These instructions include "What," "When," and "How"

Sections. An ETS transmission sheet, which can be duplicated for repeat use, is provided on page 333 of the Guide.

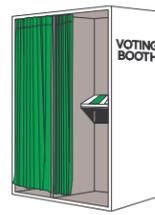
With so many states accepting this alternative transmission method, the FVAP provides the following procedures for successful use of the service: Each request should have a separate completed cover sheet; Only one citizen's Federal Post Card Application (FPCA) or ballot should be transmitted at a time; Be sure to specify the Local Election Official (county, city or town office); A complete Country (and city) code should be provided with the fax number; A citizen should provide a commercial return phone and fax number, not DSN numbers; Originals should be mailed after electronic transmission; When faxing election materials, we recommend use of the FVAP ETS at DSN military 223-5527, (703) 693-5527 or toll-free 1-800-368-8683.

Important things to remember: If a state or territory allows a voter to fax the voted ballot, the voter must sign a statement waiving his or her right to secrecy; VAOs: When assisting citizens, let them do the faxing whenever possible. If you do have to fax their election materials, do not reveal the contents of their ballot; In the "Remarks" section of the FPCA, provide any information that may assist LEOs in determining your eligibility to vote. For example, a maiden name (or other name used), a name and telephone number of a local contact or your e-mail address can be listed in this section in the event the LEO needs to get in touch with you.

If you have additional questions and local assistance is not available, contact your SVAO or the FVAP directly.

## 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, 9-11 a.m. The workshop will be held at Wood Auditorium located in the HQ MEDCOM, Bldg. 2792 on Stanley Road, Fort Sam Houston. For information, call Maj. Carlene Blanding at 221-7801.



## 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!



## Special Forces



Special Forces will conduct two briefings March 30, 10 a.m. and 1 p.m. at the Road Runner Community Center.

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

Special Forces are currently accepting applications from Officers in Year Group 02 and soldiers in the grades of E-4 to E-7.

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



If you want to join us in our quest, call the Fort Hood Special Forces Recruiting Station at (254) 288-5324/9063, DSN 738-5324/9063.



## 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:

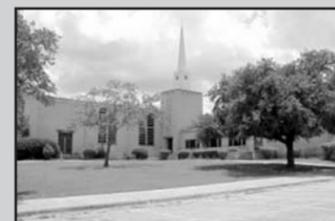
10 a.m. - 32nd Medical Bde. Soldiers

**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

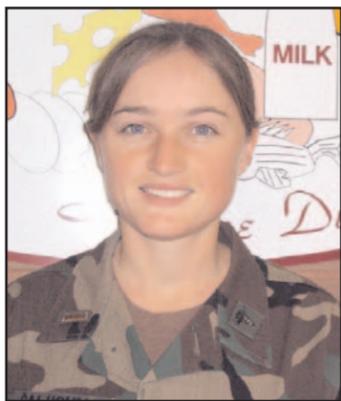


**232nd Medical Battalion Classroom**, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

**Web site:** [www.cs.amedd.army.mil/chaplain](http://www.cs.amedd.army.mil/chaplain)

# Fiber improves long term health

By 2nd Lt. Katrina Calhoun  
Brooke Army Medical Center  
Dietetic Intern



2nd Lt. Katrina Calhoun

Fiber is a tool and nutrient that can help the U.S. Armed Forces. Based on historical and current data, fiber may play a significant role in enhancing Soldiers' performance and future health. When used regularly, fiber can improve health and fight chronic disease.

**Soldiers need to take action now**

Historical data proves there are high levels of fatty plaques in young male Soldiers. Data collected from autopsies of healthy males ranging in age from 18 to 25 years old who fought in World War II, Korea and Vietnam War revealed high levels of fatty plaques in their main arteries.

These historical health trends can be prevented in the future if only we can educate today's Soldiers about the benefits of fiber.

**Two types of fiber**

There are two types of fiber: soluble, and insoluble. Both play equally important roles in overall health and readiness.

Soluble fiber helps reduce fatty plaque deposits in arteries. Soluble fiber binds to the bile acids, which digest fats and prevents plaque build up and decreased blood flow. The by-product of fats and fiber is then excreted. Soluble fiber can dissolve in water in the forms of gums, and pectins.

An excellent source of soluble fiber is oat bran, commonly found in oatmeal. Other sources include apples, oranges, pears, peaches, prunes, figs, squash, zucchini, celery, string beans, packet peas, carrots, sunflower and flax seeds. Lentils, kidney, white, lima, brown, and black beans along with barley and rye also serve as additional sources of soluble fiber.

Insoluble fiber, which does not dissolve in water, includes cellulose, hemicellulose, and chitin. Ultimately, it contributes to bulky stools and increased transit of food in the gastrointestinal tract. It is found in fruits with seeds such as strawberries, raspberries and figs. Other sources are whole-wheat flour, nuts, starchy vegetables, bran, popcorn, and brown rice.

**Fiber improves long term health**

Fiber must be included with Meals Ready-To-Eat, fast food choices and other assorted meal selections. According to the Mayo Clinic, John Hopkins Bayview Medical Clinic, and Virginia Tech University, the American Heart Association and the American Dietetic Association, a balanced daily intake of both fibers will decrease

the risk of colon cancer and heart disease. Their research shows that better managed fiber intake would yield a healthier more mission capable Soldier.

