



News Leader[®]



Vol. 37, No. 13

Fort Sam Houston — Home of Army Medicine

April 1, 2004

Briefs

FSH Emergency Response Exercise on post

Saturday, April 3, 8 a.m. to 3 p.m. For information, call the Military Police Desk at 221-2222 or Installation Operations Center at 336-1876.

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.

SJA Office closed, April 6

The Office of the Staff Judge Advocate, Claims Division and Legal Assistance Division will be closed on Tuesday, April 6. The office will reopen April 7.

Residential Communities Office town hall meetings, April 7-8

The FSH Residential Communities Office will sponsor two town hall meetings for post residents at the Roadrunner Community Center April 7, 5:30 p.m. and April 8, 7:30 p.m. Post residents are encouraged to attend.

Camp Bullis Conference, April 15

Learn how to get the most from your training experience at Camp Bullis. Workshops will include use of training sites and ranges, risk management procedures, support services, and safety. Conference starts at 7:30 a.m. To register, call 295-7510/7616/7686 or send e-mail to alba.correa@samhouston.army.mil.



Photo by Sgt. Jan Allende

Sgt. Maj. of the Army Kenneth O. Preston toured medical training sites with Army Medical Department Center and School Command Sgt. Maj. Timothy Burke, 32nd Medical Brigade Command Sgt. Maj. Sampson Rush and 232nd Medical Battalion Command Sgt. Maj. Michael Kelley. Preston observed how Soldiers attending Initial Entry 91W combat medic training use computer driven human patient simulator systems to practice hands-on patient care skills learned during didactic instruction.

SMA visits post, medical training

By Phil Reidinger
Fort Sam Houston Public Affairs

Soldiers enjoying breakfast at the post's new Rocco Dining Facility got a chance to meet the Sgt. Maj. of the Army Kenneth O. Preston and several Soldiers were invited to join him during breakfast. Immediately following breakfast, Preston addressed the F Company, 232nd Medical Battalion 91W graduating class. He toured the 91W simulation center where he observed how human patient simulators

are used to train Soldiers attending Initial Entry 91W combat medic training. Prior to departing Fort Sam Houston, Preston spoke at the Alamo Chapter of the Association of the U.S. Army. He told more than 650 members attending the quarterly luncheon that he had spent the last year in Iraq observing first hand medics saving Soldiers every day. Noting that 25 million Iraqi's are free after one year, he said, "No other organization can serve as ambassadors as well as the American Soldier." Preston expressed his

concern for safety. He asked the NCOs and Soldiers for their commitment to help him enforce safety and discipline to reduce the numbers of non-battle deaths and injuries. "In the past six months this year there are as many non-battle deaths and injuries as all of last year," he said. Preston said that Soldiers coming into the Army want to be part of something bigger than themselves and Army Transformation and force stabilization initiatives are focused on insuring ready forces, helping retention, and easing stress on quality of life.

Sergeant Major of the Army joins NCOs at re-enlistment ceremony

By Jen Rodriguez
BAMC Public Affairs

Brig. Gen. C. William Fox, Jr., commander of Brooke Army Medical Center, gave the oath of re-enlistment March 25, along with the 13th Sgt. Maj. of the

Army Kenneth O. Preston, during a mass re-enlistment ceremony in BAMC Auditorium.

Preston stood on the auditorium stage with 18 Soldiers from BAMC, Army Medical Department Center and School, and the Fort Sam Houston post, and

recited the oath of enlistment to a packed audience of BAMC medical staff, Soldiers and civilians.

Fox led the oath of enlistment as each Soldier, including the audience, raised their right hands in acknowledgement of service to country.

"To all who serve in the medical business, I would tell you that the nation is proud of you," Fox said. "The nation is proud of our Soldiers who serve in uniform. The things that Soldiers do here at BAMC are an inextricable link to the

See SMA on Page 18

2003 suicide rates elevated among Iraqi Freedom troops; 2004 rates dip

By Donna Miles
American Forces Press Service

A new Army report reveals that Soldiers committed suicides at elevated rates during 2003, with those deployed to Iraq and Kuwait experiencing the greatest increase.

The spike in suicides dipped significantly during the first three months of 2004. But Lt. Gen. James Peake, the Army surgeon general, said, "Any suicide is something we worry about and want to stop."

Recommendations in the report, some already being put into place, include beefing up the Army's suicide prevention program and making behavioral health care more accessible to Soldiers in combat and other high-stress environments.

The report follows the Army's first mental health survey ever conducted in a

combat zone. A team of 12 military and civilian psychiatrists, psychologists, social workers and combat-stress experts surveyed 756 Soldiers in Iraq between late August and early October 2003. They also surveyed behavioral health and medical-care providers, unit leaders and unit ministry staffs.

Officials said Army Lt. Gen. Ricardo Sanchez, commander of Combined Joint Task Force 7, requested that the team come to Iraq after five Soldiers killed themselves in early July 2003.

Team chief Col. Virgil Patterson said one in four Soldiers surveyed reported moderate or severe emotional, alcohol or family problems. More than half reported low or very low morale and almost three-quarters reported low or very low unit morale.

Patterson emphasized that the survey was conducted when conditions were at

their all-time worst: at the end of a very hot summer, before much of the infrastructure that created more comfortable living conditions had been put in place and before most Soldiers knew when they would redeploy to their home stations.

Officials said they did not know if improvements in environmental and living conditions and certainty about rotation rates had impacted morale, but intend to find out when the team returns to Iraq this summer to conduct a second, expanded survey.

Lt. Col. Jerry M. Swanner, head of the Army's suicide prevention program, stressed that there is no correlation between low morale and elevated suicide rates.

In 2003, 24 Soldiers deployed to Kuwait and Iraq committed suicide -- a rate of 17.3 per 100,000. The overall

Army suicide rate during the same time period was 12.8 per 100,000 Soldiers. This compares to the Army's rate of 12.2 for 2003 and 11.9 from 1995 to 2002.

See Suicide on Page 3

FSH Emergency Response Exercise

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For information, call the Military Police Desk at 221-2222 or Installation Operations Center at 336-1876.

Uncle Sam wants you to join Operation Guardian Angel

Service members returning from war are at high risk for accidental injury.

Read below and find out how you can help. During the war, Army buddies watch over each other. When service members leave their buddies and return home they will need family and friends to watch over and assist them through what could be a difficult time of readjustment.

How can you help? Easy...Let them know you care, and appreciate their service to our country by reminding them to practice safety while they are home.

Why are service members at high risk after the war?

They are returning from a war zone. Many have been there for 12 months or longer. Returning home will be a major

adjustment for them. They will have to reintegrate and learn a normal life style again. Driving, social interaction and every day life will be much different than what they experienced in Iraq. Some may have a tendency to over indulge. Others may experience difficulty in relationships. These factors place them at high risk for accidents and injuries.

What is Operation Guardian Angel?

A national campaign that encourages families, friends, neighborhoods and communities to remind service members to practice safety when they return home.

What's the objective?

- To help protect service members from injury or accident.
- Let them know we are proud of

them, and we care.

- Provide citizens an opportunity to get involved.

Who can be a Guardian Angel?

- Anyone that cares enough to help our service members stay safe once they return.

- We need you to be a Guardian Angel.

- Please help and pass this message along to others!

What can a Guardian Angel do?

- Guardian Angels can talk to service members they know.

- Guardian Angels can remind service members to:

- Drive with caution, and have a plan for DUI avoidance if they intend to consume alcohol.

- Offer to call a cab to help get them home safely.

- Use the appropriate safety gear and buddy system during recreational activities such as hiking and swimming.

- Anything you can think of that will help ensure their safety.

Help recruit Guardian Angels in your community by contacting your local radio and TV stations to make public service announcements. Asking groups and local clubs such as the VFW, American Legion, AM Vets, PTA, Jaycees, and other community action organizations to participate.

For information, visit <http://safety.army.mil/guardianangel/ApplyasGuardianAngel.asp>.

Fort Sam Houston News Leader

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Photo by Jen Rodriguez

Oprah Winfrey visits with Silver Star medal recipient Staff Sgt. Rashaan Canady March 24 at Brooke Army Medical Center. Winfrey was at the hospital to visit with Soldiers injured in the Global War on Terrorism and to tape a show set to air April 6.

