



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Jan. 25, 2007

Briefs . . .

Technology Exposition 2007

The Information Technology Business Center will sponsor the 2007 Fort Sam Houston Technology Exposition today from 10 a.m. to 2 p.m. at the Sam Houston Club. The Expo will include more than 30 exhibitors who will demonstrate the latest in communications technologies, network operation services, data warehousing, hardware and software, and much more. The event is free and open to the public. For more information, call Keren Bogaczyk at 888-603-8899, ext. 239, or e-mail bogaczyk@ncsi.com.

Casualty, Mortuary Affairs training

The Department of Army Casualty and Mortuary Affairs Operation Center will deploy a mobile training team to Fort Sam Houston from Monday to Feb. 2. The purpose of the visit will be to train designated representatives from Fort Sam Houston and various tenant organizations on their roles and responsibilities as casualty notification and casualty assistance officers. The training team will also address changes to Army Regulation 600-8-1, the Casualty Management Regulation, to include the notification and follow-up process, investigations and command involvement in the submission of casualty reports. For more information or to sign up for training, call Vanita Bogan, from the Fort Sam Houston Casualty and Mortuary Affairs office, at 221-0051, 221-1780 or 221-1752.

Newcomers' extravaganza

A Newcomers' Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. Attendance is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Recruit the Recruiter Team

The Recruit the Recruiter Team will brief Soldiers, specialists through sergeants first class, regarding the benefits, challenges and qualifications of recruiting duty Tuesday and Wednesday at 9:30 a.m. and 1 p.m. at the Human Resources Building, Building 2263, Room B101. Spouses are welcome to attend. For more information, e-mail Master Sgt. Walter Hampton at walter.hampton@usarec.army.mil.

See BRIEFS on Page 4

'Biggest Loser'

Olivia Mendoza weighs herself before a workout. Mendoza is one of five co-workers at Fort Sam Houston vying for the title of "Biggest Loser." The ladies hope the friendly competition kick-starts their personal weight loss and fitness programs. Their progress will be tracked monthly in the News Leader. See related story on Pages 12 and 13.



Photo by Cheryl Harrison



Photo by Spc. Tim Luukkonen

On guard

Capt. Christopher Welch, C Company, Operations Ballation, 470th Military Intelligence Battalion, crouches down behind a tree to provide security during a routine stop Sunday during "Exercise Cobra Strike." See related story on page 3.

It's tax time

Military Tax Assistance Center opens for business

By Cheryl Harrison
Fort Sam Houston Public Information Office

The Fort Sam Houston Military Tax Assistance Center celebrated the start of another tax season when it opened its doors at a ribbon-cutting ceremony Wednesday.

Each year the Office of the Staff Judge Advocate operates a full-time tax assistance program with the help of the commanders at Fort Sam Houston, who provide a support staff of representatives from their units. The service is provided to alleviate the complexity of tax returns for the military community.

"Two weeks ago only three members of our staff had any prior tax experience. Two weeks later they are now trained and certified by the (Internal Revenue Service) to start assisting Soldiers with their tax preparations," said Brian Novak, director, Military Tax Assistance Center.

Soldiers and civilians attended several weeks of intensive training, including tax law education and software training to be certified by the IRS as Volunteer Income Tax Assistance preparers. They are prepared to handle even the most complex returns that come their way with the assistance of the SJA staff.

This important function will be accomplished for the 2006 tax year with about 21 Soldiers and three civilians as a full-time duty throughout the tax season. Soldiers from U.S. Army North, U.S. Army South, Brooke Army Medical Center, the 32nd Medical Brigade, 12th Infantry Brigade and the U.S. Army Garrison, Fort Sam Houston will perform tax assistance for the military community.

The MTAC has provided invaluable tax assistance in previous year to the Fort Sam Houston community. The MTAC is one of the greatest morale programs for the U.S. Army since it is a benefit of military service and at no cost to the community. Last year the 2006 MTAC prepared more than 4,000 income tax returns, consisting of federal tax returns, state income tax returns and prior year tax refunds. The services resulted in about \$4.5 million in tax refunds to the taxpayers who had their returns prepared by the MTAC. Using the MTAC, the Fort Sam Houston community saved more than \$500,000 in tax preparation and electronic filing fees.

See TAX TIME on Page 4

Center for the Intrepid opens Monday

Two new Fisher Houses to be dedicated

The Center for the Intrepid and two Fisher Houses will open Monday in a dedication ceremony at Brooke Army Medical Center.

The George Beach Access Control Point at Binz-Engleman Road will be restricted to media and designated guests Monday from 8 a.m. to 1 p.m. The BAMC gate off of Interstate Highway 35

will remain open to incoming traffic.

More than 3,000 people, including wounded and recovering military service members and their families, Chairman of the Joint Chiefs of Staff Gen. Peter Pace, and Senators Hillary Rodham Clinton and John McCain, who supported the construction of the center, will participate in the dedication ceremony for The Center for the Intrepid — a \$50 million, 65,000 square foot, state-of-the-art physical rehabilitation center — and two new Fisher Houses for hospitalized military

members' families.

This project was made possible by the Intrepid Fallen Heroes Fund, which provides assistance to the nation's military heroes who have been critically injured in the performance of duty and their families, and the Fisher House Foundation. The IFHF raised more than \$90 million for military families, including funds for the center, which also is known as the Armed Forces Physical Rehabilitation Center.

(Source: BAMC Affairs Office)

Military Channel seeks service members' war stories

By **Gerry J. Gilmore**
Armed Forces Press Service

WASHINGTON — The Military Channel is asking service members across the armed forces to submit videotaped stories about their service in the Global War on Terrorism for broadcast on television, company officials said.

"We want to give a voice to the troops to allow them to tell their stories," said Jill Bondurant, Military Channel publicist.

The Military Channel plans to use service member-submitted video for broadcast during nightly one-hour blocks of programming starting in early February, Bondurant said. The dates and times haven't been specified yet, she said.

Video can be in digital or taped format, Bondurant said, and can be submitted via the following methods:

- Online: www.mywardiary.com;
- E-mail: mywardiary@discovery.com; or
- Mail: Military Videos, care of Discovery Productions, 8045 Kennett Street, Silver Spring,

Md. 20910.

All submitted video will be screened for appropriate content, Bondurant noted.

The initiative seeks to illustrate some personal stories of military service during wartime, Military Channel spokesman and former Soldier Pat Lafferty told the Pentagon Channel in a recent interview. Most evening news programming on the military these days shies away from the personal and focuses on "big picture" events, he said.

"There's only so much that the 'normal media' can get out as far as the stories (and what's going on," Lafferty said. "And, oftentimes, that really isn't the story about individual service members and what they're doing on a day-to-day basis."

A component of Discovery Communications, the Silver Spring, Md.-based Military Channel was the first television media outlet to partner with America Supports You, a Department of Defense program connecting public and corporate support for the troops to service members and their families.

Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

March 20 from 9 to 10 a.m.
April 25 from 1 to 2 p.m.
May 23 from 9 to 10 a.m.
June 14 from 1 to 2 p.m.
July 12 from 9 to 10 a.m.
Aug. 13 from 1 to 2 p.m.
Sept. 10 from 9 to 10 a.m.
Oct. 17 from 1 to 2 p.m.
Nov. 15 from 9 to 10 a.m.
Dec. 3 from 9 to 10 a.m.
Dec. 14 from 1 to 2 p.m.

Soldiers and civilian employees whose official duties include a procurement function (this includes Government Purchase Card holders and approving officials) must also attend a second hour of acquisition ethics training. This second hour will be taught immediately following the first hour of ethics training in Blesse Auditorium on the following days:

March 20 from 10 to 11 a.m.
April 25 from 2 to 3 p.m.
May 23 from 10 to 11 a.m.
June 14 from 2 to 3 p.m.
July 12 from 10 to 11 a.m.
Dec. 14 from 2 to 3 p.m.