The average MRE contains 1,200 calories and only four to six grams of fiber, if one eats all the food in the package. Studies show this is inadequate for the promotion of good health and gastrointestinal regularity. Even if three complete MRE's are consumed daily, the total fiber intake is insufficient to meet

medically sound nutritional goals.

The American Dietetics Association recommends 25 to 35 grams per day of fiber for adults. Good sources of fiber provide a minimum of 2.5 grams per serving. To improve daily fiber intake and reduce the risk of chronic disease, here are a few tips to get started.

**Healthy Fiber Tips**

- Grab a piece of fruit on the run - it holds up well in a backpack.
- Add a tablespoon of oat bran, flaxseed or sunflower seeds to breads, casseroles, meatloaf, cookies, salads, stuffing or other favorite recipes.
- Eat the skin on fruits and veggies.
- Add more beans, peas, and lentils.
- Incorporate oatmeal or high fiber cereals.
- Take advantage of frozen or ready-to-use veggies.

**Fast food and high fiber**

- Mexican Food - Soft taco or regular with plenty of beans, salsa and lettuce.
- Burgers - Try a fruit and yogurt parfait, grab a salad, get plenty of veggies on the burger such as tomato, lettuce and onion or try specialty salads or side salads, with meals.
- Sandwiches - Order subs on whole-wheat bread, add plenty of veggies.
- Chinese - Anything with veggies, including an egg roll.

## 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.

## Health Promotion Center March-April Class Schedule

March Class	Date	Time
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.

April Class	Date	Time
Introduction to Weight Reduction	2	Noon to 1:30 p.m.
Breastfeeding Support Group	2	1-2:30 p.m.
Cholesterol & Lipids	5	8:30-11:30 a.m.
Diabetes Education	5	12:45-4:30 p.m.
Diabetes Education	6	12:45-4:30 p.m.
Breast & GYN Cancer Support Group	7	9:30-11 a.m.
Office Yoga	7	Noon to 1 p.m.
Self Care & Health	8	9-11 a.m.
Breastfeeding Support Group	9	1-2:30 p.m.
Diabetes Education	12	12:45-4:30 p.m.

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

# 79th Ordnance Battalion Soldiers return home



Photo by Ed Dixon  
Members of the 79th Ordnance Battalion (EOD) receive a big welcome from their families following their return from Iraq on Friday, March 12. The unit was deployed in support of Operation Iraqi Freedom to provide command and control as well as logistical support to all Army EOD companies in their theater of operations.



Photo by Ed Dixon  
Sgt. 1st Class Timothy Whittaker is met by his wife, Rebecca and daughter Kaylee, following his return from Iraq. Family members and friends held a welcome ceremony for the Soldiers in Bldg. 131 March 12.



Photo by Ed Dixon  
Maj. Kevin Deremer holds his son Michael at the welcome ceremony held March 12. Soldiers of the 79th Ordnance Battalion returned following a one year deployment to Iraq.



Courtesy Photo  
Col. Steven Moores, commander, 52nd Ordnance Group (EOD) 79th Ordnance Battalion, presents the Bronze Star to Sgt. 1st Class Ruben Stoiltje at an awards ceremony held March 13 in Bldg. 131. Fourteen Soldiers received the Bronze Star and six Soldiers were presented with the Army Commendation Medal.



Courtesy photo  
Stan Mayfield, with wife Sgt. 1st Class Alexandria Mayfield and children Markus and Desiree, receives a certification of appreciation for his support while his wife was deployed to Iraq. Col. Steven Moores, commander, 52nd Ordnance Group (EOD) and Lt. Col. Dick Larry, commander, 79th Ordnance Battalion, presented certificates of appreciation to all the family members at an awards ceremony held March 13.



Photos by  
Kelly Schaeffer

Spc. Natasha Espinoza, accompanied by her mother Oralia Espinoza, Spc. Stanley Kremzar and Pfc. David Antonich join the ranks of American patriots honored with the Purple Heart Medal. The award was first established in 1782 by George Washington to honor soldiers who demonstrated valor and heroism in the face of the enemy.

## Three BAMC Soldiers receive Purple Hearts

By Jen Rodriguez  
BAMC Public Affairs

U.S. Sen. Kay Bailey Hutchison presented Purple Hearts March 17 to three Operation Iraqi Freedom Soldiers during a formal ceremony at Brooke Army Medical Center for injuries sustained in the War on Terrorism.

Spc. Natasha Espinoza, Spc. Stanley Kremzar and Pfc. David Antonich received their Purple Heart medals in front of a crowd of more than 300 Soldiers, civilians, BAMC staff members and a myriad of local media.

"A lot of people said at the time of World War II, if our generation were called would we stand for freedom like our forefathers did," Hutchison said.

The senator said that on Sept. 11, another generation was called and as an elected official she was proud of the response of the military who were called to protect freedom and the American way of life.

"Americans stand on the shoulders of giants who gave us our way of life," Hutchison said, adding that she was proud to say because of Soldiers, the nation was meeting the test.

The senator is credited with leading efforts to increase

the military defense appropriation in support of the military and the appropriation for building medical facilities, such as BAMC.

"Senator Hutchison is one of the leaders who was fundamentally involved in developing this brand new institution and the Institute of Surgical Research," Brooke Army Medical Center Commander, Brig. Gen. C. William Fox, Jr. said.

Fox thanked Hutchison for insuring that BAMC has the resources to provide trauma care along with other San Antonio partners, University Hospital and Wilford Hall Medical Center.

