



Fort Sam Houston News Leader



Vol. 38, No. 4

Fort Sam Houston – Home of Army Medicine

Jan. 26, 2006

Briefs . . .

Tax center open for business

The Tax Assistance Center is open Mondays, Wednesdays and Fridays from 9 a.m. to 5 p.m.; Tuesdays and Thursdays from 9 a.m. to 9 p.m.; and Saturdays from 9 a.m. to 1 p.m. at the 1st Legal Support Organization, Building 133A, 2420 Liscum Road, behind the Garrison Staff Judge Advocate Office. For more information, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

Technology Exposition 2006

The 2006 Fort Sam Houston Technology Expo is today from 10 a.m. to 2 p.m. at the Sam Houston Club, Building 1395, Chaffee Road. Free refreshments and giveaways are available while supplies last. The expo is free and the public is invited. For more information, call Carrie Meadows at 888-603-8899, ext. 214 or e-mail meadows@ncsi.com.

Retirement ceremony

Fort Sam Houston will honor its January retirees at a consolidated retirement ceremony today at 7:45 a.m. at MacArthur Parade Field.

Walters Street gate update

Phase one of the Walters Street Access Control Point upgrade project will continue through Feb. 3. The exit lane will remain open; however, the two inbound lanes will be closed for about 30 days. All traffic, with or without a decal, must enter through the two inbound visitor's entrance lanes. Upon entry, drivers must turn right on Parker Street or go straight on 7th Street in front of the clothing sales facility; 7th Street will be one way north to Wilson Street. To avoid delays, motorists who use the Walters Street entrance are encouraged to use an alternate ACP.

AUSA luncheon

The Association of the United States Army luncheon will be Feb. 13 at 11:30 a.m. at the Sam Houston Club. Brig. Gen. Elder Granger, chief of staff to the assistant secretary of defense for health affairs, will be the guest speaker. Tickets are \$10 and can be purchased through the MWR ticket office at the Sam Houston Club. For more information, call 226-1663.

Black History Month observance

A Black History Month Observance ceremony will be Feb. 14 from 11:30 a.m. to 1 p.m. at the Roadrunner Community Center. Brig. Gen. Elder Granger, chief of staff to the assistant secretary of defense for health affairs, will be the guest speaker. For tickets, call the Equal Employment Office at 295-0552. Cost is \$5.

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Photo by Sgt. 1st Class Maria Sanchez

Seeing red

Spc. Nikolay Kirilov, a student at the Blood Bank and Hematology Branch, tests donor blood. The blood bank and hematology course is part of the 52-week medical laboratory technician training. See related story and photos on Pages 18 and 19.

32nd Medical Brigade overhauls battalions

By Elaine Wilson
Fort Sam Houston Public Information Office

The 32nd Medical Brigade will undergo a major operation in mid-February as leaders streamline and realign two of its battalions to increase efficiency and morale.

The reorganization will include an interchange of missions, personnel and assets between the 264th and 187th Medical Battalions. The 232nd Med. Bn. will not be affected.

The transformation will turn the instructor-only 264th Med. Bn. into a mix of students, drill sergeants and cadre, as the student-heavy 187th Med. Bn. gains instructors. Eliminating the separation of students and cadre is a long overdue change, post leaders said.

"This reorganization will synchronize students, drill sergeants and cadre," said Col. Bradley Freeman, 32nd Med. Bde.

commander. "By decentralizing the battalions from all instructors or all students, we will have a much more effective system that will benefit students and instructors."

The new battalion structure will more closely mirror the 232nd Med. Bn., which keeps its instructors and students close at hand. The combination enables a cross-flow of communication between cadre, drill sergeants and Soldiers. With the current separation of instructors and students in the other two battalions, ineffective communication has been a longstanding source of problems, Freeman said.

"We've gotten a lot of feedback from students about conflicts of interest," he said. "For instance, the cadre may have scheduled an exam the next day, but the drill sergeants have an activity scheduled for the evening before, which could be used for studying."

See 32ND on Page 4

Post, school team up for exercise

By Cheryl Harrison
Fort Sam Houston Public Information Office

Administrators from the Fort Sam Houston Independent School District and key installation personnel from Fort Sam Houston met for a tabletop exercise Wednesday to review emergency response plans and increase awareness of emergency procedures.

This was the third exercise in the past

year where the FSHISD and post have partnered to improve coordination and mutual support during school and installation emergencies. The exercise ensures that every effort possible is made to provide for the safety of the students and staff. "The people involved in this tabletop exercise are mainly school administrators, nurses, counselors and principals," said Dr. Gail Siller, FSHISD superintendent. "I developed the scenario, which

through discussion and input coordinates an emergency response plan between the school and the community."

The scenario was that of a student taking another student hostage with the use of a weapon. The fictitious event was reviewed and discussed to decide how they would respond to the scenario using a combination of school and installation resources.

See EXERCISE on Page 4

Start date for new personnel system delayed

WASHINGTON, D.C. — Defense officials have scaled back the initial group of civilian employees to fall under the new National Security Personnel System to 11,000 in the first group from a previously scheduled 60,000, officials said.

The implementation date was also changed from Wednesday to April 30.

Personnel officials have been seeking feedback on proposed rules from employees, managers, human relations specialists

and employee unions for several months. That feedback "led us to conclude we need more time to focus on simplifying the performance management design, getting performance objectives right and ensuring the system is simple, clear and understandable," NSPS officials said in a statement on the program's Web site.

The National Security Personnel System is intended to streamline cumbersome personnel rules and make it easier

for managers to both reward stellar performance and correct sub-par performance among the Defense Department's 650,000 civil service employees.

The system also includes a means to rate leaders on management functions.

"DoD is committed to making the NSPS transition as smooth as possible for the workforce. Ensuring that we 'take the time to do this right' has always been a principle in our event-driven implementa-

tion approach," officials said on the program's Web site. "We want to make sure that our employees, supervisors and leaders fully understand this system, and that they have the tools to succeed in a results-focused, performance-based environment."

For more information, visit the NSPS Web site at <http://www.cpms.osd.mil/nsps/>. (Source: American Forces Press Service)

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Briefs cont. . . .

BAMC parking lot closure

Parking lot A, south entrance at Brooke Army Medical Center, is closed to ensure the safety of BAMC visitors and patients during the construction of the Center of the Intrepid. Drivers should be vigilant and drive slowly in lot A due to an increase of pedestrian traffic.

Date amendment

The Jan. 19 edition of the Fort Sam Houston News Leader reported on the Department of the Army Protective Gear Reimbursement Program to reimburse Soldiers who privately purchased body armor and certain other protective, health and safety equipment for use in Operations Noble Eagle, Enduring Freedom or Iraqi Freedom before July 31, 2004. The fiscal 2006 Defense Authorization Act amended the Protective Gear Reimbursement Program and extended the deadline for protective gear purchased before April 1, 2006. For questions concerning this program or the extension, claimants or commanders can contact the Fort Sam Houston Claims Office at 221-1973.

