



Fort Sam Houston News Leader



Vol. 37, No. 3

Fort Sam Houston – Home of Army Medicine

Jan. 20, 2005

Briefs . . .

Traffic hazard

Drivers who use the George Beach/Binz Engleman Gate are avoiding a wait in line by entering the Averitt Express commercial site across from the gate. The drivers then turn around and use the traffic light to enter Brooke Army Medical Center. This creates a traffic and safety hazard and drivers are entering private property. San Antonio police officers will cite violators and the charge can be criminal trespass.

Special Forces briefings

Special Forces will sponsor two briefings Tuesday at 11 a.m. and 1 p.m. at the Roadrunner Community Center. U. S. Army Special Forces is currently accepting applications from officers in year group 02 and enlisted in the grades of E-4 to E-7. For more information, call the Fort Hood Special Forces Recruiting Station at (254)288-5324/9063 or DSN 738-5324/9063.

FSH Newcomers' Extravaganza

Newcomers' Extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival. The Newcomers' Extravaganza is Tuesday at 9 a.m. at the Roadrunner Community Center. Children are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705/2418.

Flu vaccinations

Brooke Army Medical Center still has flu vaccinations for high-risk beneficiaries. See related article, Page 9.

Enlisted to officer

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Friday at 9 a.m. at Blesse Auditorium. For more information, call Capt. Carolyn Carden, AMEDD student detachment commander, at 221-3047.

Public hearing

Parents and community members are invited to a public hearing on the Fort Sam Houston ISD 2003-2004 annual performance report Jan. 27 at 11 a.m. at the Professional Development Center, 1908 Winans Road. Comments are invited. See related article, Page 16.



Photo by Mike Dulevitz

(From left to right) 1st. Sgt. Daniel Seefeldt, Maj. Edward Pulido, Sgt. Douglas Moneymaker, retired Staff Sgt. Rashaan Canady, Gen. Richard Cody, Sgt. Maj. of the Army Kenneth Preston, retired Cpl. B.J. Jackson and retired Sgt. Shawn Monroe cut the ribbon Friday at the grand opening of Brooke Army Medical Center's Amputee Care Center.

DoD Amputee Care Center opens at Brooke Army Medical Center

By Nelia Schrum
BAMC Public Affairs

Flanked by eight wounded warriors with amputations, the Army's Vice Chief of Staff Gen. Richard Cody and the Sergeant Major of the Army Kenneth Preston cut the ceremonial ribbon Friday, opening the Department of Defense's second Amputee Care Center.

Noting that the Army has 302,000 Soldiers in 120 countries, many of whom are in harm's way in Baghdad, Mosul and Afghanistan, the 31st vice chief of staff for the Army said the opening of the Amputee Care Center represented an important part of living the warrior ethos – never leaving a fallen comrade behind.

"We are committed to taking care of you," said Cody. "We are committed to taking care of your families."

BAMC was selected as the second site

because it is a Level 1 trauma center and a verified American Burn Association treatment center. The first center opened at Walter Reed Army Medical Center in Washington, D.C.

Brig. Gen. C. William Fox Jr., the hospital commander, said more than 1,500 injured service members from the Global War on Terrorism have been patients at the facility. He said the opening ceremony for the Amputee Care Center acknowledged the passion and devotion of a generation that knew the cost of defending America.

"This ceremony today is all about recognizing and honoring our Soldiers for their service and sacrifice," said Fox. "This generation of Soldiers and future generations like them know we will always be there for them with the best medical care in the world."

Fox said improvements in battlefield medicine that include forward deployed medics, surgical teams and combat support

hospitals have improved the survival rates from injuries.

"In this conflict, the survival rate from wounds has gone from 76 percent (during the Vietnam conflict) to 91 percent – a 15 percent change," he said, adding that research conducted by the Institute of Surgical Research is an investment toward ensuring the healthcare delivery processes, techniques, equipment and training are continually advanced.

Col. Mark Bagg, orthopedic consultant to the Army and chief of orthopedics and rehabilitation at BAMC, traced the development of the multi-disciplinary Amputee Care Center at BAMC.

"The war fighter with amputation created an indelible image of the sacrifices he or she has made in the service to country," Bagg said. "We owe them the very best care."

See AMPUTEE on Page 5

DFAS overpays 53,000 Soldiers in January

By Eric W. Cramer
Army News Service

WASHINGTON — Soldiers who see an extra few hundred dollars in their mid-month January paychecks shouldn't spend it.

The Defense Finance and Accounting Service made an error that will cause about 53,000 Soldiers to be paid too much in

January. The Army will collect the funds from end-of-month paychecks to restore financial balance.

Most of the affected Soldiers will receive overpayments of between \$200 and \$300. There are 316 Soldiers who will receive overpayments of more than \$500, a DFAS official said.

When the Army "draws back"

the overpayments, it will take back the overpayments of \$500 and more in two installments, officials said, to reduce any potential hardship for Soldiers.

Those who received less than \$500 extra will see the drawback in the January end-of-the-month paycheck. Col. Kenneth Crowder, director of Army Pay Operations for DFAS, said those affected are

Soldiers who have Army meal cards, but who are authorized for reimbursement for some meals.

Crowder said an incorrect date entered into a computer database caused the error.

He said DFAS was changing to the new rate for meal reimbursements, when a data entry error backdated the change to 2004.

"It (the computer system) tried

to apply the new rate to the entire previous year," Crowder said.

He said DFAS is notifying the affected Soldiers via their Army Knowledge Online accounts and through their chains of command.

"Every Soldier involved will receive a specific, personal e-mail explaining what occurred and what the corrective actions are," Crowder said.

Nominations sought for Guard, Reserve Employer Support award

ARLINGTON, Va. — The National Committee for Employer Support of the Guard and Reserve is accepting nominations for its 2005 Secretary of Defense Employer Support Freedom Award, given for outstanding support of employees who serve in the Reserve and National Guard.

The award was instituted in 1996 to recognize the significant contributions and sacrifices made by America's employers

of National Guardsmen and Reservists, ESGR officials said. This year, ESGR is reinstating the original parameters of the nomination process in which only guardsmen and reservists may nominate employers, they added.

National Guardsmen and reservists can visit the ESGR Web site to nominate their employers for the award, which Hollingsworth said recognizes support above and beyond the Uniformed Services

Employment and Reemployment Rights Act.

Nominations will be accepted at the ESGR Web site (<http://www.esgr.mil/>) through midnight Feb. 24. Recipients will be recognized Oct. 22 in Washington, D.C.

As the 1.2 million members of the National Guard and Reserve continue to perform an increasing number of unique missions within America's borders and beyond, ESGR will continue to be the

contact agency for educational programs and services that enhance the relationship between civilian employers and their employees who serve in the National Guard and Reserve, officials said.

ESGR provides free education, consultation and, if necessary, mediation for employers of Guard and Reserve employees.

(From a National Committee for Employer Support of the Guard and Reserve news release.)

Fort Sam Houston News Leader

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Tax Assistance Center opens

The Main Fort Sam Houston Tax Assistance Center is now open to assist all active duty, family members, retirees and Reserve and National Guard members on active duty orders in excess of 29 days. The center is located in the former Officers' Club, Bldg. 407 on Dickman Road and will stay open through April 16 from 9 a.m. to 5 p.m., Tuesday through Saturday.

The Brooke Army Medical Center satellite office is in Room 546-3 on the fifth floor. The BAMC satellite office will open Monday and stay open through April 15 from 9 a.m. to 5 p.m., Monday through Friday. To make an appointment, call 295-1040.



Photos by Shadi May

(Above) Spc. Tikia Milton, Fort Sam Houston volunteer tax adviser, assists Sgt. Carlos Bohano with income tax filing.

Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, and Capt. John Gerhard, Tax Assistance Center officer, participate in the ribbon cutting ceremony of the Tax Assistance Center located in the former Officers' Club.

Medical trainers deploy overseas to assist with Iraqi forces

By Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs

Soldiers, family and friends gathered Friday to say farewell to 33 members of the 13th Battalion (Health Services), 5th Brigade, who are on their way to Iraq. They participated in a deployment ceremony at the General Stilwell U.S. Army Reserve Center on Fort Sam Houston.

"Since the birth of this nation, Soldiers have deployed in this nation's defense, and they do so now," said Col. William C. Lee, 13th Battalion commander.

Lee handed each of the deploying members a coin and spoke briefly to them during the ceremony. He also gave the platoon sergeant, Master Sgt. Francisco Perez, a small card signed by the remaining members of the unit. The card wished them well on their mission and carried sentiments for a safe and timely return.

All of the deploying members are NCOs. Once in Iraq, the medical trainers will teach medical specialty courses to the Iraqi soldiers.

"The training will give them a good medical base to deal with their own soldiers

and help them support themselves in their missions," said Sgt. J.D. Cook, one of the deploying medics. "Our upgraded medical skills have improved our survivability rate, and have given us a much stronger Army.

We hope to help the Iraqi Army be able to help themselves," Cook said.

Staff Sgt. John Hubbell is a veteran of Operation Desert Storm as well as a deployment to Bosnia. He said the best thing that the rear detachment can do for them is to take care of the family members left behind until their return. Hubbell said his fellow comrades on the deployment should also take care of themselves by talking to one another and paying attention to signs of stress or depression.

"We really have to lean on the senior NCOs who've been deployed before," Hubbell said.

The battalion is part of the 5th Brigade (Health Services), 95th Division (Institutional Training). The 5th Brigade provides training in medical occupational specialties. The 95th Division (IT) is headquartered in Oklahoma City, Okla.

The unit expects to be deployed for about a year.



Photo by Edward Dixon

Col. William Lee, 13th Battalion commander, inspects Soldiers Friday during a deployment ceremony. The Soldiers are deploying to Iraq to teach medical specialty courses to the Iraqi soldiers.

Individual Ready Reserve training continues, improves

By Carmen Slaybaugh
Army News Service

WASHINGTON — More than 1,100 Reservists have transitioned back to active duty as a part of an Individual Ready Reserve call-up that started in August 2004.