He said her efforts directly contributed to what is a world-class trauma care that allows BAMC to provide both beneficiary and civilian trauma care for the civilians of San Antonio and 19 surrounding counties.

"That translates to state-of-the-art, world-class care; world-class trauma education, research and development," Fox said. "The men and

women who serve in uniform are served with the very best medical care, providers, and equipment on the battlefield."

Fox traced the history of the Purple Heart. The medal, designed by George Washington in 1782, recognizes heroism and valor in the face of the enemy and is the first congressionally mandated award. The award, a figure of a heart in purple cloth edged with narrow lace, is pinned on the left breast pocket of a Soldier.

"Ceremonies like these give the BAMC staff the opportunity to recognize three Soldiers who served in Operation Iraqi Freedom," Fox said. "They were injured in the course of duty, defending this nation and the freedoms of this great nation and brought home here to heal their wounds."

Fox cited the circumstances for each Soldier receiving the Purple Heart.

Twenty-year old, Espinoza, a signal support specialist, sustained injuries to her right ankle and foot May 16 when a landmine blast occurred while she was a passenger in a two-vehicle convoy driving north of Samawah, Iraq.

Espinoza was immediately evacuated to the 28th Combat Support Hospital in Baghdad, Iraq; then to Spain; back to Fort



U.S. Sen. Kay Bailey Hutchison of Texas congratulates Spc. Stanley M. Kremzar upon his receipt of the Purple Heart Medal as Oralia Espinoza looks on. Kremzar suffered a concussion and shrapnel injuries to his eye after an explosion from an improvised explosive device detonated near his vehicle in Baghdad.

Carson and then to BAMC.

A Dallas native, Espinoza, was assigned with HHC 3rd Brigade Combat Team part of the 4th Infantry Division from Fort Carson, Colo., before deploying to Iraq in early April.

Espinoza's mother, Oralia Espinoza, accompanied her daughter on stage to receive the Purple Heart.

Kremzar, an M-1 Abrams tank driver, cross-trained to be a loader, deployed in March 2003 with A Company 2/70 Armor Regiment 1st Armor Division from Fort Riley, Kan., in March 2003.

Kremzar served as the driver for his battalion commander. He and the commander were in route the morning of Aug. 2 to a commander's briefing, in Baghdad, when the vehicle was hit with an improvised explosive device. The 23-year-old from Spartanburg, S.C., sustained an eye injury from shrapnel, hearing loss and a concussion.

Antonich, a native of Portland, Ore., deployed April 1 with B Company 3/66th Armored Regiment part of the 4th Infantry Division from Fort Hood, Texas. The tanker driver and loader for M-1 Abrams Tank was on patrol Nov. 11 in downtown Tikrit when he was hit with small arms fire and suffered an eye injury.

Both Kremzar and Antonich credit a BAMC physician, Lt. Col. Anthony Johnson, who was deployed to the Combat Support Hospital for saving their lives in Iraq.

Prior to the ceremony, Hutchison greeted 10 Soldiers, who were treated at BAMC, in the command conference room. The senator also visited with inpatients.

### The Purple Heart Medal

Originally established by Commander-in-Chief George Washington on August 7, 1782, at Newburgh on the Hudson, New York, as an award for outstanding military merit, or the "Badge of Merit."

The award was in the form of an embroidered, heart-shaped badge of purple cloth and bestowed on only three non-commissioned officers. Though never officially abolished it was not again awarded for almost one hundred and fifty years.

Upon its revival in 1932, as the Purple Heart, the new decoration was to be awarded in two categories:

- "For being wounded in action in any war or campaign under conditions which entitle the wearing of a wound chevron."

- "For those persons who perform any singularly meritorious act of extraordinary fidelity or essential service."

In 1942, President Franklin D. Roosevelt issued an Executive Order which provided that the Purple Heart would be made available to members of all the U.S. Armed Services who were wounded in action. Since then the Purple Heart has become one of the most highly respected decorations of the U.S. Armed Forces. The decoration holds a very unique position in that it can be earned in only one way, by being wounded. An attendant requirement is that the wound must have been received as a direct result of enemy actions.

Second and subsequent awards are denoted by bronze Oak Leaf Clusters; a silver Oak Leaf Cluster is worn in lieu of five bronze.



## Local bowler wins 'Designated Driver Sweepstakes,' couple heads for Florida

Story and photo by Karen Waters  
Community Activities Business Center

"My wife signed up at the FSH Bowling Center back in December, but like any drawing, you never really expect to win," said Staff Sgt. Paul Ziegler, a member of G Company, 232nd, Academic Standards, Department of Combat Medic Training. The Zieglers have been bowling in leagues at the Bowling Center for the past two years.

Carol Ziegler received a letter in the mail from Young America Corporation, the official judging organization for the sweepstakes. The letter stated that her name was drawn as a potential prizewinner, conditional upon her meeting the requirements as stated in the official rules.

The letter went on to describe her winnings: a trip for two to attend a Clear Channel concert of her choice, within the 48 contiguous states. The trip consists of round-trip first class air transportation for two, hotel accommodations for two nights, two concert tickets, limousine transportation to and from the concert, two invitations to the Sound Check Party for a special opportunity to see the band before the concert, a travel guide throughout the visit and \$500 cash. The approximate retail value for the grand prize is \$8,050.

"I didn't believe it was real. I called Young America Corporation to confirm the letter was real. Then I called my husband and then my mother," said Ziegler. "This couldn't have come at a better time," Ziegler explains. "My husband is deploying for a year in May. This will give us a opportunity to spend some time together

before he leaves."