AFTB Level I training

Army Family Team Building is offering Level I training, an introduction to the Army, Feb. 6, 8, 13 and 15 from 6 to 9 p.m. at the Roadrunner Community Center. Classes are open to anyone who would like to learn more about the Army and the resources the Army makes available to them. Bring your own dinner each evening, drinks and snacks will be provided. For more information and to register, call the AFTB Office at 221-2705 or 221-2418.

EEO seeks committee members

The Fort Sam Houston Equal Employment Opportunity Office is recruiting for committee members for the following programs: Black Employment Program, Hispanic Employment Program, Asian/Pacific American Employment Program, Native American/Alaskan Native Employment Program and Federal Women's Program. For more information, call Glennis Ribblett at 221-9401.

Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call 221-1065 or 669-5173.

Army's top doctor visits Houston physicians

Story and photo by John L. Thompson III
U.S. Army Recruiting Battalion Houston

HOUSTON — Army Surgeon General and U.S. Army Medical Command Commander Lt. Gen. Kevin C. Kiley paid a house call Jan. 12 to some of Houston's top physicians at Texas Medical Center to talk about health care issues facing America's Army.

The gathering brought 26 Houston area health care leaders to exchange ideas with the Army's head doctor.

Kiley spoke to the mixture of doctors/professors schooled in medical arts and affiliated with operations such as the Texas Heart Institute, University of Texas Medical School and Ben Taub Hospital.

Kiley said current ways of providing medical care to wounded and injured Soldiers in Iraq and Afghanistan are dramatic changes from the way America's military conducted medical operations during Operations Desert Shield and Desert Storm.

"You can't take Walter Reed (Army Medical Center in Washington D.C.) to the field," Kiley remarked, "but, we are taking the field to Walter Reed."

Many factors play a role in increasing the survivability of Soldiers, Kiley told the Texas doctors. Today's medics now have skills comparable to emergency medical technicians found in large cities. Over the last 15 years, research and development has produced better first aid devices, including superior individual first aid kits and tourniquets. Kiley said the tourniquets are saving lives. Forward surgical teams with self-contained operating rooms travel in hostile areas and the rapid response of air evacuation decreases the time wounded or injured Soldiers have to wait for medical care.

Kiley spoke of a Soldier he met who



Houston's Ben Taub Hospital Chief of Emergency Medicine Dr. Ken Mattox discussed Army medicine with Lt. Gen. Kevin C. Kiley, surgeon general of the Army. Kiley visited the Texas Medical Center in Houston Jan. 12 to discuss how the Army is tackling health issues during the Global War on Terrorism.

was wounded in an outlying area of Iraq on a Wednesday afternoon as Kiley was leaving to return to the United States. Kiley landed in the United States the next day. He found out the Soldier was treated by doctors at Walter Reed Army Medical Center within 24 hours of suffering wounds, and was in a hospital bed Thursday evening. He said America's ability to transport patients speedily to stateside care while providing constant quality medical care during transportation basically brings the "foxhole" to the medical center. By doing that, Kiley said the number of casualties has been significantly reduced.

Kiley pointed out that today's military doctors, dentists and nurses are high quality health care professionals who can operate under stressful conditions if required. But, there is always a need to find and recruit those skilled in

the medical arts to fill an ongoing need in the Army.

"The reason I am here is because this is not my Army," Kiley summed up. "It is your Army."

The event was sponsored by Dr. Ward Casscells, world-renowned cardiologist and professor from the University of Texas Health Science Center.

Casscells recently accepted an Army commission as a lieutenant colonel in the Army Reserve and was recognized with the General Maxwell Thurman Award, an Army Meritorious Service Medal for service during Operation Iraqi Freedom. During the assembly Jan. 12, Casscells was also presented with an Army Achievement Medal for work on influenza issues for residents of Louisiana and Mississippi in the aftermath of Hurricane Katrina.

Soldiers may earn \$1,000 recruiting referral bonus

ARLINGTON, Va. — Soldiers can now earn \$1,000 for referring their acquaintances to Army recruiters should those referrals result in enlistment.

The referral bonus was authorized by the recently signed National Defense Authorization Act. The NDAA also provides authorization to increase enlistment bonuses for new regular-Army recruits from \$20,000 to \$40,000 and increases reserve-component enlistment bonuses from \$10,000 to \$20,000.

"We thank Congress for their recent legislation to provide bonuses such as these," said Lt. Gen. Franklin L. Hagenbeck, deputy chief of staff, Army G1 (Personnel). "We're pleased with recent trends and believe these incentives will be instrumental in helping us achieve our goals."

"I believe the new authorities provided by Congress, such as the \$1,000 per referral bonus, will help continue the positive trend of meeting our recruiting objectives (as we have) for the last seven months in a

row," said Secretary of the Army Dr. Francis J. Harvey following a Pentagon press briefing Jan. 18.

Under the referral pilot program, eligible members of both the Army's regular and reserve components may receive the \$1,000 bonus per recruit. Referrals under the program will be made via the Sergeant Major of the Army Recruiting Team, or SMART, referral process.

Soldiers may receive the bonus for referring anyone, except a member of their immediate family. Immediate family member is defined as spouse, parent (including step-parent), child (natural, adopted or step-child), brother or sister.

Those not eligible to receive a referral bonus include Soldiers assigned to the U.S. Army Accessions Command, U.S. Army Recruiting Command, Cadet Command, U.S. Army Reserve Command-Retention and Transition Division, National Guard State Recruiting Commands and any other member of the Army serving in a recruit-

ing or retention assignment.

People are also ineligible for the bonus if their duties could be perceived as creating a conflict of interest, as determined by the secretary of the Army.

Soldiers identified above will be ineligible to receive a referral bonus for three months following a reassignment outside their recruiting and retention duties, officials said, adding this includes Soldiers who have participated in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program and Additional Duty Special Work in recruiting or retention duties.

The bonus will be paid in a lump sum to the referring Soldier once the qualified applicant completes Basic and Advanced Individual Training, known as AIT. There are no retroactive provisions to this pilot program, officials said. Payments will be made directly to the referring Soldier's military pay account within 45 days after the person who was referred completes AIT.

The referring Soldier must either submit the referral through the SMART link or through the U.S. Army Recruiting Command 1-800 line dedicated to this program. To receive a bonus, the sponsor must provide the name of the applicant as a referral using this process prior to the applicant conducting an appointment with an Army recruiter.

"Soldiers have always provided a vital role in the recruiting process," said Jeff Spara of Army headquarters personnel office. "This program is an excellent way to recognize their contributions."

The NDAA 2006 also increases the maximum enlistment contract from six to eight years and raises the age limit for enlistment from 35 to 40 years.

For more information on the \$1,000 referral bonus, visit <https://www.usarec.army.mil/smart/> or call (800) 223-3735, ext. 6-0473.

(Sources: Army News Service, Alphonso Green and John Reese)

Blood donors recognized for lifesaving gift

Story and photo by
Cheryl Harrison

Fort Sam Houston Public Information Office

Volunteer donors were recognized in a ceremony Friday at the Sam Houston Club. The event honored those people who donated blood at the Akeroyd Blood Donor Center during the past year.

The ceremony began with introduction and welcome remarks by Capt. Marti Blose, officer in charge, Akeroyd Blood Donor Center, and Col. Thomas C. Vail, Brooke Army Medical Center chaplain, who gave the invocation.