"At the start of this mission, I was told that we would receive about 4,440 IRR Soldiers at Fort Jackson alone," said Task Force Marshall Commander Lt. Col. Douglas Snyder.

The total number of IRR Soldiers recalled was more than 5,600.

The initial projections were for Reservists to complete the first phase of retraining at the South Carolina National Guard's McCrady Training Center by December.

Snyder said the delay has resulted from a combination of reasons.

"HRC (Human Resource Command)-St. Louis has been very good — some say sympa-

thetic — about listening to Soldiers' family, job and personal issues," Snyder said.

This resulted in amending orders and pushing back report dates.

Many other orders were revoked because of the lack of a family care plan or because the Soldier was found to be non-deployable because of health issues.

Snyder said HRC-St. Louis directed IRR Soldiers to not report between Nov. 14 and Jan. 1 to prevent them from reporting for training over Thanksgiving, Christmas or New Year holidays.

Snyder said he was not sure what impact the delays and exemptions will have on their final numbers.

The call-up is the first large-scale use of the IRR since 20,277 Soldiers were mobilized during the 1991 Gulf War. Prior to this, the only sizable call-up was in 1968 during the Vietnam War.

RCI update

Lease Signing Events

BAMC	Outside BAMC Chapel	Tuesday	11 a.m. to 6 p.m.
Sam Houston Club	Outside Dining Room	Jan. 27	11 a.m. to 1:30 p.m.
AMEDDC&S	Entrance of Blesse Auditorium	Today Wednesday	8 a.m. to 12 p.m. 11 a.m. to 4 p.m.
Roadrunner	Training Room #1	Friday and Jan. 28 Feb. 4	8 a.m. to 12 p.m. 8 a.m. to 12 p.m.



Residents or spouses will need to bring a military ID, driver's license and pet information (FSH pet registration papers, updated shot records and micro-chip records) to the lease signing.

If a military sponsor is deployed, the spouse will also need to bring a general or special power of attorney to sign the lease.

All post residents need to sign a lease by Feb. 4.

Fort Sam remembers Martin Luther King Jr.

Story and photos by Elaine Aviles
Fort Sam Houston News Leader

The Fort Sam Houston community honored Dr. Martin Luther King's devotion to humanity and peace at a post-wide commemoration Thursday at the Roadrunner Community Center.

San Antonio Councilman Joe Williams, from District 2, attended the event on behalf of the city. He read Mayor Edward Garza's proclamation designating Jan. 17 as a day to honor King's dedication to non-violent social change.

On Dr. Martin Luther King Day, all citizens should "rededicate ourselves to justice

and equality for all," Williams said.

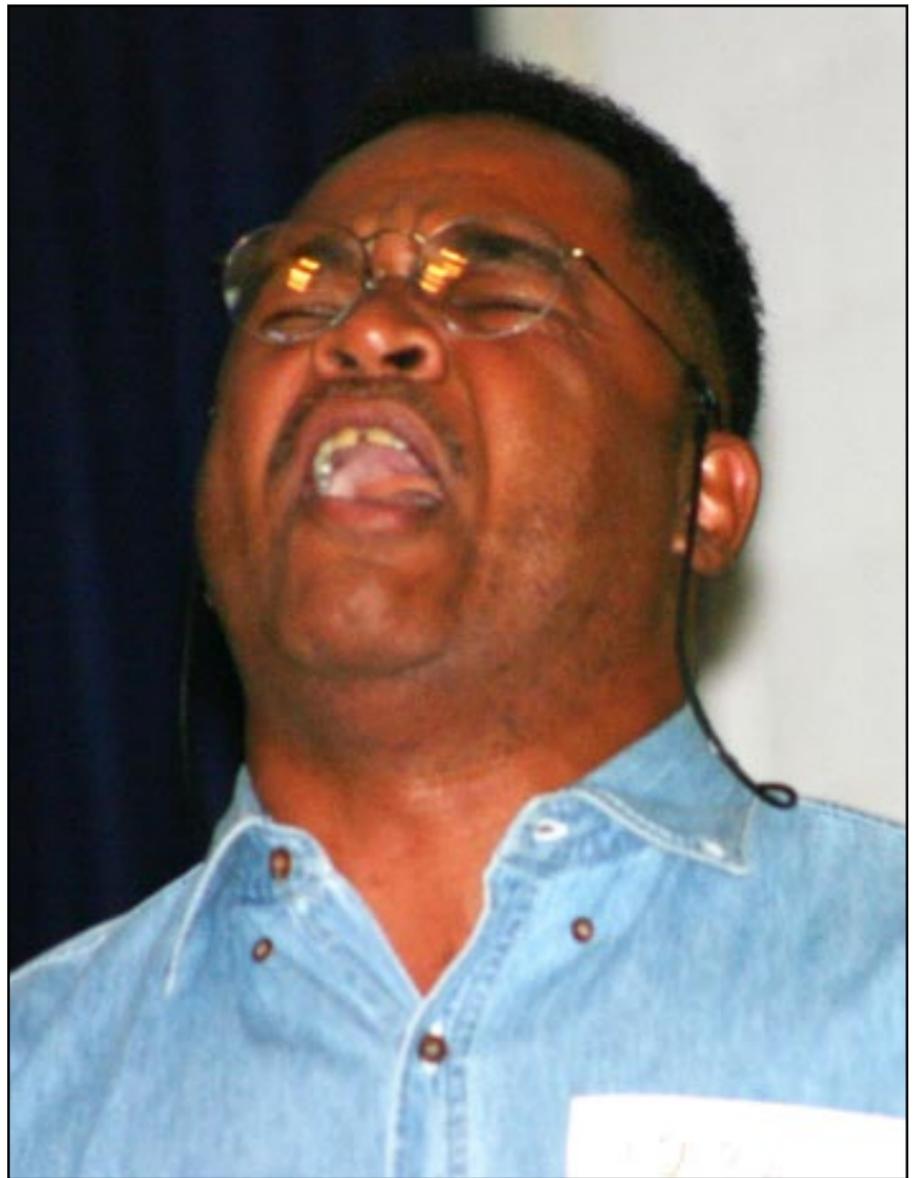
After Williams presented the proclamation to Col. Garry Atkins, garrison commander, drama students from Fort Sam Houston Elementary School recited a few of King's more memorable quotes.

The MEDCOM Players Guild then depicted King's life through a series of skits and songs, for which they received a standing ovation.

"Martin Luther King Day is a day on, not a day off," said Maria Preda, social emphasis program manager. "People should volunteer to serve those in need, tutor those at risk. Do what you can to make the community a better place."



Master Sgt. Wendell Similton, MEDCOM Players Guild actor, delivers Martin Luther King Jr.'s last sermon, "I've Been to the Mountain Top," which King originally preached at the Mason Temple in Memphis, Tenn.



Gregg Tatum, MEDCOM Players Guild actor, shows the frustration Martin Luther King Jr. felt while imprisoned in the Birmingham jail.



Tony Logan (left) directs a Montgomery Improvement Association meeting while Anthony Jones depicts Martin Luther King Jr. hesitantly accepting a nomination to chair the association. Both are members of the MEDCOM Players Guild.



Amanda Miller, Fort Sam Houston Elementary School drama student, was selected to deliver a quote from Martin Luther King Jr. at the post's commemoration ceremony.

Carissa Brown, Fort Sam Houston Elementary drama student, delivers one of Martin Luther King Jr.'s more memorable quotes. The other students who performed were Amanda Miller, Randolph Jackson, Andrea Howard, Ryan Simmons and Connor Charlton. The drama students were hand-picked to participate in the commemoration.



Maj. Carlene A.S. Blanding, MEDCOM Players Guild actress, distributes flyers for the Montgomery Bus boycott during a performance by the guild. The original event took place Dec. 5, 1955.

Amputee

Continued from Page 1

Bagg said recognition as the second Amputee Care Center for DoD acknowledges an expanded capability to restore injured warriors with amputations to maximal function that will allow many of these service members to return to active duty.

He said the care of patients at BAMC will be identical to the care provided in the center at Walter Reed beginning with surgical treatment that incorporates refinements proven to maximize a Soldier's performance.

"Amputation, rather than being considered a treatment failure, is viewed by our staff as one of the treatment options aimed at maximizing the Soldier's rehabilitation potential," Bagg said.

The Amputee Care Center includes more than 100 healthcare professionals. The center sports a 2,500 square foot training gym with state-of-the-art exercise and rehabilitation equipment.

Weekly multi-disciplinary clinics are set to evaluate the patient and provide solutions to complex problems encountered by amputees.

All Soldiers are fitted with three sepa-

rate prostheses, including a myoelectric prosthesis, a body powered prosthesis and one or more passive devices that can be sports specific or cosmetic.

The new center includes a fully-furnished apartment where normal activities of daily living are mastered.

"Opening drawers, pulling laundry out of the washer and dryer, pouring a drink, turning the stove on and off and getting safely in and out of a shower are just a few of the activities that must be relearned," Bagg said.

The center has a therapeutic pool to help with rehabilitation. Fun therapeutic activities including horseback riding, mountain biking, skeet shooting, scuba diving, skiing and snowboarding are planned. Bagg said these activities are targeted at reintegrating Soldiers back into the community.

Although BAMC has treated 27 military members who sustained amputations, the center anticipates a patient load of more than 80 by the end of April including some patients transferred from Walter Reed.

Hospital officials said in the future patients will be sent to the center closest to their home.

PA chief visits Soldier and Family Assistance Center



Photo by Phil Reidinger

Brig. Gen. Vincent K. Brooks, the Army Chief of Public Affairs, visited the Fort Sam Houston Soldier and Family Assistance Center following the dedication of the Brooke Army Medical Center Amputee Center Friday. Brooks previously served as the chief operations spokesperson for Operation Enduring Freedom. After a tour and briefing about SFAC support activities by center director, Judith Markelz, Brooks met with several Soldiers and family members including Angela Burns, Dorothy Woods and Pfc. Benjamin Rosecrans. Located in the Powless Guest House, the SFAC has logged more than 35,000 visits by Soldiers and Family members undergoing treatment and rehabilitation at Brooke Army Medical Center.

