



## Briefs

### **Bldgs. 367, 1290 and BAMC ID Card Office closed tomorrow**

The Gen. Vogel Processing Center, Bldg. 367, the Student Personnel Center, Bldg. 1290 and BAMC ID Card Office will be closed tomorrow. Regular service will resume Monday, April 26, 7:30 a.m.

### **Camp Stanley Ammo Point closed April 26-30**

Camp Stanley Ammo Point will be closed for all customer issues and turn-ins April 26-30 for 100 percent quarterly inventory. For information, call Pat Varela at 221-2134.

### **FSH Newcomers' Extravaganza April 27**

The next Newcomers Extravaganza will be held April 27, 9 a.m. in the Roadrunner Community Center. Attendance is mandatory for all permanent party in processing Soldiers in rank of lieutenant colonel and below within 60 days of arrival at FSH. For information, call the Army Community Service relocation program at 221-2705 or 221-2418.

### **FSHISD Board of Trustees meeting, April 27**

The Fort Sam Houston Independent School District Board of Trustees will hold a regular meeting on April 27, 11 a.m. at the FSHISD Professional Development Center, 1908 Winans Road.

### **A-76 Town Hall meeting, April 27-28**

Attention U.S. Army Garrison employees, the next A-76 Town Hall Meetings will be held April 27-28, 1:30-3:30 p.m. in Evans Auditorium.



Photo by Karen Waters

Soldiers are entertained by Kazamba Drum and Dance Group who performed at Fort Sam Houston's annual Fiesta celebration April 18. See more photos on Pages 15,18-19, and 22.

## Post entertains thousands during Fiesta event

By Esther Garcia  
Fort Sam Houston Public Affairs

More than 20,000 people entered Fort Sam Houston on April 18 to help the post celebrate its annual Fiesta event. The celebration began with a country fair at 1 p.m., which included continuous live entertainment, food, drinks, games and military equipment display. Guest appearances included performances by the U.S. Air Force Drill Team and Falcon Demonstration Team.

The military ceremony included per-

formances by the Golden Knights Army Parachute Team, the U.S. Army Drill Team, the Fife and Drum Corp, and Soldiers in parade from the 32nd Medical Brigade and Special Troops Battalion, United States Army Garrison.

Continuing the second part of the military ceremony, the Escaramuzas Rosas de Castilla entertained the crowd with their sidesaddle and bareback equestrienne routines, followed by Las Erendiras, a female mariachi group. The evening ended with a spectacular display of fireworks as the U.S. Army Medical

Command Band and the 62nd Army Band from Fort Bliss, Texas, performed the 1812 Overture.

Sponsors supporting the FSH Fiesta celebration included Washington Mutual, Ford Motor Company, Caliber Collision Centers, Member Benefit Representatives, Eisenhower National Bank and radio stations Y100, KKYY and Z106.7. Washington Mutual sponsored the San Antonio Fiesta Commission fireworks display that has become a traditional part of the post ceremony.

## Center and School faculty and programs receive national recognition

By Phil Reidinger  
Fort Sam Houston Public Affairs

Two Army Medical Department Center and School Academy of Health Sciences programs recently received top national rankings in the U.S. News and World Report annual rankings of top graduate school educational programs.

The Academy of Health Sciences U.S. Army Baylor University Doctoral Program in Physical Therapy ranked fifth in the nation in the April 2 edition of the magazine. The U.S. Army-Baylor graduate program in Health Services

Administration was ranked 20th nationally.

The predominantly military Academy of Health Sciences faculty designs and implements all aspects of the Physical Therapy curriculum approved by Baylor University. Since first ranked in 1998 as the 11th top rated graduate program, the quad-service physical therapy program is consistently rated in the top 10 percent nationally of all entry-level programs. The current fifth ranking is the highest received to date.

Sixteen to 24 students attend the Physical Therapy program with 16 stu-

dents currently enrolled in the doctoral program. Enrollment is comprised predominantly of Army students, with Navy, Air Force, and Public Health Service also participating in the program. Faculty members are tri-service military and civilian, all holding academic ranking with the Graduate School at Baylor University in Waco, Texas.

U.S. Army Lt. Col. Josef H. Moore, Ph.D., associate professor is the program director. The remaining core faculty includes: U.S. Army Lt. Col. Thomas Sutlive, Ph.D., associate professor and deputy program director; Navy Capt.

Edward Kane, Ph.D., assistant professor; U.S. Air Force Lt. Col. Robert Wainner, associate professor and research director; U.S. Army Lt. Col. Joseph M. Molloy, Ph.D., assistant professor; Maj. Robert Boyles, assistant professor; Capt. Gail Dreitzler, assistant professor; Dr. Ada Kelly, professor and anatomist; Dr. Douglas Christie, professor and physiologist; U.S. Army Sgt. 1st Class Bernadette Henderson, Physical Therapy Branch NCOIC; Staff Sgt. Hollis J. Ensley, Program Operations NCO; and Cindy Quiroz, Program Education tech-

See Center and School on Page 4

## DoD health officials concerned over military suicide rate increase

By Sgt. 1st Class Doug Sample  
American Forces Press Service

The number of suicides in Iraq has the full attention of Defense Department health officials, who are asking Soldiers suffering from combat related stress to seek medical assistance.

Dr. David N. Tornberg, deputy assistant secretary of defense for clinical and program policy, said suicide deaths are a "primary concern" for his office in an interview with American Forces Radio and Television Service.

"It's very important for anyone who is feeling stressed to come forward, to speak

to their chaplain, to speak to a mental health practitioner or physician, to speak to someone in your line of authority," he said.

Especially troubling to Tornberg is an Army report by mental health experts that revealed Soldiers committed suicide at elevated rates during 2003, with those deployed to Iraq and Kuwait experiencing the greatest increase.

DoD officials have reported a drop in the number of suicides this year, with no suicides reported in January or February, and just one in March.

Tornberg said males ages 18-25 with financial, legal and relationship problems

compose the largest risk group for suicide.

According to DoD statistics, there were 24 suicide deaths in 2003 in Kuwait and Iraq - 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.

Still, officials say the Army suicide rates of 12.2 for 2003 and 11.9 from 1995 to 2002 remain lower than the national average of 21.5 per 100,000 for males ages 20 to 34 -- the age span for most U.S. Soldiers in Iraq.

Though the military has several comprehensive programs in place to address the mental health needs of service mem-

bers, Tornberg said more emphasis will be placed on suicide prevention training for leaders and troops, beginning before and after the deployment cycle.

Prior to deployment, service members receive mental health screenings, and during the course of deployment, mental health support teams are available to provide assistance as needed, Tornberg said.

Upon redeployment, service members go through a "re-integration" process designed to help their transition back into family life. Service members are also re-screened for mental health problems.

"Follow-on services are available if they

See Suicides on Page 4

# Army scientists, engineers develop liquid body armor

By **Tonya Johnson**  
Army News Service

Liquid armor for Kevlar vests is one of the newest technologies being developed at the Aberdeen Proving Ground U.S. Army Research Laboratory to save Soldiers' lives.

This type of body armor is light and flexible, which allows Soldiers to be more mobile and won't hinder an individual from running or aiming his weapon. The key component of liquid armor is a shear thickening fluid. STF is composed of hard particles suspended in a liquid. The liquid, polyethylene glycol, is non-toxic, and can withstand a wide range of temperatures. Hard, nano-particles of silica are the other components of STF. This combination of flowable and hard components results in a material with unusual properties.

"During normal handling, the STF is very deformable and flows like a liquid. However, once a bullet or frag hits the

vest, it transitions to a rigid material, which prevents the projectile from penetrating the Soldier's body," said Dr. Eric Wetzel, a mechanical engineer from the Weapons and Materials Research Directorate who heads the project team.

To make liquid armor, STF is soaked into all layers of the Kevlar vest. The Kevlar fabric holds the STF in place, and also helps to stop the bullet. The saturated fabric can be soaked, draped, and sewn just like any other fabric.

Wetzel and his team have been working on this technology with Dr. Norman J. Wagner and his students from the University of Delaware for three years.

"The goal of the technology is to create a new material that is low cost and lightweight which offers equivalent or superior ballistic properties as compared to current Kevlar fabric, but has more flexibility and less thickness," said Wetzel. "This technology has a lot of potential."

Liquid armor is still undergoing labo-

ratory tests, but Wetzel is enthusiastic about other applications that the technology might be applied to. "The sky's the limit," said Wetzel. "We would first like to put this material in a Soldier's sleeves and pants, areas that aren't protected by ballistic vests but need to remain flexible. We could also use this material for bomb blankets, to cover suspicious packages or unexploded ordnance. Liquid armor could even be applied to jump boots, so that they would stiffen during impact to support Soldiers' ankles."

In addition to saving Soldiers' lives, Wetzel said liquid armor in Kevlar vests could help those who work in law enforcement.

"Prison guards and police officers could also benefit from this technology," said Wetzel. "Liquid armor is much more stab resistant than conventional body armor. This capability is especially impor-



Kevlar fabric with shear thickening fluid, after impact by a fragment projectile.

tant for prison guards, who are most often attacked with handmade sharp weapons."

For their work on liquid armor, Wetzel and his team were awarded the 2002 Paul A. Siple Award, the Army's highest award for scientific achievement, at the Army Science Conference.

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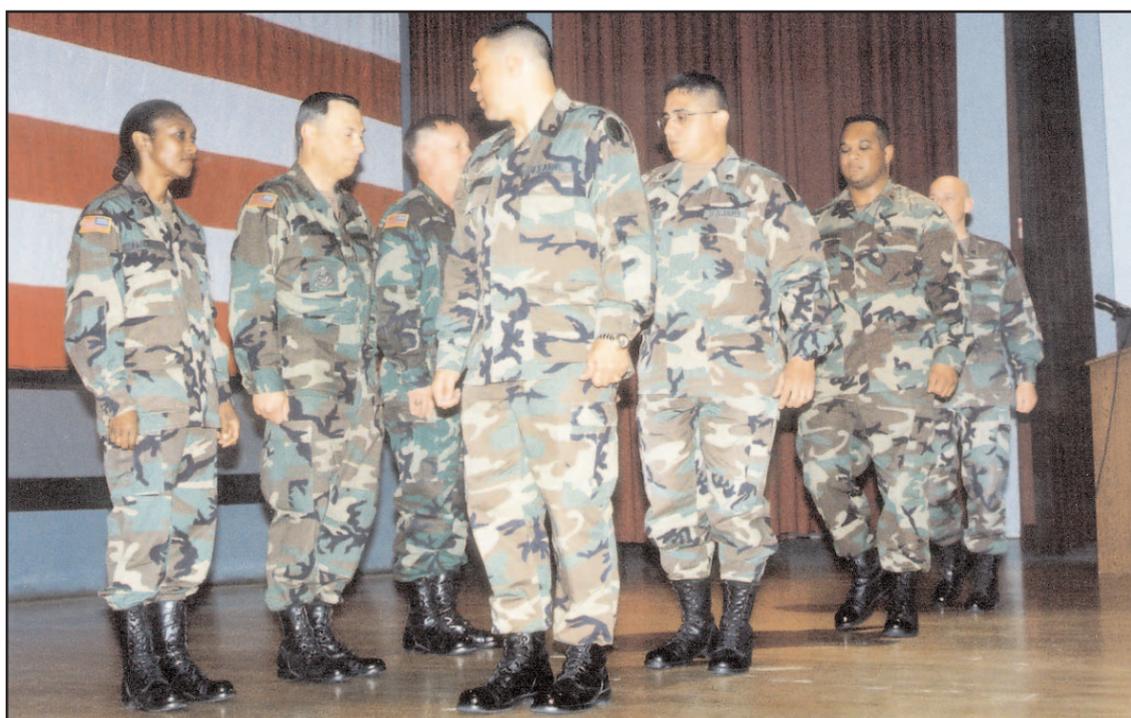
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Command Sgt. Maj. Nicholas Piacentini, U.S. Army Reserve Command, tells Soldiers assigned to the practical nurse detachment, 5th Brigade, 95th Division that the old vertical, tiered system of Army Reserve deployments has changed to a horizontal, modular deployment structure to mirror Army Reserve expeditionary force deployment capability.



Master Sgt. Anthony Collins, Sgt. 1st Class Alphonso Aguilar, Sgt. Allen Askaran and Sgt. Tobias Rehr report to detachment commander Lt. Col. Marjorie Parcels and Command Sgt. Maj. Robert Hurst. U.S. Army Reserve Command Command Sgt. Maj. Nicholas Piacentini assisted during the promotions.

## Garrison commander recognizes PX employees and services to deployed Soldiers, families and post community

As I address various community groups and military units, I often get asked about the benefit the Post Exchange provides our local community.

The PX is operated by the Army and Air Force Exchange Service (AAFES) and is not under my command as the Garrison Commander. However, I want to stress how important the Exchange is, not only to Fort Sam Houston, but the entire military community.

Nearly 300 AAFES associates are currently working in Iraq to bring a little bit of home to deployed troops. An additional 144 AAFES associates are stationed in Kuwait. In fact, the National Retail Federal recently recognized AAFES' support in Operations Iraqi and Enduring Freedom (OIF/OEF) with the American Spirit Award. Past recipients of the prestigious award, designed to recognize exceptional achievement, include former Presidents Jimmy Carter and George H.W. Bush, as well as former Senator Bob Dole.

More than 20 associates from our Fort Sam Houston Exchange have volunteered as well, including Ron DeLuca, Main Burger King Manager, Tom Goodloe, AAFES General Manager, Joe Fischer, Military Clothing Sales Store Manager, Cathy Zeelenberg, Human Resources Assistant, and Kathy Tolbert, Main Store Laborer.

From the humble beginnings of a back-of-the-truck mobile PX operation at Tallil Air Base on April 7, 2003 to a 5,300 square foot hard-side building in Kirkuk, AAFES continues to expand support throughout Iraq. Today, there are at least 30 PX/BX locations in the

country and 52 throughout OEF/OIF. I say "at least" because AAFES opens stores almost as quickly as new sites are approved. In addition to these stores, AAFES supports those in isolated and hostile areas with some 65 unit-run Imprest Fund stores.