Maj. Gen. George Weightman, Fort Sam Houston and Army Medical Department Center and School commander, gave opening remarks and presented the awards.

"You're looking kind of pale today, and those of you that don't look pale, should feel guilty," Weightman said, offering a little humor to the serious subject of donating the gift of life.

"Donating is something you do from the heart, a purely volunteer effort that gives personal satisfaction," Weightman said. "I encourage you to be apostles. Tell those around you what your donation means and help us all do the right thing."

Weightman concluded with, "Thanks for stepping up to the bar when no one is looking."

Donors were awarded in a number of categories: "5-in-05," a program that recognized donors who gave five units of blood in 2005, awarded 45 recipients; 55 people were one-gallon donors; six people donated five gallons; three gave 10 gallons; and



Maj. Gen. George Weightman, Fort Sam Houston and Army Medical Department Center and School commander, (left) congratulates Don Aldridge for his selfless donations. Aldridge was the recipient of the top donor of whole blood.

there were quarterly awards presented to D Company, 232nd Medical Battalion; B Company, 232nd Med. Bn. (two awards); and B Company, 187th Med. Bn.

The highest recognitions went to David Jobe, for his 20-gallon donation; Linda Wenck, 30 gallons; Connie Jo Purchis, top donor for apheresis; and Donald W. Aldridge, top donor for whole blood.

"Blood center members are volunteer donor-supported organizations. They do not pay for blood donations. Food and Drug Administration rules state that blood used for transfusions cannot be bought," said Richard Rangel, medical technician, Akeroyd Blood Donor Center.

For more information or to donate blood, call the Akeroyd Blood Donor Center at 295-4655 or 295-4948.

Exercise

Continued from Page 1

The objective was to increase awareness of emergency procedures and assess internal staff coordination and ability to implement emergency plans, identify training requirements and need for future drills and exercises.

"We'd like to think this would never happen here, but in reality it is possible," Siller said. "This exercise provided an excellent opportunity to test our emergency response measures and lines of communication."

Other post agencies involved were the Directorate of Plans, Training, Mobilization and Security; Criminal Investigation Division; and Department of Emergency Services.



Courtesy photo

School administrators and antiterrorism office and installation operations center personnel participate in a crisis management tabletop exercise Wednesday.

FSHISD board of trustees meeting

The Fort Sam Houston Independent School District board of trustees will review the district's Annual Performance Report for the 2004-2005 school year today at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road. The public is invited to attend.

32nd

Continued from Page 1

The result is a conflict that directly affects the students in both their academics and military training, he said.

The reorganization will resolve these conflicts of interest by aligning students, instructors and cadre into companies with shared training to provide a more "single voice" to students," Freeman said.

For example, "All of the nursing courses will be in one company so there is a shared camaraderie and focus," he said.

The consolidation of students and cadre into mission-driven companies will also enhance academics, since teaching departments will only have to communicate with one company commander for student issues or to organize extra study time, Freeman said.

To create the companies, the 264th Med. Bn. will give up some instructors in exchange for courses and students. The battalion will transform from five companies, a detachment and band to just four companies with three departments, to include the Department of Health Services Administration, Department of Clinical Supply Services and the Department of Nursing Science. Three of the new companies are on post and one is a company of Soldiers at Sheppard Air Force

Base, Texas, which formerly belonged to the 187th Med. Bn.

"The 264th will go from dozens of departments and directorates to just three," said Lt. Col. Erin Edgar, 264th Med. Bn. commander. "The new company commanders won't have to juggle a multitude of issues, but will be able to focus more on our primary mission - training. It's a good reduction in span of control."

The 187th Med. Bn. will also streamline with a change from six companies to four, with a loss of students and a gain of instructors. The battalion will assume responsibility for the Department of Medical Science, Department of Dental Science, Department of Preventive Health Services, Department of Veterinary Science, Department of Pastoral Ministry Training and the Leader Training Center.

"This reorganization will decrease the number of departments my companies must coordinate their activities with, which will increase efficiency and mission effectiveness," said Lt. Col. Patricia Darnauer, 187th Med. Bn. commander. "We look forward to incorporating instructors not just with academics, but also with soldierization through our task force warrior training."

"The great aspect about this change is my instructor cadre will have more hands on opportunity

to deal with Soldiers," she added. "Most drill sergeants have the same (military occupation specialties) as the instructors, so they will be able to more effectively deal with soldierization issues as well as academic issues."

At the brigade level, a Headquarters and Headquarters Company will stand up and the Medical Command Band will move to the brigade from the 264th Med. Bn.

"In our current organization, we have three distinct battalion focuses," Freeman said. "The reorganization will create a commonality between battalions. There will be three battalions of people doing the same job, each

in their own creative way and all can learn from each other."

After 18 months of preparation, the battalions will start swapping out missions, personnel and assets starting Feb. 17, a military training holiday.

"Due to careful planning, the change will be transparent to all but a few of the core leadership," Edgar said. "Some students and instructors will have to move to different buildings but for most, the change will only be a different T-shirt on battalion runs."

There will be growing pains, however, as the battalions adjust to a new way of doing business.

"The biggest challenges will be the personnel aspect and sup-

plies," Edgar said. "We'll have to ensure that, with the change, people are still squared away with pay, awards and promotions, and that each battalion is equipped with the right supplies."

Overall, Freeman foresees a smooth transition.

"A lot of teamwork and preparation precedes this transformation," he said. "It's a positive move that will put us in line with the Army's transformation. Units Army wide are transforming to decentralized, multifunctional battalions, which is exactly our goal here."

"The end result will be well worth the wait and effort," he added.

After the reorganization:

32nd Medical Brigade

Headquarters and Headquarters Company
Medical Command Band
E Company
D Company
NCO Academy

187th Medical Battalion

A Company
Leadership Training Center
Department of Pastoral Ministry Training
B Company
Department of Medical Science
D Company
Department of Dental Science

Department of Veterinary Science
E Company
Department of Preventive Health Services

264th Medical Battalion

A Company
Department of Health Services Administration
B Company
Department of Clinical Support Services
C Company
Department of Nursing Science
D Company
DHSA
Department of Dental Science

Defense Department sets record-high CFC contribution

Story and photo by Sgt. Sara Wood
American Forces Press Service

WASHINGTON, D.C. — The Defense Department raised a record-high \$15.1 million in the 2005 Combined Federal Campaign, exceeding the department's goal by \$2.3 million.

Locally, the U.S. Army Garrison at Fort Sam Houston set a goal of nearly \$98,000. The community went above and beyond the goal with donations exceeding \$100,000.

DoD recognized its organizations for their fundraising efforts at the CFC awards ceremony in the Pentagon.

"By all of these contributions, you have enabled the Department of Defense to maintain its distinction as the largest single charitable organization in the world," said Michael B. Donley, director of administration and management for the Office of the Secretary of Defense.

DoD participation in the CFC was 60 percent, which is about 10 percent higher than the average of other federal agencies, Donley said. Twenty-three of the 24 DoD

organizations that participated in the campaign earned the National Capital Area unit award for their achievements, he added.

The CFC is a nationally authorized workplace-giving drive of federal employees. Employees are given the opportunity to contribute to hundreds of different charitable organizations through a payroll deduction or one-time payment.