It's Not Easy Being Green Conference 2005

A Celebration of Military Life

Feb. 25 and 26
Dodd Field Chapel
Fort Sam Houston



The purpose of this conference is to uplift, enlighten, motivate, and strengthen our lives in the military as men, women, husbands, wives, fathers, mothers and invaluable contributors to the community.

Don't miss this opportunity to recharge your battery for all the hats that we wear in the military community. It's all about you! You deserve to attend!

Free childcare available on a first-come first-served basis! Register today!

Registration forms are available at ACS, FSH Library, NCO Club, BAMC Medical Mall information desk, OCSC February Luncheon, Jimmy Brought Fitness Center, and CYS Central Registration. Registration due by February 11, 2005.

Our sponsors:

BAMC Auxiliary, First Command, AUSA, SACU, OCSC, Jordan Ford, Bank of America, Eisenhower Bank, MWR

For more information, call Judith Markelz 655-0238 or Kim Taylor 566-6526.



2005 Brown Bag Series Calendar

- | | |
|-----------------------|---|
| Feb. 2
11:30 a.m. | Glennis Ribblett
Individuals with Disability
Program Manager
Topic: Alamo Federal Executive Board
Leadership/Presidential Management
Fellows Program |
| March 2
11:30 a.m. | Arcy Longoria
President, FSH FEW Chapter
Topic: Federally Employed Women
Organization |
| April 6
11:30 a.m. | Angela Swain
Family Advocacy Victim Advocate
Topic: Creative Anger Management
Styles |
| May 4
11:30 a.m. | Rudy Garza
CPAC Personnelist
Topic: National Security Personnel
System |

Sessions are at the San Antonio Credit Union Training Room. For more information, call 221-9401 or 221-9356 or e-mail Maria.preda@samhouston.army.mil. If reasonable accommodation is needed, call in advance to 221-9401.

Army leaders honor injured warriors with Purple Hearts

By **Nelia Schrum**
BAMC Public Affairs

Five Soldiers, who sustained burn injuries, received Purple Hearts Friday from Gen. Richard Cody, the Army's vice chief of staff, and Sergeant Major of the Army Kenneth Preston during a ceremony to open Brooke Army Medical Center's Amputee Care Center.

The recipients included three 25th Infantry Division Soldiers from Schofield Barracks, Hawaii, assigned to the 536th Maintenance Company. First Lt. Tommy Davis, Master Sgt. Joseph Atalig and Sgt. Christopher Kind were all injured in October when their motor pool area in the northern city of Mosul was attacked.

Sgt. William Watson and Spc. Dustin Hill were injured by improvised explosive devices while separately on patrol in Iraq.

Cody said the Purple Heart ceremony was a humbling ceremony — "One we wish we would not have to do."

Cody told the 400-member

audience of re-enlisting a specialist. Although expecting his first child, the specialist is committed to extending and re-enlisting in the combat zone.

"They attacked our home. They killed our citizens. I'm not leaving my comrades and every game has to be an away game."

Referring to the Soldiers who continue to serve in harm's way and the five Purple Heart recipients, Cody said, "We are forever indebted to these great Soldiers who in America's time of need responded by saying — 'send me.'"

The general also thanked the San Antonio community for "wrapping their arms around our Soldiers, Airmen and Marines who come to BAMC for recovery."

Brig. Gen. C. William Fox Jr., BAMC commander, said Purple Heart ceremonies are an important part of the recovery process.

"Here at Brooke, we conduct Purple Heart ceremonies like we have today to pay dignity and respect to the Soldiers recovering from wounds here and allow our

staff to witness the results of their efforts," said Fox.

He said the Purple Heart medal is not an award one hopes to earn. Rather, the award is presented to military members who have been wounded by enemy action.

A native of Mississippi, Davis, a maintenance officer, sustained burn injuries. He has nearly recovered and will rejoin the 25th Infantry Division Rear Detachment soon.

Born in Guam, Atalig is a maintenance supervisor. He sustained severe burn injuries from the mortar attack.

Kind is an automation logistics specialist. Born in Georgia, he joined the Army in 1993. He sustained severe burn injuries in the same attack in Mosul.

From Cleveland, Ohio, Watson is a petroleum specialist assigned to the 44th Engineer Battalion, 2nd Infantry Division. He was deployed from Korea to Iraq. Injured in August and again in October, Watson sustained severe burn and shrapnel injuries

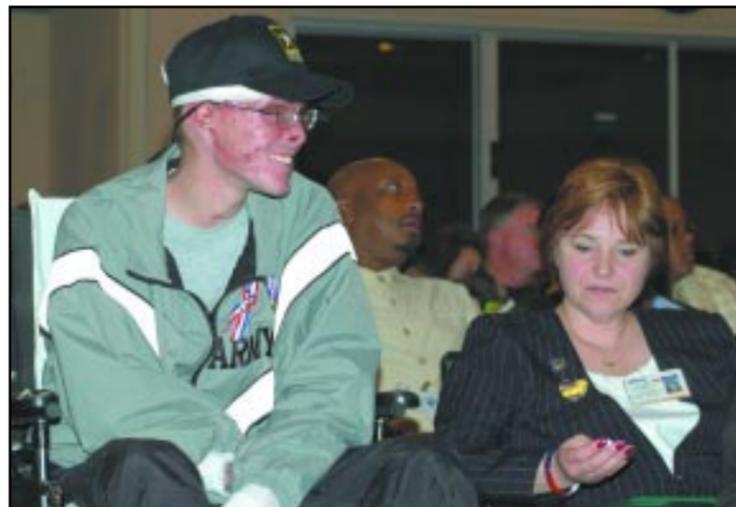


Photo by Kelly Schaeffer

Spc. Dustin Hill shows his mom, Liz Kelm, the coin he received from Gen. Richard Cody, Army vice chief of staff, after receiving a Purple Heart for the burn injuries he sustained in September while on patrol in Baghdad's Green Zone.

when an improvised explosive device struck the Humvee he was patrolling in near Al Ramadi.

Hill is a generator mechanic from the Illinois National Guard. Attached to Fort Hood's 1st Cavalry Division, he deployed in

March 2004. Hill sustained extensive burn and shrapnel injuries in September while on patrol in Baghdad's Green Zone, when a vehicle bearing an improvised explosive device was detonated next to his Humvee.

Family Action Plan gives voice to Soldiers', families' concerns

An Army Family Action Plan Community Forum is the first step in the process that conveys input from the Army family to leadership. The process lets Soldiers, Army civilians, retirees and their families identify what is working and what is not working in their community and the Army worldwide. It alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for reporting back to the local community on the progress of the issues submitted.

This process has resulted in the enhancement of local programs and quality of life, change in regulations and enact-

ment of new legislation in support of military components.

Be a part of this important process. People can submit issues to the 2005 FSH AFAP conference by going to <http://www.portsamhoustonmwr.com/acs/programs/AFAP>. The program needs delegates representative of the community, including civilian employees, spouses of enlisted, NCO and officers, and retirees. Delegates attend pre-conference training and a two-day conference Feb. 1 and 2. For a delegate application, call the AFAP program manager, Sue York, at 221-0275. Soldier delegates will be identified through their units.

DO YOU KNOW WHAT IS ON YOUR CREDIT REPORT?

Would you like to get a credit report and have it reviewed by a credit specialist?



For more information on how you can do this, call the Financial Readiness Branch of Army Community Service at 221-1612.

McCaffrey visits Soldiers, observes medical training

Sgt. 1st Class Ronnie Manis, a Department of Combat Medic Training senior instructor, describes and demonstrates training techniques to retired Gen. Barry McCaffrey and Maj. Gen. George Weightman, installation commander, at the Department of Combat Medic Training simulation center.



Story and photo by Phil Reidinger
Fort Sam Houston Public Affairs

During a recent visit to Fort Sam Houston, retired Gen. Barry McCaffrey, who served as the commander-in-chief of U.S. Southern Command and National Drug Policy Adviser, visited the Slagle Dining Facility for lunch with installation commander, Maj. Gen. George Weightman.

McCaffrey, who is currently the Bradley Distinguished Professor of Internal Security Studies at the U.S. Military Academy, toured the Department of Combat Medic Training to observe and discuss the use of micro- and macro-simulation programs to teach both Initial Entry Training Soldiers and advanced students.

"We use computer micro-simulations that are similar to gaming videos to teach students task oriented, critical thinking skills," said Lt. Col. Caron Wilbur, chief of the department's research and development office. "Training then progresses to using macro simulators of varying sophistication such as SIMMAN and METI patient simulators for practical, hands-on medical skills training."

Donated computers increase education opportunities for Camp Bullis community

Story and photo by Yolanda Hagberg
Public Information Office

Camp Bullis received 10 new Dell computer systems from the American Military University on Thursday. Through this donation, the university hopes to increase online education opportunities for service members, civilians and their families at Camp Bullis.

"We hope to increase awareness and encourage Soldiers to go to school," said Willie Cruz, education coordinator for the university.

Cruz said it took almost nine months and much red tape for this to happen, but it was well worth it.

The new computers, valued at \$12,000,

will be set up in the newly constructed classrooms at Camp Bullis. They will allow service members and civilian personnel stationed at Camp Bullis to take advantage of the courses offered by the Army Continuing Education Services at Fort Sam Houston, as well as online courses at American Military University and others.

"More than 600 service members and civilians who work at Camp Bullis and their family members will now be able to take advantage of online education services," said Lt. Col. Jimmie O. Keenan, Camp Bullis commander.

"We are extremely excited of the training opportunities these computers will offer the Camp Bullis community," said Keenan.



From left, Camp Bullis Commander Lt. Col. Jimmie O. Keenan, Willie Cruz, American Military University education coordinator and Michael Ball, Camp Bullis deputy commander, open boxes containing new computers valued at \$12,000.

Post Pulse: How will you spend your tax return?