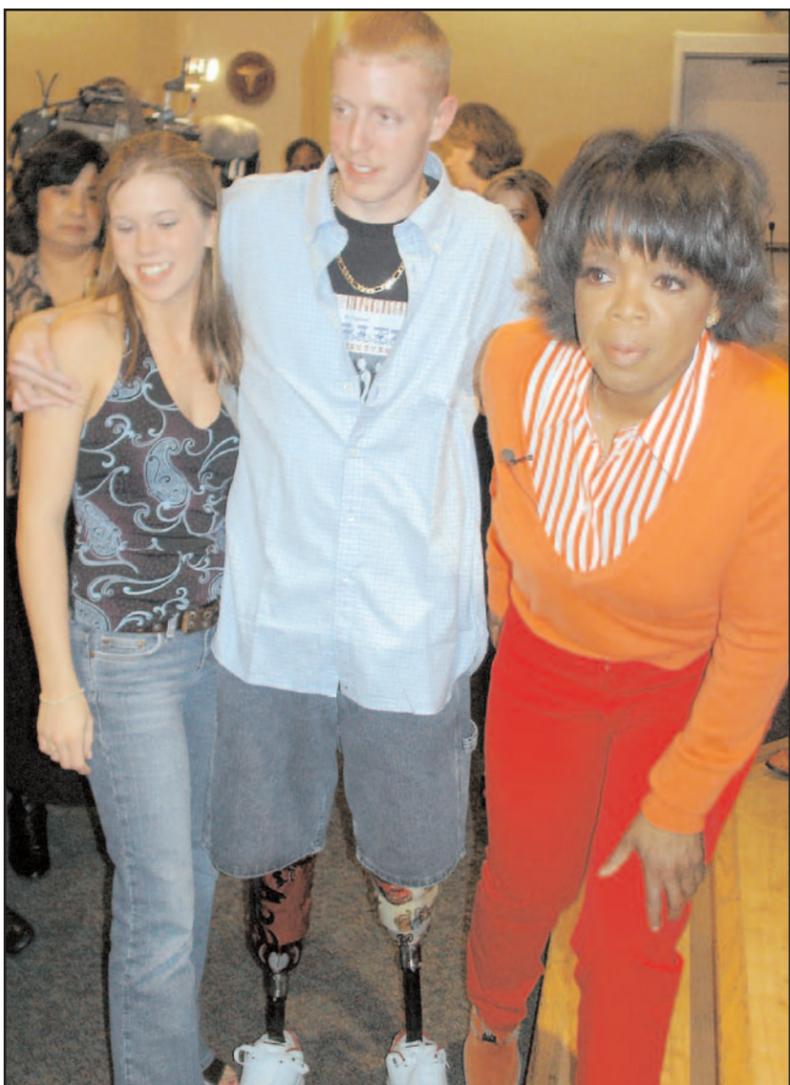


Photo by Mark Williford



Photo by Nelia Schrum

Oprah Winfrey visits spouses of deployed medical staff at Brooke Army Medical Center March 24 for an upcoming show entitled, "The Oprah Winfrey Show: Life After War," airing April 6 (Check local listings).

Oprah visits Operation Iraqi Freedom Soldiers at BAMC

By Jen Rodriguez
BAMC Public Affairs

Talk Show Host Diva Oprah Winfrey visited with seven wounded Operation Iraqi Freedom Soldiers at Brooke Army Medical Center, March 24, for an upcoming show, titled: "The Oprah Winfrey Show: Life After the War," scheduled to air April 6.

Winfrey said the purpose of her visit was to put the numbers, reported by the media, with a face of the Soldiers injured in the Global War on

Terrorism.

BAMC has treated more than 1,100 Soldiers from the war with 290 Soldiers still on medical hold at the hospital.

Soldiers with orthopedic and burn injuries were interviewed in varied stages of rehabilitation in the hospital's orthopedic therapy, physical therapy and the burn ward centers.

Winfrey concluded her visit with a 30-minute gathering with spouses of BAMC medical staff deployed to Iraqi and Afghanistan.

Abby Jackson, with husband, Spc. Robert "BJ" Jackson, a bi-lateral amputee, wearing his prosthetic legs, painted with flames, race cars and Scooby-Doo, poses with Oprah Winfrey March 24 for a final photo for their memory book. The Jacksons departed from Brooke Army Medical Center heading home after a five-month stay at the hospital.

Suicide

Continued from Page 1

The suicide rate for deployed troops dropped dramatically in 2004. Swanner said no suicides were reported in January or February, and just one Soldier took his own life in March. The cause of another fatality has not yet been determined.

Despite the spike, officials said these figures remain lower than the national average of 21.5 per 100,000 for males ages 20 to 34. This is the age bracket for most U.S. Soldiers in Iraq.

Swanner insisted that "any suicide is one too many" and that the Army is committed to further reducing the rates.

According to Col. Bruce Crow, who served on the mental health advisory team, all but two of the 24 Soldiers who committed suicide in 2003 while deployed for Operation Iraqi Freedom were male. All but two served in the active component and almost two-thirds were unmarried. Only one tested positive for the anti-malarial drug Lariam, which has been linked to psychotic episodes in some users.

All but one died of gunshot wounds; the other, from an overdose of over-the-counter medication.

None of the Soldiers who committed suicide had a history of mental health treatment, Crow said, and what troubles officials the most is that none exhibited telltale warning sign that could have alerted their fellow Soldiers to their situations.

Officials call the "battle buddy" system a hallmark of the Army's suicide prevention program. It relies on Soldiers to help identify warning signs on their fellow Soldiers so they can intervene. Another measure is effective mental health care.

About 15 percent of the Soldiers surveyed by the team said they sought help for combat stress. But many said they didn't know how or where to seek help.

Officials said they plan to field mental health teams closer to combat units in wartime, possibly with "roving" care providers to serve Soldiers in remote locations. In addition, they hope to work to overcome the stigma many Soldiers

associate with mental health care.

Swanner said these measures build on an active suicide prevention program that the Army first introduced 18 years ago.

In February, the Army announced plans to speed up its suicide awareness plans, including introducing a toll-free crisis hotline, to help curb suicides among Soldiers during high-stress periods.

The hotline, called Army One Source, enables Soldiers to talk with a trained professional with assurance of confidentiality. The number for stateside troops is (800) 464-8107; overseas, it is (800) 464-81077.

In 2000, the Army launched its "Soldiers, Leaders and Communities Saving Lives" suicide prevention campaign. The program aimed to teach Soldiers how to recognize early signs of suicidal behavior and how to respond.

About three years ago, the Army introduced a training workshop called "Applied Suicide Intervention Skills Training." The purpose was to give anyone who might come in contact with a



Lt. Gen. James B. Peake
The Army Surgeon General, U.S. Army

person at risk of committing suicide the tools to intervene.

"The Army is committed to taking care of its Soldiers," Peake said. "We have an aggressive program and the commitment of a leadership that understands the stresses of combat."

Pfc. Noe DonJuan spends time with his 4 year-old son during the deployment ceremony held March 28 at the Roadrunner Community Center. Thirty-three Soldiers and their families met one last time at the community center prior to departing to Fort Hood in the early morning hours of March 29.



328th Personnel Services Battalion deploys to the Middle East

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

Thirty-three Soldiers assigned to the 328th Personnel Services Battalion, Detachment 3, 90th Regional Readiness Group, and their families gathered at the Roadrunner Community Center on Sunday, for a deployment ceremony. Detachment 3 will be based in Kuwait with a wide scope of personnel service responsibilities. The detachment will provide casualty identification and personnel support throughout the Theater of Operations.

Col. Christopher Serpa, deputy commander, 90th Regional Readiness Group and guest speaker, said, "I want to extend my gratitude to all the families here. This unit is the best trained, best equipped, and best led to do the job. I am proud of you and you will be back before you know it, I salute you."



Col. Christopher Serpa, deputy commander, 90th Regional Readiness Group, and guest speaker at the ceremony, visits with the family of Spc. Steve West; mom, Gloria, brother, Shawn Jawaid and fiancé, Dominique Centeno.



Capt. Chester Aguilar, 328th Personnel Services Battalion, Detachment 3 commander, gathers his troops prior to the deployment ceremony held March 28.



Sgt. Oralia Lopez's family came to say their goodbyes at the deployment ceremony held March 28. Lopez's family included her sons Kenneth and Lawrence, husband Robert and her mother Guadalupe Perez.



Shaune Gross serves cake to Pfc. Margaret Herrera and her comrade at the deployment ceremony courtesy of the Floresville High School Air Force JROTC. Herrera comes from a long history of military service with a grandfather who served 42 years in the military and an uncle currently in the Armed Forces.



Photo by 1st Sgt. Armand Fermin

1st Sgt. Rupenea Sue (center) and Pvt. Adam B. Ellsworth holding the company guidon, lead the E Company, Tusker Medics, in the Susan G. Komen Race for the Cure held in San Antonio Saturday.



Photo by 1st Sgt. Armand Fermin

Lt. Col. Bruce W. McVeigh and Pvt. Adam Bagley holding the battalion colors, lead the 232d Medical Battalion Soldier medics during the San Antonio Susan G. Komen Race for the Cure on Saturday.

FSH Soldier medics join the Race for the Cure

Story by Spc. Roman Kubyschkovskyy
Special to the News Leader

Early Saturday morning, more than 100 Soldiers from the 232d Medical Battalion gathered at the Alamodome to join 9,921 participants from the San Antonio area to raise funds and awareness for the fight against breast cancer. The Soldier medics of the 232d Medical Battalion were one of 378 other teams that either ran or walked in the Race for the Cure. The 5K run began on Cherry Street in front of the Alamodome, turned onto Durango Street, passing under Interstate Highway 37, then onto South Main Street, where the participants then made their way over to East Market Street and eventually back to the start point.