When this year's campaign began four months ago, officials were concerned that people would be tired of requests for donations after the numerous natural disasters this year, Deputy Secretary of Defense Gordon R. England said.

However, DoD employees exceeded expectations and demonstrated their giving nature, he said.

"The president talks about the great people in America and how generous they are, taking care of neighbors, and it is



Deputy Defense Secretary Gordon R. England (center) displays the \$15.1 million check from the Defense Department to the Combined Federal Campaign. DoD exceeded its fundraising goal this year by \$2.3 million.

what America's all about," England said. "You've all done a wonderful job."

Each organization was awarded depending on the amount of money raised or improvements from last year's campaign. England thanked all participants for

their hard work and said they had helped more people than they realize.

"A lot of people benefit from it — people we never know, we never meet," he said. "You don't know how many families, neighbors and communities."



Why wear seatbelts?

- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)



New program delivers support to new, expecting parents

By Juliana A. Pérez

Army Community Service Family Advocacy Program

Expectant parents look forward to the arrival of their "bundle of joy." However, new parents can find it hard to be joyous when deprived of sleep or when they become single parents due to their partner's deployment.

A "bundle of joy" can soon become a "bundle of nerves" for new parents far from family and unfamiliar with military and community resources.

A new program, sponsored by the Army Community Service Family Advocacy Program at Fort Sam Houston, can help ease the stress for new and expecting parents.

The New Parent Support Program Plus offers a playgroup, childbirth and parenting classes and a home visitation component.

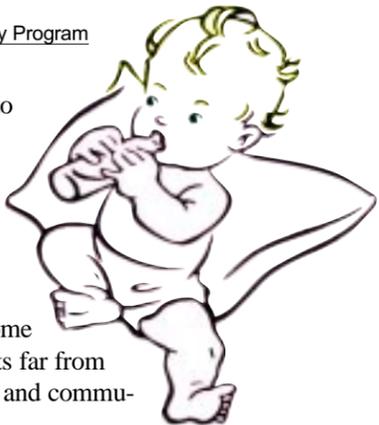
During the in-home visit with parents and babies or toddlers, parenting specialists will help:

- Identify parental needs and strengths;
- Build parenting capacities;
- Provide health and child development information;
- Connect parents to military and community resources;
- Collaborate with parents as a parent mentor; and
- Reduce the risk of child maltreatment.

NPSP+ is available to active duty military and activated reservists and National Guard families expecting their first child or with dependent children newborn to age 3.

Research in the field of brain development indicates that the first three years of human life set the stage for healthy development in all areas of life. Unfortunately, babies are not sent home with their own personal development manual. The goal of ACS is to offer parents the next best thing with NPSP+.

For more information, call NPSP+ at 221-2334 or e-mail Juliana.Perez@samhouston.army.mil.



Physician assistant program applications due March 1

The Army offers qualified officers, warrant officers and enlisted Soldiers an opportunity to become physician assistants through the Interservice Physician Assistant Program.

The Army trains about 60 Soldiers a year alongside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard and U.S. Public Health Service. The training is at the Army Medical Department Center and School.

Graduates earn a master's degree from the University of Nebraska and receive a commission in the Army Medical Specialist Corps as a second lieutenant. Officer students receive constructive credit for their commissioned service. Graduates must pass the Physician Assistant National Certifying Exam before they can provide health care to Soldiers.

Physician assistants provide a broad range of medical services traditionally performed by physicians. They are the primary medical provider to Soldiers in battalion and division level units and also provide garrison health care to Soldiers, family members and other eligible beneficiaries.

To qualify, applicants must be enlisted, commissioned or warrant officers with a minimum of three years of active federal service by Aug. 31 of the academic year. Other eligibility criteria

include a GT score of 110 or higher, 60 semester hours of post secondary school education of which 30 hours must include six hours of English, six hours of humanities, six hours of general chemistry, three hours of human anatomy, three hours of human physiology, three hours of college algebra or higher math and three hours of psychology.

Applications are due to the IPAP program manager by March 1. A selection board will convene in June and the results will be released in August.

People can find complete application procedures in Army Regulation 601-20, The Interservice Physician Assistant Training Program, or visit www.armypa.info or www.cs.amedd.army.mil/ipap

The AMEDDC&S has developed a new program called the Requirements Completion Course designed to help Soldiers complete the program's prerequisite courses. For more information about the course, visit www.armypa.info or e-mail ipap@usarec.army.mil.

For more information about IPAP, call Capt. James J. Jones, IPAP program manager, at (502) 626-0386, DSN 536-0386 or (800) 223-3735, ext 60386; or e-mail ipap@usarec.army.mil.

(Source: IPAP)

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.

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.



Officials offer tips for tax season

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON, D.C. — Tax season has once again arrived, and military personnel should know several things to make their returns easier and more beneficial, a military official said.

One of the most notable changes to the tax code this year is the addition of provisions for victims of hurricanes Katrina, Rita and Wilma, said Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The provisions for hurricane victims are lengthy and complicated, so service members who were affected by the hurricane should seek advice from their installation tax center or the Internal Revenue Service, Fenton said. The provisions can include extensions for tax filing and help for those who lost homes or property, she said.

Service members who spent time deployed have important things to keep in mind when filing their taxes, Fenton said. For example, Iraq, Afghanistan, Bosnia

and Kosovo all qualify as combat zones where military income is tax exempt, she said. For enlisted service members, all income earned in a combat zone is exempt, but for officers, income is excluded up to a certain limit. For 2005, the limit for officers' tax exempt income was \$6,529 a month, she said.

Tax exempt income is a great thing, but it has worked against some service members by exempting them from important credits, Fenton said. Two credits that military members often qualify for — earned income credit and child tax credit — require earned income to be claimed, she said. Starting this year, service members can elect to include their combat zone income to qualify for these credits, she explained. She stressed that this income will not be taxed, but will allow service members to receive credits they qualify for.

“Just because you think you didn't have earned income due to your combat zone time, it's worth your effort to go to the tax center and find out if you do qualify for

these two important credits,” Fenton said.

Service members in a combat zone during tax season get an automatic extension to file their taxes, Fenton said. Service members have six months from the time they leave the combat zone to file, she said. Service members who are stationed elsewhere overseas have a two-month extension to file.

Almost every military installation offers a tax center for military, retired military and family members, Fenton said. Volunteers at the center are trained by the IRS and military legal office and can provide advice or assistance in filing taxes, she said. Returns filed through the tax center are sent electronically, and people will receive their refunds within seven to 10 days, she said.

“The installations do serve a great benefit to the military member who wants to go and make sure that they've gotten the best information they can. They've filed it, not only accurately, but taken advantage of any of the deductions and credits that they do qualify for and they may not be

aware of on their own,” she said.

Military personnel can also get help online with their taxes, Fenton said. The IRS provides a Free File service on its Web site, which lists several tax preparation services, many of which provide free service to military members, she said. The Web site Military OneSource also provides free tax assistance to military members.

“The Internet's invaluable; it allows you to file your taxes from your own home, if you're comfortable enough to do that,” Fenton said.