For more information, call Gerald R. Krimbill, Shelby Tanner or Capt. Ean White at 221-2373 or 221-0485.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Fort Sam Houston News Leader

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'Cobra Strike' readies Soldiers for war



Photos by Spc. Tim Luukkonen
Sgt. Rosa Poras searches one of the opposing forces acting as a civilian on the battlefield.

Soldiers from C Company, Operations Battalion, honed their warrior skills during "Exercise Cobra Strike" Friday through Sunday at nearby Camp Bullis.

The exercise tested the capabilities of the company's signals intelligence collectors and analysts. The collectors screened mock communications traffic and used their linguistic skills to generate transcriptions. Once translated, the analysts drew up the necessary reports and compiled them into a comprehensive brief.

Along with honing their tactical signals intelligence skills, C Company Soldiers, equipped with paintballs and mechanical dummy targets, conducted intense military operations on urbanized terrain training to test their tactical skills.

"The Soldiers excelled at MOUT training," said 1st Sgt. Gregory Dunn. "Even though it was raining everyone was motivated. They were able to do some of the warrior drills they have trained on for the last month."

The field training exercise culminated Sunday with realistic situational training exercise lane training tailored to the threat environment of the war on terror-

ism. Soldiers armed with paintball guns conducted squad-level tactical training against live opposing forces, which included the use of improvised explosive devices, a hostage scenario and ambush sequences.

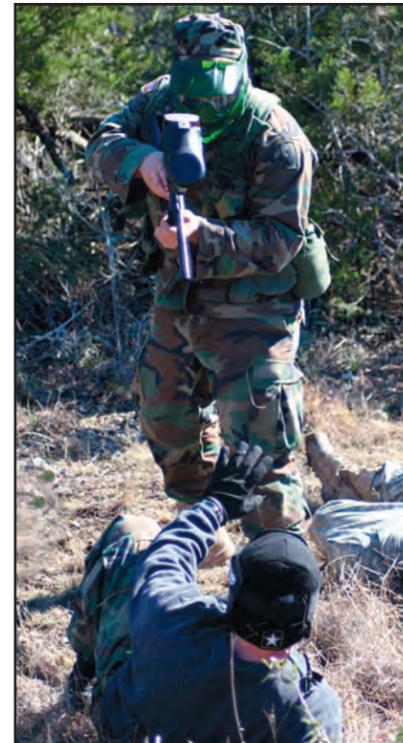
Beyond refining tactical and military occupational specialty skills, the Soldiers rotated through leadership positions to build leadership skills and prepare them for positions of increased responsibility.

"We put them in leadership positions that they've never found themselves in prior to this," Dunn said. "They had to make command decisions to save their squads."

"Exercise Cobra Strike' will pay huge dividends in preparing C Company troops to fully support continued Global War on Terrorism operations and in the process build esprit de corps," said Capt. Christopher Welch, company commander.

Although located at Lackland Air Force Base, Texas, the company falls under the 470th Military Intelligence Battalion at Fort Sam Houston.

(Source: C Company, Operations Battalion)



With a member of his team injured, Spc. Lucas Stallman captures and secures Sgt. Joseph Bradley, an enemy combatant.

Fort Sam Houston cages stray dog problem

Story and photo by Minnie Jones
Fort Sam Houston Public Information Office

Stray dogs were a common sight for residents on Fort Sam Houston, until recently – now a newly hired dog-catcher has begun snagging up those loose dogs on post.

In November, the post hired a part-time animal control officer on an as-needed basis to reduce the number of strays wandering around post. The officer will be responsible for catching the dogs and taking them to the San Antonio animal shelter.

Ray Acuna, Deputy Provost Marshal at Fort Sam Houston, was faced with several calls from residents complaining about stray dogs roaming around the post. "At times, the provost office received about four animal-related calls per week concerning stray dogs. The post did not have an animal control officer, and police officers were trying to fill the void by taking complaints and attempting to capture the dogs if possible.

"Catching the dogs was a very difficult task for our officers because they were not trained, nor did they have the proper tools. So, in order to address the problem, Fort Sam Houston hired a professional animal control officer," Acuna said.

The new dogcatcher, Wildlife Specialist Doug Shepherd said, "Stray dogs and cats are usually poorly cared for and are often carriers of contagious diseases, such as rabies and canine distemper, both of which are contagious, and can spread across a community if not checked. Stray dogs can suffer tremendously, with most of them hungry and constantly looking for food. They run

the risk of being hit by a car, or being hurt by cruel people. They can also become a nuisance and a danger if they start bothering walkers and joggers, biting or scavenging through garbage cans."

Shepherd uses live traps, which he believes is a very effective and humanitarian method of catching stray dogs. The 36-inch cages are set out throughout the post and are used to capture cats or other wild animals such as raccoons and skunks.

"The cages are checked every morning to ensure that the animals are safe, and not stressed from being caged to long," he said. Since his hiring, Shepherd has caught four dogs, nine cats and several skunks and raccoons.

"Fort Sam Houston enforces the city's leash laws, which states dogs must be on a leash and if found roaming on post, residents will be issued a warning," Acuna said.

Turning in stray dogs will keep Fort Sam Houston safe. If you have caught or wish to report a stray dog, call



Wildlife Specialist Doug Shepherd sets out cages on Fort Sam Houston where strays dogs are becoming a problem.

the Provost Marshal Office at 221-2222. In addition, it is important to write down or remember the description and location of the stray animal. The provost office is especially interested in knowing where strays are entering the post through the perimeter gate.



Fort Sam Houston stray policy

- Personnel from the Provost Marshal Office will capture stray animals and transport them to San Antonio Animal Control in accordance with the contract between San Antonio Metro Health Department and U.S. Army Garrison, Fort Sam Houston.

• Before transporting animals to the San Antonio Metro Health Department, animals will be scanned for a microchip to identify if they are registered with the Fort Sam Houston Veterinary Treatment Facility.

- San Antonio Animal Control will impound stray animals for three days if the animal's owner cannot be identified and 10 days if the animal is micro-chipped or has some other form of identification.

- Using microchip identification, VTF staff will attempt to contact the owners of the positively identified pets that resided on post prior to being taken to animal control.

For more information, reference the Army Medical Department Center and School and Fort Sam Houston Regulation 40-3 online at http://www.cs.amedd.army.mil/rmb/sn_regulations/AMEDDCS_FSH_Reg_40-3_Control_of_Animals_and_Pets.pdf.

People who live on post are required to register their pets at the VTF. For more information, call 295-4260 Mondays through Fridays from 8 a.m. to 4 p.m. If a pet needs attention after business hours, pet owners should contact their civilian emergency veterinarian.

(Source: VTF)



Fort Sam readies for NSPS transition

Nearly 1,000 GS post employees affected in next spiral

By David Grider
Civilian Personnel Advisory Center

A number of organizations and employees assigned to Fort Sam Houston have been identified to transition into the National Security Personnel System, the new federal personnel system.

The Department of Defense has been transitioning General Schedule employees

in "spirals." To date, nearly 470 GS civilian employees at Fort Sam Houston have converted to NSPS in three spirals: Spirals 1.1, April 30, 2006; Spiral 1.2D, Nov. 21, 2006, and most recently, Spiral 1.2H, Jan 21, 2007.

Spirals 1.3B and 1.3D will take place this spring pending congressional approval. If approved by Congress, 37 GS civilian employees at Fort Sam Houston will transition to NSPS March 18, and 955 will transition April 15.

In some cases, an organization will transition to NSPS, but not all GS employees in that organization will transition to the new personnel system. If an

employee is a member of the bargaining unit (i.e. the labor union) or their position is covered under the bargaining unit, the employee will not transition into NSPS at this time. Additionally, Federal Wage employees (i.e. WG, WL, or WS employees), are not scheduled to convert to NSPS at this time. If employees are not sure if they are covered under a bargaining unit, they should ask their supervisor or contact the Civilian Personnel Advisory Center.

If identified to transition, employees can familiarize themselves with the personnel system by taking NSPS 101, which is one of the prerequisites for the mandatory NSPS classroom training. To access

NSPS 101, visit <http://www.cpms.osd.mil/nsps/nsps101/nsps/index.htm>.