More than 42 call centers through OIF/OEF have been critical in allowing AAFES to further bridge the gap between the front lines and the home front. Troops who use the AAFES/AT&T 550-unit Military Exchange Global Prepaid Phone Card at call centers in Iraq and Afghanistan are calling home for as little as 32-cents per minute, while those in Kuwait enjoy rates as low as 19-cents per minute. AAFES also operates nine Internet Cafes in Kuwait where troops can enjoy video teleconferencing, internet access, games and e-mail 24 hours a day, seven days a week, for as little as \$6 an hour.

Closer to home, AAFES generates much needed funds that support our local Morale, Welfare and Recreation programs. A percentage of the gross sales from AAFES facilities such as the PX, Burger King and the Car Care Center are paid to the Fort Sam Houston MWR fund. In 2003, AAFES paid Fort Sam Houston MWR more than \$1.6 million. This money funds MWR programs and personnel in such facilities as the bowling alley, gymnasiums and swimming pools.

In summary, I believe AAFES provides retirees, family members, reservists and active duty service

## Army Reserve Command senior NCO visits post

Story and photos by Phil Reidinger  
Fort Sam Houston Public Affairs

Early Sunday morning the cadre of the practical nurse detachment assigned to the 10th Battalion, 5th Brigade, 95th Division began filing into Evans Theater for a meeting with Command Sgt. Maj. Nicholas Piacentini, U.S. Army Reserve Command.

The practical nurse detachment provides cadre for Army Reserve and active component institutional training in the practical nurse, 91WM6 medical specialty. The unit also supports transition training from the former 91B to the current 91W medical specialty as well as sustainment training for 91W personnel and training support to divisional units for advanced and basic noncommissioned officer courses. Several Soldiers assigned to the detachment were mobilized and deployed to Fort Sam Houston to support 91W combat medic training. One Soldier from the unit deployed with a California based civil affairs unit to Iraq to provide medical support and training.

Piacentini who has served as a command sergeant major for 20 years in eight different commands assisted with the promotion of four unit NCOs prior to speaking with unit cadre.

During his remarks he told the officers, NCO and Soldiers to avoid the use of abbreviations and acronyms that cause confusion and misunderstanding in official communication and with family members supporting deployments. "If you want to talk about the 95th Division institutional training versus training support functions then say that. Don't use terms like DIVIT most will not understand the term," he cautioned. He also gave several examples of his experiences as a drill sergeant candidate when daily inspections were logged by abbreviations. "None of us in training unfamiliar with school jargon could comprehend immediately that FGLO meant "front gig line off," he noted.

"I want you to strike 'I am just a reservist' from your vocabulary. Also you do not attend 'drill weekends.' You are Army Reserve Soldiers who attend 'Army training assemblies,'" he said. Piacentini also told the unit members that there are no longer deployment tiers, but a modular structure that conforms to Army Reserve expeditionary forces. Reviewing the new "boots on the ground" guidelines for deployments, he told the assembly that currently the most deployed Army Reserve specialties are military intelligence, medical, combat engineers, civil affairs, and transportation. There is a good chance to be deployed for various operations such as Noble Eagle, Enduring Freedom or Iraqi Freedom as an Army Reservist once in five years, he explained. He reminded the audience Army Reserve units would be alerted, mobilized and deployed. "The Army Reserve must be ready to go meaning trained with Soldier readiness processing completed when called," he emphasized.



Col. Garry F. Atkins

members the best value for their money while giving back to the Fort Sam Houston MWR fund. I thank the Exchange for its outstanding service to our military community and ask for your continued support of local AAFES facilities.

AAFES invites customers to visit the Baskin Robbins in the Main Food Court on Wednesday, April 28 for Free Scoop Night. For the fifth straight year, each customer will receive a free kiddie scoop of ice cream in their choice of flavors between 5-7 p.m. (limit one per customer). This is an example of our local PX saying thanks to the post community.

# FSH Physical Therapists take top research awards

By Maj. Matt Garber  
Special to the News Leader

Physical therapists assigned to Brooke Army Medical Center and the Army Medical Department Center and School recently received prestigious research awards at the American Physical Therapy Association's Combined Sections Meeting in Nashville, Tenn. The awards were given for research conducted by the Army's two credentialed advanced clinical residency programs for physical therapists.

## APTA Rose Excellence in Research Award

The Orthopaedic Section of the APTA awarded the Rose Excellence in Research Award to retired Lt. Col. Tim Flynn for "A Clinical Prediction Rule for Classifying Patients with Low Back Pain Who Demonstrate Short-Term Improvement With Spinal Manipulation." The manuscript was published in the November 2002 issue of *Spine*, the top international medical journal on management of spinal disorders. Co-authors were Lt. Col. Robert Wainner of the AMEDD Center and School, Maj. Daniel Rendeiro of BAMC, Maj. Matt Garber of the AMEDD Center and School, Dr. Julie Fritz of the University of Utah, Maj. Julie Whitman of Kirtland Air Force Base, N.M., Lt. Cdr. Jake Magel of the Public Health Service, Navy Cdr. Barbara Butler, and Col. Steve Allison of the Army's Institute of Environmental Medicine.

The study, which was carried out by the U.S. Army Orthopaedic Physical Therapy Residency at BAMC, found that the presence of certain factors in the history and physical exam could increase the probability of success with spinal manipulation from 45 to 95 percent, thus allow-



Courtesy photo

From left, U.S. Army Medical Department Center and School physical therapists, Maj. Matt Garber, Lt. Col. Josef Moore, Lt. Col. Robert Wainner, and Maj. Daniel Rendeiro from BAMC pose with the awards they received at the American Physical Therapy Association's combined Sections meeting in Nashville, Tenn. The awards recognize the research conducted by the Army's two credentialed advanced clinical residence programs for physical therapists.

ing patients likely to dramatically improve to be clearly identified prior to treatment.

## APTA Excellence in Research Award

The Sports Section of the APTA awarded their Excellence in Research Award to Lt. Cdr. Mike Rosenthal for "The Effect of Anterior Cruciate Ligament Reconstruction on the Femoral Nerve H-reflex."

This study was conducted by the U.S. Military Sports Medicine Physical Therapy Residency at the U.S. Military Academy at West Point and will be published in *The Journal of Orthopaedic and Sports Physical Therapy*. This journal is one of the top five rehabilitation medicine journals in the world. Co-investigators

were Lt. Col. Josef Moore of the AMEDD Center and School, Lt. Col. Paul Stoneman, Lt. Col. Tom DeBerardino, and Col. Dean Taylor, all from Keller Army Community Hospital at West Point.

The purpose of the study was to examine the effect of anterior cruciate ligament reconstruction on the femoral H-reflex latency and amplitude. This study is important because impaired femoral nerve function following ACL reconstruction may contribute to postoperative quadriceps weakness, which is a common problem following this surgery. The investigators found that this surgery did not significantly affect the rate of conduction in the femoral or tibial H-reflex latencies or the

excitability at one and three months after surgery. This is important because it appears the cause of postoperative quadriceps weakness is likely multifactorial and further investigation is warranted to determine these causes and effective treatment plans to prevent this from occurring in patients.

The purpose of each award is to recognize research from the past year that has the greatest impact on orthopaedic and sports physical therapy clinical practice. This is the second time each of the Army physical therapy residency programs have received these national research awards. The program at BAMC also won the Rose Excellence in Research Award in 2001. The West Point program has garnered the Sports Section Excellence in Research Award for the past two consecutive years.

The Army physical therapy residency programs at BAMC and West Point were two of the first three credentialed advanced residency programs for physical therapists in the country. Both programs consist of 60 semester hours of postgraduate curriculum. Officers in each of these programs are experienced physical therapists with at least five years of work experience in orthopaedic or sports physical therapy, and most are already board certified specialists by the American Physical Therapy Association upon entering the advanced training programs. Upon successful completion of these advanced clinical residency programs, graduates receive a Doctor of Science degree in physical therapy from Baylor University in Waco, Texas. The U.S. Army and Baylor University have a relationship that spans more than 50 years, and includes masters and doctoral degrees in health care administration and physical therapy.

## Center and School

Continued from Page 1

nician.

The recent U.S. News and World Report ranking follows announcement of two national research awards garnered by program faculty recently at the annual American Physical Therapy Association's Combined Section Meeting held in Nashville, Tenn.

Two studies were competitively board selected for the 2004 APTA-Sports Physical Therapy Section Excellence in Research Award in Sports Medicine and

the APTA-Orthopaedic Section Rose Award for Excellence in Research.

The first study titled, "Effect of ACL reconstruction on the femoral nerve H-reflex," was a collaborative effort between the Academy of Health Science Physical Therapy Program and the U.S. Military-Baylor University Physical Therapy Sports Medicine Doctoral Program at West Point.

The second study titled, "A Clinical prediction rule for classifying patients with low back pain who demonstrate

short-term improvement with spinal manipulation," was a collaborative study between the Academy of Health Science Physical Therapy Program, the University of Pittsburg, and the U.S. Army-Baylor University Doctoral Program in Orthopedic-Manual Physical Therapy at Brooke Army Medical Center.

With collaborative efforts between the Academy of Health Sciences Physical Therapy Program and the two doctoral programs at West Point and Brooke

Army Medical Center, the Academy of Health Sciences program has now captured the top APTA research awards for 2004 in sports medicine and orthopedics. In the history of these awards, this is the third recognition for the AHS PT program, the second each for the residencies, and the first time that both awards were captured simultaneously by the same institution.

Lt. Col. Josef Moore contributed to this article.

## Suicides

Continued from Page 1

should encounter any difficulties," he said.

Tornberg said last year the military conducted a first-of-its-kind study of service members in a battle zone. Mental health experts surveyed 756 Soldiers in Iraq between late August and early October.

The study consisted of hundreds interviews of Soldiers, their leaders, and support forces such as behavioral health and medical-care providers and unit ministry staffs.

"They learned a lot from that trip," he said. "First and foremost, it reaffirmed the fact that the battlefield today, despite all training, is a very stressful environment."

Surprisingly, Tornberg said the majority, some 77 percent of the troops interviewed, did not feel an "excessive" degree of stress, and felt they were managing their stresses well. He said he believes they considered the stress levels they anticipated as the benchmark in determining whether they experienced "excessive"

stress.

Still, he said recommendations in the report have called for making behavioral health care more accessible to Soldiers in combat and other high-stress environments "so that mental health professionals are actively available and ready down at the battle lines."

He said the study further revealed a need to optimize the well being of Soldiers by enhancing environmental and living conditions in theater.

One of the significant developments in the Iraq study, he said, was the success of combat stress control teams. He said the teams have been used in the past, but that DoD has substantially increased the program and its focus.

Plans are to have combat stress teams "fully integrated" into the battlefield and readily available to provide intervention as close to the front as possible, he said.

"There is just no substitute for having those services readily available," he said. "It's worked marvelously well in uplifting the mental health of the troops."

He noted that 96 percent of Soldiers who have ready access to mental health resources are able to return to their units.

Tornberg said each service has its own stress management program to acquaint service members to the various reactions to stress and the appropriate management of those conditions.

The Army's Applied Suicide Intervention Skills Training, or "ASIST" program, is a computer-based program that, along with classroom training, offers Soldiers and leaders training involving suicidal behavior.

The Army introduced the program about three years ago to give anyone who might come in contact with a person at risk of committing suicide the tools to intervene.

A "Soldiers, Leaders and Communities Saving Lives" suicide prevention campaign launched earlier was aimed at teaching Soldiers how to recognize early signs of suicidal behavior and how to respond.

In February, the Army set up a toll-free

crisis hotline to help curb suicides among Soldiers during high-stress periods.

Tornberg urged service members who are having problems dealing with stress to come forward and address their issues. He also wants service members to look out for comrades who may be displaying signs of stress. "It would be important to talk to that individual," he said, "but also seek help for him or her as well."

He said many service members don't seek help from a mental health professional because they see that as a "sign of weakness" or believe a stigma is attached to seeking help.

"It is absolutely not," he said. "Reaction to stress is a condition experienced throughout society, not just in the military -- particularly in the young, particularly in the aged," he explained. "It's something that we as a society have to address. And the stigma is something that we want to be removed."

He said service members should seek help for stress disorders just as they would for an ankle sprain.

# NASCAR legend and American patriot visits BAMC Soldiers

By Michael Dulevitz  
BAMC Public Affairs

Richard Childress, a household name in NASCAR, owner of Richard Childress Racing, and a patriot who supports the Armed Forces, ventured to Brooke Army Medical Center March 29, to visit Operation Iraqi Freedom Soldiers.

As a sponsor and spokesman for the Employer Support for the Guard and Reserve, Childress said his personal mission is to talk to other employers about supporting their employees who are serving in the Guard and Reserve.

But, his focus at BAMC was to visit with OIF inpatient Soldiers, their family members, and Medical Hold Company Soldiers.

Childress flew to San Antonio from Fort Worth, Texas, where he and his racing team were preparing for an April 4 race at the Texas Motor Speedway where he unveiled his new ESGR car.

Childress talked about everything from Iraq, to hospital food, to racing with the OIF Soldiers.

Sgt. Israel Burks' sister-in-law, Cynthia Burks, who was visiting him, was ecstatic about meeting Childress and his racing entourage.

She shook Childress' hand and said, "I am a big fan of yours."

The sergeant, a native of Alabama, and a NASCAR aficionado, said, the visit was great, that Childress seemed very sentimental and sincere. "He told me that anytime that I wanted to go to a race at Talladega he would take very good care of me," Burks said.

The Talladega super speedway, located in Alabama, is one of NASCAR's most challenging tracks and races.

Each visit concluded with well wishes, pictures, and a keepsake - an autographed picture of Childress in a NASCAR setting.

After visiting with patients at BAMC, Childress met the BAMC Commander Brig. Gen. C. William Fox, Jr., who expressed his gratitude to Childress and his staff.