To prepare to file taxes, service members should make sure they have their W-2 forms from the military and any other jobs they had in the past year, Fenton said. Service members should also make sure they have Social Security cards for themselves and their dependents, she said.

For more information, visit Military OneSource at <http://www.militaryonesource.com/>, the IRS at <http://www.irs.gov/> or call the installation Tax Assistance Center at 295-1040 or 295-0061.

Safeguard information, ensure nation's security

All information, both classified and sensitive, is vital to the security of the nation. Personnel must ensure proper protection of classified and sensitive information and report questionable situations. Everyone, regardless of clearance status, is responsible for safeguarding information vital to national security.

Any compromise of U.S. and foreign government classified and sensitive information can cause damage. The higher the classification and sensitivity associated with the information, the greater the damage that could occur as a result of a compromise.

Types of U.S. government classified and sensitive information that people may encounter include:

Confidential – blue and white cover sheet

Secret – red and white cover sheet

Top secret – orange and white cover sheet

For Official Use Only – green and white coversheet (FOUO is a handling instruction, not a classification, and may include unit rosters, personal data, etc.)

Failing to protect classified and sensitive information, either inadvertently or willfully, can lead to fines, imprisonment or both. The penalty for willful disclosure of classified national security information, in war or peace, can be death.

Classified information must be controlled and protected at all times. If classified information is left unattended, it is everyone's responsibility to secure it and report the situation to a security manager or commander immediately. Everyone has an individual responsibility to safeguard national security information, especially if working in an area where inadvertent access to classified information might occur.

People must report if they notice a possible security vulnerability or believe they have been contacted by an intelligence collector or other unauthorized individual seeking to gain access to sensitive government information.

All Department of the Army personnel are required to receive an initial orientation relating to security of national defense information. Everyone is required to receive an initial orientation to the information security program before being allowed access to any classified or sensitive information.

People with a security clearance who leave the command or whose clearance is terminated must outprocess through the command security office. People who do not currently have or need a clearance, but may need one later, will also need to process through the security office.

For more information, call one of the following Fort Sam Houston security managers: Margaret Plank, Fifth U.S. Army, at 221-1909; Elbert Lewis, Army Medical Department Center and School, 221-8200, or Mary Ham, AMEDDC&S, at 221-8106; Robert Maki, Brooke Army Medical Center, at 916-2860; Frankie J. Hail, U.S. Army Garrison, at 221-1906, or Marcie Loya, USAG, at 221-1859; Angela Ramirez, Medical Command, at 221-8497, or Robert Marroquinn, MEDCOM, at 221-7034; or Billy Collins, U.S. Army Medical Institute of Technology, at 295-3323.

Security Education, Training and Awareness videos can be downloaded and viewed on a computer; visit <http://www.cybercon.org/Security/video.htm>.

(Sources: USAG, Directorate of Plans, Training, Mobilization and Security, Command Security Office, SETA)

Army Community Service

Family Advocacy Program

February Class Schedule

| Class Title | Dates | Class Time |
|---|--------------------------------|-----------------------|
| Basics of Breastfeeding | Feb. 15 | 10 to 11:30 a.m. |
| Boys Only! Ages 6 to 8 | Feb. 8 | 3 to 4 p.m. |
| Ages 9 to 11 | Feb. 22 | 3 to 4 p.m. |
| Building Effective Anger Management Skills | Feb. 6, 13 and 27 | 11 a.m. to 12:30 p.m. |
| Series (4 to 6) New Series – Evening Class | Feb. 2, 9, 16 and 23 | 4:30 to 6 p.m. |
| Commander's Training | Today and Feb. 23 | 8 to 9:30 a.m. |
| Getting Ready for Childbirth 1 and 2 | Today, Feb. 16 and 23 | 9 a.m. to 12 p.m. |
| Girl Talk! Ages 6 to 8 | Wednesday Feb. 15 | 3 to 4 p.m. |
| Ages 9 to 11 | Feb. 15 | 3 to 4 p.m. |
| Healthy Pregnancy | Friday and Feb. 24 | 9 a.m. to 12 p.m. |
| Helping Us Grow Securely (H.U.G.S.) Playgroup | Tuesday, Feb. 7, 14, 21 and 28 | 9 to 11 a.m. |
| S.T.E.P. Program for Parents of School Age Children | Today, Feb. 9, 16 and 23 | 1 to 3:30 p.m. |
| S.T.E.P. Program for Parents of Teens | Tuesday, Feb. 7, 14, 21 and 28 | 11 a.m. to 12:30 p.m. |
| Stress Management I and II | Feb. 6 and 13 | 1 to 2:30 p.m. |
| Truth or Consequences? | Feb. 7, 14 and 21 | 4:30 to 6 p.m. |
| Workplace Communication | Feb. 10 | 1 to 2:30 p.m. |
| You and Your Baby | Feb. 8 and 22 | 8 a.m. to 12 p.m. |

To register for classes or for more information, call the Army Community Service Family Advocacy Program at 221-0349 or 221-2418. Space is limited.

Spurs score big with Soldiers at BAMC

Story and photo by Norma Guerra
Brooke Army Medical Center Public Affairs

Any Spurs basketball fan would most likely recognize the team's head coach, Gregg Popovich, not to mention point guard Tony Parker and forward Bruce Bowen.

But Saturday, the patients and staff at BAMC saw another side to these three basketball stars.

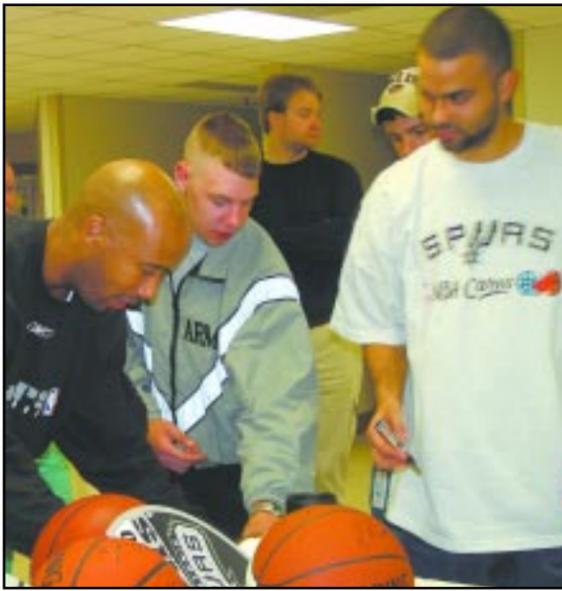
The trio visited with injured service members and their families in the amputee clinic and the burn center. The service members are recovering from injuries sustained in the global war on terror.

While they handed out Spurs T-shirts, signed autographs and posed for photos, their compassion and concern were clearly visible as they listened to the service members and their families tell their stories.

"I think it is pretty neat for these guys to take time out of their busy schedule to come and visit with us," said Sgt. Chang Wong, amputee Soldier at BAMC.

"It is amazing to just stand back and watch when a well-known celebrity or a huge sports figure takes personal interest in our wounded warriors," said Troy Hopkins, physical therapy assistant. The uplift it gives our staff is truly amazing. Our staff is very thankful for these visits because sometimes it is just what they need."