The event helped raise more than \$225,000 for the fight against breast cancer. Chaplain (Capt.) Michael Allen, 232d Medical Battalion chaplain, organized the battalion's participation in the event. Soldier medics representing C Company, D Company, and E Company all participated in the event. The Fort Sam Houston and Brooke Army Medical Center team was the largest military formation represented at the race.

The Susan G. Komen Breast Cancer Foundation Race for the Cure®, the largest series of 5K runs/fitness walks in the world, raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivors, and honors those who have lost their battle with the disease.



From left, Sgt. Ariel Hernandez and Spc. Brenna McAllister, assigned to E Company, Academy Battalion, are evaluated on immobilizing a fracture. Distal pulses in the simulated mannequin, SimMan, can be manipulated to simulate loss of circulation.



From left, Maj. Cecilio DeJesus and Staff Sgt. Reginald Adams, the OIC and NCOIC of the Semi-Annual Combat Medic Skill Validation Test, perform a functions check on the simulated mannequin, SimMan, used for testing nuclear, biological and chemical medical skills. This SimMan can bleed and tear from the eyes, as well as foam from the mouth.

Combat medics test skills, prepare to save lives on battlefield

Story and photos by
1st Lt. Jim Silverstrim
Special to the News Leader

F Company, 232nd Medical Battalion, conducted Semi-Annual Combat Skills Validation Testing on March 17-18. The test is a requirement for all 91Ws, Health Care Specialists. The objective is for 91Ws to demonstrate their performance of hands-on life-saving tasks to standard. There are seven combat medic skills tables with multiple tasks evaluated for

each table. The primary mission of the 91W is combat casualty care. Although many 91W duty positions do not provide Soldiers the opportunity to use these skills on a regular basis, SACMS-VT allows these Soldiers to sustain the skills needed to save lives on the battlefield.

By the end of the two days of training, 77 Soldiers had completed and passed the testing. Soldiers from Academy Battalion and the 187th Medical Battalion, as well as from the 232nd Medical Battalion, were tested on their

skills. Through the Department of Combat Medic Training, Fort Sam Houston has some of the best state-of-the-art equipment in the Army. Simulated mannequins (SimMan) used for testing can simulate a variety of signs and symptoms used for SACMS-VT. Vital signs, respiratory function, bleeding, airway function, and many other functions can be manipulated to simulate a variety of trauma scenarios.

The training requires many personnel and equipment in order to be successful.

Although F Company, 232nd Medical Battalion team instructors conducted the training, others also deserve recognition for their efforts. From the 232nd Medical Battalion, Specialty Team 5 provided the communications equipment and Specialty Team 6 provided the Nuclear, Biological and Chemical Equipment. The SimMan staff provided key support and assistance with the simulators, and several NCOs from Academy Battalion aided in evaluating.



Photo by Esther Garcia

Capt. Pablo Rivera, Jr., accepts the company guidon from Lt. Col. Steven Bolint, Special Troops Battalion commander, and assumes command of the 418th Medical Logistics Company.



Photo by Esther Garcia

Capt. Corey Daughtrey poses with wife Angela, who served as the unit family readiness group coordinator during the unit's extensive deployment to Germany.

418th Medical Logistics Company changes command

By 1st Lt. Kevin Lester
Special to the News Leader

Lt. Col. Steven Bolint, Special Troops Battalion commander, hosted a change of command ceremony at the company Logistic Support Warehouse on March 12. Capt. Pablo Rivera, Jr., incoming commander, accepted the unit guidon and assumed charge of the 418th Medical Logistics

Company from Capt. Corey V. Daughtrey.

Daughtrey has served as the 418th Company commander from March 14, 2002 to March 12. During his tenure, the 418th deployed to Germany to augment the workforce at the U.S. Army Medical Materiel Center, Europe. The unit, deployed in support of Operation Enduring Freedom and Operation Iraqi Freedom. During their deployment, the 418th managed, received, packed and shipped more than 193,000 lines of Class VIII supplies, weighing more than 5,600 short-tons and valued at more than \$135 million. The team produced more than 76,000 spectacles and completed more than 6,900 medical maintenance work orders. Daughtrey succeeded with every one of his missions all while providing a high standard of biomedical maintenance support to III Corps Divisions and 1st Medical Brigade and completing the complex reorganization of the 418th under the Medical Reengineering Initiative.

Daughtrey, began his military career

with the Air Force in 1986 as an airman and served until 1994. In 1996 he graduated from Texas A&M University, Corpus Christi, Texas, and was commissioned into the Medical Service Corps. He holds a master's degree in public administration from Troy State University. He has served in several locations around the world as a cryptographic communications technician, laboratory specialist, blood platoon leader, clinical laboratory manager and S-4. He is married to the former Angela Frances Grady of El Paso, Texas, and they have a daughter.

The incoming commander, Rivera, served in the U.S. Army Reserves in 1996 while in the ROTC program at the University of Texas in Austin. Upon graduating in August of 1999 with a bachelor's degree in journalism, he was commissioned into the Medical Service Corps. Rivera has served in several locations around the world as a heavy equipment operator, executive officer, platoon leader, commander of the 440th Blood Support Detachment (Provisional) and Aide-de-Camp to the commanding general, Great Plains Regional Medical Command, Brooke Army Medical Center. Rivera is married to the former Irene Villarreal of Arlington, Texas, and they have two daughters.



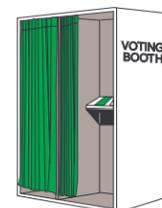
Photo by Master Sgt. C.S. Allbright

Fifth U.S. Army welcomes new deputy commander

Brig. Gen. F. Joseph Prasek gives remarks at a ceremony welcoming him as the new deputy commanding general of the Fifth U.S. Army. The ceremony was held March 24 in the historic quadrangle, the home of Headquarters, Fifth U.S. Army. Prior to assuming the current duties, Prasek served as the commanding general of the Coalition Joint Task Force Phoenix, in Afghanistan, which was comprised of nine national contingents with the mission of building the new Afghan National Army.

FVAP presents workshop April 8

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



Focus: Installations to serve as flagships

By Sgt. 1st Class Marcia Triggs
Army News Service

This is the fourth 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 "Installations as Flagships."

"We have pledged to rid the Army of Camp Swampy -- substandard installations," said Geoffrey Prosch, the acting assistant secretary of the Army for Installations and Environment.

When Army Chief of Staff Gen. Peter Schoomaker announced that "Installations as Flagships" would be one of the Army's 16 immediate focus areas, there were already more than 74,000 people working the issue, Prosch said.

The Office of the Assistant Chief of Staff for Installation Management vowed in 2002 to improve installation business practices by cutting out layers of bureaucracy, and managing its \$15 billion budget through one agency, Prosch said.

Spacious barracks rooms with walk-in closets and homes with garages and driveways had already been built. They are good examples of how ACSIM was working to improve where Soldiers work, train and their families live, Prosch said.

To end the impression that there are "have and have-not installations," all Army posts will operate under Installation Design Standards, a written policy that will outline what the minimum standards are, officials said.

"Right now we are in the process of developing an implementation plan for the Installation Design Standards," said Lt. Col. Paul Mason, chief of the Transformation team for ACSIM.

"The design standards will give installations a framework for building or

renovating billeting, setting up force protection, and landscaping. Installations will then initiate their own Installation Design Guides based on the standards we outlined in the IDS," Mason said.

The endeavor is not to make all installations the same, Prosch said, but to ensure consistent quality among Army installations.

The Army Community and Family Support Center is also playing a part by placing family services and Morale, Welfare and Recreation programs on a level plateau, Mason said. Everything from the Child Development Center to the post gym will be managed to standard, he added.

Soldiers should share the same quality of life as those they have pledged to defend, Mason said. By improving the installation infrastructure, the Army is recruiting and retaining Soldiers and their families, he added.

Residential Communities Initiative, the Army's housing privatization plan, is one of the best things the Army has done for its Soldiers, said Prosch, who spent 31 years as an infantry officer. There are currently 26 RCI contracts serving 31 installations. By 2007, RCI contracts will be awarded to improve 80 percent of the Army housing, Prosch added.

"We're not just building row houses, we're building communities," Prosch said. "We have put an equity investment of \$335 million into RCI, and our private partners have been able to borrow \$7.2 billion. We would not have been able to obtain that type of money through military construction dollars from Congress."

Other future plans to improve billeting on post are to spend \$1 billion to upgrade lodging facilities for Soldiers who are on temporary duty or in processing and to upgrade the barracks for

Soldiers who are deployed.

"When Soldiers come home from a deployment, we want to make sure they see improvements," Mason said. "A time schedule is being reviewed, but it has not been determined if the renovation will take place for the Soldiers who are participating in the second rotation of Operation Iraqi Freedom and the fifth rotation of Operation Enduring Freedom."

Installations must be resourced to be holistic communities and secure sanctuaries, but also deployment platforms with robust reach-back capabilities, officials said.

The Army exists to fight and win wars, Prosch said. The job of ACSIM is to ensure that the installations have the resources to deploy its active-duty, and mobilize and demobilize its reserve troops, he said.