The mandatory NSPS classroom training is conducted in a one-day, eight hour session, and the supervisor/manager NSPS training is conducted in a two-day, 16-hour session.

Employees transitioning to NSPS are eligible to register for training. For more information or registration instructions, contact your organization's NSPS transition manager or a deputy transition manager. Only non-bargaining employees are authorized to take the mandatory training. For more information, call David Grider at 221-2830.

Briefs

Continued from Page 1

Stock Show & Rodeo military days

Military Family Appreciation Days will be held Feb. 2, 9 and 16 at the 2007 Stock Show and Rodeo. Active duty military personnel and their families will receive free admission to the grounds with a military ID card. Military families can upgrade their admission to attend the rodeo or concert by purchasing a rodeo ticket for \$6 at the Rodeo Ticket Office located on the southwest corner of the AT&T Center. Parking admission is not included. For more information, call 221-2606 or 221-9904.

BOSS Super Bowl party

The Fort Sam Houston Better Opportunities for Single Soldiers organization will host a Super Bowl party Feb. 4 from 5 to 8:30 p.m. at the Hacienda Recreation Center. The game will be broadcast on a theater-size screen. The event is open to advanced individual training and initial entry training Soldiers authorized to use the Hacienda. The event will include halftime games, food and beverage, and door prizes.

Black History Month luncheon

Fort Sam Houston will commemorate Black History Month with a luncheon Feb. 8 from 11:30 a.m. to 1 p.m. at the Sam Houston Club. The guest speaker will be Master Sgt. Lee Coffee. Tickets are \$10. For tickets or more information, call Gayle Ellis at 221-7709, Jonnell Player at 221-1582, Rosemary Galvan at 221-0218, Master Sgt. Ricky Evans at 295-0561 or contact a unit equal opportunity adviser prior to Feb. 2.

Traffic safety classes

Local Hazards Training and Intermediate Traffic Safety Training classes will be held Feb. 8 from 8 to 11 a.m. at Building 2247, on the corner of Stanley and New Braunfels roads; and Feb. 22, March 8 and 22 from 8 to 11 a.m. at Building 4196 in the Public Works Scheduling Room. Local Hazards Training is required for Army personnel newly assigned to an Army installation, and Intermediate Traffic Safety Training is required for Soldiers under age 26 newly assigned to an Army installation. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@sam-houston.army.mil.

National Prayer Breakfast

The installation chaplain will host the Army Medical Department Center and School and Fort Sam Houston National Prayer Breakfast Feb. 14 from 6:15 to 8 a.m. at the Sam Houston Club. The guest speaker will be Army Chief of Chaplains Maj. Gen. David H. Hicks. The cost is a \$2 donation. For tickets, contact a Unit Ministry Team member.

NCO Academy salutes fallen heroes

The NCO Academy has founded a memorial to the service members who have lost their lives in the defense of the nation. The memorial is called the Army Medical Department Enlisted Fallen Heroes of the Global War on Terrorism. The academy welcomes donations of memorabilia and photographs. People can deliver items to 1st Sgt. Richard Watson Jan. 30 from 9 a.m. to 4:30 p.m. at the NCO Academy, Building 1397. The items will be tagged with the name of the donor and put on display in the memorial. For more information, call Watson at 221-2571.

'Military2Civilian' job fair

CivilianJobs.com will host the "Military2Civilian" job fair today from 9 a.m. to 2 p.m. at the Sam Houston Club. Attendees should bring copies of their resume and be prepared to meet with local and national recruiters; more than 35 employers will be at this event. Dress appropriately; military uniform is acceptable. For more information or registration, call 866-801-4418 or visit www.CivilianJobs.com.

Army's 'Blue to Green' program hits milestone

By Samantha L. Quigley
American Forces Press Service

WASHINGTON — The Army's "Blue to Green" program, designed to allow airmen, sailors and Marines affected by force shaping to move to the Army, recently hit a milestone, a Defense Department official said here today.

"Just in the past couple of weeks we've had our 1,000th transfer," Bill Carr, acting deputy undersecretary of defense for military personnel policy, said in an interview.

An effect of the Air Force and Navy downsizing is fewer opportunities for airmen, sailors and Marines to continue in their career fields, he said. The Army's Blue to Green interservice transfer program, open to officers and enlisted personnel, affords an alternative to leaving military service.

"That would be to serve as an officer or noncommissioned officer in the U.S. Army," Carr said. "I think the ones that are considering Blue to Green are the ones who are interested in trying another career and the challenges associated with it."

Second Lt. Michael B. Moore, a recent transfer, is a good example, Carr said. The former airman was an

air battle manager trainee before trading his blue uniform for green. When Moore transferred to the Army, he chose to go into the infantry.

But that wasn't enough of a challenge for the newly minted Soldier who has been assigned to the 82nd Airborne Division, at Fort Bragg, N.C., Carr said.

"(He) not only went over as an Army officer in the infantry, but also participated in the airborne and ranger training," he said. "He's really taking the full exposure and doing very well at it."

Carr said the program is good not only for the military, which retains experienced service members through the Blue to Green program, but also for the service members. It provides them a chance to look into options within the military before they consider the private sector, he said.

For Blue to Green, the ideal future would be that anyone who was considering leaving the service would first look to Blue to Green as they're looking at other options and consider what it has to offer," Carr said. "And it has a lot to offer."

For more information, including guidelines and benefits of the Blue to Green program, visit <http://www.goarmy.com/btg/index.jsp>.

Tax time

Continued from Page 1

"I want to thank all of the community and all of the units that make up this community for rising to the call to serve at this tax center. Thank you for all you are going to do to help our Soldiers. It is another opportunity to show that we work together for the good of the Soldiers and their families, both active duty and retired," said Col. Joseph Harmon, acting installation commander.

The MTAC is open to personnel with a valid military ID card who are active duty, retired, a reservist or Guardsman who recently came off active duty, or a dependent of an eligible military member.

The tax center is located behind the Legal Office in Building 133. It will be open through April 27. The center's hours of operation are Tuesday through Friday from 9 a.m. to 5 p.m., Saturday from 9 a.m. to 2 p.m. and closed Sunday and Monday.

A satellite office located at Brooke Army Medical Center, fifth floor, will open Feb. 1. Its hours of operation will be Monday through Friday from 9 a.m. to 4 p.m. Mobile MTACs are planned for the Fisher House, the Powless Guest House, the Center for the Intrepid and advanced individual training units.

Tax returns will be completed on an appointment-only basis. Walk-ins will be available for 1040EZ filers. Evening hours are available and will be scheduled as needed. For more information or to make an appointment, call 295-1040 or 295-0061.



Photo by Cheryl Harrison

The Fort Sam Houston Military Tax Assistance Center opened Wednesday in spite of the "taxing" weather. But cold temperatures and rain did not keep (from left) Michael Waldrop, deputy commander for the U.S. Army Garrison; Col. Joseph Harmon, acting installation commander; Capt. Frank Ford, of the Legal Support Organization; and Brian Novak, director, Military Tax Assistance Center, from braving the elements to participate in the ribbon cutting, declaring the MTAC officially open for the 2006 tax season.

CNN auctions off 'tricked-out' Humvee for \$1 million

Proceeds to benefit Fisher House Foundation

CNN auctioned off a Humvee nicknamed "Warrior One" for \$1 million to Dave Liniger, chairman of the board and co-founder of RE/MAX International Inc., Jan. 20 at the Barrett-Jackson Collector Car Event in Scottsdale, Ariz.

All proceeds from the auction will go to the Fisher House Foundation, an organization that builds "comfort homes" for families of hospitalized military personnel.

"We are honored to support the Fisher House Foundation, which allows service personnel and their loved ones to gather in comfort as they receive medical care and rehabilitative treatment," said Jim Walton, president of CNN Worldwide.

In addition to Liniger's successful \$1 million bid, Dave Ressler, a Corvette car dealer, donated \$250,000 to Fisher House.