Fox thanked Childress for taking the time to come to BAMC to spread his well wishes to BAMC'S OIF Soldiers.

Childress concluded his visit with a stop at the BAMC auditorium filled with MEDHOLD Soldiers who gathered for the opportunity to meet one of NASCAR's icons.

During his introduction of Childress, Fox said, "I think the recognition that tells the most about him is his sense of American patriotism, and his love for Soldiers. He demonstrates that in a lot of ways."

"It is just an honor to be here today, and to meet everyone," Childress said. "I admire our men and women who serve and their willingness to put their lives on the line for our country and the freedom that we enjoy."

Two years ago, Childress and his team visited troops overseas in Germany, Italy and Bosnia. He has also visited Soldiers in Iraq this past year.

During his trip to Baghdad City, he rode in convoys, and flew in a Black Hawk over the city.

"One of the messages that I try to give is that while I was in Baghdad I saw that no one there wanted to be there," Childress said. "They were there because they had a job to do. They would rather be at home. I would rather have been at home, but I knew it was my duty for our country to go over there and visit. Every Soldier that was there and every Soldier that I talked to had no complaints, and there was plenty to complain about. Walking in the mud, sleeping in tents, just like everyone of you has done, but not one single person complained."

Childress has employees that have been and are currently serving in Iraq.

"The experience gave me a whole new idea to come back home and tell everybody how proud they should be for what everyone over there is doing for our country and to tell everyone about the sacrifices that you men and



Photo by Jen Rodriguez  
NASCAR legend Richard Childress visits with Sgt. Dale Morgan, who is at BAMC recovering from injuries suffered in Operation Iraqi Freedom.

women are making for this country," Childress stated.

"So we try to tell the employers who have men and women serving in our military that they need to support them," Childress said. "We need to support them to keep our country strong, without our Guard and Reserve forces I wonder where our nation would be today."

# BAMC anesthesiology develops new technique for battlefield

Story and photo by Capt. Mark Williford  
BAMC Public Affairs

When Brooke Army Medical Center's Capt. Joel McMasters returned from Iraq, he brought back an innovative idea that could benefit military health care.

McMasters, an anesthesiologist, served four months with the 28th Combat Support Hospital in Baghdad. There, his first hand experiences at practicing medicine in a not so perfect environment motivated him to use a technique of delivering anesthesia used by the Israeli Army and some European medical providers.

"The temperature hit 133 degrees one day and our generator shut down during the middle of a surgical procedure," McMasters said. As air conditioners stopped pumping cool air, and the operating theatres went black, his anesthesiology machine abruptly "clicked" off. Next, one doctor collapsed and two nurses fainted and fell to the floor like rag dolls from heat exhaustion.

After the chaotic lights out event, where McMasters used a flashlight to illuminate surgeries, it became evident to him the Army was using 19th century technology on a 21st century battlefield.

"The Army still uses an electronic powered gas vaporization system. This technology dates back to the Korean War," McMasters said. "Before I was deployed, I was studying a technique not commonly used in austere environments that used liquid anesthetics delivered through an intravenous infusion tube rather than vaporized gas."

He began using the intravenous method of delivery and noticed positive results.

Using an infusion method known as

"Total Intravenous Anesthesia," patients wake up faster, suffer less nausea and experience less pain.

"Gas anesthesia causes patients to suffer nausea and vomiting. Retching can tear a patient's sutures," McMasters said. "At times, patients woke up violently thinking they were still on the battlefield."

While in Iraq, he said Soldiers were calmer and less violent due to the chemical anesthesia remaining in their body longer than anesthesia delivered through vaporized gas.

"Sufentanil is 500 times more potent than morphine," McMasters said. "Used in combination with Ketamine and other intravenous anesthetics, it has profound pain relieving properties when compared to inhalation anesthesia."

Another benefit was that infusion techniques didn't require additional Soldiers to plan convoys to retrieve those bulky green oxygen tanks needed for ventilators since most patients can breathe on their own with intravenous delivered anesthetics.

"In Iraq, replenishing oxygen sometimes meant Soldiers driving 15 miles through potential road side ambushes to pick up the tanks," McMasters said. "At times, oxygen conservation became critical during peak periods of treatment."

When McMasters arrived at BAMC, he found energetic advocates for using this method of delivery perfect for austere combat operations.

Lt. Col. Kurt Grathwohl, research director of Anesthesia and Operative Services, and Lt. Col. David Longenecker, chief of Anesthesia and Operative Services, listened to the combat experiences of McMasters and understood the benefits this technique could mean to Soldiers in an



Capt. Joel McMasters monitors a total intravenous infusion delivery system as a patient undergoes surgery. McMasters, a Brooke Army Medical Center Anesthesiologist, utilized the technique while serving with the 28th Combat Support Hospital in Baghdad. The system delivers chemical anesthetics, which reduce patient discomfort after surgeries.

austere combat environment.

"Dr. Jack Chiles, anesthesiology consultant to Lt. Gen. James Peake, The Army Surgeon General, has been encouraging the use of this technique. He realized the potential of TIVA and target controlled infusion technology to make intravenous anesthetics credible, effective and safe for use on the battlefield," Grathwohl said.

Just as BAMC's namesake, Brig. Gen. Roger Brooke saw the potential of the x-ray machine in Army medicine; Grathwohl and Longenecker knew BAMC had to lead the way in embracing this technique.

To make their dream come true, these two officers used a little military discipline in their idea that would have made the great military philosopher Karl Von Clausewitz proud.

They first created a mini-research center housed out of a one-room office, then, christened their endeavor using the acronym "TARGIT Center." The Tri-Service Anesthesia Research Group Initiative for Total Intravenous Anesthesia made it clear this would be a research initiative that would include the Army, Air Force and Navy.

To build credibility, he commissioned the BAMC graphics department to design a logo. Grathwohl began publishing a newsletter and created a Web page for the group, "targit.org."

Frocking McMasters as vice-president of the group, they formed a team of researchers to include Maj. Christopher Hutson, and Capt. Ian Black.

"Over 500 TIVA's have been performed with impressive results. Recovery time has decreased that saves money by not having as many recovery room nurses on duty. The cost of administering opiates also decreases. Also, episodes of patient nausea and vomiting are greatly reduced," Longenecker said.

"Over 10 million TIVA anesthetics have been given with the aid of a computer worldwide. This is a safe and proven technique with many advantages," Capt. Ian Black said. Black, who was a BAMC resident two years ago and is now stationed at Walter Reed Medical Center in Washington, D.C., traveled to Glasgow, Scotland to study the technique that is widely used in Europe.

McMasters and his crew packaged a delivery system together. Building on the idea, they created a system using a laptop computer and a pump and created a light-weight portable delivery system.

They contacted Stanford University and discovered their medical school would give the TARGIT Center free share ware software. The innovative software entitled, "Stanpump" would calculate the exact level of anesthesia to deliver during surgery based upon the metabolic tolerances of each individual patient.

Loading the Stanpump software into a laptop, the computer then drives a mechanical pump the size of a carton of cigarettes, and pushes the exact amount of creamy white anesthesia through a syringe and into an intravenous tube.

"It's all so lightweight and small, McMasters said. "It's the mechanical pump and software that makes our system unique."

Traditional anesthesia machines run about \$80,000 and weigh about 200 pounds versus the TIVA pumps that are about \$1,800 per unit. The old systems require at least two Soldiers to set up. If power fails, the infusion method can be delivered manually by simply pushing the syringe to force the chemicals into the IV tube.

The infusion delivery system weighs six pounds and can fit in a backpack -- perfect for special operation medics and docs. These doctors said their system is like carrying a palm pilot verse carrying a copy machine into a combat theatre.

He said his organization plans to publish articles, coordinate DoD-wide and nail down BAMC's role in institutionalizing this technique across the Armed Forces.

He believes his team of BAMC doctors can begin sharing their research results with all branches of the armed services.

"Hopefully, one day the experiences we learned about in Iraq will improve medicine worldwide," McMasters said.

# Real-life emergency puts two drill sergeants to the test

Story and photo by Spc. Roman Kubyskovsky  
Special to the News Leader

Two 91W Health Care Specialists displayed their medical skills during a real-life emergency situation. Sgt. 1st Class Shawn Rodgers and Staff Sgt. William Dicker, both drill sergeants assigned to F Company, 232nd Medical Battalion, saved an injured motorist trapped inside of his burning SUV.

During the pre-dawn hours on April 2, Rodgers was on his way to work and as he approached the Binz-Engleman gate, he saw an overturned SUV burning on the side of the road. As he pulled over, he noticed a man trapped in the vehicle. The man was semi-conscious and unable to move. Fearing a spinal injury, Rodgers reassured the injured man and stabilized the patient's head and neck as much as possible through the driver's window.

Almost immediately, Dicker, one of Rodgers' co-workers, pulled up in his vehicle. Dicker quickly assessed the scene and phoned EMS and the fire department. He then approached the burning vehicle and assisted Rodgers in stabilizing the patient. While waiting for EMS and the fire department, several gate guards tried unsuccessfully to extinguish the vehicle fire with a hand-held extinguisher.

Within ten minutes of the call, the fire department arrived and quickly extinguished the fire. After assessing the condition and location of the vehicle, the fire fighters concluded the only way to extract the patient was by using the "Jaws of Life" to tear open the vehicle. In order

to do that, they had to smash the back seat on the driver's side window. The Jaws of Life then tore the vehicle open. Rodgers and Dicker continued to manually stabilize the patient's head and neck during the entire time. When emergency medical personnel arrived on the scene, they utilized both Soldiers' experience and asked them to assist in extracting and preparing the patient for transport.

Although both NCOs are EMT-B qualified and train Soldiers daily to become medics, they did not expect to have to put their skills to the test. Rodgers, who is the Army Medical Department Center and School 2004 Drill Sergeant of the Year commented, "How often are you the first to arrive on the scene of a severe MVA? Several Soldiers arrived at approximately the same time. Dicker and I reassured the guy and tried to keep him still until the fire department got there to put out the fire and to extract him."

Dicker admitted, "The situation was definitely dangerous. We didn't know if the car was going to blow up or not, but as medics, we have a duty to help those in need. We were not going to leave that patient in the car without stabilizing what could have been a life threatening injury to the head or neck."

"I applaud these super NCOs for their heroic acts.



Drill Sergeants, Sgt. 1st Class Shawn Rodgers and Staff Sgt. William Dicker of F Company, 232nd Medical Battalion, saved an injured motorist in a burning SUV April 2.

This was an unfortunate accident for the victim, but confirms why the Army's number one priority is training," said 1st Sgt. Ray Mixon upon hearing of his Soldiers' actions. "Our goal is always to train Soldiers so they are confident and proficient. I'm proud these quality NCOs are a part of my organization."



From left, President and Chief Executive Officer of NAHFE, Inc., Manuel Oliverez, John M. Molino, acting deputy Under Secretary of Defense (Equal Opportunity), Chaplain (Maj.) Gail Porter, Family Life Chaplain, Fort Sam Houston, gave the invocation at the NAHFE Summit VI opening ceremonies, and Dora Trevino, deputy director, Equal Employment Opportunity Commission, San Antonio District Office.

Staff Sgt. Jeffery Vanderlin, Army Medical Department Center and School, sang the national anthem at the NAHFE opening ceremony.



Sgt. 1st Class Larry Bateman, Sgt. Theoplies Barkum, and Sgt. 1st Class Lenailoa Tuiasosopo, from the Army Medical Department Center and School Color Guard presented the colors.

## NAHFE summit brings senior level Hispanics together to explore vital issues

Story and photos by Arcelia Longoria  
Special to the News Leader

The National Association of Hispanic Federal Executives, Inc. held their annual summit in San Antonio last week. More than 100 attended the Summit VI "Hispanic Executives: The Driving Force for Positive Change."

NAHFE is dedicated to increasing opportunities for Hispanic Americans to serve in senior level policy positions in the Federal government. President and Chief Executive Officer, Manuel Oliverez, commended the Department of Defense for its outstanding support and participation in the summit.

Lynn Scarlett, assistant secretary of policy, management and budget for U.S. Department of the Interior, stated "this Summit is special because it is the only national Hispanic summit designed to bring senior-level Hispanics from all fields in federal government together for professional development, networking and exploring vital issues."

NAHFE joined with the Department of Defense in initiating the 2004 DoD Civilian Meritorious Service Award during the luncheon. The award recipients were honored for their outstanding contributions and accomplishments to the Department of Defense mission.

Acting Deputy Under Secretary of Defense (Equal Opportunity) John M. Molino, provided

remarks on behalf of the Honorable Charles S. Abell, principal deputy Under Secretary of Defense for Personnel and Readiness, Department of Defense. "I am especially pleased that NAHFE and DoD are working together to recognize the superior performance and outstanding contributions to national readiness and the war against terrorism being made by four DoD employees."

The awardees for this distinguished award were: Richard Martinez (Army), supervisor Missile Engineer U.S. Army Test and Evaluation Command, White Sands Missile Range, N.M.; Esther Gomez (Air Force), Civilian Personnel Officer, Laughlin Air Force Base, Texas; Dr. Julio Gonzales (4th Estate, Defense Agencies) principal, Fort Knox Community Schools, DoDEA, Fort Knox, Ky.; and Gustavo Rivera (Navy), Senior Systems Engineer Naval Surface Warfare Center, Dahlgren Division, Dahlgren, Va.

The Honorable Dan G. Blair, deputy director, Office of Personnel Management was the keynote speaker for the luncheon. Blair addressed the figures of the employment of Hispanics in the DoD civilian workforce. "Today, there are approximately 40,000 Hispanics or 6.1 percent of the civilian workforce," he stated. He then held a question and answer period during which he addressed some of the key issues facing Hispanic employment, retention and recruitment.

Key topics for this summit covered management accountability for Hispanic representation at the SES level; Hispanics and the strategic management of human capital; building and improving effective mentoring and training programs for Hispanics at the GS-12/14 level; and innovative approaches for recruiting, hiring, training and retaining Hispanics in federal government.