While in the burn center, the trio visited with Lance Cpl. Merlin German, who sustained extensive burn injuries in Iraq



San Antonio Spurs Bruce Bowen (left) and Tony Parker sign basketballs and T-shirts at Brooke Army Medical Center during their visit, as wounded warrior Spc. James Carrington waits for his autograph.

Feb. 21. German's mom, Yvonne, conversed with Bowen in Spanish to express her gratitude for their visit to her son.

Speaking for Popovich, Parker and on behalf of the Spurs team, Bowen told Yvonne that Merlin would always be in their hearts, thoughts and prayers. They all then thanked German for the sacrifice he made to defend their freedom.

Before Popovich left, he promised he would come back soon.



Spurs head coach Gregg Popovich thanks Pfc. Carlos Tadeo and Spc. Allen Bailey for their selfless service and sacrifices made for the nation's freedom as Judith Markelz, director of the Soldier and Family Assistance Center looks on.

Sports Briefs . . .

Intramural Sports

Spring intramural sports begin in February. Send letters of intent to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234.

Flag football

Letters of intent are due Feb. 6; coaches meeting is Feb. 14 at 1 p.m.; and the season begins Feb. 21.

Racquetball

Letters of intent are due Feb. 6; coaches meeting is Feb. 13 at 1 p.m.; and the season starts Feb. 21.

Soccer

Letters of intent are due Feb. 2; coaches meeting is Feb. 7 at 1 p.m.; and the season begins Feb. 13. Coaches meetings are held at the Jimmy Brought Fitness Center. For more information, call 221-1180 or 221-1234 or e-mail Earl.Young@samhouston.army.mil.

Softball tryouts

Post softball tryouts for men and women are from Monday to Feb. 3 at 6:30 p.m. (rain dates are Feb. 6 to 10). Men practice at Leadership Field, and women practice at Lady Leadership Field. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural billiards

Season starts today. For more information, call 221-1180 or e-mail earl.young@us.army.mil.

Youth soccer

Register online for the Alamo Heights Fort Sam Houston spring soccer season. Children born between Aug. 1, 1986, and July 31, 2001, are eligible to play. Register at www.ahfsh.com, click on "Here is the registration page" link. People can make registration payments as well as sign up for vehicle passes on the Web site. There will also be a walk-in registration Saturday from 10 a.m. to 3 p.m. at Youth Services, Building 1630, off Winans Road, at Fort Sam Houston. Registration closes Tuesday. For more information, visit <http://www.ahfsh.org>.

Basketball champs



Photos by Phil Reidinger

187th Medical Battalion Commander Lt. Col. Patricia Darnauer presents Drill Sgt. Edward Myles the 187th Medical Battalion men's basketball championship trophy. Myles served as the E Company team coach.

Drill Sgt. Sheldon Groover, E Company, 187th Medical Battalion, accepts the battalion women's basketball trophy from 187th Med. Bn. Commander Lt. Col. Patricia Darnauer. Groover coached the women's team.



32nd Medical Brigade hosts open house, football tournament



Courtesy photos

Command Sgt. Maj. Cornell Richardson attempts to block a pass by Lt. Col. Steven Bolint, as teammate 1st Sgt. Antwan Nicholson looks on during the elimination round of the 32nd Medical Brigade's second annual open house and football tournament at Staff Post field Saturday.



Maj. Gen. George Weightman (referee) listens as Lt. Col. Patricia Darnauer and Maj. Christopher Richards discuss strategies before the final game. Weightman and Col. David Maness were referees for the 32nd Med. Bde. annual football tournament.



The 187th Medical Battalion was triumphant and earned bragging rights over the 264th Med. Bn. in the final round of the football tournament. (Standing from left) Capts. Deon Maxwell and Liqouri Etheridge; 1st Sgt. Larry Lipsey; Capt. Jimmy Wade and son, Steven; 1st Sgts. Jessie Hall and Clay Istre; Maj. Christopher Richards and daughter, Alyson; and Capts. Henry Schndeler, Gregory Rushton and Jeremy Nordin. (Kneeling) Sgt. 1st Class Don Simpson, Command Sgt. Maj. Stephen Paskos, Lt. Col. Patricia Darnauer and Capt. Dwight Broedel.

FSHISD honors its board members

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 perform an important service for the Fort Sam Houston community and the school district.

"Our board members have made a strong commitment to serve the Fort Sam Houston community and its students by offering their time and expertise to help our school district excel," said Dr. Gail Siller, superintendent. "They are truly advocates for our students.

"Their role in establishing a vision for the future of this district with long-range goals, plans and policies developed to implement this vision is critical," added Siller. "In turn, they monitor the district's annual education performance report and help in the evaluation of its programs."

Fort Sam Houston ISD joins other districts across the state in gratefully acknowledging board members' commitment to communities and schools. Fort Sam Houston ISD board members will be recognized at today's board meeting by the administration, staff and students of the Fort Sam Houston schools. The meeting is at 11 a.m. in the Professional Development Center, 1902 Winans Road.

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

The job of a board member includes meetings and school functions to attend; reams of reports, agendas, proposals and other information to read and study; training and professional development sessions in which to participate; and a host of difficult decisions to make.

Board members are responsible for setting policy for the school district and making decisions based upon the educational welfare of all children served by the district. These policies dictate the standards and philosophy by which the schools are run, and the criteria used to judge whether they are being run well.

Fort Sam Houston ISD has a five-member board of trustees nominated by the U.S. Army Garrison commander and appointed by the State Board of Education. Prior to the formal nomination, a panel of installation representatives from the various commands interviews board applicants and makes recommendations to the garrison commander.

Toney is the board president and the school liaison officer for Fort Sam Houston. Recently reappointed to the board, Toney has been a member since 1998 and is in his third 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 "Keep San Antonio Beautiful" Commission and the National Caucus of Black School Board Members.

Lewis is an instructor in the Anatomy and Physiology Branch of the Army Medical Department Center and School. Lewis, who joined the Fort Sam Houston ISD school board in May 2000, was again re-elected as vice-president in November 2005. In September 2003, he was one of only 36 board members from Texas to graduate from the Leadership TASB 2002-2003 program, earning him the prestigious "master trustee" designation. He is a member of the National Caucus of Black School Board Members.

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 Fort Sam Houston ISD board of trustees in September 2003 and has served as secretary since September 2004.

Warren, a board member since May 2001, is the Fort Sam Houston Youth Services director. Her commitment and dedication to the children of 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, Seabron is the supervisory management analyst in the Plans, Analysis and Integration Office for the garrison. She has 26 years of federal service in various positions and agencies including the Army, Air Force and the Internal Revenue Service.



Emergency numbers

Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

Elementary School News

Fort Sam Houston Elementary focuses on health, wellness

By Dr. Kathy Maxwell

Fort Sam Houston Elementary School

The prevalence of obesity continues to increase in the United States for both children and adults, according to the American Heart Association. Obesity is of great public health concern because it is directly related to diabetes, hypertension, osteoarthritis and other chronic conditions.

In light of the national and local trends toward obesity, Fort Sam Houston Elementary is placing special emphasis on health and wellness, both for students and staff members. New information sessions, training presentations, demonstrations and other activities designed for students and staff have been conducted by the nursing staff since the beginning of the year.