"Warrior One" was used by some of the network's correspondents during the Iraq war, but was completely refurbished during a recent episode of The Learning Channel's

"Overhauled" crews overhauled the Humvee's engine and body and installed an extensive entertainment system that includes a DVD player, four LCD monitors and a state-of-the-art sound system. Since then, the Humvee was toured military bases and other sites across the country, including Brooke Army Medical Center last year.

"Our partnership with CNN, which began three months ago, has surpassed all expectations," said Ken Fisher, chairman of the Fisher House Foundation. "The Fisher House program has benefited from both heartfelt news stories by CNN journalists and publicity for the auction. As a result, we have seen a tremendous growth in awareness and visibility as well as increased donations. We are grateful and appreciative for the support."

Since its founding in 1991, Fisher Houses have offered more than 2 million days of lodging to more than 100,000 families. Presently, the organization operates 35 houses in 16 states, plus two houses in Europe. The Fisher House Foundation will open its two newest homes at Fort Sam Houston Monday, in conjunction with the grand opening of the state-of-the-art rehabilitation center called the Center for the Intrepid.

(Source: CNN news release)



Courtesy photo
Wolf Blitzer autographs a CNN hat for Dave Liniger, chairman of the board and co-founder of RE/MAX International Inc. Liniger successfully bid \$1 million for the CNN Humvee nicknamed "Warrior One."

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army

Community Service offers this new service. For more information, call 221-1612.



People invited to enter voting slogan contest

The Federal Voting Assistance Program seeks entries for the 2007 Voting Slogan Contest.

The contest is an effort to promote interest in the democratic process among citizens covered under the Uniformed and Overseas Citizens Absentee Voting Act, for members of the Uniformed services, the Merchant Marine, their families and all U.S. citizens residing outside the United States.

People are invited to create a simple slogan that expresses the importance of voting or a slogan that may inspire

someone to vote and submit it to the FVAP. The deadline for submissions is April 9.

The winning slogan will be featured in the FVAP's 2008 information campaign. The winner and runners-up will receive a certificate of recognition for their contribution to this important endeavor.

There is no limit to the number of entries a participant may submit, but all slogans must be submitted separately with only one slogan per entry. All submissions must include full name; branch of service, if military; mailing address; daytime tele-

phone number; fax number; and e-mail address, if available.

People can submit entries via e-mail at slogan@fvap.ncr.gov (attachments will be deleted for security reasons); fax to 703-696-1352 or DSN 426-1352; or mail to Federal Voting Assistance Program, Department of Defense, Attn.: Voting Slogan Contest, 1155 Defense Pentagon, Washington, DC 20301-1155.

For more information or for toll-free fax numbers, visit the FVAP Web site at <http://www.fvap.gov/>.

(Source: FVAP)

**Fort Sam Houston
Independent School District
Weekly Calendar – Monday
through Feb. 3**

Fort Sam Houston Elementary School

Wednesday

Early dismissal – kindergarten through fourth grade, 2 p.m.
Early dismissal – fifth and sixth grade, 2:45 p.m.

Feb. 2

Spirit Day

Robert G. Cole Jr./Sr. High School

Monday

Student of the Month recognition during advisory

Tuesday

Girls varsity basketball vs. Gervin Academy at Moseley Gym, 6:30 p.m.
Boys basketball vs. Gervin Academy at Moseley Gym, 5 and 8 p.m.

Feb. 1

“Go Rodeo” chili cook-off during both lunches,

Feb. 2

UIL Region VII swim meet at Davis Natatorium, TBA

Girls basketball vs. Natalia at Central Post Gym, Building 961, 5 and 6:30 p.m.

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

Feb. 3

UIL Region VII swim meet at Davis Natatorium, TBA

Band Solo and Ensemble at Steele High School, TBA

District DECA meet at Warren High School, TBA

Public Hearing

The Fort Sam Houston Independent School District will host a public hearing for parents and community members today at 11 a.m. in the Professional Development Center, 1902 Winans Road, Building 1908. The public discussion will be the 2005-2006 FSHISD Annual Performance Report. The hearing will be held in conjunction with the regularly called meeting of the FSHISD Board of Trustees.

FSHISD board members lauded for dedication

Story and photo by Dr. Gloria Davila
Fort Sam Houston Independent School District

Members of the Fort Sam Houston Independent School District Board of Trustees will be honored at the board meeting held today at 11 a.m. in the district's Professional Development Center, 1902 Winans Road. Fort Sam Houston will join the other 14,885 school districts throughout the United States with January's celebration of “School Board Recognition Month,” which honors the numerous contributions that board members make to public education.

“Our Fort Sam Houston school board members truly care about our students' education,” said Dr. Gail Siller, superintendent. “They are advocates for both our students and staff, and have a huge impact on virtually every aspect of our schools.

“Not only do they establish policies that provide the framework for our schools, but they impact what our students learn, who teaches them and what kind of facilities house their classrooms,” added Siller.

Members of the school board include Keith Toney, president; Eustace Lewis, vice-president; Dr. Clarence Maxwell, secretary; Jeanne Warren, member; and Deborah Seabron, member.

As citizen leaders, individual board members face complex and demanding challenges. They put on a collective hat

and function as a team in working toward a common goal of helping FSHISD military students achieve. The board's role is to establish a vision for the education program, design a structure to achieve that vision, ensure the schools are accountable to the community and strongly advocate continuous improvement in student learning.

FSHISD has a five-member Board of Trustees, nominated by the garrison commander and appointed by the State Board of Education. Prior to the formal nomination, a panel of installation representatives from the various commands interview board applicants and makes recommendations to the garrison commander.

Board President Keith Toney is the school liaison officer for Fort Sam Houston. Recently reappointed to the board, Toney has been a member since 1998 and in his fourth term as president. He was selected as a member of the Texas Association of School Boards' Leadership Class of 2000, earning him the prestigious “Master Trustee” designation. Toney is a member of the Bexar Presidents' Institute, the National



The Fort Sam Houston Independent School District joined other districts in Texas in honoring and recognizing board members during Board Recognition Month. Joining Dr. Gail Siller (center), superintendent of schools, are (from left) Eustace Lewis, Keith Toney; (back row from left) Jeanne Warren, Dr. Clarence Maxwell and Deborah Seabron.

Caucus of Black School Board Members and a former member of the “Keep San Antonio Beautiful” Commission.

Eustace S. Lewis is an instructor in the Anatomy and Physiology Branch of the Army Medical Department Center and School. Lewis joined the FSHISD school board in May 2000, and was again re-elected as vice-president in November 2005. In September 2003, he was one of only 36 board members from Texas to

See **BOARD MEMBERS** on Page 7

Parade tickets for sale



The Cole Cougar Pride Club is selling parade tickets for the upcoming 2007 Battle of Flowers Parade April 27 and the Fiesta Flambeau Parade April

28. The seats are located along the 100th block of East Commerce Street, adjacent to the park in front of San Fernando Cathedral. The area has easy accessibility to parking and food vendors. Tickets are \$8 and all proceeds will benefit the students of Robert G. Cole Jr./Sr. High School and Project Graduation. To purchase tickets, call Randy Teeter at 296-9071.

Board members

Continued from Page 6

graduate from the Leadership TASB 2002-2003 program, which earned him the prestigious "Master Trustee" designation. He is a member of the National Caucus of Black School Board Members.

Retired Col. Clarence Maxwell, is the facilities management officer for the Great Plains Regional Medical Command, the largest regional command of the U.S. Army Medical Command. He was appointed to the FSHISD Board of Trustees in September 2003 and has served as secretary since September 2004.

Jeanne Warren, a board member since May 2001, is the Fort Sam Houston Youth Services director. Her commitment and dedication to the

children of the Fort Sam Houston military personnel has remained strong and enduring. She has been with the Youth Services Program since 1989 and has served in many advisory groups, including the Volunteer Advisory Council, the Youth Advisory Council and the Juvenile Review Board. Warren's involvement with Robert G. Cole's Campus Educational Improvement Committee has provided her with insight into the dynamics of an educational environment.