The Fort Sam Houston Bowling Center hosted a campaign to raise awareness about the Designated Driver Program. The "Be A Designated Driver Sweepstakes," which was a spin-off from Anheuser-Busch's national promotion, was designed to increase awareness of the Designated Driver Program. The sweepstakes took place from November 23, 2003 through January 3, 2004. Anheuser-Busch, Inc. sponsored the program at ninety-one Army Morale, Welfare and Recreation facilities nationwide.

"The bowlers here are a close-knit family and we would hate to see something happen to any one of them," said John Fryman, manager of the FSH Bowling Center. "We keep a close watch on the consumption of alcohol in our facility in order to prevent over serving. "We felt it was important," he continued, "to participate in the program, especially during the holiday season."

The sweepstakes announced that an MP3 player would be awarded at each participating facility and a grand prize trip would also be given away. Participants filled out entry forms from a tear pad each time they visited the Bowling Center and placed it in the collection box. At the end of the promotion, the entries were collected and mailed off to sweepstakes headquarters in



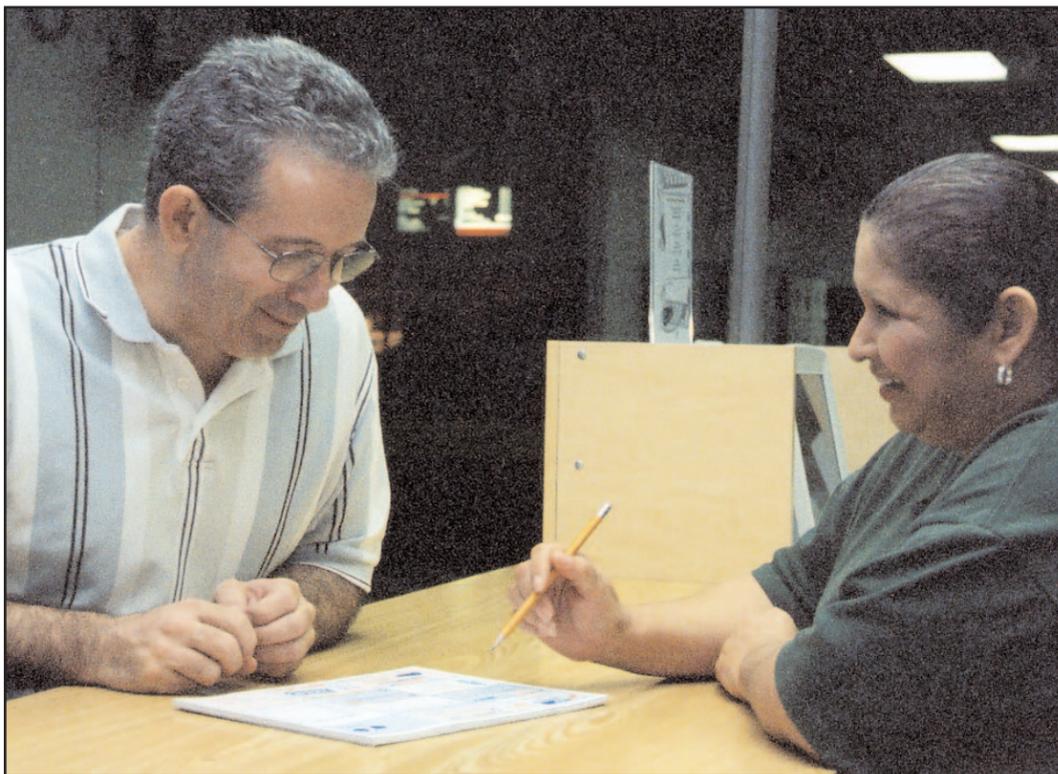
Carol and Paul Ziegler are the local winners of the "Designated Driver Sweepstakes" and will be traveling to Orlando, Fla. to attend the Aerosmith concert April 3.

Minnesota. Participants also registered to win by printing their name, address, age, phone numbers, and provided a signature on a 3"x5" card as an alternate means of entry, and mailed it in.

When word got out about Ziegler winning the grand prize, the San Antonio Army Recruiters Battalion donated hats, T-shirts, bags, lanyards and other Army promotional items to share with the band.

Carol and her husband will be attending the Aerosmith concert in Orlando, Fla. on April 3.

Federal endorsement of sponsors is not intended.



Fort Sam Houston Bowling Center new Manager John Fryman reviews a calendar of events with Rosie Estrada, Bowling Center clerk.



Richard Brown, recreation assistant at the FSH Bowling Center, displays the plush striker pins that are part of the next promotion, "Bowling Bucks." Participants will earn \$5 in Bowling Bucks each time they spend \$5 at the center. Plush bowling pins and bears will be available for purchase only with "Bowling Bucks" while supplies last. The promotion runs from June 1 to July 31.

## New bowling center manager brings experience and scores a STRIKE!

Story and photos by Karen Waters  
Community Activities Business Center

The Fort Sam Houston Bowling Center is under new management. John Fryman brings more than 30 years of bowling experience. His passion for the sport began at the early age of twelve. While serving in the Army, he ran the Bowling Center Pro Shop at every assignment he served in.

While serving in Europe, he was a member of the European Bowling Tour for thirteen years and is known as one of the ten top players from 1990 to 2000. In 2000 he was voted German Bowler of the Year, the first American to ever receive the title.