# Know your TRICARE health care rights

## The Appeal Process

As a TRICARE beneficiary, you have rights when it comes to your health care. If you don't agree with a decision regarding a benefit to which you believe you are entitled, you may file an appeal. The appeals process varies, depending on whether the denial of benefits involves medical necessity determination, factual determination, or a provider authorization. All initial and appeal denials explain how, where, and by when, to file the next level of appeal.

### Who is able to file an appeal?

A TRICARE beneficiary or other proper appealing party who believes a service was improperly denied, or a claim or a preauthorization was denied, in whole or in part, may file an appeal. A proper appealing party may include a TRICARE patient, a parent/legal guardian

of a minor, or a formally appointed representative of the beneficiary.

### What can be appealed?

- The facts of your case, i.e., diagnosis, necessity to be an inpatient, etc.
- Denial of preauthorization for services, including mental health
- Termination of treatments or services that have been previously authorized

### How do you start the appeal process?

Send a letter to Health Net Federal Services, c/o WPS/TRICARE, P.O. Box 8958, Madison, Wis. 53708-8958. Include in your letter the patient's name, address, phone number, and sponsor's social security number. Also include an explanation of the reason for the disagreement. Include your explanation of benefits (EOB), any other documentation, or other decision. The letter must be filed within

90 days of the date on the EOB or other decision.

### What if I don't agree with the decision?

HNFS will review the case and issue a reconsideration decision. If you disagree with a reconsideration decision, you will receive information regarding how to take your appeal to the next level. If the next level appeal is denied, and you still disagree with this final decision, you may be able to request TRICARE Management Activity review the case for further consideration. This will depend on the type of determination and the amount of the dispute. This request must be filed within 60 days of the date on the initial determination or reconsideration decision. There are also expedited procedures for appealing decisions denying requests for preauthorization of services and requests for

continued inpatient stays. If an expedited appeal is available, the initial and appeal denial decisions will fully explain how to file an expedited appeal.

### Remember you must:

- Meet all the required deadlines.
  - Send appeals in writing with signatures.
  - Include copies of all supporting documents in your appeal. If you do not have the paperwork available, send your letter within the deadline and note that more information will be sent.
  - Keep copies of everything for yourself.
- For information on the appeal process, visit [www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=169](http://www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=169), call (800) 406-2832, or visit your local TRICARE Service Center.

## AFTB Level II Courses, May 6-8

The Fort Sam Houston Army Family Team Building will hold Level III courses on May 6-8 at the Roadrunner Community Center.

The times will be as follows: May 6, 5:30-9 p.m., May 7, 5:30-9 p.m., and on May 8, 8:30 a.m. to 5 p.m. All three sessions must be attended to complete the course.

Classes included in Level III: Building Self-Esteem, Leadership Skills, Motivating Factors, Listening Skills, Personality Traits, Leader Roles, Building a Cohesive Team, How to Develop Presentations, Understanding the Total Army Organization, How to Plan and Conduct a Workshop, Political Issues and the Army, Group Conflict Management, Effective Public/Media Relations, Problem Solving Techniques for Leaders.

Snacks and drinks will be provided Thursday and Friday. Students may bring a sack dinner to class those nights. Snacks, drinks, and lunch will be provided Saturday. Registration deadline is April 30. To register, call AFTB at 221-2705.



## Waiting Family Support Group to meet May 4

The Waiting Family Support Group will meet on May 4, 6:30-7:30 p.m. at the Roadrunner Community Center. This group is designed to assist families who are temporary separated from their sponsors due to temporary duty assignments or deployments.

The topic will be "Coping with Separation" by Chaplain Gail Porter. To register, call the Relocation Program at 221-2418.

## ACS Family Advocacy Program April Class Schedule

Class	Dates	Time
Beyond Your First Baby	29	8 a.m. to Noon
Boys Only! Ages 9-10	28	3-4 p.m.
Building Effective Anger Management Skills (B.E.A.M.S.) Friday Class (Series 3-6)	30	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth (Series 1-3)	22	9 a.m. to Noon
Helping Us Grow Securely (H.U.G.S.) Playgroup	27	9-11 a.m.
Making Love Last! (Couples Course) (Four-part series)	29	6-8 p.m.
Parenting with Love & Logic (ages 0-12)	22	9-11:30 a.m.
Stress Management I & II	27	1-2 p.m.
Teen Talk	22, 29	4 -5 p.m.
New Series (1 -2)	27	4:30-5:30 p.m.
Your & Your Baby	28	8 a.m. to Noon

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





# Neanderthal Trail Run

## Camp Bullis, Texas



**Date: 03 May 04**

**Time: 0630**

**Pre-register by: 27 Apr 04**





**Sponsored by:  
Echo Company  
Academy Battalion**

**Run will start at 0630. Staging area will be located at Bldg 5130 Echo Company, Camp Bullis. The course is 5.2 miles of rugged off-road terrain full of challenging and demanding trails. Arrive early for stretching. The uniform will be the new PFU's, IAW AR-670-1. Unit T-shirts and guidons welcomed. Running attire for DA employees. Personal hydration systems are authorized. Event is open to all active duty Army, Air Force, Navy, Marine, and DA employees.\***

For more information or to register call:  
**SGT Cervantes @ 210-295-7680**  
**Martin.Cervantes@amedd.army.mil**

Name \_\_\_\_\_

Address \_\_\_\_\_

Unit \_\_\_\_\_

Phone \_\_\_\_\_

Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

\* DA employees must sign waiver for release of liability see attached sheet.

Building 5130  
Camp Bullis, TX 78334  
Phone: 210-295-7680  
Fax: 210-295-8024

# 13th attempt unlucky for All-Army Women's Basketball Team

By Claudia A. Berwager  
Army Trial Camp Support Activity

Fort Sam Houston staff member Leroy Williams coached the All-Army Women's Basketball Team for the second year. However, 13 proved to be one very unlucky number for the All-Army Women's Basketball Team this year at their Armed Forces Championship, conducted April 2-10 at Marine Corps Air Station Miramar, Calif. The team was attempting to continue their 12-year winning streak with gold medal number 13.

The Air Force, although tied with Army with a 5-1 record, took away the gold medal by beating the Army in the final game 81-74. That seven-point spread was larger than the three

points Army beat them by in the first round -- thus securing the championship honors.

Even without winning the gold medal, Army's prowess was clearly evident in their placing four out of five members on the "All-Tourney" Team. Tereska Watkins of Fort Benning, Ga., Eveveta Crawford of Fort Hood, Texas, Tarina Loyd of Fort Bragg, N.C., and Andraia Hinton of Tripler Army Medical Center, Hawaii, were named to the "All-Tourney" Team along with Air Force's Naomi Mobley.

These lady Soldiers, along with four Air Force and four Navy service members, will represent the U.S. Armed Forces at the Pro-Am National Championship, April 21-25 in Las Vegas.

# Running safely on post reduces risk of accidents

If walking or running during hours of darkness carry a flashlight to shine on the sidewalk in front of you. One should also be wearing light (or reflective) clothing, stay out of the roadway, and be alert to traffic. Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes. Run in familiar areas and avoid unpopulated areas, deserted streets, and overgrown trails. Don't wear headphones. Run against traffic and keep the approaching automobiles in view. Wear reflective material if you must run during the hours of darkness. Runners may run on sidewalks or on the grass along the roads mentioned below.

Prohibited running/jogging roads on Fort Sam Houston: Stanley, Dickman, Artillery Post, Wilson, Scott, New Braunfels, Harry Wurzbach, Schofield, Roger Brooke and Binz-Engleman.



# Smoke-free and courageous forever

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



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

# What is HOOAH 4 HEALTH?

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 46 million hits have been recorded.

The users of [www.hooah4health.com](http://www.hooah4health.com) include not only Reserve Component citizen-soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army web site originate from around the world. Body, mind, spirit, environment, prevention, change, family and lifestyle are the primary wellness topics contained in a user-friendly environment. The HOOAH 4 HEALTH newsletter is available online at <http://www.h4hnewsletter.us/>.



Photo by Sgt. Jose Rios

**'Train to Save' battalion recognizes two stellar employees**

The 187th Battalion Commander, Lt. Col. John Collins, recently presented two Rocco Dining Facility employees the battalion's Recognition of Excellence award for this quarter. Freddie Hood (above) and Timothy Taylor (below) were recognized for their outstanding support to the Soldiers.



Photo by Sgt. Jose Rios



**Fort Sam Houston  
Asian Pacific Islander  
American Heritage Month**



"Serving Yesterday, Today and Tomorrow"



**Opening Ceremony & Luncheon**

Guest Speaker: Maj. Gen. Joseph F. Peterson  
FSH NCO Club; \$10 per person  
May 6, 11:30 a.m. to 1 p.m.

See your unit EO Representative for tickets



**Asian Pacific Heritage Exposition**

Commissary Parking Lot  
May 29, 11 a.m. to 5 p.m.

Dance, Fashion, Martial Arts & More!



**Volleyball Tournament**

Jimmy Brought Fitness Center  
May 15, 8 a.m. to 5 p.m.

For team registration, call 221-1234.

\*For additional information about all events, call 221-9276.



**Special  
Forces**



Special Forces will conduct two briefings April 27, 11 a.m. and 1 p.m. at the Road Runner Community Center. U.S. Army Special Forces is a specially trained organization of carefully selected volunteers.

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

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



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





U.S. Army Medical Department Center and School and Fort Sam Houston Commander Brig. Gen. Daniel F. Perugini welcomes the international students during a reception held recently at the NCO Club.



Brig. Gen. C. William Fox, and his wife Jan, and Brig. Gen. Daniel F. Perugini and his wife, Coleta greet the international military students as they arrive at the NCO Club.

## International military students honored at reception

Brig. Gen. Daniel F. Perugini, U.S. Army Medical Department Center and School and Fort Sam Houston commander and Brig. Gen. C. William Fox, Jr., Brooke Army Medical Center and Great Plains Regional Command commander recently hosted a reception honoring international military students.

In attendance were newly appointed members of Iraq's Pharmacy and Therapeutics Committee, Iraq Ministry of Health, working with the DoD Pharmacoconic Center to establish a national formulary for their country.

Students and their sponsors were introduced by Oscar Ramos-Rivera, the International Military Student Officer, and greeted by both, Perugini and Fox and their wives. The reception was held at the NCO Club and a local Mariachi band was on hand to provide the students a little flavor of the San Antonio culture. These receptions are held twice a year.

The International Military Student Office currently has 34 students from 21 countries participating in 47 different formal courses and observer training at BAMC. The rank structure of students varies from junior enlisted to senior officers and government civilians from all military branches of participating countries. This program is under the direction of the Department, Security Assistance Training Activity, Training and Doctrine Command at Fort Monroe, Va.

Source: Information provided by Robert W. Potts, Oscar Ramos-Rivera and Jeffrey S. Seaney of the AMEDD Center and School.

Photos by Edward Dixon



International students who attended a welcome reception pose for a group photo.

## A-76 Town Hall meeting Q&A's

The U.S. Army Garrison commander hosted a meeting on March 8 and 9 for employees affected by the implementation of the Most Efficient Organization. The following are questions and answers from the Town Hall meeting held March 9:

**Q:** Would there be any advantage to telling the people who was getting RIFed?

**A:** On the whole, it is probably not prudent to make public the results of the "mock" RIF. The purpose of the exercise was to discern how to avoid separating employees. While the information can be valuable for generic planning purposes it is very unreliable when considered on an individual basis. However, the built in 60-day notice period associated with the actual RIF is for that very purpose -- that is, to give people advance information.

**Q:** Priority Placement Program - When does this kick in?

**A:** When the RIF notices go out, you can we start registering. Priority Placement Program (a.k.a., the "stopper list") is a tool that may be invoked when specific information is known regarding employees scheduled to be adversely impacted. That is, employees may be registered after they are in receipt of specific and personal

RIF notices (e.g. 60 days prior to the RIF date). Employees who may be separated have a higher priority than employees facing possible downgrade. Employees who may be separated and entitled to severance pay will be registered in the program on a mandatory basis. Other employees may elect to be registered or not.

**Q:** PWBC- a lot of vacancies and TMI people doing work. How is this going to work?

**A:** 90 temporary and contract workers stay after Aug. 2 until workload is established. New business is contracted out.

**Q:** Where are contract workers going to be placed?

**A:** Some go away before Aug. 2. Others will stay.

**Q:** We have more work than people because cannot hire/backfill vacancies. When will vacancies be filled?

**A:** The first wave of hiring action will be initiated soon to help solve this. Probably as early as next week, 36 actions will be initiated. Some recruitment has already begun to fill jobs that are not needed to place employees in RIF.

Announcements to solicit applicants for some these jobs are already posted on the Internet at

See Meetings on Page 26



Photo by Esther Garcia

Students assigned to the 32nd Medical Brigade, Initial Entry Training programs, enjoy the entertainment with members of the civilian community during Fort Sam Houston's Fiesta celebration.

Escaramuza Rosas de Castilla, an equestrienne drill team, entertained the crowd with their intricate sidesaddle routines in colorful chareada dresses.



Photo by Mike Motl

# Fiesta brings military and civilian communities together



Photo by Esther Garcia

Cowboys and children joined the Scottish Dancers to learn traditional folk reels during their performance on the county fair stage.