"There is currently a plan to revise the number of mobilization sites, Mason said.

"We do not want our installations to be choke points for mobilizing troops," Mason said. "Our goal is to design an area that will house all the organizations that fall under the deployment process."

"Deploying Soldiers is one of our focuses, but training is also an installation's core," Mason said. "Ranges will evolve from single-use, stand-alone platforms to be able to support both individual and collective training simultaneously."

Mason said Soldiers should start to see more live and virtual training in fiscal years 2007 or 2008. With the Installation Management Agency focusing on the post facilities, commanders can focus on training and war fighting, Mason added.

While Soldiers are training for a war, ACSIM will continue to outsource non-

war-fighting functions, such as utilities, to private industry because they have the expertise and money, Prosch said.

As of Oct. 1, funds for installations started going directly to the garrison commanders to be used for their intended purposes, instead of being funneled down through major commands, Prosch said. Installations may find that they still don't have enough money. But, at least the money will be accounted for, and it will be easier to justify to the Office of the Secretary of Defense and Congress why more money is needed, he said.

IMA has seven regions, but there is only one banker, Prosch said. The IMA headquarters is located in Virginia, and there are four regions located stateside and three located overseas.

"In the year that we've been open, we've been able to save money and get a standard quality of work by obtaining contracts to cover whole regions," Prosch said. "We've regionally contracted security guards, furniture renovation and building demolition as examples."

Army leadership knows the importance of installations, Mason said. The changes that are taking place are not merely enhancements or band-aid fixes, he said. New and fresh approaches are being taken to make installations efficient and effective worldwide, Mason added.

Reserve Component Soldiers, pay bills, but save your receipts

Last year, the president signed legislation for fiscal year 2004 that authorized three new temporary provisions to enhance access to TRICARE medical and dental benefits for eligible Reserve Component sponsors and their family members. Recently, the Department of Defense announced plans to implement the new provisions under its "2004 Temporary Reserve Health Benefit Program." Eligibility for some of the new temporary TRICARE enhancements began November 6, 2003 and ends for all on December 31, 2004.

Eligibility for two of the temporary provisions (sections 703 and 704) was effective November 6, 2003, but TRICARE policy, data and contract changes were needed before either could be implemented and

claims paid. The 704 provision, which was implemented by TRICARE Management Activity earlier this week, temporarily extends TRICARE eligibility under the Transitional Assistance Management Program from 60 or 120 days to 180 days for Reserve Component sponsors who separate from active duty federal service November 6, 2003, through December 31, 2004.

Effective March 17, 2004, TAMP-eligible sponsors and family members who were saving their receipts may apply for TRICARE reimbursement by submitting a TRICARE claim form, a copy of their itemized bill, an explanation of benefits and proof of payment if the bill was already paid to their TRICARE regional claims processor. Contacts and additional

information on claims processing are available on the TRICARE Web site at <http://www.tricare.osd.mil/claims/default.cfm>.

TMA will soon be able to implement the second temporary provision (703). This provision authorizes TRICARE medical and dental benefits for Reserve Component sponsors activated in support of a contingency operation for more than 30 days and for their family members. TRICARE eligibility under this provision begins the day the sponsor receives delayed effective date active duty orders or 90 days before the date the active duty period begins, whichever is later. The effective date for benefits under this program was November 6, 2003.

However, until TRICARE is able to

make payments for claims under this provision, Reserve Component sponsors and eligible family members who receive medical and dental care from November 6, 2003, to the present, are encouraged to pay those bills and save their receipts. Beneficiaries may apply for TRICARE reimbursement once implementation begins and claims filing procedures are announced by TMA.

The third and final temporary provision (702) is under development. This provision is limited to Reserve Component sponsors who are either unemployed or employed but not eligible for employer-sponsored health coverage and their family members. This provision will pay for medical care only. Claims under this benefit are not eligible for payment retroactive to November 6, 2003. This provision, when it is implemented, will require an enrollment application and payment of a premium. TRICARE is working now to develop this provision, which requires many contract and personnel system changes. We anticipate that this effort cannot be completed for several months. The authority for this temporary provision expires on December 31, 2004.

Sponsors and family members who need help understanding their TRICARE benefits or processing TRICARE claims, may contact their regional TRICARE beneficiary counseling and assistance coordinator for assistance. A list of names and telephone numbers for assistance is available at <http://www.tricare.osd.mil/bcaddirectory.cfm>.

Future updates on the three temporary programs for Reserve Component families will be posted to the TRICARE Web site at <http://www.tricare.osd.mil> and the Reserve Affairs Web site at <http://www.defenselink.mil/ra/>.

Source: TRICARE Web site at <http://www.tricare.osd.mil>.

FSH Spring Clean Up 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.

Housing area dumpster locations

Dumpsters will be located throughout the housing area as indicated:

- Watkins Terrace, near the entrance of Watkins Terrace.
- Infantry and Staff Post, on Hood Street near north New Braunfels Street.
- Harris Heights, corner of Hardee and Forage Roads.
- Patch/Chafee, corner of Wilson Street and Garden Avenue.
- Graham/Dickman and Artillery Post, near Artillery Post Road and S-27.



Photo by Susanna Oakes

'Quiet Zone' signs posted on Stanley Road
 New signs were posted last week making the intersections of Stanley and Hancock Roads a designated quiet zone. These signs read, "Quiet Zone No Cadence Calling." Road guards and military police will monitor the area.

MWR 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.fortsamhoustmwr.com/PartyPage.htm.

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.

Keep Your Heart Healthy - A free 5K fun run/walk will be held Saturday, April 24, 10:30 a.m. outside the Jimmy Brought Fitness Center. Participants will receive a free T-shirt. For information, call 221-2020.

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 Bowling Standings

As of March 19	
Team	Points
Co B Acad Bn	34
Team #6	26
Strike Force	24
Wolf Pack	22
The Rolling Stone	20
Sum Better then others	20
Pac Men	19
DFAS Strike Force	17
Dry Uhump Express	12
1 Pin Standing	5



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. - Foulois/Scott Road Harris Heights
 - 3:54 p.m. - Forge/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.

Child and Youth Services Central Registration offers many services

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. Parent University is co-sponsored by FSH Elementary, ACS Family Advocacy Program, and Child and Youth 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, 221-4871, 221-1723.

After School and Weekend Recreation - School Age Services (1st - 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.

Red Cross Babysitting Class - CYS Outreach Service is offering a Red Cross Babysitting Class for children 11 years and older. The class will be held May 1, 9 a.m. to 5 p.m. at the Roadrunner Community Center, Bldg. 2797. There is a \$15 fee and limited spaces available. Child will need to bring a bag lunch. To reserve space, call Central Registration at 221-4871 or 221-1723.

Bicycle safety

All personnel on Fort Sam Houston, including children, must wear a bicycle helmet while riding a bicycle, as outlined in Department of Defense Instruction 6055.4, dated July 1999.

AMEDDC&S and Fort Sam Houston Regulation 190-5, Motor Vehicle Traffic Programs, also states the bicyclist:

- must obey all traffic signals, signs, and other devices.
- will not carry any other person on a bicycle.
- when riding at night, bicyclists will be equipped with bicycle headlights and taillight.



Red Cross Certified Babysitting Class, April 17

A Red Cross Certified Babysitting Class for children ages 11-15 will be held April 17, 9 a.m. to 4:30 p.m. at the Red Cross Station, 2650 Patch Road, on the corner of Harney and Patch Roads, Bldg. 2650. There is a \$35 fee and class is limited to the first 10 students. Child will need to bring a bag lunch. For information or to make a reservation, call 221-3355.



Academy Battalion Spring clean-up clothes drive

Soldiers of Academy Battalion are sponsoring a Clothes Drive now through April 23. Drop off boxes have been placed at the AMEDD Center and School, Main Post Exchange, Commissary, Eisenhower Bank, San Antonio Credit Union, NCO Club, Officers' Club, DMRTI, Academy Battalion, Nutrition Branch, Chapel, and OR Branch.

As you conduct your annual spring clean up, you can donate new or slightly used clothing, personal hygiene items, diapers and pull-ups to a

worthy cause. Items will be donated to the Seton Home, SAMM Shelter, Battered Women and Children's Shelter, Father Flannigan's Girls and Boys Town, Roy Maas Youth Alternative Shelter, and the Christian Assistance Ministry.

For filled boxes, call Linda Wenck at 221-3688, Mary Jane Rodriguez at 221-3691, Sgt. Parker at 221-3809. You may also call Chaplain (Capt.) Ray Estes at 221-1753 or e-mail at ray.estes@us.army.mil.

FSH 'Strike Force' powerlifters sweep Military Nationals in Killeen

Story and photo by Pfc. Jeremy D. Crisp
345th Mobile Public Affairs Detachment

The Fort Sam Houston "Strike Force" Powerlifting team literally "cleaned up" at the U.S.A. Powerlifting Military Nationals held at the Killeen Civic Center in Killeen, Texas, March 13.

A diversified team, consisting of reserve, active duty, and retired military personnel, racked up a total of 11 medals, with each member placing, including a third place team trophy.