After retiring from the Army, he began managing his first center in July 1995 and was quickly assigned a second center. Using his expertise, he was able to bring both centers up to Army Benchmark Standards. Fryman's focus

for the Fort Sam Houston Bowling Center is improving customer service in the center.

"The Bowling Center here at Fort Sam Houston has a lot to offer. We currently have thirteen different leagues," said Fryman. There are many benefits to becoming a league bowler, such as free lessons, rental shoes and games and discounts in the Pro Shop. New leagues are continuously forming. Interested parties are encouraged to call the center at 221-4740 to sign up.

"In addition to the leagues, we also have Cyber Bowl, daily specials, birthday/unit party packages, full service made to order snack bar, a Pro Shop and much more," Fryman said.

"Cyber Bowl" is a fun and exciting way to bowl. On Saturday evenings, from 8-10 p.m., the futuristic, glow in the dark, 20,000-watt lights get turned on and rock-and-roll music fills the air. "It's a great way to bowl and the Soldiers real-

ly seem to like it," said Fryman.

"Another popular way to bowl is Family Day on Sundays. Families get to spend quality time interacting and making memories without spending a lot of money." Children ages 12 and under bowl for free with an accompanied, paying adult. Kids 12 and older pay \$1.75 per game and \$1 for shoe rental.

In addition to weekly specials and birthday/unit party packages, the Bowling Center often holds special promotions. "We recently held the Designated Driver Sweepstakes and one of our league members won an all-expense paid trip to see a Clear Channel concert valued at \$8,000," Fryman said.

The next promotion, "Bowling Bucks," will start June 1 and will run through the end of July. The promotion gives patrons the opportunity to earn "\$5 bowling bucks" every time they purchase \$5 or more at the bowling center." Plush bowling bears and bowling pins will be

available to purchase for \$25 in "Bowling Bucks" while supplies last. "At the end of the promotion we'll hold an auction party. At the party we'll auction off the 36" Striker doll, Harley Davidson denim shirts, coolers and other great prizes." The Auction Party is scheduled for Saturday, Aug. 7.

The Fort Sam Houston Bowling Center offers a family friendly atmosphere. The center includes 24 lanes, a full service Pro Shop and video arcade. A full service made to order snack bar, Lane 25, features daily lunch specials and a carry-out service. Patrons can call orders in to their direct line at 221-5029.

"I encourage the FSH community to stop by the Bowling Center and see what we're all about." As a member of the Dick Ritger coaching staff, Fryman is qualified to instruct anyone from beginners to professionals at the FSH Bowling Center. For more information, call 221-4740.



Brig. Gen. Daniel F. Perugini visits with students in Rita Hansen's Art class as he tours the new Fine Arts Building at Cole High School.



Students in Patty Schubert's first grade class are immersed in a vocabulary bingo game during Brig. Gen. Daniel F. Perugini's recent visit.

## Post commander visits FSH schools, vows to continue support

Story and photos by Dr. Gloria Davila  
Fort Sam Houston ISD

Brig. Gen. Daniel F. Perugini, commander of the U.S. Army Medical Department Center and School and Fort Sam Houston, recently visited various Fort Sam Houston Independent School District classrooms and renovated facilities. Perugini toured the elementary and junior/senior high school campuses and talked with students, teachers, and administrators about the school year.

Maintaining a strong relationship between the school district and military community is important not only to the school district but to the community at large, according to Perugini. He emphasized his desire to keep the lines of communication open and to provide assistance to the schools whenever possible.

"General Perugini shared some of his ideas and suggestions for additional partnerships between our schools and the Army community," said Dr. Gail Siller, Superintendent of Schools. "We appreciate his interest in our students and their welfare, and plan to follow up on many of his suggestions."

Cole Principal Dr. Roland Rios informed Perugini about the different instructional programs, courses, and activities that are offered to junior and senior high school students. The campus tour included the new Fine Arts and Science buildings where he observed students in drama classes, creating art designs, and working calculus problems.

At Fort Sam Houston Elementary School, Principal Jayne Hatton provided a tour of the library, classrooms, and construction areas where new classroom wings are being renovated.



Cole High School student Michael Sloan greets Brig. Gen. Daniel F. Perugini during his recent visit to the campus.

## 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.

**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. - Foulis/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.

## Fort Sam Houston ISD Weekly Campus Activities March 29 - April 3, 2004

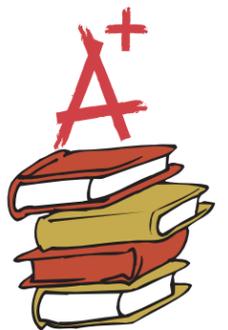
### Fort Sam Houston Elementary School

**Tuesday, March 30**  
- Spring Individual Pictures

**Wednesday, March 31**  
- FSHISD School Board Meeting at FSH Elementary School Library, 11 a.m.

**Thursday, April 1**  
- PTO Board Meeting, 11:30 a.m.

**Friday, April 2**  
- Spirit Day



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

**Monday, March 29**  
- Student of the Month Presentation in Mall Area, 9:50 a.m.  
- UIL One-Act Play Performance at Randolph, TBA

**Tuesday, March 30**  
- Baseball vs Navarro at Cole, 4 p.m.

**Wednesday, March 31**  
- JROTC Annual Formal Inspection, TBA  
- FSHISD School Board Meeting in FSH Elementary School Library, 11 a.m.  
- Cheerleader Tryouts in Gym, 4-5 p.m.