"I don't think we'll get one. We'll probably owe. At least that's what my husband tells me."

Katherine Savage



"I'm going to save it and invest the money."

Lt. Jezamine Baling



"A lot of it will go toward savings and then toward a house somewhere down the line."

Staff Sgt. Dean Johnston



"Unfortunately, we will not get a return. We've been sending quarterly checks to the IRS all year. If we do get a return, we apply it toward next year's taxes."

Yolanda Hagberg

Antiterrorism Awareness: How to shelter-in-place at school

(Editor's note: This is the third in a series of articles about shelter-in-place)

What is shelter-in-place?

One of the instructions you may be given in an emergency where hazardous materials may have been released into the atmosphere is to shelter-in-place. This is a precaution to keep you safe while remaining indoors. Shelter-in-place means selecting a small interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire home or office building.

Why you might need to shelter-in-place

Chemical, biological or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on television and radio stations on how to protect you and your family. You should follow instructions from local authorities and know how to shelter-in-place.

How to shelter-in-place at school

- Close the school. Activate the school's emergency plan. Follow reverse evacuation procedures to bring students, faculty and staff indoors.

- If there are visitors in the building,

provide for their safety by asking them to stay. When authorities provide directions to shelter-in-place, they want everyone to take those steps now, where they are, and not drive or walk outdoors.

- Have at least one telephone with the school's listed telephone number available in the room selected to provide shelter for the school secretary, or person designated to answer calls. This room should also be sealed. There should be a way to communicate among all rooms where people are sheltering-in-place in the school.

- Ideally, provide for a way to make announcements over the school-wide public address system from the room where the top school official takes shelter.

- If children have cell phones, allow them to use them to call a parent or guardian to let them know that they have been asked to remain in school until further notice, and that they are safe.

- If the school has voice mail or an automated attendant, change the recording to indicate that the school is closed, and students and staff will remain in the building until authorities advise it is safe to leave.

- Provide directions to close and lock

all windows, exterior doors and any other openings to the outside.

- If you are told there is danger of explosion, direct that window shades, blinds or curtains be closed.

- Have employees familiar with your building's mechanical systems turn off all fans, heating and air conditioning systems. Some systems automatically provide for exchange of inside air with outside air; these systems, in particular, need to be turned off, sealed or disabled.

- Gather essential disaster supplies, such as nonperishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting and plastic garbage bags.

- Select interior rooms above the ground floor, with the fewest windows or vents. The room should have adequate space for everyone to be able to sit in. Avoid overcrowding by selecting several rooms if necessary. Classrooms may be used if there are no windows or the windows are sealed and cannot be opened. Large storage closets, utility rooms, meeting rooms, and even a gymnasium without exterior windows will also work well.

- It is ideal to have a hard-wired telephone in the rooms you select. Call emergency contacts and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.

- Bring everyone into the room. Shut and lock the door.

- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the doors and any vents into the room.

- Write down the names of everyone in the room, and call your schools' designated emergency contact to report who is in the room with you.

- Listen for an official announcement from school officials via the public address system, and stay where you are until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

Next Issue: How to shelter-in-place in your vehicle. For more information, call Terri Stover, Fort Sam Houston Antiterrorism Office, at 295-0535.

(Source: American Red Cross)

Sailor of the Year



Courtesy photo

Cmdr. George Bowles, Navy Marine Corps Reserve Center commanding officer, and retired Navy Capt. Caroline George, Alamo Council Navy League vice president, present a certificate of appreciation to First Class Builder Jose Marquez following his selection as the 2004 Navy and Marine Corps Reserve Center Sailor of the Year. The awards ceremony was held at the Fort Sam Houston Golf Club in December.

232nd Med. Bn. Soldier and Jr. Leader of the Week



Courtesy photos

Pfc. Robert Payne, Junior Leader of the Week, applies a tourniquet to a wounded patient. Assigned to E Company, 232nd Medical Battalion, Payne is from San Antonio.

Pvt. Zachary Mierva, Soldier of the Week, applies an abdominal dressing to a wound. Assigned to E Company, 232nd Medical Battalion, Mierva is from Palmer, Ark.

What a pain

People should update, adjust workstations to avoid injuries

By Maj. Stephanie Daugherty
Ireland Army Community Hospital

With the increase in technology and the changing workforce, people spend most of their time sitting at computers, control panels, in libraries and in classrooms.

From supervisors to workers, it is important people understand the concepts of ergonomics, and how repetitive-motion injury affects and influences health.

Repetitive-motion injury is often used interchangeably with repetitive-strain injury, cumulative trauma disorder, and most recently muscular-skeletal disorders. These disorders primarily affect the soft tissue — including nerves, tendons and muscles — and present pain, numbness or swelling of the arms and hands. These symptoms can be permanent and often develop over time as the result of frequent repetitive work actions.

As the computer age progresses, more people are spending the majority of their time behind computer terminals. It is not surprising they are developing overuse syndromes in their arms and hands.

Technology has improved and many people have the latest and greatest computers, but their workstations are old. People may be typing on desks from World War II or have nice new cubicles that are not adjusted properly.

So, what can be done? Proper chair selection is very important. Chair features should include an

adjustable forearm, backrest and wheels. The worker's back should be straight, hips flexed at 80 degree angle, knees bent at 90 degrees, and both feet should be flat on the floor or on a foot rest.

Elbows should be bent between 90 to 100 degrees and the keyboard adjusted so that both palms lie lightly on a wrist rest. The computer monitor should be within 10 degrees of eye level directly in front of the face, with the document holder in line with the screen.

The next step is to improve work habits by taking frequent short breaks and stretching.

General exercise is also an important factor to prevent the occurrence of MSD. Cardiovascular exercise, flexibility and strength training should be tailored to the specific set of muscles, tendons and ligaments stressed during work activities.

Mental health is also important. Social factors on and off work can cause stress that can increase pain or cause other pain reactions.

Splints and supports may be helpful in decreasing the symptoms of MSD. Workers need to keep in mind that arm braces can also cause muscles to become weaker, and should only be used under medical guidance.

The bottom line is once workers and supervisors understand the risk factors and symptoms of repetitive-motion injuries, they can apply solutions that best fit their environment.

(Reprinted from "Inside the Turret" at Fort Knox, Ky.)

Flu shots available

Flu shots are available for high-risk patients at the following locations and times:

Brooke Army Medical Center Family Medicine Clinic: Monday through Friday from 9 a.m. to noon and 1 to 3 p.m.

McWethy Troop Medical Clinic: Monday through Friday from 6 to 11 a.m.

BAMC Allergy Clinic: Monday, Tuesday and Thursday from 7:45 to 11:30 a.m. and 1:15 to 4 p.m.; Wednesday and Friday from 7:45 to 11:30 a.m.

High-risk categories eligible for flu shots include:

- Adults 50 years of age and older
- People age 2 and older with long-term illnesses
- Pregnant women
- People living in nursing homes
- Daily aspirin takers who are 6 months to 18 years of age
- Out-of-home caregivers and household contacts of people in the preceding high-risk groups
- Health care workers

Flu mist, a nasally applied vaccine, is available for healthy people 5 to 49 years old at the Family Medicine Clinic and Troop Medical Clinic. The BAMC Pediatric Clinic will administer the flu vaccination to pediatric patients, 6 months to 18 years old. For more information, call 916-5791.

Health Promotion January Class Schedule

Class	Date	Time
AD Self Care	Today	8 to 10 a.m.
Breast and GYN		
Cancer Support Group	Today	1:30 to 3 p.m.
Body Fat Testing	Friday	8 to 11 a.m.
Introduction to Weight Reduction	Friday	12 to 1:30 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Diabetes Foot Care	Monday	1 to 2:30 p.m.
Breast Health	Tuesday	9 to 10 a.m.
Colonoscopy Education	Tuesday	10:30 to 11:30 a.m.
Diabetes Education	Tuesday	12:45 to 4:30 p.m.
Breast and GYN		
Cancer Support Group	Tuesday	5:30 to 7 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
Introduction to Weight Reduction	28	12 to 1:30 p.m.
Breastfeeding Support Group	28	1 to 2:30 p.m.
Diabetes Education	31	12:45 to 4:30 p.m.

For more information or to register, call Health Promotions at 916-3352.

Army Community Service

Family Advocacy Program Class Schedule – January

Class Title	Date	Class Time
Anger Management Awareness	Monday	11 a.m. to 12:30 p.m.
Boys Only! Ages 9-10	Wednesday	3 to 4 p.m.
Building Effective Anger Management Skills Series 1-4	Today and 27	11 a.m. to 12:30 p.m.
Commanders Training	27	8 to 9:30 a.m.
Divorce Care	Today and 27	11:30 a.m. to 12:45 p.m.
Getting Ready for Childbirth 1 and 2	Today and 27	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
Teen Talk	Today and 27	4 to 5 p.m.
The Middle Way Parenting Class	Tuesday	11 a.m. to 12:30 p.m.
Truth or Consequences? (Three-part series)	Tuesday	4:30 to 5:30 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.
Saturday Marathon	Saturday	9 a.m. to 5 p.m.

For more information or to sign up for classes, call ACS Family Advocacy Program at 221-0349/2418.

SPORTS

Super Bowl broadcast plans under way for deployed troops

By Jim Garamone
American Forces Press Service

BAGHDAD, Iraq – In some parts of America, football is almost a religion. And troops deployed in combat zones will see the “High Mass” of football – the Super Bowl – live on the American Forces Network on Feb. 6.

In fact, one of the questions Defense Secretary Donald H. Rumsfeld got during a news conference in Kuwait was whether troops would see the Super Bowl.

“American Forces Network is pleased to broadcast the Super Bowl live to every-

one in the world on the AFN Prime Service ... and on our AFN Sports Service,” said Larry Sichter, the chief of affiliate relations.

This means troops who don’t receive the prime channels will be able to receive the game without having to retune receivers, Sichter said. “We normally carry it on the prime channels and counterprogram on the sports channels,” he said. “But this year, primarily because of the troops in Iraq and Afghanistan, we’re going to be broadcasting the game and pre-game (show) on AFN Sports.”