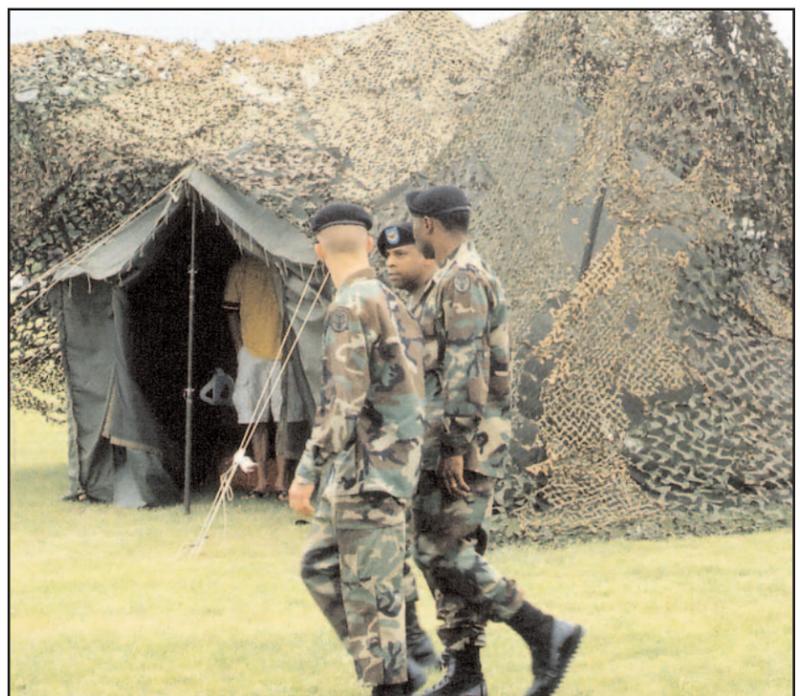


Photo by Esther Garcia

A medical company aid station was one of several displays, which highlighted the Army medical training, education, and research and operations missions conducted at Fort Sam Houston.



Photo by Esther Garcia

Deborah Seabron, a member of the Fort Sam Houston workforce, beams proudly with her daughter during the post Fiesta celebration. Her daughter was selected as 2004 Miss Top Teen San Antonio Metro.



Photo by Esther Garcia

You can't have a Fiesta celebration without the traditional mariachi music. Las Erendiras, a local female mariachi group, performed for the crowd at Fort Sam Houston's Fiesta celebration on April 18.



Photos by Phil Reidinger

Soldiers learn proper litter techniques such as the downhill carry prior to working with the Texas National Guard medical ambulance company helicopters during a new joint training initiative.

During training Soldiers learn various types of patient transport such as the fireman's carry, pistol belt carry, and improvised, field-expedient methods to transport a wounded Soldier.



## 232nd and 149th Medical Company join forces to training combat medics

By Maj. Jeffrey Cain  
Special to the News Leader

A joint training endeavor that demonstrated the increasing interoperability of the Army's Active Duty and National Guard components was conducted between the 232d Medical Battalion and the 149th Medical Company, Texas National Guard at Fort Sam Houston, Texas, on April 6. Extensive planning and coordination between the Combat Trauma Training Team of the 232nd and the Flight Operations cell of the 149th resulted in a new realistic, combat focused and mission relevant medical training program for both units.

The opening day for what is envisioned to be a long and synergistic relationship between the 232nd Medical Battalion and the 149th Medical Company was the Combat Trauma Motivator demonstration that provided a realistic scenario for new combat medic students to observe.

The exercise consisted of a seven-member tactical patrol of instructors from the Combat Trauma and Evacuation Special training team. As the patrol moved through its area of operations, they encountered two simulated casualties that required emergency medical stabilization and evacuation to a better-equipped medical facility for continued care.

The patrol medic quickly stabilized the casualties, while the radio operator called higher headquarters to request a MEDEVAC. The casualties were then placed onto litters for movement to a casualty collection point for further field medical treatment. The radio operator established communications with the inbound UH60 "Dust Off" helicopter. He then marked the landing zone with yellow smoke; and moments later the 149th demonstrated a rapid insertion with the Blackhawk helicopter.

The patients were moved to the aircraft under the direction of the crew chief and transported to the forward surgical team.

As the patrol members resumed their security positions, the aircrew closed the doors on the UH-60 and it immediately departed through a "Nap of the Earth"

flight demonstration. This successful demonstration provided an invaluable visual reinforcement for the new combat medic students of their critical importance and duties in a tactical environment, as well as the responsibilities and roles of the aviators and flight medics supporting the ground units.

This demonstration and new joint training endeavor is a direct result of the extensive planning and coordination conducted between Capt. Larry Carpenter of the 232nd and Chief Warrant Officer 3 Rick Dillenbeck, who is the Standardization Instructor Pilot/Instrument Examiner for the 149th Medical Company.

With more than 16 years of combined service in the Army National Guard in Michigan and now in Texas, Dillenbeck completed an Active Duty tour in Bosnia with the IFOR in 1996-1997, as well as numerous support missions for the Joint Readiness Training Center rotations.

Most recently, he deployed with the 149th to the JRTC to conduct direct mission support for exercise units. It was during that mission that he realized the multitude of challenges that the 149th encounters not only in training the pilots and aircrews in flight operations, but also in training and maintaining the medical skills of the Flight Medics.

### Training Army National Guard and Reserve Medics

Historically, Army National Guard and Reserve units have found the mission to train, assess, validate, and sustain the myriad medical skills required of medics to be extremely challenging to conduct within the limits of the time and resources available to them during the course of their normal duty periods.

EMT-B certification has been a graduation requirement for all initial entry 91Ws since October 2001, and all Army medics who were trained prior to the first 91W class are required to complete the certification process by 2007.

The 91W is also required to maintain current EMT-B certification. This process entails completing Continuing Education Unit requirements as well as successfully demonstrating proficiency in hands-on medical skills. It is in these areas, as well as providing initial EMT-B

certification training for those flight medics who require it, that the 149th will greatly benefit from.

This new training program will permit the medics from the 149th to participate in all available training events that the 232nd offers on a routine basis. This includes practice and evaluation in realistic combat trauma scenarios, faculty development courses, advanced invasive medical skills training and practice using the latest Human Patient Simulators, as well as the Army mandated conduct of the Semi Annual Combat Medic Skills Validation and Testing program.

Prior to this new training endeavor, the 232nd students were only exposed to a "mock-up" static display of a standard Army helicopter. Through the efforts of Carpenter and his senior NCO, Sgt. 1st Class Alfred Rodriguez, this new training relationship with the 149th will now give students invaluable experience in working with functional Army aircraft, which they may encounter during their Army careers.

This interactive training between the National Guard and Active Duty components will result in a higher quality and more mission capable medic to care for the nation's Soldiers deployed in support of the Global War on Terrorism or any other mission.

### 232nd Medical Battalion History

The 232nd Medical Battalion has an extensive and honorable history dating back to 1944. Under the current command of Lt. Col. Bruce McVeigh, the 232nd's primary mission is to train and qualify initial entry Soldiers in the Military Occupational Specialty 91W (Army Health Care Specialist), a new MOS created in October 2001 to provide a more highly skilled medic for the Army.

The sixteen week initial entry training comes after successful completion of a nine week Basic Training course, and is designed to provide the foundation medical training for the Health Care Specialist in four main areas: emergency medical skills, evacuation, limited health care, and limited preventative medicine/health protection.

The training that these students receive qualifies them as initial level

91W's known as Army Combat Medics. Through both, classroom lecture/discussion and hands-on training, the students are taught a basic medical knowledge consistent with the training received by civilian Emergency Medical Technician - Basic Level.

Using the EMT-B foundation, the 232nd Tactical Medicine instructors then train additional skills that focus on stabilizing and treating casualties in a tactical or combat environments through further classroom instruction as well as hands-on training exercises in a variety of environments -- from large, open areas, to confined wooded spaces and even inside buildings.

The students are taught the basics of evacuating casualties from the point of injury utilizing all means from individual rescue carries to standard and improvised litters to vehicles of all types. They complete two field-training events to demonstrate their newly acquired skills in simulated combat scenarios. Although tactical medical skills and evacuation comprise the primary focus of the training, students also receive additional clinic-based medical training and demonstrate their knowledge and skills through a two day clinical rotation at Brooke Army Medical Center or a Troop Medical Clinic, where they are required to evaluate and document actual patient encounters and discuss the patients with medical provider preceptors.

### 149th Medical Company, Air Ambulance, Texas Army National Guard

The 149th Medical Company, Air Ambulance, Texas Army National Guard is located at Martindale Army Airfield in San Antonio, Texas. It is a recently reorganized unit with a new mission.

Reorganized on September 5, 2002 from a General Support Aviation Company to its current role as an Air Ambulance Company, its mission is to provide Air Ambulance support for flood rescues, wild fire suppression missions, and any other disaster relief, VIP support, J-SHIP with the U.S. Navy, and JRTC rotation support. The 149th Medical Company also provided direct support to the U.S. Army in Bosnia.

# Focus: Army to reset into modular brigade-centric force

By Gary Sheftick  
Army News Service

This is the seventh article in a series of articles that will examine the 16 focus areas as outlined by the Chief of Staff of the Army Gen. Peter Schoomaker. This one highlights the "modularity" focus.

As units return from Iraq, the Army will "reset" brigades into the fighting formations that will be needed in the future, a senior Army official said.

Under Army Chief of Staff Gen. Peter Schoomaker's "modularity" focus area, the 33 maneuver brigades in today's active-component Army will be reset into 43 to 48 Brigade Units of Action. The Army will be temporarily "plussed up" by 30,000 troops to fill the added brigades, officials said.

The brigades will be smaller but more lethal, officials said, including artillery and reconnaissance assets previously at the division level. Some corps assets will also move down to the brigades.

The number of divisions will remain at 10 in the active component.

"The worst thing we could have done right now is bring on more divisions," a senior Army official said, explaining that the Army doesn't need more headquarters staff; it needs more maneuver elements.

Along with the maneuver brigades, or "units of action," a division will have access to Support Units of Action (aviation, fires, sustainment, reconnaissance and surveillance, and security/protection). For instance, a division could employ two heavy brigades, an infantry brigade, a Stryker Brigade Combat Team, and even a Marine Expeditionary Brigade, Army officials said. They said that the division headquarters will be joint capable by design and have greater capacity for "force packaging."

Current light infantry and heavy mechanized divisions, mountain divisions and armored divisions -- will all reorganize into more similar and modular designs under the new plan. The seven different types of division headquarters today will

become standardized, officials said, and be known as "units of employment."

In the future, a brigade aligned with one division could be employed into another with little or no need for augmentation or reorganization, a senior official said. In fact, he said a future rotation to Iraq might include brigades from five different locations.

The intent is to create a modular "brigade-based" Army that is more responsive to regional combatant commanders' needs, officials said.

"War always provides you with a much harder look at formations than peace does," the senior Army official said.

The 3rd Infantry Division, which returned from Iraq in September, is serving as the first test bed of the modularity

concept. One of its brigades tested the new structure at the National Training Center, Fort Irwin, Calif., in March.

The 101st Airborne Division, which returned from Iraq in February, will be the next to undergo the structure change, officials have announced.

More than 200,000 Soldiers are currently on the move either deploying or redeploying from Southwest Asia.

"We're taking this window of opportunity to restructure forces for where we want to be with the Future Combat System," the senior Army official said.

"We're doing it with the most combat-tested and combat-experienced Army we've ever had," he said. "We have leaders at every level that understand the rigors of combat."

"Some Soldiers give  
their lives for their  
country..."



"...others just give  
blood."

**Akeroyd Blood Donor Center  
Brooke Army Medical Center  
Monday - Friday  
7:30 a.m. to 3 p.m.  
295-4655 or 295-4989**

**ASBP**  
Army Service Blood Program

Photos by  
Esther Garcia

More than 20,000 people attended this year's Fiesta celebration. The climbing wall, provided by Recruiting Battalion, was a favorite for the Soldiers who tested their climbing skills.



# Entertainment and good food mean Fiesta



The Fort Sam Houston Rainbow Kids wowed the crowd with music and dance routines featuring the 20s, 30s, 50s and 60s, Broadway, modern and country repertoire.



The U.S. Air Force Honor Guard Drill Team, Washington D.C., thrilled the crowd as they performed their routines with flawless timing and precision. Each member carried an M-1 Garand rifle with fixed bayonets weighing in excess of 13 pounds each.



The Old Guard Continental Color Guard and the massed colors of San Antonio Army units march towards the reviewing stand during the Fiesta ceremony pass-in-review featuring more than 300 Soldiers assigned to Fort Sam Houston units.



Anna Santos never knew what hit her as her son, Alberto, cracks a cascaron on her head at the Fiesta celebration.



Reviewing officers, Lt. Gen. Robert T. Clark, Fifth U.S. Army commander, and host commander Brig. Gen. Daniel F. Perugini, commander, Army Medical Department Center and School and Fort Sam Houston officially welcome Fiesta Royalty, El Rey Feo, Tom Sineni, King Antonio, Sam Bell Steves, and Edward Steves, President, Fiesta 2004 San Antonio Commission to Fort Sam Houston.



Members of the U.S. Medical Command Country Band entertained the crowd with country favorites.