The goal is to raise the level of awareness about what can be done personally to improve health and wellness. Initiatives, daily tips and reminders are now included in the morning announcements.

The year started with a bang-up presentation to train elementary students in self-

care and personal wellness. Statistics indicate that children need to be trained in personal health. Charts and handouts that emphasized the involvement of children in their own personal health and care were provided from a wide range of resources. Topics included health, nutrition, exercise, safety and other issues related to children.

Door prizes, to include pedometers and other items associated with a healthy lifestyle, were awarded to staff members.

Another initiative involved establishing a "first aid station" in each classroom and having students serve as "health helpers." Robin Harvel, Fort Sam Houston Elementary registered nurse, provided information to students and staff about the responsibilities of the health helper, the materials included in the "first aid station" and how to man it. Health helper classes included emergency and first aid instruction by Ruth Rascoe and Ella Stiles, health promotion technicians from Brooke Army Medical Center.

"Health has always been an area of focus at Fort Sam Houston Elementary

School. We have been teaching students to make healthy decisions and practice universal precautions for years," Harvel said. "This current generation of children, however, is the first generation of children who may not outlive their parents.

"There is currently a shortage of nurses and an overburdened health care system," Harvel added. "We hope to teach these children health practices that will improve their health and may possibly prevent frequent and medically unnecessary use of the health care system as they come of age."

School Wellness Day was observed recently. Students received printed health information, nutrition information from Janet Daniel, Fort Sam Houston ISD food services director, and presentations with "Wuzzy



Courtesy photo

Robin Harvel, school nurse, talks to students about the importance of self-care and personal wellness as part of Fort Sam Houston Elementary School's health and wellness initiatives.

Bear," conducted by Rebecca Ahearn, parent volunteer. Wellness initiatives currently in place include body mass index, exercise and nutrition counseling (YMCA), Walk San Antonio, Walk Across America and Physical Education Family Night.

Elementary fifth grader wins DAR's essay contest

By Dr. Kathy Maxwell

Fort Sam Houston Elementary School

The James McHenry Chapter of the National Society of the Daughters of the American Revolution named Jayden Roy, a Fort Sam Houston Elementary School fifth grader, the regional level winner in the American history essay competition.

The essay topic was "Benjamin Franklin: More Than

a Revolutionary." The competition was set to coincide with Benjamin Franklin's 300th birthday celebration Jan. 17.

All fifth grade language arts students were offered the opportunity to submit an essay in the competition. Essays from Fort Sam Houston Elementary School were submitted by Abigail Crotts, Josiah Franklin, Ruby Gibson, Joshua Herrington, Ashley Jeffalone, Shevonna Ravenol, Mason Starnes, Grace Wafford and Roy.

Dori Galindo, NSDAR representative, presented each student who entered the competition with a certificate of commendation during an awards ceremony Tuesday in the Fort Sam Houston Elementary cafeteria.

Roy will be recognized by the James McHenry Chapter of the Daughters of the American Revolution later in the spring with a formal presentation, a certificate and a savings bond. Roy's essay will be entered in the state competition in Austin, Texas.

Fort Sam Houston Independent School District

Weekly Calendar – Monday to Feb. 4

| | | |
|---|---|--|
| <p>FSH Elementary School</p> <p>Wednesday Early dismissal - kindergarten to fourth grade, 2 p.m. Early dismissal - fifth and sixth grade, 2:45 p.m.</p> <p>Feb. 3 Third to sixth grade science proposal due Spirit day</p> | <p>Robert G. Cole Jr./Sr. High School</p> <p>Monday Student of the Month photos in mall area, 9:50 a.m.</p> <p>Tuesday Girls' basketball vs. Johnson City in Moseley Gym, 5 and 6:30 p.m. Boys' basketball vs. Johnson City in Moseley Gym, 5 and 8 p.m.</p> | <p>Feb. 3 Pep rally schedule Pep rally, 3 p.m. Girls' basketball at Randolph, 5 and 6:30 p.m. Boys' basketball at Randolph, 5 and 8 p.m.</p> <p>Feb. 4 Posh Party: seniors and parents, TBA One act play rehearsal at Moseley Gym, 1 to 3 p.m.</p> |
|---|---|--|



Cole's queen

Courtesy photo

Military Ball Queen Kayla Villarreal (center), celebrates her coronation with her court (from left) Caitlin Gresenz, Meghan Rinehart, Amy Rarig and Elizabeth Bagg. Villarreal was crowned at Cole High School's annual Junior ROTC Military Ball Saturday at the Holiday Inn-Riverwalk in San Antonio.

Honor Roll – second nine weeks

A Honor Roll

- Seventh grade**
William Garza
Jennifer Henry
Connor Kelly
Megan Renz
Mollie Starnes
Maxianne Villalon
- Eighth grade**
Yeralis Cabrer-Rivera
Devante Dwyer
Troy Griffith
Margaret Manalo
Emily Martin
Lindsey Wafford
Amber Wessies
- Ninth grade**
Coria Bowen
Casey Gresenz
Alexandra Mazak
Kathryn Rarig
Kaitlan Vasquez
- 10th grade**
Jennifer Gibson
Caitlin Mester
Katherine Teeter
- 11th grade**
Roy Aviles
- 12th grade**
Leah Morris
Amy Rarig

A/B Honor Roll

- Seventh grade**
Abigail Abrahamson
Stephanie Aviles
Hayley Benjamin
David Blackwell
Ethan Daley
Heather Fonte
Carlton Hogan
Rebecca Lavender
Luamalae Mapu
Dallas Mazak
Domonique Mincey
Gretchen Newcomer
Caitlin Prenovost
Ryan Simmons
N' dea Spivey
Kayanna Wade
Sean Walker
Madeline Warden
- Eighth grade**
Melissa Brouillard
Rebekah Brown
Ronald Buckman
Zachary Compton
Sally Gore
Shaquira Hall
Kristin Hutson
Craig Layton
Ryan McGhee-Coleman

- Trevor Richardson
Matthew Rinehart
Michael Rinehart
Ashley Roman
Michael Sees
Adam Shaw
Kailin Sheridan
Brittany Starr
Karen Thompson
Austin Villarreal
- Ninth grade**
Coria Bowen
Alexandria Boykins
Ryan Brock
Clara Buchanan
Brandon Carter
Jeremy Crawley
Amberkay Crotts
Catherine Davis
Molly Granai
Elishia Harris
DeAngelo Hickman
Shamika Hill
Jasmine Jackson
Patrick Lewis
Nicole Norelli
Trey Sibert
Peter Simpkins
Catherine Smith
Gregory Washington
Quintia Watts

- 10th grade**
Jessica Bagg
Samantha Benson
Quinton Crabb
Timothy Fletcher
Emily Gilman
Samantha Gonzalez
Samantha Goodwin
Lindsey Hatton
Daniel Heaney
Kanesha Howard
Jamell Huaracha
Shaniqueia Johnson
Bethany Langford
Wesley Lavender
Patrick Newcomer
Ezekiel Nickels
Lindsey Saddler
Jennifer Sees
Lukas Sheridan
Jacob Stonecipher
- 11th grade**
Tierra Boykins
Anne Cenney
Cshakenah Fisher
Jazmin Huling
Thomas Leeds
Lionel Lowery
Cameron Lucke
Kathryn Marcrum
Whitney Miller
John Millnik

- Lisa Nieves
Dianisse Plaza
Leanna Rabindran
Judonn Roberson
Fabian Rodriguez
Stephen Sult
Melissa Velez
Kurt Walker
Chelsea Woodard
Jasmine Young
- 12th grade**
Elizabeth Bagg
Owen Black
Jake Buchanan
Caitlin Gresenz
Ashley Hatton
Joshua Heaney
Ivanna Herrera
Shaunteia Johnson
Beatrice Langford
Marcos Montes
Matthew Newcomer
Cody Oswald
James Raymond
Steven Rhodes
Alisha Saddler
Sara Salisbury
Zachary Sheridan
Jaimie Siegle
Brittany Swiger
David Thompson
Jason West

Post Pulse: With gasoline prices fluctuating, how do you conserve or save on gas?