Appointed to the Board of Trustees in September 2004, Deborah Seabron is the supervisory management analyst in the Plans, Analysis and Integration Office for the garrison. She has a total of 30 years of federal service in various positions and agencies including the Army, Air Force and the Internal Revenue Service.

Sports Briefs . . .

Intramural volleyball

Letters of intent for intramural men's, women's and coed volleyball are due Feb. 1. Send letters to Earl Young, 1212 Stanley Road, Suite 20, Fort Sam Houston, TX 78234-5020, or e-mail earl.young@samhouston.army.mil. A coaches and rules meeting will be held Feb. 5 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins Feb. 12. For more information, call 221-1180 or 221-1234.

Intramural golf

A coaches meeting will be held Feb. 19 at 12 p.m. for people interested in an intramural golf league at the Fort Sam

Houston Golf Course. League play starts April 2. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural racquetball

Letters of intent for intramural racquetball are due Feb. 5. Send letters to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, TX 78234-5020, or e-mail earl.young@samhouston.army.mil. A coaches and rules meeting will be held Feb. 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins Feb. 13. For more information, call 221-1180 or 221-1234.

PostPulse: What did you do during the arctic blast Jan. 16 and 17?



"I spent time with my family, two days of 'daddy time.'" **Navy Lt. Brian Haack**



"It was a good time for me to call Soldiers; to assess the need for follow-up support." (Weiss is the officer in charge, Behavioral Health of the Texas Army National Guard) **Lt. Col. Charlie Weiss**



"I stayed at home, practiced cooking and also worked on my house." **Perry Bartholow**



"We stayed at my mother-in-laws because it was warmer." "We ate, watched TV and movies, drank soda and had popcorn." **The Pope family**
Ahron, 1 year old; Christy; Isaac, 6 years old; Kristina, 5 years old; Noah, 7 years old.

Soldiers celebrate Dr. King's birthday at Hacienda

By Ben Paniagua
Hacienda Recreation Center

A standing-room-only crowd, mostly 32nd Medical Brigade Soldiers, filled the auditorium of the Hacienda Recreation Center Jan. 18 to celebrate the 78th birthday of Martin Luther King Jr.

The commemoration, featured as a birthday party, included a birthday card, balloons, cake, ice cream and punch. The event was greatly received by the Soldiers and VIPs in attendance.

The guest speaker for the event was Sgt. Maj. Edward W. Norwood, sergeant major of the Department of Medic Training for the Army Medical Department Center and School, who gave a rousing speech that captivated the audience in attendance.

"I wonder if we are fulfilling the dream that Dr. King had for us?" Norwood asked the audience. "When he said, '... I have a dream that little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers,' I wonder if we truly understand the significance of our very existence and how far we've come and where we need to go.

"I wonder, after standing in the face of danger time and time again; facing angry mobs, spitting and cursing, hailing

feces and debris; randomly selected beatings; fire hoses; police brutality; vicious dogs; tear gas; death threats; bombs, fires; and ultimately death, so that we could have the freedom and liberty to choose, did Dr. King ever imagine that this generation, all of us, who now profit from his sacrifices and struggles, would make the choices that we make?

"What would he say if he knew that our generation chooses the low road of ugly degeneracy over and over again?" Norwood asked.

Also speaking at the event was Jewell Terrell, Hacienda Recreation Center staff member. "We are challenged as we celebrate his birthday to remember one of his greatest legacies — hope, for he never gave up hope," she said. "He never ceased to believe that the dream and the dreamers would prevail."

Additionally, three Soldiers came on stage to recite quotes from Martin Luther King's multitude of speeches and captivated the audience.

The Soldiers in attendance were asked to write brief testimonials in the birthday card. The best three will receive prizes consisting of two \$50 savings bonds from Eisenhower National Bank and a \$50 gift certificate to Army and Air Force Exchange Service from the MILES Program.

The program was sponsored by Morale, Welfare and



Photo by Drill Sgt. Terry Rafael

Sgt. Maj. Edward W. Norwood, sergeant major of the Department of Medic Training for the Army Medical Department Center and School, visits with members of the audience Jan. 18 after delivering a stirring speech on Dr. Martin Luther King Jr. at the Hacienda Recreation Center.

Recreation; Providence; DeVry University; the MILES Program; Eisenhower National Bank; Century 21; TLC; San Antonio Credit Union; Balfour Military Awards; and Enterprise Rent A Car.

Child and Youth Services

Youth Center dinner, registration

The Youth Center will host a spaghetti dinner and registration for middle school and teen youth and their parents Saturday from 5 to 7 p.m. at the Youth Center, Building 1630. Registration for middle school and teen youth, grades six through 12, will be taken at that time. Parents will need to bring proof of income, two emergency contacts, the child's Social Security number and a family care plan (if applica-

ble.) The cost for registration is \$18 per middle school or teen youth. A free spaghetti dinner will be served for parents and youth. After dinner, a parent, staff and youth basketball game will be held. For more information, call 221-3502.

Instructors needed for SKIES

The Schools of Knowledge, Inspiration, Exploration and Skills seeks instructors in the following areas: dance, swimming, cooking, self-defense, art, voice, gymnastics, ceramics, stained glass, basic automobile, rollerskating, SAT/ACT preparation, astronomy, basic budgeting, science exploration,

languages and sewing. SKIES instructors must successfully pass background clearances, be current in infant, child and adult cardiopulmonary resuscitation and first aid. Classes will be taught at Fort Sam Houston for ages 3 to 4 through 18, when age appropriate. For more information, call 221-0497.

CYS talent show

The second annual Child and Youth Services Talent Show will be held Feb. 17 from 7 to 9 p.m. at the Roadrunner Community Center, Building 2797. Talent categories include dance, vocals, step, comedy and more. The public is invited to watch

Fort Sam Houston's youth ages 3 to 18 display their talents. For more information, call Central Registration at 221-4871 or 221-1723.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Feb. 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet the staff and learn of upcoming events and parent education opportunities.

Religious Happenings . . .

Catholic Women of the Chapel

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center–West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367.

**For the chapel services schedule, visit
www.samhouston.army.mil/chaplain.**

Community Recreation

5K run/walk

In observance of Healthy Weight Week, a 5K Fun Run/Walk will be held Saturday at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Post garage sale

A post garage sale will be held Feb. 3 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID card is required to participate. Participants must bring their own tables to the event or may rent them from the Outdoor Equipment Center by calling 221-5225. To register or for more information, call 221-2601 or 221-2523.

Transfer home movies to DVD

The Arts and Crafts Center at Lackland Air Force Base has the capabilities of transferring 8 mm home movies to DVDs. The cost is \$7.50 per hour plus the cost of the disc. For more information, call 671-2515 or 671-2269.

Coushatta Casino Resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club Feb. 13 at 7 a.m. and return Feb. 14 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office by Feb. 7. For more information, call 226-1663 or 224-2721.

Paintball adventure

For information on organized paintball activities or future tournaments and events, call outdoor recreation at Lackland Air Force Base at 925-5532.

Skeet and trap range

The Randolph Air Force Base Skeet and Trap Range offers open skeet shooting Wednesdays from 1 to 6 p.m. and Saturdays and Sundays from 9 a.m. to 3 p.m. The range offers shotguns for rent and five stand skeet shooting for enthusiasts to test their skills. Skeet tournaments are held throughout the year. Texas residents must have a current Texas Skeet Shooting Association card to participate. For more information, call the Skeet and Trap Range on Randolph Air Force Base at 652-2064.