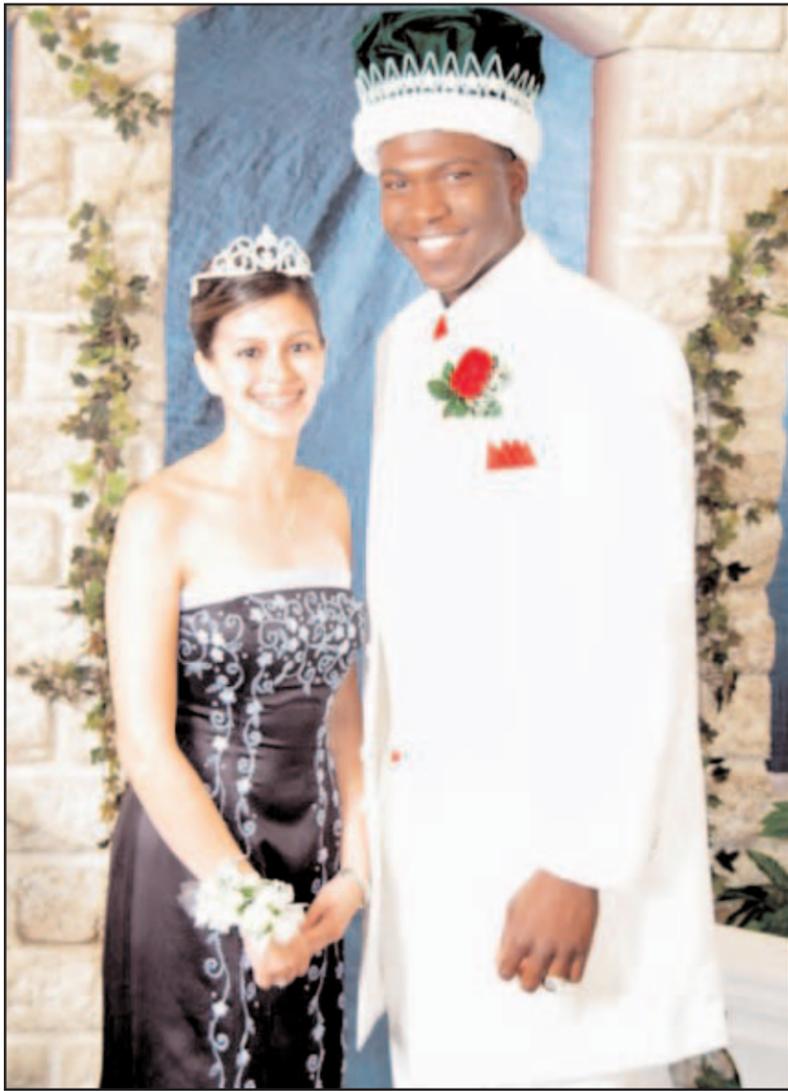
Members of the Ballet Folklórico provide a colorful display of traditional music and dance adding to the festive atmosphere of the community Fiesta celebration.



An M109 Howitzer, including an M577 Carrier and M2 Bradley, provided by the Texas National Guard were part of the many exhibits on display.



Cadets from the U.S. Air Force Academy Falcon Demonstration Team introduced the academy mascots, a peregrine and a prairie falcon, to the crowd in the country fair area.



From left, Caitlyn McCoolle, Alex Meir, Michael Gresenz, and Jennifer Bagg are all smiles as they enjoy the 2004 Junior/Senior Prom.

Seniors Mallory Plasentillo and Billy Collins pose for a picture as the new 2004 Junior/Senior Prom Queen and King.

# Cole Jr./Sr. Prom deemed a success

Story by Dr. Gloria Davila  
Associate Superintendent

Cole High School held the 2004 Junior/Senior Prom Saturday, April 17 at the Marriott NW Hotel. Students enjoyed the surroundings that reflected the prom theme "A Time of Your Life." Senior Billy Collins was selected Prom King from a group of candidates that included Chandler Webb-Allen, Paul Cockfield, Kenny Simmons, and Dan Philbrick. Senior Mallory Plasentillo was selected Prom Queen from a group of candidates that included Ashley Mullins, Vanessa Medina, Lisa Ahrens, and Lesleigh Hayes.

Dr. Roland Rios, Cole principal, reported, "Once again our students have shown that they are responsible young adults. They exhibited great behavior and manners and had a great time at our annual Junior/Senior Prom."

Senior Melissa Velez, who attended the prom sated, "The prom was a wonderful experience. I had a great time dancing and visiting with my friends. It will be one of the greatest memories I have about Cole."

The 2004 Junior/Senior Prom was a huge success because of the hard work in planning and preparations led by Laurie Rivera, Junior class sponsor, and the Junior class officers and students.

Photos by Dr. Roland Rios



From left, Dabrimon Mobley, Ashley Lane, Felicia Armstrong, Kenny Simmons, Monique Lane, and Ashley Armstrong pose for a picture as they enter the ballroom for the 2004 Junior/Senior Prom.



The 2004 Prom theme was "A Time of Your Life." From left, Sarah Caouette, Alexa Collins, Ashley Nieves, Jaimie Seigle, Chan Na Sok, and Ashley Ahrens are having a time of their lives at the Junior/Senior Prom.

David Parker and Vanessa Medina show off their formal attire during the festivities at the Junior/Senior Prom.



Photo by Rita Hansen

**Cole students win Fiesta Art Contest**

San Antonio Parks and Recreation Department sponsors a city wide "Fiesta in San Antonio" Student Art Contest during Fiesta San Antonio. Cole students from left, back row, Owen Black, Megan Davis, Ben Carter, Chauncey Holmes; front row, Johani Johnson, Lindsey Hatton and Sean Greszler (not pictured) received Honorable Mention for their art entries. Artwork will be displayed during April at the San Antonio Children's Museum located at 305 E. Houston Street.

**FSHISD early release, April 23**

The Fort Sam Houston ISD schools will release students early on Friday, April 23 for Fiesta activities according to the following schedules:

**Fort Sam Houston Elementary:**

- Students in PPCD and PK, released at 11 a.m. (Afternoon classes will meet at same time as morning class, 7:45-11 a.m.).
- Students in grades K-4th, released at 11 a.m.
- Students in grades 5th and 6th, released at 11:30 a.m.

Sack lunches will be provided for all students before they are released. Buses will run normal routes. For questions or information, call the elementary school at 368-8800.

**Cole Jr./Sr. High School:**

- Grades 7-12, released at 11:20 a.m.
- Sack lunches are available for students by pre-ordering through their advisor. Buses will run normal routes. For questions or information, call the high school at 368-8730.

**FSHISD Weekly Campus Activities  
April 26 - May 1, 2004**

**Fort Sam Houston Elementary School**

**Monday, April 26**

- Math Olympics

**Tuesday, April 27**

- Grades 3, 4, 5 and 6 - \*Texas Assessment of Knowledge and Skills (TAKS) Math Test
- Grades 3, 4, 5 and 6 - \*State-Development Alternative Assessment (SDAA) Math Test
- FSHISD School Board Meeting, 11 a.m.

**Wednesday, April 28**

- Grades 3, 4, 5 and 6 - \*TAKS Reading Test
- Grades 3, 4, 5 and 6 - \*SDAA Reading Test

**Thursday, April 29**

- Grade 5 - \*TAKS Science Test

**Friday, April 30**

- Spirit Day

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

**Monday, April 26**

- Students of the Month Presentation in Mall Area, 9:50 a.m.
- FSHISD School Board Work Session in Cole Library, 1:30 p.m.

**Tuesday, April 27**

- Grades 7 and 8 - \*TAKS Math Test
- Grade 8 - \*SDAA Math Test
- Grade 10 - \*TAKS Social Studies
- Grade 11 - \*TAKS Math Test
- Grades 12 - \*Texas Assessment of Academic Skills (TAAS) Exit Level Writing

- FSHISD School Board Meeting, 11 a.m.

**Wednesday, April 28**

- Grades 7 and 8 - \*TAKS Reading Test
- Grades 7 and 8 - \*SDAA Reading Test
- Grade 10 - \*TAKS Math Test
- Grade 11 - \*TAKS Science Test
- Grades 12 - \*TAAS Exit Level Math

**Thursday, April 29**

- Grade 9 - \*TAKS Math Test
- Grade 10 - \*TAKS Science Test
- Grades 8 and 11 - \*TAKS Social Studies Test
- Grade 12 - \*TAAS Exit Level Reading
- Fiesta Band Festival at Alamo Stadium, TBA

**Friday, April 30**

- UIL Track Regional Meet at Texas State University, San Marcos, all day
- Baseball vs Poth at Cole, 4:30 p.m.

\*Indicates state mandated test.

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

**Support the troops, join the USO  
San Antonio's Walk for the Troops**

The USO is looking for a few good men and women to take part in the 2nd annual Walk for the Troops on Saturday, May 1, 8-11

at the Verizon Wireless Amphitheatre. Citizens from all across the Alamo and central Texas area will show their dedication to the local troops as they participate in this 5K walk/run. Both individual and teams are encouraged to get involved and each participant will receive refreshments and an event T-shirt for a \$10 registration fee. To pre-register, call or sing up with the USO, or register the morning of the event from 7-8 a.m.

Each year, the USO serves more than 104,800 military personnel all across the

United States by providing all branches of our military with assistance, from family support to entertainment. The USO Council of

San Antonio and central Texas is a non-profit organization dependent on the generosity of United Way/CFC campaigns, individual, civic and corporate donations. To find out more information about donating to your USO, visit [www.alamouso.org](http://www.alamouso.org).

Proceeds from the walk will be used to fund USO programs for service members and their families in the San Antonio and central Texas area. For more information or to pre-register, call the USO at 227-9373, ext. 14, or e-mail [loriivymarx@alamouso.org](mailto:loriivymarx@alamouso.org).





Photos by Master Sgt. C.S. Allbright

Lt. Gen. Robert T. Clark, commanding general of the Fifth U.S. Army and members of the Fifth U.S. Army delegation pass in front of the Alamo before circling around to place their wreath during the Pilgrimage to the Alamo on Monday.

# Army continues tradition of Fiesta participation



Members of the U.S. Army Drill Team converge on Drill Master, Master Sgt. Ken Sprueil, during a routine at the Fort Sam Houston Fiesta celebration held Sunday.



Members of the Fife and Drum Corps added their own unique pageantry to the Fiesta celebration held at MacArthur Parade Field on Sunday.



Members of the U.S. Army Drill Team perform at the Arneson River Theater shortly before the start of the Texas Cavaliers' River Parade on Monday.



Sgt. Norma Estella of the U.S. Army Golden Knights makes her 750th free fall parachute jump into the Fort Sam Houston MacArthur Parade Field during the annual Fiesta celebration carrying the POW/MIA flag.

# Know the difference between discipline verses punishment

By Ingrid Bethel-Constable  
Family Advocacy Program Educator

## What is discipline?

Discipline is guidance. When we guide children toward positive behavior and learning, we are promoting a healthy attitude. Positive guidance encourages a child to think before he acts. Positive guidance promotes self-control. Different styles of discipline produce results that are different. Discipline requires thought, planning, and patience.

## What is punishment?

Punishment is usually hitting, spanking, or any type of control behavior. Basically there are four kinds of punishment:

- Physical. Slapping, spanking, switching, paddling, using a belt or hair brush, and so on.
  - With words. Shaming, ridiculing, or using cruel words.
  - Holding back rewards. Example: "You can't watch TV if your chores aren't done."
  - Penalizing the child. Example: "Because you told a lie, you can't have your allowance."
  - Punishment is usually used because:
    - It's quick and easy
    - Parents don't know other methods
    - Punishment asserts adult power
    - It vents adult frustration
- Punishment does not promote self-dis-

cipline. It only stops misbehavior for that moment. Punishment may fulfill a short-term goal, but it actually interferes with the accomplishment of your long-term goal of self-control.

The consequences for children include the following lessons:

- Those who love you the most are also those who hit you.
  - It is right to hit those you are closest to.
  - It is okay to hit people who are smaller than you are.
  - Violence is okay when other things don't work.
- Discipline is:
- Helping a child learn to get along with family and friends.
  - Teaching a child to behave in an agreeable way.
  - Helping a child learn to control behavior.

Effective Discipline - The use of discipline is a thinking and trying process.

- Remember:
- Effective discipline is good for parent and child.
  - A child learns to take responsibility for his or her behavior.
  - The parent keeps a warm relationship with the child.
  - The goal is to teach the child how to behave, not to make the child suffer.
- Guidance Tips:

- When you discipline, explain why.
- Set clear and safe limits. Be sure children know these limits. Be consistent.
- Keep discipline positive. Tell children what to do instead of what not to do.
- Teach by example. Be a good example. If you hit children for hitting others, they won't understand why they can't hit.
- Guide through consequences. If a child leaves his toys outside and the toys are stolen or damaged -- then no toys.
- Build self-esteem and respect. Avoid words that reduce self-esteem.
- Plan ahead. Prevent misbehavior by eliminating situations that spell trouble. For example, make sure children have been fed and are rested before going to the grocery store.
- Address the situation; do not judge the child. This is important because diminished self-esteem leads to insecurity, even

- hostility.
- Be firm. Clearly and firmly state that the child does what needs to be done. Speak in a tone that lets your child know you mean what you say and you expect the child to do it. It doesn't mean yelling or threatening. Being firm works for any age child and for many situations.
  - Keep your cool. Listen calmly to your child's explanation of the problem; talk about ways to deal with it. Come to a solution that's agreeable to you and the child -- this helps the child learn to be responsible for his behavior.
- To obtain further training on this subject, you can attend a Parenting with Love and Logic Class every month at ACS. For information or to register, call 221-0349 or 221-2418. Classes are open to all ID card holders and DOD civilians.

Is there a difference between discipline and punishment? Yes!!	
Discipline	Punishment
Emphasizes what a child should do	Emphasizes what a child should not do
Is an ongoing process	Is a one time occurrence
Sets an example to follow	Insists on obedience
Leads to self control	Undermines independence
Helps children change	Is an adult release
Is positive	Is negative
Accepts child's need to assert self	Makes children behave
Fosters child's ability to think	Thinks for child
Bolsters self-esteem	Defeats self-esteem
Shapes behavior	Condemns misbehavior

## Youth Happenings

**Summer Camp for Middle School** - Registration for Summer Escape camp is ongoing from now until May 12. This is camp from Middle school youth going in to 6th grade in the fall and up. The cost will be \$65 per week. Cost include breakfast, lunch and snack. We will be swimming, bowling, doing sports, using the computer lab, going on field trips weekly, riding horses, doing science projects and more. For information, call 221-3502.

**Cheerleading Clinic** - Youth Services will be offering a Cheerleading Clinic for both girls and boys ages 9-15 on Mondays from 6:30-7:30 p.m. at the Youth Center, Bldg. 1630. The Clinic is ongoing through July 26. The cost will be \$15 per month per person. If you are interested in learning the principals and mechanics of Cheerleading, having lots of fun and making new friends, join us in this Cheerleading clinic. Registration will be held at the Youth Center so come on and register now. For information, call 221-3502.

**Track Registration** - Track Registration is ongoing at the Youth Center. The season has just begun and there are still a few spaces for those who are interested in running track. The cost will be \$60 for military and DoD civilians and \$70 for non-military.