Sailors on ships at sea also will be able to watch the game through the Navy’s Direct Sailor Service.

Football junkies will get 13 and a half hours of Fox network Super Bowl programming. And for those who still haven’t gotten enough or were on duty, AFN will rebroadcast the game the next day.

The broadcast will not include the commercials – an aspect of the game that many people actually enjoy. The affiliates will insert public service announcements and some of the 33 affiliates will broadcast messages to the troops. “We’re trying

to get some command messages out,” said AFN-Iraq Commander Air Force Lt. Col. Doug Smith.

Service members who don’t want to watch football also are covered. In the past year, AFN has launched two new services – AFN-Family and AFN-Movies – that won’t carry the game.

Coverage in the U.S. Central Command region is almost universal. American Forces Radio and Television Service officials said there are a total of 7,978 decoders in the area. This includes 4,821 in Iraq, 1,062 in Central Asia and around 50 in Djibouti.

Daily walks produce great benefits

By Capt. David Wright
Physical Therapist

Is your exercise program goal (nasty word, I know) to be healthy or fit? These goals are not mutually exclusive, but they are separate enough to be discussed individually.

First, though, a disclaimer: If you have not exercised in a long time, you should see your physician before starting an exercise program. This is important for a huge number of reasons, but foremost among them is your health.

Now, what do I mean when I say health or fitness? Most of us have no desire to compete in races, but we want to lose weight and fit into last year’s clothes, because it costs too much to replace our wardrobes. So, what should we really do?

For those of you who “just” want to be healthy, get off your gluteus maximus and start walking daily. Period.

Studies from the Cooper Aerobics Institute in Dallas reported 10 years ago that people who walked two miles, at a 20-minutes-per-mile pace, three days a week, had a

death rate (from any cause) that was less than half that of the least active people.

There are other things you can do, such as critically evaluating your diet. The easiest, though, is to start a walking program.

So, where do you start? First, examine your shoes. If they tilt one way or the other, or they are a year old, replace them with good walking shoes. Don’t skimp, because these are your feet we are talking about. Second, carve out a part of your day that is yours to walk. Put it in your organizer and defend it.

The next step may be the most important. Start conservatively. That is, start by walking for 20 minutes three or four days each week. These walks are not to be speed walks. You should be able to cover about one mile in 20 minutes time. After two weeks, add another day but stay at 20 minutes. In another two weeks, increase your walking time to 25 to 30 minutes.

Within a month, you will be walking 30 minutes on five days each week. Adding another day in two or three weeks shouldn’t be difficult at all. (That would be six

days a week for those of you keeping score.)

Once you have the 30-minute walk going six days a week, start increasing the time. You can do this by adding time in five-minute increments. The total time over 30 minutes is up to you.

Be careful of hills. You will work much harder (but also become much stronger). Keep in mind that if you are doing something to which your body is unaccustomed, hills are cruel.

Save the hilly walks until you have been walking for six or seven weeks, and then only do the hills a couple times each week. You don’t want to cause an injury by doing too much, too soon, too often.

Daily walking has enormous benefits. For example, it is one of the best exercises for your back, you improve your heart health, your muscles get stronger, you get to know your neighbors, and you don’t have to buy new clothes.

These are all great — save money and improve your health at the same time. What a deal!

(Reprinted from the Fort Knox, Ky., Inside the Turret)

Victory is sweet



Photo by Pvt. Kevin Smith

The command team from B Company, 187th Medical Battalion, shows off their newly won trophy — the 32nd Medical Brigade Commander’s Cup of athletic excellence. The trophy is given to the 32nd Medical Brigade company that earns the most points throughout the year. The points are given for sporting events such as basketball and volleyball. B Company has been the custodian of the cup three years in a row.

Strike a pose with Stanley

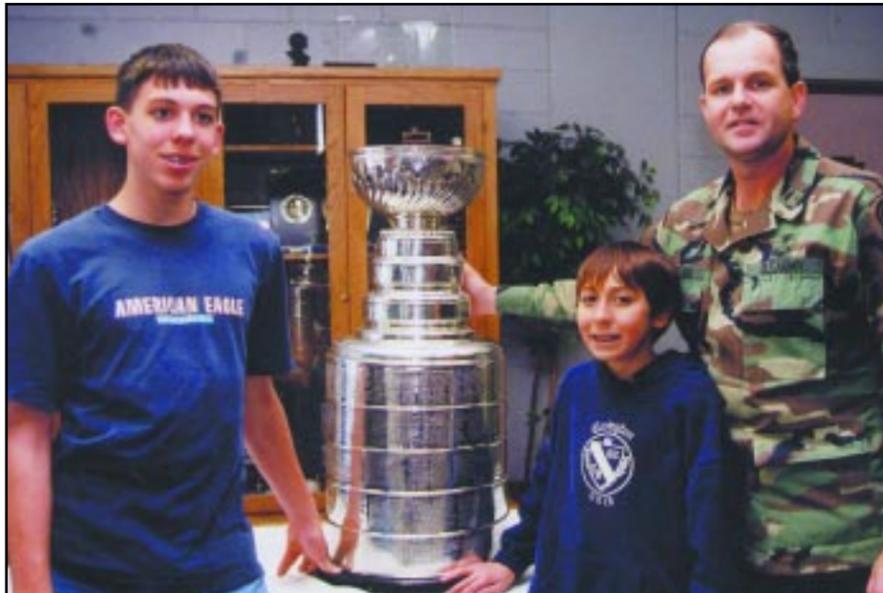


Photo by Alexandra Nordeck

Lt. Col. John Collins and his sons, Wes and Austin, pose with the Stanley Cup at the Jimmy Brought Fitness Center. The Stanley Cup was on display to promote Military Appreciation Night with the San Antonio Rampage on Jan. 28.

A&R Council meeting

The next meeting for Athletics and Recreation Council representatives is scheduled for Jan. 27 at 1:30 p.m. at the Hacienda Recreation Center.

Softball tryouts

Post-wide men and women’s softball tryouts are Jan. 31 to Feb. 4 at 6:30 p.m. (rain date Feb. 7 to 11). Men practice at Leadership Field; women practice at Lady Leadership Field. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural volleyball

Intramural volleyball letters of intent are due Feb. 1. The coaches meeting is Feb. 4 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 14. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural soccer

Intramural soccer letters of intent are due Feb. 2. The coaches meeting is Feb. 7 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 16. For more information, call Earl Young at

221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural racquetball

Intramural racquetball letters of intent are due Feb. 7. The coaches meeting is Feb. 16 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 21. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural flag football

Intramural flag football letters of intent are due Feb. 7. The coaches meeting is Feb.

16 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 21. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Basketball Camp

The Ten Star All Star Summer Basketball Camp is accepting applications from 10 to 19-year-olds. Past participants include Michael Jordan, Tim Duncan and Vince Carter. College basketball scholarships are possible for players accepted to the All-American Team. For more information and camp locations, call (704) 373-0873.

MWR

Recreation and fitness

Post garage sale

Clean out your closet for the next garage sale, which is Feb. 5 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot, on the corner of Harry Wurzbach and Stanley Roads. To participate as a seller, people must have a valid Department of Defense ID card. There is no cost; however, participants must pre-register by calling 221-2307 or 221-9904 or visiting the Web page at www.fortsamhoustonmwr.com. MWR provides a space in the parking lot; participants must bring their own tables, or may rent one at the Outdoor Equipment Center by calling 221-5224.

Red Cross lifeguard class

The Jimmy Brought Fitness Center will sponsor a Red Cross lifeguard class Feb. 5 and 6 and Feb. 12 and 13 from 9 a.m. to 5 p.m. each day. Participants must be at least 15 years old and have a Department of Defense ID card. Cost is \$165 and includes course materials and Automated External Defibrillation training. For more information or to register, call the pool staff at 295-8861.

Fort Sam Houston M*A*S*H

Sign-up now for the M*A*S*H half marathon and two-person relay Feb. 6. Registration fees are \$60 for teams and \$35 for individuals until Feb. 1. After Feb. 1, fees are \$80 for teams and \$45 for individuals. Race day registration starts at 6 a.m. The race starts at 8 a.m. from the Brigade Gym. For more information, call 826-1888.

Cycling classes

The Jimmy Brought Fitness Center offers free cycling classes. Get your heart pumping with fast paced rides set to music. Classes are Tuesdays and Thursdays from 6 to 6:45 a.m. and 11:45 a.m. to 12:30 p.m., Wednesdays from 4:45 to 5:30 p.m. and Saturdays from 9 to 9:45 a.m.

5K Fun Run/Walk

Everyone is invited to a free 5K fun run/walk through the historic housing area of Fort Sam Houston Saturday. The run starts at the Jimmy Brought Fitness Center at 10 a.m. For more information, call 221-2020.

Weekly aerobics classes

A variety of aerobics classes are available weekly at the Jimmy Brought Fitness Center including step aerobics, water aerobics and kickboxing. A full class schedule is available online at www.fortsamhoustonmwr.com or at the fitness center. Cost is \$2 per class or a 16-class pass can be purchased for \$24. For more information, call Lucian Kimble at 221-2020.

Jump rope aerobics

Join the 15-minute jump rope aerobics class featuring basic jumps. Bring your own rope to the Jimmy Brought Fitness Center Mondays, Wednesdays and Fridays at 5:30 p.m. for this free class. For more information, call 221-1234.

60 Days of Fitness

The program is a motivating fitness and weight loss program to help people safely lose 15 pounds in 60 days using a point system. This self-paced program requires people to workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. People will also attend two 30-minute weight loss classes. Cost for the program is \$40, which includes a T-shirt. For more information, call Lucian Kimble at 221-2020.

Riding lessons

Weekday riding lessons are available at the Equestrian Center. Lessons slots are Mondays, Tuesdays and Wednesdays from 10:30 a.m. to 4:30 p.m. for Western, English and Jumping. For more information, call 224-7207.