Equestrian Center trail rides

The Equestrian Center offers one hour trail rides every Saturday and Sunday for individuals over 7 years old. Children younger than 12 years old must be accompanied by a parent. The cost is \$20 per person. The first trail ride begins at 8:30 a.m. with the last ride at 2 p.m. Pony rides are available to children age 6 and younger from 10 a.m. to 2 p.m. every Saturday and Sunday. A parent must lead the pony. The cost is \$5 per child. For more information, call 224-7207.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month. The next brunch will be held Feb. 4 from 10 a.m. to 1:30 p.m. at the Sam Houston. The brunch features a kids' meal station, a chocolate fondue station, complimentary champagne and an international

food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Valentine dinner and dance

The Sam Houston Club will host a Valentine's Day dinner and dance Feb. 14 from 5:30 to 9:30 p.m. Enjoy romantic dining ambiance and dancing to the sounds of Triple Nickel. The cost is \$29.95 per couple. Reservations are encouraged. To make reservations or for more information, call 224-2721.

Big Bucks Bingo

Big Bucks Bingo offers a guaranteed prize money pool of \$10,300 Feb. 3 at the Sam Houston Club. The doors open at 12:30 p.m. For more information, call 224-2721.

Golf Club, 221-4388

Warriors Scramble golf tournament

Register up to four players for the Warriors Monthly Scramble held the first Wednesday of each month at the Fort Sam Houston Golf Club. The next tournament will be held Feb. 7 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and a social following the scramble. Participants must be in an authorized pass or leave status. To register or for more information, call 222-9386.

Bowling Center, 221-3683

Bowl-A-Jam

Enjoy Bowl-A-Jam every Saturday from 7 to 10 p.m. at the Fort Sam Houston Bowling Center. The cost is \$8 and includes shoes and one order of fries per lane. For more information, call 221-3683.

Eighties day

Bowl for 80 cents per game with 80 cent shoe rental every Sunday from 2 to 8:30 p.m.

Win Stock Show and Rodeo tickets

Morale, Welfare and Recreation will give away several rodeo ticket packs at the Fort Sam Houston Bowling Center to a few lucky winners. Five packs will be given away and range in quantity; however, all include grounds admission tickets, rodeo tickets and carnival ride vouchers. The San Antonio Stock Show and Rodeo will run from Feb. 1 through 18. For a chance to win a prize pack, pick up an entry form at the Bowling Center or download an entry form on the Fort Sam Houston MWR Web site at www.portsamhoustonmwr.com before Feb. 1. Patrons with access to the Bowling Center may register for the drawing. Winners will be drawn Feb. 2. Discount tickets can also be purchased at the MWR ticket office. For more information, call 226-1663 or visit the Rodeo Web site at www.sarodeo.com.

at the Fort Sam Houston Bowling Center. For more information, call 221-3683.

Harlequin Dinner Theatre, 222-9694

The Agatha Christie mystery, "The Mousetrap," will be performed at the Harlequin Dinner Theatre through Feb. 17. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m. with a buffet from 6:30 to 7:30 p.m. The play begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 221-1663

Tickets for the 2007 San Antonio Stock Show and Rodeo are on sale at the MWR Ticket Office located inside the Sam Houston Club. The Rodeo will be held Feb. 1 through 18. The ticket office is open Tuesday through Friday from 10 a.m. to 5 p.m. For more information, call 226-1663 or 224-2721.



Fort Sam's 'biggest loser'

Co-workers resolve to lighten up with weight-loss competition

By Elaine Wilson
Fort Sam Houston Public Information Office

Don't call Cheryl Harrison a loser, unless you're referring to her weight. She hopes to drop a few pounds, and dress sizes, as she competes against four other Fort Sam Houston employees for the title of Fort Sam Houston's "Biggest Loser."

"My goal is to drop weight, yes, but more importantly to get in shape so I can enjoy life to its fullest in a healthy body," said Harrison, News Leader writer and a grandmother of four. "I'm 54 years old and tired of being tired."

The impromptu weight-loss competition, dreamed up by five co-workers at Fort Sam Houston, is based loosely on the popular NBC reality show, "The Biggest Loser," which this year pit contestants from each state in the nation against each other. This year's winner, Erik, lost 214 pounds.

The post's mini-version of the competition started at a time when most body-conscious emotions arise – just after New Year's. Determined to stick to their weight-loss resolutions, the co-workers decided to go public with their weight-related struggles and goals and commit themselves to a six-month test of their endurance and will power. Combined, the women would like to lose about 135 pounds.

"This year, I am determined to lose this weight more than ever," said Minnie Jones, community relations specialist from the Public Information Office and an Air Force reservist. "I don't like the way I look or feel; I have a closet full of my 'thin' clothes, I refuse to dispose of them, but every time I walk into my closet, I get depressed. I want to get back to the way I was."

Their ups and downs, on the scale and off, will be

published in the News Leader every month as they each follow an individual diet and exercise plan, monitored by Lucian Kimble, fitness trainer from the Jimmy Brought Fitness Center.

"I'm going to encourage healthy weight loss, which is a one or two pounds a week," Kimble said. "The best way to do that is to make healthy food choices and eat in moderation. Instead of a barbecue stocked with fatty foods, gather your friends and go for a bike ride, or play a game of basketball."

"People need to get moving. I recommend taking 10,000 steps a day, whether it's walking from a parking lot to your office building or running on a treadmill. The key is to stay active."

A program of healthy weight loss and activity not only promotes fitness, but health. Overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems and psychological disorders, such as cancer, according to the U.S. Department of Health and Human Services. And, 300,000 deaths each year in the United States are associated with obesity.

Olivia Mendoza hopes by becoming a Fort Sam "loser" she can prevent future health problems and lower her high cholesterol, a problem that has plagued the 33-year-old for the past few years. "I've let go and become less active," said the community relations specialist. "I have noticed when walking up stairs I'm losing my breath and that is because my body weighs me down so I have to work twice as hard."

"My goal is to fit back into my size 9 clothes and hopefully lower my cholesterol level to where I can stop taking cholesterol pills," she said.

The ladies kick-started their program with a visit to the gym Monday, where Kimble took a starting weight and body mass index reading and developed a diet and exercise plan for each participant, a free service available to the Fort Sam Houston community.

Lori Newman said the hardest part of her first work out was motivation. "It helped having my friends there to work out with and support me. It's harder to make excuses when people are counting on you to work out with them."

While some of the ladies are focused on a goal weight, Harrison said she is less concerned with a number than with her health. "I will not say how much I weigh or how much I want to lose. To me that would be not only overwhelming, but self-defeating. My goal is to drop weight, yes, but more importantly to get in shape, so I can enjoy life to its fullest in a healthy body."

"If by doing this, I inspire someone



Photo by Elaine Wilson

Cheryl Harrison breaks a sweat on an elliptical machine, one of the many cardiovascular machines at the Jimmy Brought Fitness Center. Harrison is one of five ladies competing against each other to become the "Biggest Loser" at Fort Sam Houston.

else along the way, I have then accomplished more than I dared verbalize," she said. "Life is a journey and this is just another lag that I look forward to navigating. I don't want to get lost to myself along the way."

On the TV show, the "biggest loser" took home \$100,000. The Fort Sam contestants don't have that pot of gold waiting for them if they succeed. However, they hope to take away a more meaningful prize.

"I'm hoping to take away some fat," joked Kathy Maple, MWR marketing specialist. "But also, I want to get back to myself. This is not me, being heavy like this. I want to get back to feeling good. I want to get myself back."

For more information about healthy weight loss, call Kimble at 221-1532 or stop by the Jimmy Brought Fitness Center on Wilson Road for free weight loss counseling, equipment orientation or body composition testing. To participate in the "Biggest Loser" competition, call 221-0615 or 221-1031.



Photo by Olivia Mendoza

Lucian Kimble, fitness trainer, takes a body mass index reading on Kathy Maple at the Jimmy Brought Fitness Center. BMI is a statistical measure of the weight of a person scaled according to height. People can calculate their BMI by taking their weight in pounds times 704.5 and dividing it by their height in inches squared. People can then reference a BMI chart online (<http://www.consumer.gov/weightloss/bmi.htm>) to see how they measure up.

And the 'losers' are . . .

"My most difficult exercise is getting off the couch. I've gained 35 pounds in one year. I love my job but it's fairly sedentary. I'm not moving around as much as in my former job, when I worked in retail. That trend has continued for me at home. I've become more sedentary overall.