**Aerobics** - YS is offering a no cost

Low Impact aerobics class from 6:30-7:30 p.m. on Wednesday and Thursday evenings. We will meet in the YS Gym and get in shape for the summer. Parent and kids are invited to attend. For information, call 221-3502.

**French Fry Friday** - Every Friday is French Fry Friday. Fries are \$.50 for an order of seasoned or regular fries. Come on by and eat with us and support the Youth Center.

**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. - Forage/Foulois

The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

## Child and Youth Services Central Registration offers many services

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

**Family Child Care offers certified childcare** - The FCC home-based childcare for children ages 4 weeks to 12 years on and off post with certified childcare providers. Types of care are full day, part day, before and after school care, hourly care, and extended hour care and long-term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723.

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

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

**Instructional classes offered** - If you are interested in instructional classes such as Tae Kwon Do, piano or gymnastics, call 221-4882, 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.

**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.

# The Selma Pathfinders Paint Rock, Texas, walks

By Martin L. Callahan  
Special to the News Leader

The Selma Pathfinders volksmarch club will host two 10-kilometer (6.2 miles) walks at Paint Rock, Texas, May 1-2. Paint Rock is located on US Highway 83, 63 miles north of Junction, Texas, in Concho County.

One walk will be on the ranch of Fred and Kay Campbell and will pass below the rock cliff containing the Indian pictographs for which Paint Rock is named. The other walk will be

within Paint Rock, including the county courthouse and the cemetery. For more information about Paint Rock, visit the following Web site: [www.geocities.com/paintrocktexas/index.html](http://www.geocities.com/paintrocktexas/index.html).

Northwest Paint Rock is one of the major rock art sites in Texas. The site is composed of hundreds of ancient pictographs painted onto a 70-foot-high limestone cliff, 175 yards from the river. There are about 1,500 paintings spread over a distance of a half-mile. Geometric shapes, animal and

human figures, and negative and positive handprints predominate, but several of the pictographs depict scenes that are unmistakably historic in nature.

Walkers wishing to participate in these scenic and historical walks should contact Phyllis Eagan at 496-1402, or e-mail at [milchene@juno.com](mailto:milchene@juno.com) and visit the club's Web site at [www.geocities.com/Yosemite/Gorge/8195/](http://www.geocities.com/Yosemite/Gorge/8195/).



Art by Frank Chappell

The A-award is an embroidered patch representation of the turtle shell pictograph, that the winter solstice sun forms a painted dagger on its face every year.



One of three new Casita Camping Trailers available for rent at the Outdoor Equipment Center. Cost is only \$60 to pick up on Friday and drop off on Monday.

## New camping trailers available at the MWR Outdoor Equipment Center

Story and photo by Alexandra Nordeck  
Special to the News Leader

The Morale, Welfare and Recreation Outdoor Equipment Center has a variety of recreational equipment available for rent for the Spring/Summer season.

The center has just received three new camping trailers available for rent. "These trailers are perfect for mom, dad and the kids," says manager David Maple. The trailers have two bunk beds and a fold down bed and are equipped with a microwave and sink. In addition, the equipment center offers larger trailers for rent.

Recently, Sgt. 1st Class Michael Boehringer, who was at the center renting a trailer for Easter weekend, said he appreciated the equip-

ment center's cost efficiency and accessibility. "I love being able to pick-up an item after work Friday and drop it off on Monday morning," Boehringer said.

Other recreational equipment available for rent ranges from fishing boats and camping equipment to large BBQ/Smoker pits, canopies, tables and chairs, play bouncers and dunking booths for unit gatherings or birthday parties. For a complete list of items and prices, visit the Web site [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) under Recreation and Fitness fees or call 221-5554.

The Outdoor Equipment Center is located at Bldg. 1111 Forage Road, one block west of Schofield and Garden Roads. It is open Monday through Friday, 8 a.m. to 5 p.m. Closed on federal holidays.

## San Antonio Missions to 'Salute Military Families'

By Margaret McKenzie  
Special to the News Leader

Five companies, General Mills, Kraft Foods, Force 3, Inc., Marconi Federal, and USAA will each sponsor a free night of baseball in a "Salute to Military Families" in the San Antonio area on May 18, June 16, July 14, Aug. 11, and Sept. 1. It is the sponsors way of saying "thank you" to San Antonio's military community. The companies have purchased reserved seat ticket vouchers to be distributed to military personnel and their families assigned to the city's four military installations.

Force 3, Inc., and Marconi Federal will lead off the "Salute to Military Families" on May 18, followed by General Mills on June 16, Kraft Foods on July 14 and Aug. 11 and USAA on Sept. 1. Special prize drawings will be conducted in conjunction with the Military Family Appreciation Nights.

### Honorary Bat Boy Program

As part of the program, the Honorary

Bat Boy Program will be held again this year. Military dependents through age 12 will be selected by random drawings from registration boxes located at the Fort Sam Houston Library, the Jimmy Brought Fitness Center, Youth Center and School Age Services to become Kraft Singles Honorary Bat Boy. One winner will be chosen for each Friday and Saturday home game. The lucky winner will receive a T-shirt, Missions baseball cap, four tickets to the game, an opportunity to meet Missions Manager Dave Brundage, hang out in the Missions dugout prior to the start of the game and accompany Dave Brundage to home plate for managers meeting.

### USAA Savings Bonds

USAA will give away five \$100 savings bonds on Sept. 1. Winners need not be present to win. Entry boxes will be available on the installation for those who are not able to attend the games.

The San Antonio Missions

will invite military youth baseball teams to shadow Missions players during the opening ceremonies each night.

Tickets to the Mission's games are available through the organization's sergeant majors, the Library, the Jimmy Brought Fitness Center, and School Age Services.

### Post "Salutes Military Youth"

You could win a \$1,000 Savings Bond by entering an essay contest. Military youths are encouraged to write an essay not to exceed 1,000 words on the topic of "The Person I Admire." The essay contest is open to any military family child 18 years or younger with a valid ID card. Contestant's essay must include their name, age, telephone number, and their installation. Winners will be asked to show identification. The essays should be

post marked before Aug. 1. Scholarships will be awarded by DECA and Kraft at the pre-game ceremonies on Aug. 11. Mail entries to:

San Antonio Missions Baseball Club  
Post Cereal Youth Essay Contest  
5757 Highway 90 W  
San Antonio, Texas 78277.

For more information about the program, call the Recreation Fitness Division Marketing Department at 221-2307 or 221-2926.

Military Appreciation Nights are made possible with the cooperation of the Defense Commissary Agency and no Federal endorsement of the sponsor is intended. General Mill's and Kraft Foods products are sold in military commissaries and exchanges.

## 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



## Health Promotion Center April Class Schedule

Class	Date	Time
Benefits of Walking	22	9-10:30 a.m.
Self Care & Health	22	1-3 p.m.
Breastfeeding Support Group	23	1-2:30 p.m.
Breast Health	27	9-10 a.m.
Office Yoga	28	Noon to 1 p.m.
Breastfeeding Support Group	30	1-2:30 p.m.

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



Courtesy photo

Number 4, Richard Castillo and other members of the basketball team, The Legends, celebrated winning a gold medal at the San Antonio Senior Games.

## Senior citizen aims for gold medal

By Cynthia Hernandez  
Special to the News Leader

Seventy-two-year-old Richard Castillo is a recent state Senior Olympic champion. He is part of the basketball team, The Legends. The Legends are the 2003 State Senior Olympic Champions in the 70-74 age category and won the 2003 Nationals after winning two and losing one game.

This year, the team is working hard to take it all. The Legends just won the gold medal at the San Antonio Senior Games where Castillo scored 10 points. One of the team's secrets is to pass the ball to Castillo when he's out in the corners because he hits a lot of two and three point shots.

This sharpshooter has been playing basketball since he was in junior high school. He remembers his humble beginnings when his father nailed a barrel loop onto a tree in

his backyard so that his brother and he could practice basketball. "My father always wanted my brother and me to be active in sports. He felt that staying active would keep us out of trouble," Castillo said.

Today the senior citizen practices twice a week with players who are 26 years young. "It's nice when the younger guys invite me to play ball. They respect someone like me who still plays and we all learn something from each other. When playing basketball, I always give as much as I can at each game or scrimmage, but I always know when to stop."

Castillo just returned to work at Fort Sam Houston as a contractor with MITC, located in the newly renovated North Beach Pavilion on Howitzer Street. Ironically, he began his Civil Service career on post in 1955.

## MWR Recreation and Fitness

**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.

**Post Garage Sale, May 1** - The next post garage sale is scheduled for Saturday, May 1, 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot, located on the corner of Harry Wurzbach and Stanley Roads, across from AMEDDC&S. To participate in the garage sale you must have a valid Department of Defense identification card. To sign up, call 221-2926 or 221-2307. Sale is open to the public. To reserve tables, chairs and canopies, call the Outdoor Equipment Center at 221-5554.

**Mothers' Day 5K/10K** - Join us in celebration of mom's Sunday, May 9 for the Mother's Day 5K/10K all are invited to attend but moms receive a special registration fee of \$6 until May 7 (Military \$12; General \$15; after May 7 \$20 all). There will be a special Stroller division with awards given for 1st, 2nd and 3rd place. The race starts at 7:30 a.m. from the Brigade Gym. Download a registration form online at [www.samhoustmwr.com](http://www.samhoustmwr.com) by or pick one up from the Jimmy Brought Fitness Center.

**Natural Body Building Show** - A natural body building show will be held Saturday, May 15 at the Jimmy Brought Fitness Center in conjunction with the Fitness for Your Health Office. Weigh-in is between 9:30-10:30 a.m. and start time is 11 a.m. The cost is \$25 and participants will receive a T-shirt. Call Lucian Kimble at 221-2020.

**Learn to Swim** - Sign up now for the Learn to Swim Program at the Aquatic Center. Four sessions are available: June 1-11; June 21-July 2; July 12-23; Aug. 2-13. Classes are held at the

Aquatic Center Bldg. 3300. Class times will be assigned during registration. Get a \$5 discount for signing up the same child for another session! Cost: 1st child \$40 per session; 2nd child in same family \$35 per session; 3rd child \$30 per session. Call 221-3185 to sign up, pick up an application at the Jimmy Brought fitness center, or download a copy at [www.fortsamhoustmwr.com](http://www.fortsamhoustmwr.com) by following the recreation link to the aquatic center.

**Summer Youth Horsemanship Program** - Is your child interested in learning how to ride a horse? Then the youth horsemanship camp may be just what you're looking for! Students 7-18 of age will learn proper riding forms as well as a variety of horse care techniques. Eight 5-day sessions are available from June-August and cost is \$175. For information, call 224-7207.

**Archery Lessons at the Indoor Archery Range** - Contact the Outdoor Equipment Center at 221-5225 for individual lessons. Award winning archer Skip Dawson provides instruction at various levels from expertise, novice to expert. Children are welcome, however, a parent must accompany children under the age of 18.

**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.



## Academy rugby teams to participate in Fiesta tournament, April 24

Cadet rugby players from the U.S. Air Force Academy, the U.S. Military Academy and the U.S. Naval Academy will be battling for the Commandant's Trophy Saturday, April 24 at the 2004 Alamo City Rugby Fiesta Tournament.

The academy games are at 9:30 a.m., noon and 3 p.m. in a round-robin competition between the 15-player teams to determine who will take home the trophy. The action is hard-hitting and tough!

In addition, 14 other teams, including two women's teams will be competing in a separate seven-man tournament at the same location. Cadet teams have also entered this competition, which is faster paced and has shorter periods.

The tournament runs from 9 a.m. to 5 p.m. at Brooks Field Park, 3606 Goliad Road (next to but not on Brooks City-Base). Admission is free and food and beverages are available. Come on out and support your academy team!

## AUSA to host 'For the Soldier' golf tournament, May 17

The San Antonio Alamo Chapter of the Association of the U.S. Army will host the annual golf tournament this year on May 17. This annual tournament is a great opportunity for business and community leaders to join the Fort Sam Houston community for a fun day on the golf course.

In June 2003, the Alamo Chapter of the Association of the United States Army held their 6th Annual "For The Soldier" Golf Tournament at the Fort Sam Houston Golf Course. The Alamo Chapter expanded the event with a raffle for two round-trip VIP Southwest Airlines tickets and a Silent Auction. With the participation of

108 players, the chapter netted more than \$8,000.

In 2002, more than 120 corporate players helped AUSA raise \$5,000 that directly supported AUSA programs to recognize outstanding Soldiers. Additionally, the Alamo Chapter contributed to the Guy S. Meloy Scholarship Fund.

Tournament proceeds have been directed toward supporting AUSA programs for Soldiers and their families at Fort Sam Houston, to include a larger contribution to the Meloy Scholarship Fund.

For information, call retired Command Sgt. Maj. Carlos Correa at 771-3514 or visit [www.alamochapterausa.org](http://www.alamochapterausa.org).

**Celebrating FSH 2004 Asian Pacific Islander Heritage Month**



Come One



Come All

**Volleyball Tournament**

**Time:** 8:30 a.m. to 5 p.m.

**Date:** May 15

**Place:** Jimmy Brought Fitness Center

**Bring your best team forward**  
(One female on court at all times)

**Limited to 12 teams**

**First come, First play!!**

Sign-up at the Jimmy Brought Fitness Center no later than May 6.

Trophies awarded to first, second, and third place teams (individual trophies to first and second place teams (limited to 10 players).

Team Captains meeting, May 11, 5 p.m. at the Jimmy Brought Fitness Center.

**For information, call Earl Young at 221-1180, Danny San Nicholas at 221-2298, or Sgt. 1st Class Maiava at 221-0742.**

## 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.



**Staffing Coordinator** - San Antonio. Require a strong background in customer service, preferably in the medical field, Nursing and Allied. Working knowledge of medical terminology and computer experience. Have excellent organizational and communications skills.

**TRICARE Service Center Manager-South** - San Antonio. Direct the operation of a TRICARE Service Center. Ensure compliance requirements, coordinate and direct the efforts of the TSC staff to optimize results, and act as the primary point of contact with Military Treatment Facilities.