"Big Tony," the youngest member of the group, Sgt. Tony Fantasia of the 90th RRC, 228th Combat Support Hospital, credits their success to the group workouts four times a week. "I've been working out with the team for two months now and have seen great improvement. I've gone from 285 lbs. in the bench to 330 and from 350 in the squat to 500," he said. When speaking of powerlifting, Fantasia just "loves to do it," and ultimately wants to be in the World's Strongest Man competition.

Although the majority of the team members have been lifting a good part of their lives, the team just came together recently and has become a powerhouse of strength.

"The 'Strike Force' team is relatively new," said Lt. Col. Dan Deuter of the Army Medical Department Center and School. "This is Master Sgt. Hilliard's first meet, my second Nationals, and Sgt. Fantasia's first," he said.

The meet consists of each team member competing in three different events: Squat, Bench Press, and Deadlift. Each competitor gets three tries at each weight discipline, with pre-determined weight for each attempt set up prior to the meet by the competitor. Not only do the lifters have to worry about lifting the weight they themselves have picked, they also have to do it properly.

Three judges sit around the lifter in a literal

firing squad, with a mechanical buzzer aimed at the lifter's technique. Failing to complete a lift in proper form will entice the judges to let rip on a red button that could mean the life and death of the lift. If two out of three judges hit the red button, then the competitor gets a "no go" for that turn.

Currently the team enjoys the luxury of using the post gyms. However, it becomes a big challenge when deployed or TDY. "Strike Force" powerhouse, Maj. Ray Baxter, said, "When we first deployed to Bosnia, we were working out lifting 50 cals. Then we moved on to cinder blocks and barrels when we could. You lose a lot of technique that way, but we didn't lose the strength".

"Stay in there!" "Head up! Stand up!" along with personal whooping, hollering and grunting can be heard from teammates and fellow competitors as lifters prepare to take care of business. As an actor to the theatre, these steadfast competitors are literally on a stage. Lifters step up onto a rough cut, sweat laden piece of carpet, grab an iron bar full of quarters of tons of metal, all in front of cameras, judges, audience, and spotters.

That's no problem for the resilient "Strike Force" members though. Team leader, Lt. Col., Jon (David) Mullins, chief, 90th RRC Command Readiness Team said, "People just blur into obscurity, they just fade out. Heck, some guys don't even see the front judge, and he's just five feet away."

After all the chalk, sweat, and blood has gone away for the day, these gentlemen head back to their respective towns with wives, friends and medals in tow. Taking with them also the respect and admiration of fellow competitors, onlookers and Soldiers alike. Find out more about powerlifting at www.houseofpain.com.

Lt. Col. Jon (David) Mullins also contributed to this article.



Members of the Fort Sam Houston "Strike Force" from left, front row, Dan Deuter, Gary Pamplin, and Ray Baxter; back row, Martin C. Hilliard, David Mullins, Dave Georges and Tony Fantasia pose for a group photo during the U.S.A. Powerlifting Military Nationals competition held in Killeen, Texas, on March 13.

'Strike Force' Team Awards		
Name	CL/WT	Final Placing
Dan Deuter	Masters1/198	1st 1st Bench
Ray Baxter	MastersII/198	1st 3rd Open overall
Martin Hilliard	MastersII/198	3rd
Dave Georges	MastersI/220	1st
David Mullins	MastersI/242	2nd
Gary Pamplin	MastersII/242	1st 1st Bench
Tony Fantasia	Open/275	2nd

Join the 'Celebrate Fiesta' Health Fair, April 6

The Community Health Nursing students attending the Principles of Military Preventive Medicine class will sponsor a "Celebrate Fiesta" Health Fair in Bldg. 2841, AMEDD Center and School, Willis Hall Food Court Tuesday, April 6, 8 a.m. to noon. The health fair is open to the public.

The topics for the health fair will include: Women, Infants and Children (WIC) program, STD/HIV, Nutrition, FSH Safety, QM MEDCOM, Breast Health, Family Advocacy, Tobacco Control, Fitness Center, Stress Management, Alcohol Awareness, Therapeutic Massage, and Blood Pressure Checks.



Health Promotion Center April Class Schedule

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.
Stress Management	13	1-2 p.m.
Diabetes Education	13	12:45-4:30 p.m.
Office Yoga	14	Noon to 1 p.m.
Back Pain	15	2-3:30 p.m.
Introduction to Weight Reduction	16	Noon to 1:30 p.m.
Body Fat Testing	16	8-11 a.m.
Breastfeeding Support Group	16	1-2:30 p.m.
Cholesterol & Lipids	19	8:30-11:30 a.m.
Diabetes Education	19	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.

Army Medicine: Ready, Relevant and at War

2004 AUSA Medical Symposium

The Army Medical Department, in cooperation with AUSA invites the Army medical community to attend the 2004 AUSA Medical Symposium at the Henry B. Gonzalez Convention Center in San Antonio, Texas, May 16-21. This year's theme is "Army Medicine: Ready, Relevant and at War."

Breakout session and briefings are scheduled for the following functional areas: Senior Leaders, Command Sergeants Majors and Sergeants Majors, Resource Management, Logistics, Safety, Office of the Staff Judge Advocate, Human Resource (Military, Civilian and Senior), OIF Lessons Learned, Army Medical Specialist Corps Leadership Course, Dental Executive Council, Reserve Components

Mobilization & Deployments, and the Baylor Preceptors. Continuing Education Credits will be provided to attendees in specific medical AOCs. Approximately, 250 commercial exhibitors are also expected to participate. Military exhibit space is available.

For additional symposium information and registration, visit www.ausa.org. Early registration ends on April 21. On-line registration closes April 28, then registration will be available on site on May 16.

For all other inquires, to include breakout session or military exhibitors, call Capt. Stephanie Wolf, AUSA Project Officer at 221-7124 (commercial) or 471-7124 (DSN) or e-mail at stephanie.wolf@us.army.mil.

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



Combat pay exclusions affect military taxpayers

By Capt. Mary E. Meek
Tax Assistance Center

As most military taxpayers are aware, Soldiers can exclude from gross income certain military pay received during a month the Soldier served in a combat zone or qualified hazardous duty area. Many military taxpayers are not aware, however, of the effects that excluded military pay may have on the calculation of their taxes. Military pay excluded from income due to service in a combat zone cannot be used to calculate either the Earned Income Credit, or the refundable portion of the Child Tax Credit. Taxpayers have been impacted on both ends of the income spectrum by this exclusion.

Military taxpayers with little or no taxable income due to service in a combat zone may find their anticipated credit amounts reduced or eliminated. Take, for example, the mother of four who visited the Fort Sam Houston Tax Assistance Center expecting to receive \$4,000 in

CTC for her four children. Because her husband's military pay was excluded from income due to service in Iraq and she had no other sources of income, the mother was not eligible for the refundable portion of the CTC.

Other taxpayers whose income levels are ordinarily too high to qualify for the EIC may be pleasantly surprised to receive tax credits for which they did not qualify in the past. For example, a married couple with two children filed a joint return in which the wife, a member of the National Guard, on active duty in Iraq, had a W-2 with zero taxable income. The husband had a W-2 with \$22,000 in taxable wages. Although last year they did not qualify for EIC, the taxpayers will receive an EIC of \$4,204 based on their taxable income.

The Internal Revenue Service provides the following additional examples of the effects of excluded military income on the earned income and child tax credits as experienced at Military VITA locations:

Example 1: An Army Reservist and

his homemaker spouse are married filing a joint return with two children. The Reservist was stationed in Iraq all of 2003 and his W-2 shows zero taxable wages. This family received approximately \$32,000 in non-taxable wages and would normally have had regular tax of \$1,033, regular CTC of up to \$1033, EIC of \$562 and a refundable CTC of \$167. With the combat pay exclusion the calculation of their return shows no tax due. The effect of the exclusion is zero Child Tax Credit, zero Earned Income Credit and zero refundable Child Tax Credit. In a routine tax year, the couple would have had a refund of \$729 or more depending on their federal income tax withheld. This year they only have their federal withholding refunded each month and no refund when they file their return.

Example 2: An Air Force Reservist is a divorced father of two children. While he served in a combat zone in 2003, his two children lived with their grandparents. The taxpayer had some earnings outside of the combat zone so W-2s show

\$2,350 income but no tax withheld. Due to the clarification of rules affecting extended families around the Earned Income Credit, the taxpayer will be able claim EIC with two qualifying children. His EIC will be \$950. He will not receive any CTC since his parents claim the children as dependents. Due to his reduced taxable income, the taxpayer, who did not previously qualify for EIC, may not know of his eligibility.

Although this list is not intended to be exhaustive of potential tax effects of military pay excluded from gross income, it does represent the issues most often encountered during the 2003 tax season at Military VITA offices. For additional information, taxpayers may visit the Tax Assistance Center for help with tax questions or tax return preparation.

The Tax Assistance Center is open 9 a.m. through 4:30 p.m. from Tuesday through Saturday, and offers two intake sessions at 9 a.m. and 1 p.m. It is located in the Officer's Club and may be reached by telephone at 295-1040.