The breaking point for me came when I started wearing my husband's jeans. I started as a size 10, and when I hit a size 16, I refused to buy a bigger size. So, when the 16s got tight, I started wearing my husband's pants. It was funny to me, but I also realized I really needed to do something about it.

I plan to modify my behavior to lose weight; change my lifestyle. I believe it doesn't matter what diet or exercise you use, if you don't change your behavior, then you won't come out a winner. You have to modify your plan to your lifestyle. I wrote my own diet to what I like to eat, based on calorie intake. I'm 50 and haven't exercised in a while so I'm going to start out walking, start out slow."

Kathy Maple



"I know who I am on the inside, but it does not match who I am on the outside. I have battled with my weight my entire life. I am a lifetime member of Weight Watchers, although you cannot tell by my present-day appearance. I have tried many diets, with success, but it is the old yo-yo effect and I am on the upswing – again. Now, here I am at 54 years old and tired of being tired. My weight has a lot to do with my energy level, my aching joints, lethargy and just feeling fat.

I want to lose weight so I can enjoy my grandchildren, be a good mom to my five adult children and, most importantly, be a 'hot' wife my husband wants to come home to at night. After all, it is just the two of us at home now.

My plan is to start with the Atkins diet just for a few weeks for a jump start, then work myself into a food plan of calorie counting. I will be incorporating a walking program, slowly at first, moving into a good clip as I get used to using muscles I've neglected for so long.

Wish me luck, and I hope you will be seeing less of me as this story unfolds."

Cheryl Harrison



Healthy weight tips

Aim for a healthy weight

- If you are overweight or obese, losing just 10 percent of your body weight can improve your health
- If you need to lose weight, do so gradually — 1/2 to 2 pounds per week.

Be active

- Keep physically active to balance the calories you consume.
- Be physically active for at least 30 minutes (adults) or 60 minutes (children) on most days of the week.
- Limit TV time to less than two hours per day.

Eat well

- Select sensible portion sizes.
- Follow the Dietary Guidelines for Americans (www.health.gov/dietaryguidelines).

(Source: U.S. Department of Health and Human Services)

"I have so many sundresses I would love to wear again, and I would love to wear clothes without them feeling so tight and uncomfortable. It's harder to find clothes today to fit my body shape. It's easier for people who are well proportioned because they can find clothes to fit properly.

My diet plan is to work out continuously every day during my lunch hour and at home. Changing eating habits is the biggest challenge for anyone, so I will have to dedicate myself to eating in small portions without fatty foods and cutting back on carbs and starches. With all the good stuff I love it will be hard, but my mental motivation is my cousins in Florida who are wearing the cutest dresses. I know I can get back to where I once was and feel good about myself again."

Olivia Mendoza



"In 2004 I was in optimum shape. I attribute my weight gain to several major life-changing events that happened over the past two years. In 2003, my family and I were separated because of a military move, I had two close family members die within 18 months of each other, I was unemployed, and finally, I had to deal with some chronic medical problems. All of these life-changing events are considered major stressors in a person's life. I attribute them to me not wanting to exercise.

I believe the hardest thing about losing this weight is getting motivated. You have to be mentally ready to start; something in your life has to give you a nudge. This competition, and looking in the mirror with no clothes on, did it for me."

Minnie Jones



"I am trying to lose weight because I'm getting older and I want to stay healthy and look good. My mother was very heavy and I don't want that to happen to me. I am the heaviest I've ever been. When I got married I was a size 6; now I'm a size 12. I hate going shopping and trying on clothes, but a lot of my clothes don't fit anymore.

I plan to do at least 30 minutes of exercise a day and change my eating habits. I know I should cut down on fats and carbohydrates and eat more fruits and vegetables."

Lori Newman



AFAP 2007: People invited to submit issues, concerns

People are invited to submit issues for inclusion in the 2007 Fort Sam Houston Army Family Action Plan conference, which will be held Feb. 21 and 22.

The AFAP process lets the Army family — Soldiers, Department of Army civilians, retirees and their families — identify what is working and what is not working in their community and the Army world-wide to Army leadership. Issues can involve housing, childcare, recreational activities, post security or any other area of concern important to quality of life.

AFAP alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for keeping the local community informed on the progress of the issues submitted.

The Army is the only branch of the Department of Defense that has such a program. This process has resulted in the enhancement of local programs and quality of life, change in regulations and enactment of new legislation in support of military components.

Be a part of this important process. Submit issues to

the 2007 Fort Sam Houston AFAP conference by Jan. 29.

Additionally, people representing all facets of the Army community are needed as delegates for the conference. DA civilian employees, Soldiers' spouses and retirees are welcome to apply. Soldier delegates will be identified by their units.

Delegates are required to participate in the entire two-day AFAP conference. For more information about the AFAP process or for a delegate application, call Chris Neubeck, AFAP program assistant, at 221-0275.

(Source: Army Community Service)

Events

Bastrop State Park walk

The Colorado River Walkers Volksmarch Club will host a 5K and 10K walk Saturday beginning at the Bastrop State Park. For more information, call Jo Ann Fries at 512-480-0291, e-mail joannwoolf@aol.com or visit www.coloradoriverwalkers.com.

Houston Street Fair and Market

The Houston Street Fair and Market will be held Saturday from 12 to 6 p.m. on Houston Street, between South Flores and Santa Rosa streets. This month's market event will feature a rodeo theme with real cowboys, Oreo the Longhorn Chuck Wagon and pony rides. There will be food, fun, music and activities for the entire family. Free parking will be available in the St. Mary's Street parking garage located at 400 N. St. Mary.

Stars and Bars Formal Dining-In

The Lackland Air Force Base Company Grade Officers' council will host the Annual Stars and Bars Formal Dining-In Feb. 2 at 5 p.m. at the Gateway Club, Lackland Air Force Base. The guest speaker will be Maj. Gen. Craig Koziol, commander, Air Intelligence Agency. The cost is \$25 and tickets must be purchased by Friday. Any officer, O-1 through O-3, serving in any branch of service is invited. The Medical Command Band will provide entertainment. For more information, call Lt. Bailey at 969-4033 or Capt. Schofield at 665-2141.

MOAA travel show

The Military Officers Association of America, Alamo Chapter, will host a travel show Feb. 3 at 4 and 6:30 p.m. in the Sam Houston Club, Building 1395, Chaffee Road. A free cruise give-away will be drawn at each show. For more information, call MOAA Vacations at 1-800-221-5107.

Maverick Library book sale

The Maury Maverick Jr. Branch Library Book Sale will be held Feb. 3 from 9 a.m. to 4 p.m., 8700 Mystic Park. The Friends of the Maverick Library will sponsor the event, with proceeds going toward special projects for the Maverick Library. Gently used books can be donated to the library for the book sale. For more information, visit www.sanantonio/library.gov.

New Braunfels walk

The New Braunfels Marsch-und Wandergruppe Volksmarch Club will host a 5K and 10K walk Feb. 4 beginning at the Visitor Center at the intersection of South Seguin — FM 725 and Interstate Highway 35. For more information, call Helgard Suhr-Hollis at 830-625-6330, e-mail helgard@satx.rr.com or visit walktexas.org.

MOAA Sweetheart Dinner and Dance

The Military Officers Association of America, Alamo Chapter will host a Sweetheart Dinner and Dance Feb. 7 at the Randolph Officer's Club, Randolph Air Force Base. The social hour will begin at 6 p.m. The cost for the event is \$25 per person. For more information or reservations, call 228-9955.

Free Valentine's Day message

Stars and Stripes is offering a free Valentine's Day message posting service. Greetings will be published in the European, Pacific and Middle East editions of the Stars

and Stripes and on Stripes.com Feb. 13 and Feb. 14. To send a free message, visit Stripes.com and click on the "Valentine's Day Message" button. Stars and Stripes will only publish messages written in English and received online by the Tuesday deadline.