**Clinical Innovations Specialist-Referral Nurse** - San Antonio. Ensure providers and members receive prompt, courteous, and professional service. Process referral requests for the commercial HMO, Medicare, Medicaid and Point of Service products according to established guidelines, policies and procedures, and legislation.

## Civilian Workshop scheduled

The Army Career and Alumni Program staff will conduct Resume, Writing, and Interviewing Workshop for DoD civilian employees who are contemplating leaving federal service workforce. The workshop will be held May 5. To register as an ACAP client and to reserve a seat, 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.

## TSP Open Season now through June 30

Thrift Savings Plan contribution percentages or dollar amount changes can be done via Internet at <https://www.abc.army.mil> or via telephone at 1-877-276-9287. Allocations of your investment can be changed via computer at [www.tsp.gov](http://www.tsp.gov). Thrift Savings Plan is one of the best benefits we have as government employees with matching government contributions to the Federal Employee Retirement System. The Thrift Savings Plan is a vital part of your three-part retirement program (Thrift Savings Plan, Social Security, and Pension). The Office of Personnel Management has advised employees under FERS who do not actively participate in Thrift Savings Plan contributions can expect a retirement annuity at or below poverty level. The contribution limits are 14 percent for FERS and nine percent for CSRS employees.

## 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. We also have tickets for the Flambeau Parade, Battle of Flowers and Fiesta in Blue (tickets for Fiesta in Blue are free). For information, visit the MWR Web site at [www.fortsamhoustonmwr.com/bod/mwr\\_ticket\\_office.asp](http://www.fortsamhoustonmwr.com/bod/mwr_ticket_office.asp) or call 226-1663.



Photo by Joe A. Ramirez

**A family that marches together stays together**  
Fort Sam Houston's newest resident is a family of ducks seen marching down Stanley Road last week looking for a water hole. Joe Ramirez could not resist capturing this shot.

## 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@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

**For Sale:** Casio keyboard with stand, all manuals, in excellent condition, \$125. Call 697-9261.

**For Sale:** Chain-link fence with gate and accessories, approximately 120 sq. ft., \$190 obo.; oak bedrails (still in box) for queen size bed, \$50 obo. Call 820-3051 or 643-3011.

**For Sale:** Desk with matching chair, \$40; car ramps and four jack stands, \$25; four-drawer locking file cabinet, \$35; headboard with two matching nightstands, \$25; child's wheelchair, \$35. Call 657-0584.

**For Sale:** Solid oak entertainment system, holds a 27" TV, sliding doors hide TV, 2 sliding drawers for VCR/DVD and more, \$125; 2-seat jogging baby stroller designed for pushing while jogging, in great condition, \$60. Call 508-5516.

**For Sale:** 55-gallon fish tank w/custom wood cabinet base and all accessories, \$100 for everything. Call 829-0935.

**For Sale:** Kenmore 40-gallon water heater used, works good, \$50. Call 221-0796.

**For Sale:** German Schrank, cathedral buffet with glass, lots of storage space, \$2,500; sofa table and end table, \$225; glass and X/O design sofa table, \$75; TV stand, large size, black, with

glass door and shelving, \$50; Hewlett Packard Deskjet computer printer, \$50. Call 824-7895 or 535-3635.

**For Sale:** 1999 Lincoln Navigator, 76K miles, leather, in very good condition, flat screen TV system, \$18,500 obo. Call 566-5722 or 916-8854.

**For Sale:** Zenith color TV, works great, not cable ready, \$50; 3 dolls, bride, groom, bridesmaid, hand crocheted outfits, \$50; framed print by Earl Staley, Castolon, Big Bend National Park \$125. Call 653-4205.

**For Sale:** White GE side-by-side refrigerator, 24.9 cu. ft., Model # GSS25KGPWW, still in box, \$800 cash. Call Jack at 658-1643 and leave a message.

**For Sale:** Outdoor children's play equipment, Barbie Play House, \$75; sliding board, \$40; Merry-Go-Round, \$40; riding horse, \$40; Sony Trinitron 27" TV needs work, \$50 obo. Call 223-2043.

**For Sale:** Green and white stripes patio swing with new shade topper, \$40. Call 566-8292.

**Free to a good home:** Gray and white male cat, neutered and declawed. Call 566-8292.

## Meetings

Continued from Page 14

([www.cpol.army.mil](http://www.cpol.army.mil)).

**Q:** Whys do job descriptions appear to be biased toward an individual?

**A:** The MEO and CGA structures were established based on sound management principles and the processes were not biased toward individuals. Nonetheless, some jobs/tasks are unique and there may be some similarities to the current/traditional structure. It is helpful to consider that all involved positions were abolished and new positions are established, as few positions in the current structure are the same as in the new structure.

**Q:** If an individual's position is abolished will the individual be asked to accept a transfer to another location?

**A:** Last June when CPAC asked individuals to state if they would consider a transfer, none had to go off-post. However, under PPP an individual will have the option to be placed off post. Such employees may be offered positions elsewhere on post.

Employees who are scheduled for separation and are eligible for severance pay will be registered with the "stopper list" on a mandatory basis. Such registrations will be for placement in other DoD activities in the commuting area. At the employee's option, they may be registered for activities at remote site. Other employees who are offered lower graded jobs or scheduled for separation may voluntarily register for consideration at other DoD activities. No employees will be forced to register for remote sites.

**Q:** Does FSH have to pay to relocate someone in RIF?

**A:** Yes, the "losing activity" pays permanent change of station (PCS) cost for employees placed thru the "stopper list."

**Q:** Will temporary/term employees be retained to train incumbents?

**A:** It is likely that temporary and term employees will be asked to provide orientation, training and other assistance to permanent employees accepting new/different jobs.

**Q:** Is Camp Bullis part of FSH?

**A:** Yes, Camp Bullis is a part of the Garrison. However, there are some employees on the Bullis reservation who are not Garrison employees (e.g., AMEDD Center and School).

**Q:** How many buyouts were offered in the 1st tier?

**A:** Need to cut 170 positions. 58 buyouts were offered, 45 accepted, 17 buyouts EO specialists.

The first tier consisted of 58 offers and 45 acceptances. The second tier was 64 offers and 47 acceptances.

**Q:** IF workforce goes down to 170, will CPAC still run RIF?

**A:** Yes, even if there is no one on the RIF list. Even if there is a job for everyone and no employees are to be separated there will still be a RIF. It is evident that the jobs available to offer are generally at grades lower than the employees currently hold. The RIF process is also used to determine who gets downgraded and who doesn't.

**Q:** Is changing job series to the job series standard going to be worldwide or going to happen only on FSH?

**A:** The OPM Classification Standards are used to determine occupational series designations at Fort Sam Houston. There are no Fort Sam Houston unique series standards. The same standards are used throughout the Federal government.

**Q:** What is "bumping"? Does this happen before or after the RIF?

**A:** "Bumping" is the common term used to describe one employee accepting a RIF offer of another employee's job. Such determinations are made and mapped-out in accordance with RIF regulations. The employee being bumped usually relinquishes his/her job on the effective day of the RIF (e.g., the day the personnel actions are processed). When there are more employees than jobs and/or when available jobs are graded lower, RIF is invoked to determine who will be separated (if any) and who will be downgraded. It is common for an employee whose job is eliminated or downgraded to "bump" another employee at the same grade level.

Even though the term "bumping" is most common, the RIF regulations actually describe three ways employees may be required to relinquish their positions to other employees with higher retention standing (i.e., displacement within a competitive level, bumping based on subgroup superiority and retreating back thru a promotion path.)

Employees probably grow weary of hearing that RIF is too complicated to explain in a Question and Answer format – but it is true. More information on RIF may be accessed on the Internet. Go to [www.cpol.army.mil](http://www.cpol.army.mil), click on, <Tools>, click on <Permiss>, click on <Staffing>, scroll to "Reduction-in-Force" and the subtopics listed therewith.)



## Community events

### 'Arsenic and Old Lace' at the Harlequin, now through May 8

The Harlequin Dinner Theatre will feature "Arsenic and Old Lace," a comedy by Joseph Kesselring on Wednesday through Saturday evenings now 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.

### SAROA to hold steak cookout April 22

The San Antonio Chapter of the Military Officers Association of America (MOAA) will hold a steak cookout April 22, 5 p.m. at Eberle Park, Randolph Air Force Base. The cost is \$12. For information or reservations, call 228-9955 or 228-9956.

### McKinney Roughs Walk, April 24

The Colorado River Walkers volksmarch club will host a 10-kilometer (6.2 mile) and optional 5-kilometer walk on April 24 at McKinney Roughs Park at 1884 State Hwy 71 West, Cedar Creek, Texas. For information, call JoAnn Fries at (512) 303-9505 or e-mail Joannwoolf@aol.com.

### San Marcos Historic Walk, April 24-25

The San Marcos River Walkers volksmarch club will host a 10-kilometer (6.2 mile) and optional 5-kilometer walk on April 24-25 in the Dunbar Historic District starting at the Dunbar Center, 801 Martin Luther King Street in San Marcos, Texas. For information, call Barbara Piersol at (512) 396-4463 or e-mail sanmarcosrw@yahoo.com.

### Paint Rock Walk, May 1-2

The Selma Pathfinders volksmarch club will host two 10-kilometer (6.2 mile) walks on May 1-2 at Paint Rock, Texas. One walk will be in the town of Paint Rock while the other will be on the Campbell Ranch where there are hundreds of ancient Indian pictographs painted on the cliffs visible along the walk trail. For information, call 496-1402 or e-mail michene@juno.com.

### Fiesta Campers chapter welcomes families May 7-9

The Family Campers and RVers National organization has earmarked May as "Families Across North America" month. The Fiesta Campers and RVs, (FCRV) is local chapter of invites families for the weekend of May 7-9 at Riverbend RV Park in Luling, Texas, for their monthly camping outing. FCRV welcomes families with children ranging in age from 1 to 19 years as well as retired couples. For information or reservations, call Marty Cupp, 657-5822 or e-mail Charl78233@aol.com.

### Alamo Logistics Officer Association to hold Golf Tournament May 14

The Alamo Logistics Officer Association will hold a Scholarship Golf Tournament at the FSH Golf Club on May 14. Cost is \$55 for civilians, \$50 for military. Fee includes golf cart, drinks and dinner at the clubhouse. Proceeds go toward college scholarship. For information, call Wade Cornelius at 652-3121 or 652-7152, Sam Ulmer at 671-4330, or Debbie Byrd at 928-5166.

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

The Seventh Annual Force Health Protection

## iQue Pasa?

Conference will return to the Albuquerque, N.M., Convention Center Aug. 9-12, with pre-conference sessions set for Aug. 6-8. For information and registration, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link at <http://chppm-www.apgea.army.mil/fhp/>.

## Volunteer

### Wilford Hall seeks persons allergic to fire ants

Wilford Hall Medical Center is looking for volunteers to participate in a research study evaluating a one-day fire ant allergy treatment plan. For information or to volunteer, call the Allergy-Immunology Clinic at 292-4278.

### 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

### The Education Center's EDMIS down until further notice

Effective April 26 until further notice, the Education Center's database, EDMIS, will be down for the new migration of the new Modern EDMIS. There will be no tuition assistance forms done during the down time period. If you have any questions, call 221-1738.

### Collateral Duty Safety Officer class rescheduled

The Collateral Duty Safety Officer class scheduled for April 22 and 23 has been rescheduled for April 29 and 30, at Willis Hall, Bldg. 2841, Room 3503. Class will begin at 8 a.m. on both days. To register, call Richard Edges or at 221-3857.

### NGS Classes start April 28

National Graduate School Masters Degree classes begin April 28 on Fort Sam Houston. Orientation and registration will be held April 21. The NGS Masters Degree in Quality Management provides two benefits. First, it is a project-based degree. That is, students work to improve actual processes for their sponsoring organization. Second, the degree provides students with the management tools to improve their work proficiency and adds to their personal skill set. Among those tools are Project Management, Activity-based Costing, Six Sigma, and Benchmarking. For information, visit [www.ngs.edu](http://www.ngs.edu) or call 1-800-838-2580.

### UTSA advisor to visit FSH May 5

The Army Continuing Education Service Center will host the University of Texas at San Antonio on Wednesday, May 5. The UTSA Academic Advisor, Ms. McElligott, will be at the center from 9 a.m. to 4 p.m. If you have questions or need information regarding degree programs or preparations for transfer, feel free to come by the Ed Center and visit with Ms. McElligott. For information, call Ms. McElligott, Academic Advisor II at 458-2974 or via e-mail at [TmcElligott@utsa.edu](mailto:TmcElligott@utsa.edu). or Ms. Paul, Asst. Director for Transfer Advising Services at 262-3159 or e-mail [Mpaul@utsa.edu](mailto:Mpaul@utsa.edu).

### DMRTI to host course June 21-25

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

### SkillSoft has new On-line Technical Support Portal

SkillSoft has a new On-Line Technical Support Portal. Users can now go to <http://onlinesupport.skillssoft.com> and click on "create a case." Once the information request is complete, an e-mail will be sent with a pass-

word and case number. When this is established, the user can go in and track their case. This is in addition to the regular support desk at [support@skillssoft.com](mailto:support@skillssoft.com).

### Direct commissioning program available

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail [Beverly.Casiano@usarec.army.mil](mailto:Beverly.Casiano@usarec.army.mil).

### ACES announces new hours

Army Continuing Education System, Bldg. 2248, 2408 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 Rockey Moore, 221-1634. Reception Desk, 221-1738. Army Learning Center, Clarence Prevo, 221-1117.

### Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

## Meetings

### USAWOA - Lone Star Chapter meetings

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets at 7 p.m. on the third Tuesday of each month at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, call WO2 Matthew Watterson at 295-8773 or e-mail [matthew.watterson@us.army.mil](mailto:matthew.watterson@us.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. Sgt. Maj. Hector Viczaino, 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 Command Sgt. Maj. Sampson Rush at 221-4129.

### 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.