Trail rides

The Equestrian Center offers one-hour trail rides Saturdays and Sundays. People ages 7 and up are welcome; however, adults must accompany all children. The cost is \$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. Riding times are 8:30 to 9:30 a.m., 10 to 11 a.m., 12:30 to 1:30 p.m. and 2 to 3 p.m. For more information, call 224-7207 or visit Bldg. 3550, Hawkins Road, off Binz-Engleman.

Equipment rentals

The Outdoor Equipment Center (Bldg. 1111, Forage Road) offers a wide variety of recreational equipment for rent includ-

ing fishing boats, travel trailers, camping equipment, large barbecue and smoker pits, canopies, tables, chairs, play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered) are also available. For more information, call 221-5224.

Dining and entertainment

Golf Club

Golf lessons

Private customized and personalized instructions are offered at the golf club.

Ladies clinic

Classes are offered for beginners every Tuesday Feb. 1 through 22.

Sweetheart special

Give your sweetheart a golf lesson with a 10 percent discount or buy a partner package with a 20 percent discount. For more information, call 222-9386.

Sam Houston Club

Sunday brunch

Sunday brunch is Feb. 6 and 20 from 10:30 a.m. to 1:30 p.m. Cost is \$11.95 for members, \$13.95 for non-members and \$6.95 for children 7 to 11 years old. Brunch is free for children 6 and under. Adult meals include a complimentary glass of champagne.

Big Bucks Bingo

Big Bucks Bingo is Feb. 5. Come play bingo Thursdays and Fridays (6:50 p.m. – early bird start). Doors open at 5 p.m. Saturday (12:50 p.m. – early bird start). Children 10 and up may also play when accompanied by an adult; \$10,000 is ready to be given away. Free buffet for bingo players.

Super TGIF

Super TGIF is Friday; the bar opens at 4:30 p.m. Open buffet for everyone and no cover charge for members; non-members pay \$3.

Sams Sports Bar

SoundTraxx DJ Greg Norton provides entertainment Feb. 11 and 25.

Light lunch

The Sam Houston Club will start serving assorted sandwiches, soups and salads along with the “All You

Can Eat” buffet Monday. Lunch includes beverage, salad bar, soup and dessert. Hours are Mondays through Fridays from 11 a.m. to 1 p.m.

Bowling Center

Bowling lessons

Lessons are Tuesdays and are free to league bowlers (\$25 for non-league bowlers).

Family bowling

Family bowling day is Sundays; adults and youth 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1. The special excludes birthday parties and cannot be combined with other special offers.

Soldier appreciation

Soldier Appreciation Day is Saturdays from 11 a.m. to 8 p.m. Free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 8 to 10 p.m. Cost is \$10 per person 12 and up, \$5 per person under 12.

Harlequin Dinner Theatre

“Ten Little Indians,” a mystery by Agatha Christie, will be performed through Feb. 19. Call the box office at 222-9694 for show times and tickets.

MWR Ticket Office

The ticket office has Disney and Universal Studios tickets, along with 2005 entertainment coupon books. The 2005 season passes for Sea World and Fiesta Texas are now available. Disney Line has special rates for military that start at \$349. Disney on Ice presents “Finding Nemo,” tickets are available for March 24 to 27. Tickets are only \$12 for March 25 and 27. There are also tickets for the San Antonio Stock Show & Rodeo, which is Feb. 4 to 20; tickets are \$35. Carnival tickets for the rodeo are available. The ticket office is open Monday through Friday from 10 a.m. to 5 p.m. For more information, call 226-1663.

Rampage Military Appreciation Night

Join the San Antonio Rampage hockey team as they recognize military members throughout San Antonio and the United States. A special Military Appreciation Night will be Jan. 28 at 7 p.m. at the SBC Center. Tickets for all Department of Defense ID cardholders are discounted to \$10 per person and include one lower level game ticket, hotdog, soda, ice cream and a chance to win a Rampage jersey. Ticket order forms can be obtained by visiting any MWR facility including the bowling center, Army Community Service and the Jimmy Brought Fitness Center. Ticket orders are due by Friday. For more information, call 221-2926 or 221-2307. Jerseys worn by the players will be auctioned at the end of the game. Proceeds benefit Fort Sam Houston ACS, San Antonio Fisher House, American Red Cross and the Lackland Air Force Base Family Support Center.



RELIGIOUS HAPPENINGS . . .

Faith Fitness for Women

The Protestant Women of the Chapel sponsor Faith Fitness for Women, a program that helps women improve their physical fitness through faith-based encouragement and support. The group meets Tuesdays and Thursdays at 9 a.m. at the Jimmy Brought Fitness Center beginning Tuesday and is open to all Fort Sam Houston community women. For more information, call 829-4479.

Positive moms group

The Protestant Women of the Chapel sponsor an enrichment class for Fort Sam Houston women seeking positive ways to deal with the complex job of being a mom. The class is Thursdays starting Jan. 27 from 6:30 to 7:30 p.m. at the Dodd Field Chapel. The group will read and discuss, "The Power of a Positive Mom" by Karol Ladd over a 10-week period. Childcare for infants to 5-year-olds will be provided. For more information, call 829-4479.

Officer Christian Fellowship

Officers can start 2005 off with Bible study. See what Officer Christian Fellowship is all about at Bible study Friday, Jan. 28, Feb. 11 and 25, and March 4 and 11. Dinner is at 6 p.m. and Bible study is 7 p.m. at 1008 Gorgas Circle, (near the old Brooke Army Medical Center). For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

JANUARY INTERFAITH CALENDAR . . .

Friday to Monday – Id al Adha - Islam (Islamic day to remember Abraham and the almost sacrifice of Isaac. Meat is given to the poor.)

Tuesday – Tu B'shvat * - Jewish (Jewish celebration of the coming of spring by preparation of foods native to Israel. It is also known as "New Year for Trees" - a method for determining the age of trees for tithing purposes.)

Notes: * Usually begins at sundown the day before this date.

POST WORSHIP SCHEDULE

Main Post Chapel, Bldg. 2200, phone number: 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: 379-8666 or 493-6660

Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Bldg. 1721, phone numbers: 221-5010 or 221-5432

Catholic Services - Sundays: 12:30 p.m. -

Bilingual Mass

Protestant Services:

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: 221-4362

Troop Catholic Mass:

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

Troop Protestant Gospel Services:

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

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

FSH Mosque, Bldg. 607A, phone numbers: 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: 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: 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain

Blood is the fluid of life

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

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



Touchdown!

All-American Bowl showcases athletes



The All-American Bowl featured 76 of the nation's best high school football players. During the game, many players announced their college pick to the national a



Secretary of the Army Dr. Frances Harvey is interviewed by an NBC News correspondent during the All-American Bowl.



The 82nd Airborne Chorus sings the national anthem kicking off the All-

, career opportunities

By Staff Sgt. Reeba Critser
Office of the Chief of Public Affairs

The Army sponsored the All-American Bowl at the Alamodome Saturday, showcasing the talents of 78 high school football players. Senior Army leaders said there were many reasons to sponsor the event.

“Take a look at the young high school players from all walks of life and how they become all-Americans with teamwork, dedication and discipline – it’s the same we look for in Army values,” said Army Vice Chief of Staff Gen. Richard A. Cody.

Cody and Sgt. Maj. of the Army Kenneth O. Preston visited the various Army booths before the game in which Team West beat the East 35 to 3.

The Army has been sponsoring the event since 2001, pitting the best high school players in the East against the best in the West.

“It’s part of our recruiting effort which showcases the Army,” Preston said. “It gives us an opportunity to bring out displays to show the Americans what’s the Army about.”

The nationally watched game, which aired on NBC, took much planning and execution from the Army, especially Accessions Command.

“It demonstrates the confidence of the Army and its ability to adapt and execute an event which reaches out to young people and help recruit them,” said Secretary of the Army Dr. Francis J. Harvey. “I’m impressed with the Army’s ability to adapt to any situation; whether it’s on the battlefield or in recruitment, the Army always adapts.”

Preston said the event addresses three categories of Soldiers: The first consists of Soldiers in Advance Individual Training at Fort Sam Houston who attend the game.

“This game shows the support Americans have for Soldiers,” Preston said. “It makes them feel that they’re part of a greater, bigger Army. Since they have such a limited time in the Army, they’re seeing the Army in a bigger picture.”

The next group consists of Operations Enduring Freedom and Iraqi Freedom veterans for whom Preston said the pre-game, half-time and post-game activities are designed.

“The heroes are brought in from other installations and some are undergoing treatment at Brooke Army Medical Center,” he said. “It’s humbling to see the support Americans attending this game and elsewhere in America give to our veterans. They’re saying thanks.”

The last group includes retirees.

“It’s a great tribute to others who served in the past and continue to support today’s Army,” Preston said. “They’re the best recruiters because of their experiences.”

Cody said sponsoring football was a great idea because Soldiers love American football and it gives the Army a chance to showcase high school students and Soldiers on the same platform.

“When you watch the game, there’s a tradition for young athletes to announce what school they choose to go to,” Cody said. “Today we’re having 150 (delayed entry program Soldiers) who are enlisting and also saying to America ‘I want to be on your team.’”



Soldiers assigned to A Company, 2nd Battalion, 8th Infantry and 4th Infantry Division rappel into the Alamodome carrying the game ball during the All-American Bowl game.



The Continental Color Guard prepares to present the colors during the national anthem at the All-American Bowl played at the Alamodome Saturday.