'The Mousetrap' at Harlequin

The Harlequin Dinner Theatre presents "The Mousetrap," a mystery by Agatha Christie, through Feb. 17 Wednesday through Saturday evenings. Prices are \$27.95 Fridays and Saturdays and \$24.95 Wednesdays and Thursdays. Military and students discounts are available. The house opens at 6:15 p.m., with shows beginning at 8 p.m. The box office is open weekdays from 12 to 5 p.m. and Saturdays from 1 to 5 p.m. For more information or reservations, call 222-9694.

MOAA luncheon

The Military Officers Association of America, Alamo Chapter will host a luncheon Feb. 22 at 11 a.m. at the Randolph Air Force Base Officer's Club. The guest speaker will be retired Navy Reserve Capt. John W. Woody, the national president of The Gamewardens of Vietnam Association. The cost of the luncheon is \$15. For more information or reservations, call 228-9955 or e-mail moaa-ac@sbcglobal.net.

OCSC chocolate tour, massage

The Officer and Civilian Spouses' Club will host a tour of the Schokolad Chocolate Factory, 19141 Stone Oak Parkway, Feb 23 beginning at 1 p.m. Massage sessions will also be offered at 2 and 3 p.m. The cost for a massage is \$39.99. The tour will meet at the commissary parking lot at 12 p.m. to carpool. For more information or reservations before Feb. 20, call Alicia Utz or e-mail Ato-z@earthlink.net.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramerks@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil; or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets 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. Mossaab Benhammou at 295-4014.

Training

Recruit the Recruiter Team

The Recruit the Recruiter Team will brief Soldiers, specialists through sergeants first class, regarding the benefits, challenges and qualifications of recruiting duty Tuesday and Wednesday at 9:30 a.m. and 1 p.m. at the Human Resources Building, Building 2263, Room B101. Spouses are welcome to attend. For more information, e-mail Master Sgt. Walter Hampton at walter.hampton@usarec.army.mil.

GED classes

Employment Readiness offers General Equivalency Diploma classes Mondays and Wednesdays from 6 to 8 p.m. at the Roadrunner Community Center, 2010 Stanley Road, Building 2797. A certified instructor teaches the classes and most colleges and employers accept a GED certificate the same as a high school diploma. For registration or information, call 221-2705.

Free dental assistant training

The 59th Dental Squadron at Lackland Air Force Base is accepting applications for the Red Cross Dental Assistant Program. Family members of active duty and retired military personnel who would like to become dental assistants may apply for the six-month training program. Applications will be accepted through March 8, with interviews March 12, 13 and 14 from 7:30 a.m. to 3:30 p.m. For more information, call Staff Sgt. Elizabeth Cintron at 925-1846, e-mail elizabeth.cintron@lackland.af.mil or lacy.clemente@lackland.af.mil.

University of the Incarnate Word

A representative from the University of the Incarnate Word will be available Monday, Feb. 12 and 26, and March 12 and 26 from 2 to 4 p.m. in the Education Center, Room 201. For more information, call Vanessa Carrasco at 829-2769 or e-mail vcarrasc@uiwtx.edu.

Computer certification

St. Mary's University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/continuingstudies/>.

St. Mary's University education office

A St. Mary's University representative is available Mondays through Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

Army ROTC Lateral Entry Program

The Army ROTC program at The University of Texas at San Antonio is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call Capt. Chez Varela at 458-5607, e-mail chez.varela@utsa.edu or visit www.armyrotc.utsa.edu/.

Green to Gold program (UTSA)

The Army ROTC program at The University of Texas at San Antonio is seeking enlisted Soldiers who are interested in becoming Army officers upon completion of a bachelor's degree. For more information, call Capt. Chez Varela at 458-5607, e-mail chez.varela@utsa.edu or visit <http://www.armyrotc.utsa.edu/>.

Financial readiness classes

Army Community Service will offer the following financial readiness classes in January: "Understanding Your Credit Report," "Financial Planning," "Identity Theft" and "Checkbook Maintenance." All classes are free and open to the public and begin at 2 p.m. in Building 2797, Training Room 1, 2010 Stanley Road. Class space is limited. For more information or to register, call 221-1612.

Homeland Security courses

The University of Texas at San Antonio offers graduate certificates in Security Studies: Homeland Security and Defense. Classes begin in the spring semester. For more information, call James Calder at 458-7671 or e-mail james.calder@utsa.edu.

Special Forces seeks applicants

The U.S. Army Special Forces invites male officers from "Year Group 04" to apply. Officer packets will be accepted through Feb. 15. Early submission is recommended. For more information, visit www.bragg.army.mil/specialforces.

Volunteer

Endodontics patients needed

The Department of Endodontics at MacKown Dental Clinic on Lackland Air Force Base seeks patients who need root canal therapy. Applicants must be a military retiree, family member of a retiree or family member of active duty and have been recently diagnosed by a dentist as having an endodontic condition requiring root canal therapy. Patients should obtain a written consult from their referring dentist and fax it to 292-6431 or bring it to the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

Denture patients needed

The Prosthodontics Department at Wilford Hall Medical Center seeks a limited number of patients who are need of new complete dentures. Applicants must be a military retiree, a family member of a retiree or a family member of an active duty military member and must have a need for a new set of complete dentures. Individuals enrolled in the Dependents' Dental Plan are not eligible for treatment, unless they have exceeded their annual coverage. For more information, call 292-4208.

Pediatric dental patients needed

The Pediatric Dental Department on Lackland Air Force Base will provide drop-in dental screenings Feb. 14 from 8 to 11 a.m. No appointment is required; however, children must be signed in by 10 a.m. Screenings will be held at the Lackland Skylark Community Center in the Longhorn Room, Building 6576, 1560 Luke Blvd. Dental screenings are available for all eligible military medical beneficiaries under age 12. Parents should bring a copy of their child's treatment plan or referral letter from their private dentist. For more information, call Staff Sgt. Williams at 292-4072.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

For Sale: Couch with reversible cushions, in good condition, \$100. Call 495-2296.

For Sale: Computer station with file drawer and locked cabinet, great work station, in good condition. Call 656-6772.

For Sale: Dual reclining sofa, \$200; futon, \$100. Call 912-2533 and leave message.

For Sale: Infant crib, \$100; child's old desk, \$25; Pioneer stereo system, five CD disk holder, turntable with speakers, \$50; old Avon bottles, price vary. Call 826-0882.

For Sale: China hutch, \$150; dinette set, \$90; black entertainment center, \$150; secretarial desk section, \$75; commercial copier, \$175. Call 241-1291.

For Sale: 1992 Ford conversion van by Magnum, loaded, four reclining captain's chairs, electric sofa, window

Freebie, e-mail news.leader@sam-houston.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



blinds and screens, trailer hauling package, TV/VCR, front and rear AM/FM stereo, air conditioning, well maintained, service records available, \$2,498. Call 659-6741 and leave message.

For Sale: Monterrey rustic table with four chairs, in excellent condition, \$500; Canon AE-1 program 35 mm camera, includes two lens, flash and other extras, \$200; Medicus 2000 dual-hinged swing trainer, includes DVD, manual and adjustment tool, \$95; Affinity 60 DEG LOB wedge, \$15; golf pull cart, \$15. Call 697-9261 or 363-4056.

For Sale: 1996 green Dodge Avenger, 124K, in fair condition, \$1,000 obo. Call 821-5479 or 587-5972.

For Sale: Frigidaire washer and dryer, four years old, \$300 for pair. Call John at 286-0842.

Career Clips

Patient account specialist, San Antonio -

Responsible for account follow-up for all assigned accounts, resolving billing problems and answering patient inquiries; sets up financial arrangements as needed; uses collection techniques to keep accounts receivable current including monitoring for delinquent payments.

Service technician, San Antonio - Responsible for supporting service coordination activities and functions for the STAR+PLUS population in accordance with company policies, procedures and processes; interacts with company nurses, medical director and providers to ensure the delivery of high quality, cost-effective health care for company members.

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, Building 2263, Room B099 or by calling 221-1213.