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@sam-houston.army.mil.



DoD temporarily extends TRICARE eligibility to 180 days

Under the National Defense Authorization Act and the Emergency Supplemental Appropriations Act for fiscal year 2004, TRICARE eligibility for some active duty and Reserve Component members separating from active duty service is temporarily extended under the Department of Defense Transitional Assistance Management Program from 60 or 120 days to 180 days.

The enhanced TRICARE provision, which began November 6, 2003, and ends December 31, 2004, is the first of three temporary programs the TRICARE program is implementing this spring under its "Temporary Reserve Health Benefit Program," to enhance access to care for active and Reserve Component sponsors separating from active military service and their family members. The only change to TAMP is the temporary extension for the eligibility period.

"We are pleased to implement these new benefits for separating service members and their families in order to assist the transition to civilian life," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "TRICARE and contractor staff are working to make this temporary benefit work as

smoothly as possible," he said.

Eligible sponsors and family members must be enrolled in the Defense Enrollment Eligibility Reporting System. Former active duty sponsors and family members eligible for the transitional program may enroll in TRICARE Prime in locations where TRICARE Prime is available, or they may use the TRICARE Extra or TRICARE Standard benefits. Under TAMP, active duty sponsors and family members are not eligible for TRICARE Prime Remote.

Former active duty and Reserve Component members who are eligible for transitional benefits may receive dental care at military dental treatment facilities on a space-available basis only. Family members are not eligible for dental care at these facilities. Civilian dental care is not a covered benefit for sponsors or family members under the transitional program. Certain members of the Reserve Component and their family members may, however, receive dental care by enrolling in the TRICARE Dental Program. To determine eligibility and get additional information, contact the TDP administrator, United Concordia Companies, Inc. at (800) 866-8499 or at <http://www.ucci.com>.

All claims submitted to TRICARE for sponsors and family members eligible for transitional benefits are processed by the TRICARE claims processor at the TRICARE Standard or TRICARE Extra active duty family member rate. To apply for TRICARE reimbursement, sponsors or family members must submit a TRICARE claim form, a copy of the itemized bill, and an explanation of benefits and receipts (if available) to their regional managed care support contractor for processing.

The sponsor's service branch determines whether the sponsor and family members are eligible for transitional benefits. Active duty and Reserve Component sponsors who are separating from active duty and need to verify eligibility for transitional TRICARE benefits for themselves and family members are encouraged to contact their nearest Service personnel office for assistance. DEERS eligibility may be verified by contacting the Defense Manpower Data Center Support Office toll free at (800) 538-9552.

On January 1, 2005, TRICARE eligibility under the transitional program for active and Reserve Component sponsors who separate from active duty and have

fewer than six years of total active federal service and their family members returns to 60 days upon the sponsor's separation. TRICARE eligibility for active and Reserve Component sponsors who separate from active duty and have six years or more of total active federal service and their family members returns to 120 days upon separation of the sponsor.

Sponsors and family members who need help understanding their TRICARE benefits or processing TRICARE claims, may contact their regional TRICARE beneficiary counseling and assistance coordinator for assistance. A list of BCAC names and telephone numbers for assistance is available at <http://www.tricare.osd.mil/bcacdirectory.cfm>. Additional information on TRICARE and the Temporary Reserve Health Benefit Program is available on the TRICARE Web site at <http://www.tricare.osd.mil/> and the Reserve Component Web site at <http://www.defenselink.mil/ra>. A list of frequently asked questions is available at <http://www.tricare.osd.mil/faqs/> by typing in keywords TAMP or Reserve.

Source: TRICARE News Release at <http://www.tricare.osd.mil>.



Photo by Sgt. Jan Allende

Sgt. Maj. of the Army Kenneth O. Preston talks with 91W Initial Entry Training Soldiers during morning parade at the 232nd Medical Battalion. The 232nd Medical Battalion trains 17 iterations of 400 Soldier medics per year. The 16-week course includes two weeks of field training in simulated combat environments conducted at Fort Sam Houston and Camp Bullis. The initial six weeks of 91W training are devoted to EMT certification and national registry testing which Soldiers are required to pass before continuing 91W training phases.

SMA

Continued from Page 1

field as a combat medic.”

Fox said the combat medic has the first response for the wounded Soldier. Then it’s the whole medical team who takes the necessary actions to insure that the Soldier receives care from BAMC, Walter Reed Army Medical Center or Eisenhower Medical Center.

“The medical centers are designed to take care of Soldiers first who are sick or ill on the battlefields,” Fox said.

While the Soldiers stood at parade rest, Preston talked about the progress made in Iraqi due to the Army’s efforts.

“A lot of people don’t know the good things,” Preston said. “A lot of time the media talks about publicizing the things

that are going on.”

Preston said the types of good things that are going on are the 25 million people who are freed in Iraq.

“When you fly over Baghdad today, every other house there has a satellite dish and there are apartment buildings with 14 families,” Preston said.

“Freedom of democracy is spreading all over. The Iraqi people really are wonderful people. Americans are doing everything they can to get the Iraqi people off the ground.”

“Contributions of the Soldiers, Sailors, Airmen and Marines, civilians and contractors, who are over there right now are really making great contributions.” Preston said. “I’m very proud of

them and the Soldiers that are here today.”

During the ceremony, Preston presented each enlistee with a Sergeant Major of the Army coin for their service and dedication to America. Coins were also presented to Operation Iraqi Freedom Soldiers as he made rounds around the hospital.

Thirteen of the enlistees from BAMC included Staff Sgt. (P) James Shiver, respiratory therapy; Staff Sgt. Kermit Ferguson, occupational therapy; Staff Sgt. Frank Obregon, Jr., hospital dining facility; Staff Sgt. Clive Stephenson, primary care; Sgt. Glenn Goodridge, hospital dining facility; Sgt. Kimberly Lemon, veterinary support branch; Sgt. Tarvin

Smith, Department of Pathology and Laboratory Services; Sgt. Shem Webler, Akeroyd Blood Donor Center; Spc. Marcos Garcia Trujillo, Camp Bullis Army Health Clinic; Spc. Alejandro Munoz Rodriguez, rheumatology; Spc. Travis Slone, critical care unit; Spc. Samuel Tucker, BAMC Medical Hold Company and Spc. Clarence Ware II, optometry clinic.

In addition to the BAMC re-enlistees, five Soldiers were from the Fort Sam Houston post that included Sgt. 1st Class Edward Boehringer, Sgt. 1st Class Richard Sylvia, Staff Sgt. Eric Mason, Sgt. Luther Grayer and Spc. Raeann Malcolm.



Photos by Jen Rodriguez

Following the ceremony, Sgt. Maj. of the Army Kenneth O. Preston met with four Operation Iraqi Freedom Soldiers, March 25, on the burn ward including Staff Sgt. John Purser, who was injured in a helicopter crash. Preston presented each Soldier a Sergeant Major of the Army coin as a token of thanks for their service and dedication to the Army.

Sgt. Maj. of the Army, Kenneth O. Preston presents a Sergeant Major of the Army coin, March 25, to enlistee Staff Sgt. (P) James Shiver, respiratory therapy at the conclusion of the mass swear-in re-enlistment ceremony.





**Photos by
Sgt. Jan Allende**

Sgt. Maj. of the Army Kenneth O. Preston meets members of the Alamo Chapter of the Association of the U.S. Army following the association's quarterly luncheon. Preston spoke to more than 650 military and civilian members of the association and guests during the luncheon.



Breakfast at the Rocco Dining Facility provided an opportunity for Sgt. Maj. of the Army Kenneth O. Preston to meet and talk with Soldiers. Several Soldiers enjoyed breakfast conversation with the Sergeant Major of the Army, Command Sgt. Maj. Timothy Burke, and Command Sgt. Maj. Jackie McFadden.



Sgt. Maj. of the Army Kenneth O. Preston addresses the Army's newest 91W Soldier medics during the F Company, 232nd Medical Battalion graduation ceremony at the NCO Club.



During his tour of the post training areas, Sgt. Maj. of the Army Kenneth O. Preston met with drill instructors and NCO cadre members assigned to the Army Medical Department Center and School.



Instructor cadre, drill sergeants and battalion staff NCOs meet with Sgt. Maj. of the Army Kenneth O. Preston at the 232nd Medical Battalion headquarters.

AAFES unveils new 'Serving Troops Downrange' Web site

The Army and Air Force Exchange Service has launched a new Web site to provide deployed troops and family members with information regarding support downrange. The "Serving Troops Downrange" site can be accessed at <http://www.aafes.com/downrange/home.htm>.

The site was developed to provide troops, Command and family members with an opportunity to see what kind of PX/BX facilities are available at downrange locations throughout Operations Iraqi and Enduring Freedom. The site includes important information regarding services and benefits available to deployed service members and their families.

"We have communities preparing for deployments and the local commands are asking what kind of exchange facilities the troops can expect," said Maj. Gen. Kathryn Frost, AAFES

commander. "With this new site, military units and family members can be better informed concerning AAFES support when facing deployment," she adds.