**Thursday, April 1**  
- Cole Tennis Team at Seguin Invitational Tourney, TBA

**Friday, April 2**  
- Baseball vs Randolph at Cole, 4 p.m.

**Saturday, April 3**  
- UIL High School Academic Meet at Stockdale, All Day  
- Junior Varsity and Varsity Boys and Girls Track Meet at Randolph High School - All Day (finals only)



Courtesy photo

At right, Maj. Donna Beed, poses with a friend following their participation in the 13th Annual Motorola Marathon held in Austin, Texas.

## MITC's XO participates in Motorola Marathon

For most people, the extent of their weekend exercise is to walk their dog or take the stairs rather than an elevator -- let alone run in a 26.2-mile marathon. On Feb. 15, Medical Information Technology Center's Executive Officer, Maj. Donna Beed, participated in 13th Annual Motorola Marathon in Austin, Texas.

Few people are in good enough shape -- or are mentally prepared -- to run 26.2 miles on a cold winter morning. Beed stated she began training for the race almost four months ago by

implementing weight training and running six to eight miles three days a week and 12 to 5 miles on the weekends. The training paid off, as Beed placed 28 out of 68 in her weight division and came in at an honorable 4:35 finish time.

Beed stated she felt great after the race. Her exercise regime has kept her in good shape and she encourages everyone to take up some form of exercise program. She enjoyed the Motorola Marathon so much that it is likely she will run it again next year.

## 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:** 1999 Lincoln Navigator, 76K miles, entertainment system and more, \$19,500 obo. Call 916-8854 or 566-5722.

**For Sale:** 15 ft. Coleman canoe, orange, 4 years old, \$180 obo. Call 223-7876.

**For Sale:** 78" sofa bed, neutral colors, \$100; Epson stylus photo 700 printer with manuals \$15. Call 299-1179 or 336-0790.

**For Sale:** Double stroller, \$50; Haier freezer like new, \$50; crock pot, \$10; Atari items, \$10. Call 393 2864.

**For Sale:** 16" Choctaw Ski Boat, 70 HP Mercury, like new condition, garage kept, runs excellent, \$2,100. Call 221-0796.

**For Sale:** 2002 Mustang V.6 Coupe with Sports pkg. less than 1 1/2 yrs. old, 19K miles,

original warranty, with Mach MP3 stereo system, cruise control, all power and rear spoiler, \$13,250 obo. Need to sell soon, leave a message at (877) 366-9832.

**For Sale:** Tire and wheel set, practically new set of 255/55R18 Toyo Proxes mounted on 18", Chrome Mondera Volare, Universal 5-lug pattern, fits truck/SUV. \$1,000. Leave message at 653-3663.

**For Sale:** San Antonio Spurs vs Phoenix Suns tickets (4) for Saturday, March 27 game at 7:30 p.m., good seats, \$180. Call 661-3051.

**Free To a Good Home:** White female Lab/Huskey mix, 5 month old, has all shots and vaccinations and was recently spayed. Call 223-4606 or 260-2976.

## 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.



**Outpatient Physical Therapist** - San Antonio. Energetic, extroverted, friendly, relationship-oriented. Must be eligible for Texas Physical Therapy Licensure. Will work directly with a healthcare management team. Provide feedback on customers, promotional programs, and environmental changes.

**Director Regulatory Affairs Devices** - San Antonio. Will develop regulatory strategies for approval of new products. Supports new product development teams by assessing regulatory requirements. Regulatory management experience in Class II and/or III medical devices. Experience with 501ks and PMAs.

**Health Care Analyst** - Brooks AFB. Provides functional and technical expertise to formulate computer system scope and objectives; devises or modifies procedures to solve problems using information system. Designs and maintains health care record collection, editing, and reporting modules.

## 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.

## 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.dmrti.army.mil](http://www.dmrti.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.fortsamhoustonmwr.com/bod/mwr\\_ticket\\_office.asp](http://www.fortsamhoustonmwr.com/bod/mwr_ticket_office.asp) or call 226-1663. Additional tickets will be posted as they are received.

## Auditions for 'Bell, Book and Candle' at the Harlequin

The Harlequin Dinner Theatre will hold open auditions on April 5-6, 7-8:30 p.m. for "Bell, Book and Candle," a romantic comedy by John van Druten. Don Patterson will be the director.

There are roles for three men, two women and one cat. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew.

Those who come to auditions should enter Fort Sam Houston through the Walters Street gate.

Performances will be Wednesday through Saturday evenings from May 26 through June 26. For information, call the Harlequin Dinner Theatre at 222-9694.



## 'Arsenic and Old Lace' at the Harlequin

The Harlequin Dinner Theatre will feature "Arsenic and Old Lace," a comedy by Joseph Kesselring on Wednesday through Saturday evenings beginning April 7 through May 8.

Prices are \$25.95 on Fridays and Saturdays and \$22.95 on Wednesdays and Thursdays. There are discounts for military and students. The house opens for salad bar and cocktails at 6:15 p.m., buffet is open from 6:30-7:30, and curtain is at 8 p.m. For reservations, call the Harlequin Dinner Theatre at 222-9694 or visit the box office from noon to 5 p.m. weekdays and 1 to 5 p.m. on Saturdays. Theatre is handicapped accessible.

## 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).

## '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).

## 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.

**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.

### 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](mailto:lsilva@dot.state.az.us) or the Fort Sam Houston School Liaison Services Office at 295-4806.