Photo by Esther Garcia

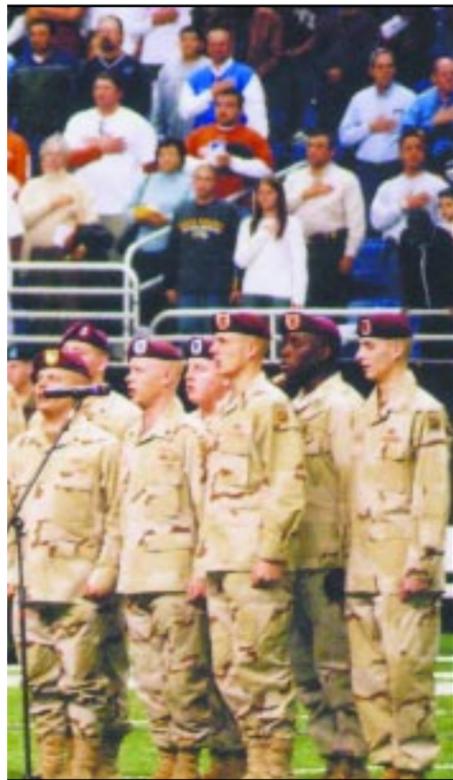


Photo by Esther Garcia



Capitol Records recording artist Darryl Worley performs for the Alamodome audience at half time.

SCHOOL NEWS

FSH school board to review district performance report

By Dr. Gloria Davila
FSH ISD associate superintendent

The Fort Sam Houston Independent School District Board of Trustees will review the district's annual report for the 2003-2004 school year Jan. 27 at 11 a.m.

The public is invited to attend. The meeting will take place at the Fort Sam Houston Independent School District Professional Development Center at 1902 Winans Road.

As required by law, a public hearing is held for public discussion of the report. Information contained in the report will be published and disseminated to the public.

Included are the following: the 2003-2004 Academic Excellence Indicator System Report received from the Texas Education Agency, campus performance objectives, the 2003-2004 Violent or Criminal Incidents Report, and a report from the Texas Higher Education Coordinating Board on student performance in postsecondary institutions during the first year enrolled after graduation from high school.

The Academic Excellence Indicator System report comprises student performance and profile sections for the district and campuses.

The student performance indicators include the follow-

ing: passing rates for the Texas Assessment Knowledge and Skills and the State Developed Alternate Assessment, test participation rates, attendance rates, and completion and dropout rates. Additionally, other indicators include percent of high school students completing an advanced course, percent of graduates completing the Recommended High School Program, Advanced Placement examination results, and college entrance examination participation and scores.

The profile section contains information on the district and campus educational programs, personnel and finances.

The origins of the AEIS date back to 1984, when the Texas Legislature initially sought to emphasize student achievement as the basis for accountability. That year, House Bill 72 called for a system of accountability based primarily on student performance. Prior to that, the accountability system focused mostly on process, that is, districts were scrutinized for rules and regulations compliance and sound educational practices.

Since the first year of the AEIS, 1990-1991, it has developed and evolved through legislative amendments, recommendations of advisory committees and the commissioner of education, State Board of Education actions, and final development by Texas Education Agency researchers and analysts.

FSH ISD Weekly Campus Activities Monday through Jan. 29

Fort Sam Houston Elementary School

GATE Testing all week

Tuesday

Family Math Night, 5:30 to 7 p.m.

Jan. 27

FSHISD School Board Meeting in Professional Development Center, 11 a.m.

Jan. 28

Spirit Day

Robert G. Cole Jr./Sr. High School

Monday

Sex Ed Parent Orientation in Cafeteria, 6:30 to 8:30 p.m.

Tuesday

Junior High ATSSB Region Band Clinic and Concert at La Lytle High School, 9 a.m.

Boys' basketball at Blanco, 5 and 8 p.m.

Girls' varsity basketball vs. Blanco at Cole, 6:30 p.m.

Boys' soccer at Holy Cross, 4 p.m.

Wednesday

Academic Decathlon Regional Competition at Sul Ross, Marfa, Texas

Jan. 27

Academic Decathlon Regional Competition at Sul Ross, Marfa, Texas

FSHISD school board meeting in Professional Development Center, 11 a.m.

Jan. 28

Academic Decathlon Regional Competition at Sul Ross, Marfa, Texas

District Championship Swim Meet at Palo Alto Natatorium, 4:30 p.m.

Girls' basketball vs. Comfort Central Post Gym and at Cole, 5 and 6:30 p.m.

Boys' basketball vs. Comfort at Cole, 5 and 8 p.m.

Jan. 29

Academic Decathlon Regional Competition at Sul Ross, Marfa, Texas

District 2 DECA Contest at Warren High School, all day

Board of Trustees meeting

The Fort Sam Houston ISD Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting Jan. 27 at 11 a.m.

School board candidate workshop

Area school board candidates and interested people are invited to a candidate workshop Feb. 28 from 7 to 9 p.m. at the Region 20 Education Service Center at 1314 Hines Ave. Experienced school board members will explain board members' key responsibilities and outline the qualities necessary for effective service. The workshop is free and open to the public. For more information, call School Liaison Services at 221-9613 or e-mail keith.toney@samhouston.army.mil.

Cole Jr./Sr. High sports news

Basketball update

The Cole boys defeated Corpus Christi West Oso 58-41 Friday at the Jimmy Brought Fitness Center. West Oso was ranked No. 3 in the state 3A poll at the time, while Cole was ranked No. 8. Shane Russe led a balanced scoring attack with 16. After the win, Cole moved up to No. 5 in the state 2A poll.

Cole traveled to Ingram Monday to take on the No. 7 3A team in the

state. The game was hard fought with several lead changes in the fourth quarter. Cole took a one-point lead with 14 seconds left. Ingram missed a shot but the rebound bounced long to an Ingram player 15 feet from the basket, who hit the shot with two seconds remaining. Cole's length of the court play was unsuccessful and the boys lost 55-56. The team shot 16 for 16 from the free-throw line

in this game and Josh Collins tallied 33 points.

Soccer game ends in tie

The boys' varsity soccer team played Texas Military Institute at Cole Jan. 13. The defense was excellent on each team, making it a very close game. The game ended in a 1-1 tie. Freshman Wesley Lavender scored the only goal for Cole. Brandon Jones coaches the small team of soccer students.

CHILD AND YOUTH SERVICES

Youth Happenings

Instructional classes

People interested in instructional classes such as Tae Kwon Do, quarterly babysitter training or gymnastics can call 221-4882 or 221-4871/1723.

Open recreation

School Age Services offers after school, weekend open recreation and after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call Central Registration at 221-4871 or 221-1723.

Boredom remedy

Youth Services offers after school and weekend opportunities for sixth through 12th graders. For more information, call Youth Services at 221-4882 or Child and Youth Services Central Registration at 221-4871.

Basketball registration

Youth Services basketball registration is ongoing from 10 a.m. to 7 p.m. for 3- to 17-year-olds (full for 13 and 14-year-olds). The cost for 5 and older is \$45 for the first child and \$40 for all other siblings in the same family. The cost for 3- to 4-year-olds is \$25 per child. Games begin this month. A birth certificate, physical and CYSD registration are required to

register. To volunteer or for more information, call 221-5513 or 221-3502.

Free after school program

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary school or high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. They can join the 4-H club, photography club, a computer technology club and a variety of other clubs. YS can add areas of interest that appeal to parents and students. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the after school program for middle and high school students is free. For more information, call 221-3502.

Saturday open recreation

First through 12th graders can participate in open recreation at the Youth Center Saturdays. First through fifth graders meet from 3 to 8 p.m., sixth through eighth graders from 3 to 10 p.m. and ninth through 12th graders from 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. People must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Youth opportunities

Sixth through 12th graders seeking after school and weekend opportunities can call Youth Services at 221-4882 or

Child and Youth Services Central Registration at 221-4871.

Saturday shuttle

Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost but parents with children 9 years old and younger must wait for the van and sign them in and out. The shuttle schedule is

3 p.m. - leave the Youth Center
3:10 p.m. - Gorgas Circle (picnic tables)
3:13 p.m. - Schofield/Dickman on Schofield
3:16 p.m. - Reynolds and Dickman on Reynolds
3:20 p.m. - Officers' Club tennis courts
3:25 p.m. - Artillery Post Road at bus stop
3:30 p.m. - Easley/Infantry Post at bus stop 660
3:37 p.m. - Patch Road (playground)
3:40 p.m. - Marvin R. Wood (basketball courts)
3:47 p.m. - Patch Road (shoppette parking lot)
3:51 p.m. - Foulis/Scott Road (Harris Heights)
3:54 p.m. - Forage/Foulis
4:02 p.m. - Powless Guest House
The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth 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 ninth grade and up. These shuttles are for youth who live on the installation. For more information, call 221-3502.

Parent News

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years old on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. FCC installation training for new providers is Feb. 14 to 18 from 8 a.m. to 4 p.m. For more information, call 221-3820 or 221-3828.

PAC meeting

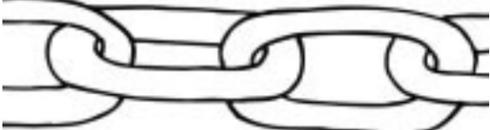
The Child and Youth Services Parent Advisory Council meeting will be Feb. 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is an opportunity for parents to learn of upcoming events, meet staff and address concerns.

Full-time day care

If you need full-time day care for children 3 to 5 years old, call Central Registration at 221-4871.



COMMUNITY LINK



Happenings

Free money management seminar

The Antioch Community Transformation Network, in partnership with Consumer Credit Counseling Service, will offer a seminar Saturday from 11 a.m. to 1 p.m. at 210-1 S. Grimes St., Ste. 104. This opportunity is for those seeking a new financial beginning in 2005 and will include refreshments and door prizes. The seminar, conducted by Lydia Rodriguez of CCS, will offer strategies for eliminating debt and improving one's credit. Space is limited. To sign up, call 212-2286.

Scholarships for Military Children

There's still time to submit an application to the Scholarships for Military Children program. The deadline for the \$1,500 scholarships is Feb. 16 and all applications must be delivered to the commissary by the close of business that day. At least one scholarship will be awarded at every commissary location with qualified applicants. The application can be downloaded through a link at <http://www.commissaries.com> or downloaded directly from <http://www.militaryscholar.org> and filled out by hand or on the computer. Copies of the application are also available at commissaries worldwide. Additional instructions can be found on the application or at <http://www.militaryscholar.org>.