The site includes exterior and interior views of contingency facilities with complete information about food and service operations currently available at each location. The main page contains two drop-down menus. One lists specific regions and all AAFES sites within. The other menu offers links to important deployment information such as the best value for calling home, Star Card deployment policy and downrange

stock assortment.

"I think many people wonder what it's like downrange, and even though this site can only provide a brief glimpse of OIF/OEF PX/BX operations, it offers a good introduction to the support AAFES can supply during deployment," said Marilyn Iverson, Chief Operating Officer, AAFES.

Report suspected child abuse, break the circle of violence

By Angela M. Swain
Family Advocacy Program

April is Child Abuse Prevention Month

Children are a precious gift! Sometimes they can be a handful. Unfortunately, some adults may not handle their stress effectively when interacting with children.

There have been times when parents and other adults cross over the line and become abusive. The reality is child maltreatment does occur. It doesn't discriminate according to age, economical status, race, ethnic, or religious affiliation.

Child abuse can be defined as a non-accidental injury or pattern of injuries to a child. Child abuse can be a one-time occurrence, but is more often a pattern of behavior. Legally, a child is considered a person who has not attained the age of 18.

There are four major types of mal-

treatment: physical, emotional abuse, sexual abuse, and neglect. There are various levels of abuse described as mild, moderate or severe.

Physical abuse can be described as an injury, resulting from punching, pushing, shoving, beating, kicking, biting, burning, shaking, etc. All of these can be harmful to children. A stressed parent or caretaker may not intend to hurt a child, but this can occur when over disciplining.

Emotional abuse tends to be reflected by constant criticism, name-calling, belittling, insults, and rejection. Examples can include destroying a child's property, and injuring a pet for the purpose of intimidation. Emotional abuse is usually present when other forms of abuse are identified.

Sexual abuse includes fondling a child, intercourse, incest, rape, commercial exploitation through prostitution, or pornography materials.

Neglect is a failure to provide a child's

basic needs. This can include medical, physical, educational, cultural or emotional neglect. Emotional neglect includes inattention to a child's need for affection. Also, failure to provide psychological care, when spouse abuse occurs in the child's presence, is a form of abuse.

Reporting legitimate suspicions of child abuse is in compliance with Army Regulation 608-18, "The Army Family Advocacy Program." Every Soldier, employee and member of the military community is encouraged to report information about known or suspected abuse as soon as the information is received. Commanders, installation law enforcement personnel, Child Development Center and Youth Services employees, psychologists and medical personnel are required to report suspected abuse.

The 24-hour contact is normally the military police, hospital emergency, or hospital Family Advocacy Program personnel. There is also the National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453).

Intervention is essential to "break the cycle of violence."

Help is available for victims and their families. The Brooke Army Medical Center Family Advocacy Program is available to provide treatment support. The primary goal is to combat child maltreatment and keep children safe and stabilize the family. Many relationships experience periods of bad stress, that can make one feel overwhelmed and out of control. Build healthy families and keep Soldiers,

mission ready. This is essential for the growth and development of healthy children.

The Department of the Army has embraced a theme "Building Safe Communities Prevents Child Abuse" during April Child Abuse Prevention Awareness Month. Children can have a better opportunity to flourish and experience healthy expressions of love, through encouragement, praise, and positive reinforcement. Help create healthy life styles for children and be a healthy role model. It is advantageous for parents to listen quietly and attentively. Learn how to handle negative emotions, and find alternatives to punishment. Meet the challenge to continue the development of effective parenting skills and promote healthy discipline.

Family members are encouraged to be proactive and use available support services. Our Army Community Services Family Advocacy Program believes that "Kid's Count!" The month's activities will kick off with a "Blue Ribbon Campaign," and Parent University. Parent University is co-sponsored by Army Community Service, Child Youth Services, and the Fort Sam Houston Elementary School. This program will focus on "Child Lures." It will be held at Fort Sam Houston Elementary School April 6, 6-7:30 p.m.

The Army Community Service Family Advocacy Program is committed to support families with the following programs in April: Duffle Bags for Babies, Your Child & Anger, Helping Us Grow Securely (H.U.G.S) play group, Teen Talk, Truth or Consequence for Teens, Making Love Last (couples) and many more classes. For information or to make a reservation, call 221-2418 or 221-0349.

Cole Jr./Sr. High School houses Interactive Counseling Center

Story and photo by Dr. Gloria Davila
Associate Superintendent

The children of military men and women have special school needs and challenges that are different than non-military children. Frequent transitioning from school to school is a special challenge for military families and their children. The Military Child Education Coalition, a private, non-profit organization that advocates for military children, is fielding Interactive Counseling Centers in different schools that assist military families and their children make the transition a little easier.

The ICC is a web-based video conferencing system that allows families and the educational counselors to exchange information between sending and receiving schools. Parents and students are able to talk with counselors, teachers, coaches, or even students at the new school and get a head start on admission and placement before ever leaving.

Currently, Cole Jr./Sr. High School operates an ICC. "The ICC is an exciting tool in our efforts to make our students' transitions easier," reports Counselor Julie Coffey. "We are able to ease students' fears about moving to a new school by meeting their new counselors in advance and by checking graduation credits before a move."

"This is one tool that students, parents and schools can use to prepare and plan for their next move," states retired Lt. Gen. G. Pete Taylor, MCEC board chairman, who encourages military families to take advantage of the ICC. "We trust that Soldiers and their families will find the Interactive Counseling Centers to be a useful tool as they prepare to transition to their next assignment."

For information, call Julie Coffey at 368-8739 or e-mail jcoffey@fort-sam-houston.k12.tx.us. For a listing of schools that house Interactive Counseling Centers, visit <http://www.interactivecounselingcenter.org/Locations/index.php>.



Cole senior Shatora Robertson and her mother Valerie James check out the video conferencing unit in the Interactive Counseling Center.

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.

Fort Sam Houston ISD Weekly Campus Activities April 5-10, 2004

Fort Sam Houston Elementary School

Tuesday, April 6

- Parent University, "Child Lures," 5:30-7:45 p.m.

Friday, April 9

- Good Friday, School Holiday

Robert G. Cole Jr./Sr. High School

Monday, April 5

- Six Weeks Tests: English and Electives

- UIL District Golf at Randolph, 8 a.m.

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

Tuesday, April 6

- Six Weeks Tests: Math and Social Studies

- UIL Band Concert Contest at Clemens High School, TBA

- Baseball at Poth, 7 p.m.

Wednesday, April 7

- Six Weeks Tests: Science

- UIL District Tennis at Cole, TBA

Thursday, April 8

- End of Fifth Six Weeks

- Six Weeks Tests: All Make up Tests

- UIL District Tennis Tourney at Cole, TBA

Friday, April 9

- Good Friday, School Holiday



Post celebrates National Women's History Month

By Maria Preda
Special to the News leader

The Fort Sam Houston Garrison in cooperation with the Human Relations/Equal Employment Opportunity Programs, Unity Diversity Committee, sponsored a National Women's History Month breakfast seminar at the FSH NCO Club on March 11. More than 80 attended the breakfast to hear guest speaker Nancy Gonzalez, co-anchor for the KSAT-TV show "Good Morning San Antonio." This year's theme was "Women Inspiring Hope and Possibility."

At the conclusion of the event, Arcy Longoria, director, HR/EEO, presented Gonzalez with a framed copy of the City of San Antonio 2004 Women's History Month Proclamation.

FEW Workshop

In addition, the Unity Diversity Committee and the Federally Employed Women's organization held a morning workshop at Wagner Hall, Fort Sam Houston on March 23.

Thirty personnel attended the workshop narrated by Sgt. 1st Class Penny Walls, Fort Sam Houston Installation Equal Opportunity adviser. There were four key speakers whose topics of discussion included:

"War, Women and Opportunity" by Col. Maureen Coleman, commander, 32d Medical Brigade; "Time Management" by Maj. Myranda Vereen, chief, Personnel Actions Branch, MEDCOM; "Health Issues and Concerns" by Susan Ferrise, Occupational Health nurse, Brooke Army Medical Center; and "Financial Planning" by Brian Pearson of Madison National Life Insurance.

SonRise Service, April 11

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!

Spiritual growth involves change

By Robb Wood
Special to the News Leader

Growing Spiritually Series - Part VI

This theme of changing has been prominent throughout our learning sessions. As we grow spiritually of our own choosing, our motivations change. Our beliefs change as we learn about God. Our values change as we learn what God values. And we change by not subscribing to ungodly practices. In general, change will be painful or pleasurable but remember God is with us in all phases. Scripture teaches that each day believers are a new creation, changed. II Cor 5:17.

This concludes the series on Growing Spiritually. It is my prayer that this series has been enlightening and encouraging. As mentioned several months ago, we are commanded to grow. The chapel is here to support you as you change, as you grow.

For more information on our programs, visit www.cs.amedd.army.mil/chaplain.

Post worship schedule

Main Post Chapel, Bldg. 2200, phone number: (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

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.