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

By Martin L. Callahan  
Special to the News Leader

On Saturday, March 27, the New Braunfels Marsch und Wandergruppe volksmarch club and New Braunfels Utilities will host the 10-kilometer (6.2 miles) and 5-kilometer (3.1 miles) Kinderschuhe-Volksmarsch (children's shoes volksmarch). The walk will raise money to purchase shoes for area low-income school children through a \$5 admission fee, with all proceeds from the tickets going to purchase shoes for needy children. Every paid-walker will receive a map with gift certificates from retail partners and a free food and beverage item at the end of the walk.

Walkers will follow the trail through scenic downtown New Braunfels and Landa Park. At some of the checkpoints along the route walkers will have the opportunity to view the fire department, EMS, police and NBU present safety demos. At the finish line, participants will receive a free lunch consisting of a smoked sausage, courtesy of New Braunfels Smokehouse, chips and soda. Live music will be playing from local German musicians. The start point is behind the NBU offices at 263 E. Main Plaza in New Braunfels from 8 a.m. until noon, finish by 3 p.m.

For more 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).

## Equine Vaccination and Worming Clinic, April 17

The Fort Sam Houston Veterinary Clinic will conduct an Equine Vaccination and Worming Clinic on Saturday, April 17, 8 a.m. to noon. For information, call 295-4260.

In accordance with Army Regulation 40-905, legal owners must be present with a valid DEERS Identification Card to receive services, or agent must present power of attorney and copy of owner's ID Card to receive services for your animal.



Courtesy photo

At right, Cliff Manis, the DNS administrator for the U.S. Army Medical Information Technology Center and MEDCOM, poses with a friend following his 1st place win at the U.S.A. Powerlifting Military National Weightlifting Championships held in Killeen, Texas.

## Army retiree still going strong

Studies show that senior citizens can increase their strength and vigor by picking up some form of moderate exercise. Sixty-five year old Cliff Manis, the DNS administrator for the U.S. Army Medical Information Technology Center and MEDCOM, maintains his strength by preparing for, competing in, and winning several national weightlifting championships.

In his latest test of strength on March 13, Manis won a First Place Gold Medal at the 2004 USA Powerlifting Military National Weightlifting Championships competition held in Killeen, Texas. The annual USAPL weightlifting competition is established for active military members, reserves, National Guard, and retired Soldiers to compete in age and weight categories. Power Weightlifting is a drug-free strength sport and according to Manis, "is lots of fun."

In the Masters (male) 65-69 age group and at his 206 pound weight, Manis benched 213 pounds, deadlifting 402.2 pounds, and squatting 335 pounds and placed first in his Master's group in the overall competition.

Manis was also part of a nine member team named "South Texas Power Team" at the meet in

Killeen and his team won second place overall at the meet.

Although looking at his physique, one would guess that he's been weightlifting since he was 18. Amazingly, he stepped into a gym only three years ago. "I began weightlifting to try to lose weight. I initially lost 48 pounds, but some of the weight I retained turned into muscle instead of fat."

Although Manis lost the weight he needed with the extreme exercise regimen, he also acquired a love for the sport and began competing in and winning several USAPL competitions in Texas. To prepare for the championships, Manis works with John Hendrix, a trainer for lifting weights and exercise at the Randolph Air Force Base gym one-and-a-half hours, five days a week.

His next big weightlifting venture is to join the U.S. Team competition in August 2004. He'll continue to demonstrate that picking up any new exercise regimes and maintaining one's vigor and strength is possible at nearly any age. More information may be found at <http://www.usapowerlifting.com> and <http://www.usapltexas.org>.

## Aerobics Classes for everyone at the fitness center

Tired of the same old workout routine? Check out some of the Aerobics Classes offered at the Jimmy Brought Fitness Center. For information, call 221-2020.

- Monday:**
  - 8:45-10:30 a.m. Water Fitness and pre/post natal Aquatic Fitness
  - 4:45-5:15 p.m. Super Abs
  - 5-6 p.m. Water Fitness and pre/post natal Aquatic Fitness
  - 5:45-6:45 p.m. Cardio Step
- Tuesday:**
  - 9-10 a.m. Senior Fitness
  - 5-5:45 p.m. Yoga/Pilates
  - 5:45-6:45 p.m. Body Sculpt and Abs
  - 7-8:30 p.m. Karate
- Wednesday:**
  - 8:45-10:30 a.m. Water Fitness and pre/post natal Aquatic Fitness
  - 4:45-5:15 p.m. Super Abs
  - 5-6 p.m. Water Fitness and pre/post natal Aquatic Fitness
  - 5:45-6:45 p.m. Cardio Kickboxing
- Thursday:**
  - 9-10 a.m. Senior Fitness
  - 5-6 p.m. Yoga/Pilates
  - 5:45-6:45 p.m. Body Sculpt and Abs
- Friday:**
  - 8:45-10:30 a.m. Water Fitness and pre/post natal Aquatic Fitness
  - 5-6 p.m. Water Fitness and pre/post natal Aquatic Fitness
  - 7-8:30 p.m. Karate