Historic Fort Sam tour

The Fort Sam Houston Officer and Civilian Spouses' Club sponsors a Tour of Homes on historic Fort Sam Houston April 1 from 10 a.m. to 2 p.m. Advanced tickets may be purchased for \$10 Feb. 17 in front of the PX and Jan. 29 and Feb. 1 in front of the commissary. Tickets may be purchased the day of the tour for \$12 at the Stilwell House. For more information, call Betty Kotoriy at 545-0815.

Trails and Tales Tour

Army Community Service Relocation Assistance Program sponsors a tour to become familiar with Fort Sam Houston. Trails and Tales tour explores sites and history of the post and includes lunch at the Dining Facility #1. Cost for lunch is \$3 and military or civilian ID card is required. The next tour is scheduled for Jan. 27 from 9 a.m. to 12 p.m. beginning at the Roadrunner Community Center, Bldg. 2797, Stanley Road. Lunch is optional from 12 to 1 p.m. Register at the ACS table during Newcomers' Extravaganza Tuesday or call 221-2418.

Fort Sam Houston Technology Expo

The Fort Sam Houston Technology Expo will be Jan. 27 from 10 a.m. to 2 p.m. in the Sam Houston Club, Bldg. 1395 (former NCO Club). More than 30 exhibitors will demonstrate the latest in computer hardware, software and information services. Some featured technologies are knowledge management solutions, data warehousing, network operations services, information assurance/security, mobile/wireless computing, collaboration tools and hardware/software. The event is free and open to the public. Complimentary refreshments and free prizes will be offered while supplies last. For more information or to request a specific company or technology, call Kathryn Stephenson at (888) 603-8899 or e-mail Stephenson@ncsi.com.

Academic Decathlon

Twenty seven local high schools will meet at Judson High School Jan. 28 and 29 to compete in a regional academic decathlon. The competition consists of 10 events to include a speech and an interview. The deadline to sign up is Friday. For more information, call Daniel Meyers at 658-6251 or 275-6805 or e-mail dmeyers@judson.k12.tx.us.

Pinewood Derby

Cub Scout Pack 23 will sponsor its annual Pinewood Derby Jan. 29 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. For more information, call Barry England at 223-9196.

Army chorale at Laurie Auditorium

The U.S. Army Chorale will perform Feb. 12 at Laurie Auditorium, Trinity University, 715 Stadium Drive, from 7 to 8:30 p.m. The concert will feature the best of popular and country music from yesterday and today, and will include original patriotic arrangements. The U.S. Army Chorale is stationed in Washington, D.C. and is recognized as the premier vocal entertainment ensemble of the U.S. Army. The event is free and open to the public. Seating is on a first come, first served basis. For more information, call Joe Cavanagh at 221-3185 or e-mail joseph.cavanagh@sam-houston.army.mil.

Fiesta tickets on sale

Tickets are now on sale for bleachers along the routes of the three major Fiesta parades. Tickets for chairs along the street parade route will be available starting Monday. For more information on tickets and prices, call 227-5191, 227-4837, 822-2929 or visit www.fiesta-sa.org.

Volunteer

BAMC seeks volunteers

Brooke Army Medical Center is looking for active and upbeat volunteers to be "Partners in Healing." BAMC wants volunteers who understand the hardships of coping with illness or injury and who empathize with the special needs of patients. BAMC offers 130 positions to match each volunteer's skills and interests. To volunteer, call the Office of Volunteer Services at 916-5083.

Caremobile drivers needed

Caremobile drivers work four hours a week using an electric cart to transport patients from the Brooke Army Medical Center parking area to the entrance of the hospital. Walking the distance of the large parking area in the heat or rain is often difficult for a parent with a sick child, patients undergoing cancer treatments, orthopedic patients and the elderly. If you would like to transport grateful patients, call the Office of Volunteer Services at 916-5083.

Professional Development

Family readiness workshop

The Army Community Service will conduct a family readiness group leadership team workshop Friday from 8 a.m. to 4 p.m. at the Roadrunner Community Center. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG lead-

ers and any other unit representative with an interest in family readiness. Pre-registration is required and class size is limited. Next scheduled workshop will be Feb. 11. For more information, call ACS at 221-2705.

Green to Gold briefs

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Briefings will be Saturday in Bldg. 2247, The Army Learning Center, at 10 a.m. and 1 p.m. ROTC cadre from a local university will be present to advise.

Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms/documents required to apply, visit the Web site: www.usarec.army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

Degree plans offered for Army health career specialists

Soldiers interested in advancing their careers in physical therapy and nutrition care can earn their degrees through the Servicemembers Opportunity Colleges Army Degrees program. SOCAD programs allow Soldiers to earn credit toward an associate or bachelor's degree for Army training and military occupational specialty experience. SOCAD will also suggest alternatives for meeting the remaining degree requirements. Soldiers with MOS 91W, physical therapy specialist, and MOS 91M, nutrition care specialist, can visit the SOCAD Web sites at <http://www.soc.aascu.org/socad/91W.html> and <http://www.soc.aascu.org/socad/91M.html> for more information. They may also call 1-800-368-5622 or e-mail socad@aascu.org.

St. Mary's University counselor

St. Mary's University will have a counselor available at the Education Services Center, Bldg. 2248, upstairs daily in Room 206, from 9 to 11 a.m. To learn more about the Master of Arts in Educational Leadership program and teacher certification, call 226-3360 and schedule an appointment.

Resume workshop

Family Employment Readiness Program is offering a resume writing workshop Jan. 27 from 9 a.m. to 12 p.m. The right resume increases the chances of landing the interview. A military family member ID card is required for all services. For reservations or more information, call Katja Lunsford at 221-0427.

Free computer training

Family members of active duty or retired Army service members may receive computer training to prepare them for the job market through the Employment Readiness Program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills (typing

instruction also available in Spanish). For more information or to register for computer space, call Katja Lunsford at 221-0427.

Homeland security course

The Defense Medical Readiness Training Institute offers a Homeland Security Medical Executive Course from June 13 to 17. The course will be conducted at the Omni Hotel at South Park in Austin, (512) 383-2602. For course information, call Tech. Sgt. Stuart at 221-2434 or DSN 471-2434. For registration and other course information, visit DMRTI's Web site at <http://www.DMRTI.army.mil>.

Meetings

Retired officers' wives and widows meet

The Retired Officers' Wives and Widows Club will meet Monday at 11 a.m. at the Sam Houston Club. For reservations, call Arline Braswell at 822-6559.

Association seeks members

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for their organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

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 at 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 Form 214 and a short biography.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, invites 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 more information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. 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 more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Edward Castro at 221-8760.

FORT FREEBIES

Freebies are published on a first come, first served, 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 or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.



For Sale: Dress blues uniform, 40-inch jacket, trousers 30-inch or 32-inch by 31-inch (has about 2-inch hem), \$100; Sony car DVD system, includes 7-inch flip-down screen, wireless headsets, excellent condition, \$500 obo; racecar bed with mattress, dresser new, \$250. Call Victor Ortiz at 697-9261.

For Sale: House in Oakwell Farms, built in 2001, three bedrooms, two and half bath with study, covered patio, nice yard, gated community with pool and tennis courts. Call 824-4770.

For Sale: Lane recliner, full size, burgundy color and has additional massage and heat feature, good condition, \$250. Call Eric or Jennifer Swiger at 212-5331.

For Sale: Complete set of "Twilight Zone" original TV series (1959-1964) DVDs, contains all 156 episodes on 45 individual DVDs, brand new condition, many played once, \$450. Call Dean at 221-0831 or 599-3538.

For Sale: One large round papasan chair with red Chinese patterned cushion, \$75; matching room divider, \$25, will take \$100 for both; General Electric refrigerator with icemaker and water dispenser, only one year old, perfect condition, paid \$1,000, will sell for \$600 obo. Call Sheila at 490-7812 or 295-2372.

For Sale: Four Boyd Coddington "Gotcha II" wheels with new Goodyear Tracker tires 255/70/16, fits six lug full size Chevy truck and SUV, \$600. Call Doug Childres at 884-8336.

For Sale: Kenmore washer and dryer, less than one year old, \$750 obo. Call Karen 844-6166 or 824-1584.

For Sale: 1995 Harley Davidson, Softtail classic, perfect condition, only 13,000 miles, too much to list, moving and must sell, \$13,950. Call Jim Fredrick at 262-3892.

For Sale: Rocking recliner, \$60; electric knife, \$2; electric frying pan,

\$3; Magnavox stereo VCR, \$30; indoor rotisserie and grill, \$15. Call Alan Crouch at 662-8887.

For Sale: 2000 KX125 dirt bike, runs great, \$2,000. Call Ed Steiger at 626-9074 before 8 p.m. or 221-3015 during work hours.

For Sale: Black and tan German Shepherd puppies, one male, 12 weeks, \$150, one male, 5 weeks, AKC, \$300. Call Richard Green at 564-8591.

For Sale: Chain link fence with gate, 4-feet high, 127-feet long, with a 50-inch gate, paid \$1,000 will sell for \$500 firm, perfect for families with kids or animals. Call Dominique Greydanus at 223-7571 or 916-5023.

For Sale: American Bulldog puppies, CKC, only three females left, paper trained, \$250 cash. Call Sgt. 1st Class Ruiz at 823-6350.

For Sale: Timing light, compression gauge, vacuum gauge, Tach and Dwell meter, all \$25. Call Fred at 494-8401.

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.

Operations Leader, San Antonio.

Responsible for all aspects of manufacturing including safety, quality, cost and productivity; have a proven track record of delivering results through lean manufacturing; develop short and long term goals creating continuous learning environment for individuals.

Project Controller II, San Antonio.

Assists with developing and maintaining estimates at completion; understands basic earned value concepts; prepare project authorization notices, sets up charge numbers and address accounting issues for projects; monitors project costs.

Financial Center Manager, San Antonio. Ability to interact with all levels of management, employees, industry peers and customers; proven history of negotiation and lending experience that includes origination; proven sales techniques and sales management; previous financial industry experience would be beneficial.