Resumix workshops for U.S. Army Garrison employees

Accessing Resumix workshops will be held April 6, 8-9:15 a.m. and April 20, 8-9:15 a.m. Attendance is by reservation only and limited to eight per class. For information or registration, call 221-2276.

Civilian Workshops scheduled

The Army Career and Alumni Program staff will conduct Resume, Writing, and Interviewing Workshops for DoD civilian employees who are contemplating leaving federal service workforce. Workshops are being offered on the following dates: April 16 and May 5. To register as an ACAP client and to reserve a seat in one of the workshops, call 221-1213. Workshops will be cancelled and clients rescheduled, if there are less than 10 confirmed attendees one week prior to the workshop. Register now and get your friends and family members to do the same.



The Tide Racecar is coming to your FSH Commissary Thursday, April 7, 10 a.m. to 5 p.m.



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.fortsamhoustmwr.com/bod/mwr_ticket_office.asp or call 226-1663. Additional tickets will be posted as they are received.



Courtesy photo

Vision Center opens for business

The Army and Air Force Exchange Services recently held a grand opening of the new Vision Center. The center, located in Bldg. 372 is open Monday through Saturday, 9 a.m. to 7 p.m. and Sunday, 10 a.m. to 6 p.m. and is ready to handle your eye care needs. To schedule an eye examination with optometrist Dr. Scott Taylor, call 223-1104.

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, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhoustmwr.com 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, 75K miles, leather, flat screen TV system, \$19,500 obo. Call 566-5722 or 916-8854.

For Sale: 1998 Honda Civic EX, 2-door, 5-speed, black w/grey interior, moon roof, alarm, fully loaded, good condition, one owner, \$5,500 obo. Call 521-70871.

For Sale: 1995 Acura Legend LLS, V-6, auto, climate-controlled A/C, non-smoker, leather interior (wood trim), security system, cruise control, fully loaded, garage kept; color Desert Mist, classic design, \$11,900 obo. Call 379-4304.

For Sale: 1995 Rinker 20' Merc-Cruiser, open bow ski/fish boat, IB/OB, V-6, trailer and accessories, in excellent condition, \$7,995. Call 274-4390.

For Sale: 1970 VW Beetle, one-owner, good mechanically sound car, \$1,500 cash includes \$700 worth of manuals, new spare parts, etc. Call 945-2906.

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

For Sale: Kenwood KSC-WA82RC enclosed

powered car subwoofer \$75, Kicker VS10L5 vented enclosure system 450w, \$300. Call 295-2392.

For Sale: Blue loveseat recliner, \$195; three dolls, \$50; Freon recover system, \$250. Call 653-4205.

For Sale: GE 30" Select Top black cooktop, \$75 obo; two tires, 1-P225X 60R14 and 1-P205 X VR14, \$20 each. Call 221-2509 or leave message at (830) 980-2622.

For Sale: Loft beds, top bed with desk underneath, \$250. Call 223-9501.

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

For Sale: Royal blue prom dress, sequins, size 7/8, \$50 obo; charcoal grey prom dress, rhinestones, size 8, \$50 obo; black formal dress, size medium, \$25; all worn once. Call 289-2930.

Multi-family Moving Sale: Saturday, April 3, 8 a.m. at 4711 Castle Knoll. Everything must go. For directions, call Martha at 846-6573 or Diane at 723-8383.

Fort Sam Houston NCO Club				
April 2004				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Club Closed Every Monday	LUNCH BUFFET \$4.95 for Club Members \$5.95 for Non Members Lunch is served from 1:00 A.M. - 1:00 P.M.	Lemon Chicken Sweet & Sour Pork Veg. Loin Egg Rolls Chinese Food	FRIED CHICKEN/BBQ RIBS EVERY THURSDAY	1 Fish Fry Fried Fish Baked Fish Popcorn Shrimp Chef's Special
	6 GOLDEN FRIED CHICKEN Meatloaf with Brown Gravy Chef's Special	7		9 Fish Fry Fried Fish Baked Fish Gumbo Chef's Special
	13 GOLDEN FRIED CHICKEN Schweine Schnitzel Bratwurst & Red Chef's Special	14 Beef Lasagna Chicken Alfredo Spag Meatballs Italian CUISINE		16 Fish Fry Fried Fish Baked Fish Salmon Croquettes Chef's Special
	20 GOLDEN FRIED CHICKEN Roast Beef w/Mushroom Gravy Chef's Special	21 Fried Catfish Cajun Pork Chops Southern Food		23 Fish Fry Fried Fish Baked Fish Gumbo Chef's Special
	27 GOLDEN FRIED CHICKEN Baked Ham w/Pineapple Sauce Chef's Special	28 Too Hot For Your Mama - Chicken (Mild Avail) Spicy Beef		30 Fish Fry Fried Fish Baked Fish Popcorn Shrimp Chef's Special

Ft Sam Houston Officers' Club					
April 2004					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Need a room for your guests? Call 224-4211 \$45.00/night 10 suites available	Chickens & Dumplings Hawaiian Baked Ham Chef's Special	We cater special events. Call 224-4211 ext. 118 Kathy would be more than happy to assist you	Gary's Smokehouse Ribs Country Fried Steak Chef's Special	1 MEXICAN FOODS Chicken Enchiladas Beef Stroganoff & Noodles Joe's Beans	2 Fish Fry Southern Fried Fish Hot Dog Bar/Chili Chef's Special TGIF 4:00 pm - 7:00 pm
4 Sunday Brunch 1000-1330	5	6 GOLDEN FRIED CHICKEN Stuffed Bell Peppers Chef's Special	7	8 MEXICAN FOODS Chicken Breast in Champagne Sauce Joe's Beans	9 Fish Fry Southern Fried Fish Braised Brisket Chef's Special TGIF 4:00 pm - 7:00 pm
11 Easter Brunch 1000-1400	12 Beef Tips with Rice Roast Pork Chef's Special	13 GOLDEN FRIED CHICKEN Shrimp Creole Chef's Special	14 Gary's Smokehouse Ribs Chicken A La King in Puff Shell Chef's Special	15 MEXICAN FOODS Cheese Enchiladas Grilled Pork Chops w/Apple Sauce Joe's Beans	16 Fish Fry Southern Fried Fish Homemade Meatloaf Chef's Special TGIF 4:00 pm - 7:00 pm
18 Birthday Brunch 1000-1330	19 Sheperd's Pie Ham & Cabbage Chef's Special	20 GOLDEN FRIED CHICKEN Smothered Steak w/onion Chef's Special	21 Gary's Smokehouse Ribs Beef/Broccoli Chef's Special	22 MEXICAN FOODS Carne Guisada Baked Chicken Joe's Beans	23 Fish Fry Southern Fried Fish Lasagna Chef's Special TGIF 4:00 pm - 7:00 pm
25 Sunday Brunch 1000-1330	26 Sliced Roast Beef Veal Parmigiana Chef's Special	27 GOLDEN FRIED CHICKEN Spaghetti w/meatballs Chef's Special	28 Gary's Smokehouse Ribs Salisbury Steak Chef's Special	29 MEXICAN FOODS Chicken Mole Taco Bar Joe's Beans	30 Fish Fry Southern Fried Fish Seafood Casserole Chef's Special TGIF 4:00 pm - 7:00 pm

*There will be no Seafood Buffet this month. The next one will be on May 21, 2004



Community events

Poteet Strawberry Festival free to military, April 2-4

Military personnel are admitted free with ID card to one of the oldest, most popular events in the state, the Poteet Strawberry Festival, April 2-4. Poteet is located just 25 miles south of San Antonio on Highway 16. For information, call (830) 276-3323 or visit www.straber-ryfestival.com.

Kerrville Mt. Wesley Walk, April 3

The Kerrville Trailblazers volksmarch club will host a 10-kilometer (6.2 mile) and optional shorter distance walk starting at the Mount Wesley Methodist Conference Center at 610 Methodist Encampment Road, Kerrville, Texas. For information, call Robert Theis at (830) 896-3550.

Auditions for 'Bell, Book and Candle' at the Harlequin, April 5-6

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 p.m., 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 1-5 p.m. on Saturdays. Theatre is handicapped accessible.

Comfort Easter Egg Walk, April 10

The Hill Country Volkssportsverein volksmarch club will host a 10-kilometer (6.2 mile) and optional shorter distance walk starting at the Comfort Community Park on Highway 27 West in Comfort, Texas, April 10. The walk will include an Easter Egg hunt along the walk route. For information, call John Bohnert at (830) 995-2421 or e-mail Tina Bohnert at tina.bohnert@comfort.txed.net.

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,

¿Que Pasa?

visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link at <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 Brooke Army Medical Center 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.

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 apply for welfare funds. Application deadline is April 5.

Direct commissioning program available

The U.S. Army Health Care Recruiting Team is look-

ing 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 N. 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 Rockeymoore, 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

USAWOA, Lone Star Chapter meeting, April 17

The Lone Star Chapter of the United States Army Warrant Officer Association is holding a special meeting, in lieu of the regularly scheduled monthly meeting, for the Annual Installation of Officers on Saturday, April 17, 6 p.m. 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 at matthew.watterson@us.army.mil.

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.

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.

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.