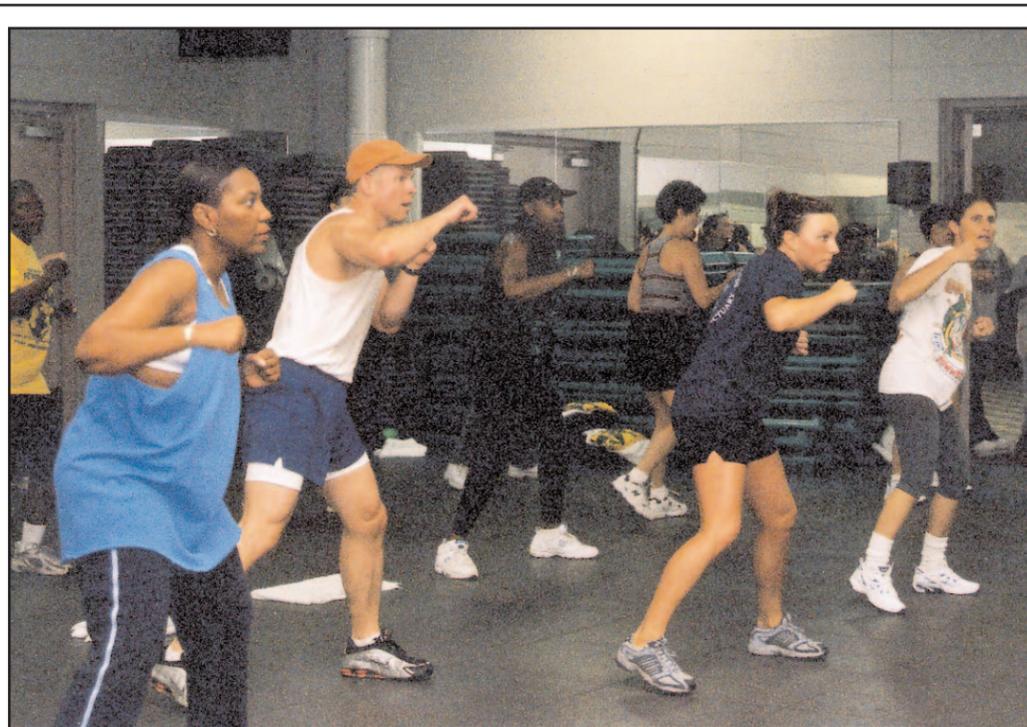


Photo by Alexandra Nordeck

### Quarterly aerobathon challenges participants

More than 20 participants gathered for the quarterly aerobathon held March 13 at the Jimmy Brought Fitness Center. The event included three hours of floor aerobics, step moves, kickboxing and abs stretching. This event is an MWR Fitness for Your Health program activity. For more information, call Lucian Kimble at 221-2020.

## Recreation and Fitness

**Party Places** - Need to organize a unit or retirement party or just looking for a unique place to hold a birthday bash? Check the Fort Sam Houston MWR Web site at [www.fortsam-houstonmwr.com/PartyPage.htm](http://www.fortsam-houstonmwr.com/PartyPage.htm).

**Outdoor Equipment Center** - Check out the Fort Sam Houston Outdoor Equipment Center for all your equipment needs. We offer a wide variety of recreational equipment for rental ranging from fishing boats to travel trailers and other camping equipment. Other items available for rental include: large BBQ/Smoker pits on trailers, canopies, tables, chairs and play bouncers and dunking booths for unit gatherings or birthday parties. For information, call 221-5554 or stop by Bldg. 1111 Forage Road, off Binz Engleman.

**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.

## Intramural Volleyball Standings

March 17 Team	W	L
BAMC #1	7	0
Co B Acad Bn	5	1
BAMC #2	3	3
HRBC	3	3
5th Army	2	3
BAMC #3	1	3
DMRTI	0	7



## Intramural Bowling Standings

March 19 Team	Points
Co B Acad Bn	34.0
Team #6	26.0
Strike Force	24.0
Wolf Pack	22.0
The Rolling Stone	20.0
Sum Better then others	20.0
Pac Men	19.0
DFAS Strike Force	17.0
Dry Uhump Express	12.0
1 Pin Standing	5.0





## 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.

### 8th Annual Cesar E. Chavez March, March 27

The 8th Annual Cesar E. Chavez March for Justice will be held Saturday, March 27. Participants will assemble at 10 a.m. at Guadalupe Plaza with parade formation at 11:30 a.m. on Brazos and El Paso Streets. The march will end at the Alamo for a special program at noon. For information call, 226-2301 or 226-7245, or e-mail iue-org@aol.com.

### 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 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 or visit www.nbutexas.com.

### FRG Leadership Team Lunch, March 29

You're invited to meet the Family Readiness Group Leaders lunch and talk, Monday, March 29, 11 a.m. to 12:30 p.m. at the Officers Club. Arrive early and miss the long serving line. RSVP by March 26 by e-mail: connie.fretwell@samhouston.army.mil, or 221-9821 Admin Office, or 221-0296 Voice Mail. Childcare can be reimbursed, however, no childcare will be available onsite.

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

### Health Protection Conference returns to New Mexico, Aug. 9-12

The Seventh Annual Force Health Protection Conference will return to the Albuquerque, N.M., Convention Center Aug. 9-12, with pre-conference sessions set for Aug. 6-8. For information and registration,

visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link <http://chppm-www.apgea.army.mil/fhp/>.

## 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.

### Laser procedure treats varicose veins

Wilford Hall Medical Center is seeking patients who require treatment for pain, discomfort or unsightliness caused by varicose veins. A minimally invasive laser procedure is available that leaves no scar and allows most patients to resume normal activities almost immediately. For information or to schedule an evaluation, call Maj. (Dr.) George Leon or Maj. (Dr.) Mark LePage at 292-7839.

### 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

### 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

## ¿Que Pasa?

apply for welfare funds. Application deadline is April 5. **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.

### 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.

### 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.