I don't. I plan to drive like I normally would."

Spc. Matthew Braddock



"I still walk or run some places, even though I just got a car."

Pvt. Kyle Davis



"I'm normally pretty economical. I plan ahead and avoid impulse driving."

Jane Sacerich



"I shop and run errands in one circular trip."

Annette Thomas-Singleton



Photo by Esther Garcia

B-I-N-G-O!

Bob Burrill (left) and Don Braun, members of the Veterans of Foreign Wars of the U.S. Post 4443, Austin, Texas, donate a complete bingo system to Judith Markelz, Soldier and Family Assistance Center. The VFW was no longer using the system, so when members found out that SFAC hosts bingo nights, they decided to donate it to the center. SFAC sponsors a weekly bingo night as a fun activity for the Soldiers and families who use the center.

Soldier medics honor civil rights hero

By Ben Paniagua
Hacienda Recreation Center

About 100 Soldier medics from the 32nd Medical Brigade gathered at the Hacienda Recreation Center Jan. 17 to celebrate the birthday of one of the greatest Americans in recent generations – the Rev. Martin Luther King Jr.

Instead of a speech by a high-ranking official, eight Soldiers volunteered to do the talking. They were given 10 minutes to prepare a speech on “What impact did Martin Luther King have on your life?” Although the Soldiers had just a few minutes for speech preparation, their speeches expressed deep emotion, intelligence and stark reality.

The Soldier audience was instructed to vote on the speech they liked the best. The Soldiers listened intently to what their peers had to say.

In the end, it was Pvt. Starlyte Miller, of A Company, 232nd Medical Battalion, who was chosen the crowd’s favorite. She told of her struggles with prejudice growing up as a “member of two minorities,” and how she was able to cope with it. She said King impacted her life through his

teachings of nonviolence and, more importantly, that “one day we will be judged, not by the color of our skin, but by the content of our character.” She said he was a champion of all people, regardless of race, who face oppression in this world.

Miller won \$40. Additionally, three runners-up each won \$20.

The Soldiers were treated to pastries and refreshments during the event, which was sponsored by Morale, Welfare and Recreation in partnership with 32nd Medical Brigade Equal Opportunity staff.



Courtesy photo

Pvt. Starlyte Miller, of A Company, 232nd Medical Battalion, speaks about Dr. Martin Luther King Jr.’s impact on her life during a birthday celebration for King at the Hacienda Recreation Center Jan. 17. Miller won first place for best speech at the event.

Calling all unit commanders

Do you have new Family Readiness Group and key personnel in your unit?

Have your FRG leaders and unit liaisons attended Family Readiness Group training?

When was your last unit ongoing readiness briefing?

OpReady has the information your Soldiers’ families need for success in the military.

To schedule your briefings at the unit or Army Community Service, or to reserve space in FRG leader training, call Jutta Aviles at 221-0946.

Cyber patrol

Careless computer users can kill

By Ed Beemer
Army News Service

ARLINGTON, Va. — Fewer people would know about a deployment or operation if you shouted it out at the Super Bowl than if you posted it on a Web log or blog.

It's common sense to avoid discussing sensitive subjects on the streets of Baghdad, Iraq. The same common sense should apply on the highways of cyberspace. Soldiers need to keep this in mind, not only because it is the right thing to do, but because it could land them in a world of trouble.

There have been too many instances of sensitive information being made public. For example, one officer posted a picture of his tactical operations center complete with secret documents

showing troop rotations. Another Soldier in theater posted when his unit's laundry runs were. That information has improvised explosive device opportunity written all over it.

The list of what should not be posted on an unsecured site or sent via unsecured communication channels is almost endless. It includes the obvious like troop movements, operational details, temporary duties, planning issues and any classified material. But, it also includes any personal information — information that could be used to put you, your fellow Soldiers or even your own family at risk.

This is also a matter of situational awareness; knowing what seemingly innocent information could be useful to the enemy. Each unit's operational security professional needs to advise

supervisors on means to prevent the release of sensitive information.

But every Soldier, regardless of rank and position, has a personal responsibility to safeguard what makes it onto the Internet. To ensure sensitive and unauthorized information is not posted, check with your immediate supervisor for approval before your next blog entry or site update.

This is a very serious matter and the fallout from even one instance of releasing unauthorized information can be severe. Senior Army commanders have clearly stated that the Army must "hold people accountable that place others at risk."

Relevant punitive measures are spelled out in Army Regulation 25-2 and are worth a thorough reading.

Soldiers have been fined and demoted because of information put on a blog that could have helped the enemy. But, the consequences of allowing mission and personal information to get out is more dangerous than simply running the risk of a fine — it could get your fellow Soldiers killed and even put your family members in harm's way.

Psychologically, keeping information tightly guarded is a challenge, especially for Soldiers in a wartime environment a long way from friends and family. There is a great urge to connect and let people know what is going on.

Often it seems that just a little bit of information can't hurt. Everyone needs to remember that



there are many ears and eyes focusing on these little pieces of information.

A terrorist manual found in Afghanistan stated 80 percent of information gathered on the enemy (you) is gathered openly. The technical abilities, resourcefulness, patience and determination of enemy operatives cannot be underestimated — watch what you blog.

(Editor's note: Information provided by the G6 Information Assurance Office.)

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9v, Brooke Army Medical Center, or call 916-3352 or 916-5538.





Photo by Phil Reidingner

Generous donation

Retired Gen. Ralph Haines Jr. presents a check for \$2,500 to Sgt. Jay Velasquez, installation chaplain's office. The members of the Society for the Preservation of Historic Fort Sam Houston, represented by Haines and Joan Gaither, made the donation to the Chaplain's Fund.

Troop Salute

232nd Medical Battalion



Soldier of the Week

Name: Spc. Michael D. Caudill
Unit: U.S. Army Reserve 5010 Army Hospital
Hometown: Louisville, Ky.
Goals: To max physical training and to become a registered nurse
Reason for joining: To serve my country by saving lives
Hobbies: Reading, fishing and riding motorcycles



Junior Leader of the Week

Name: Pfc. Joshua C. Jones
Unit: U.S. Army Reserve 94th General Hospital
Hometown: Arlington, Texas
Goals: To become a firefighter and paramedic
Reason for joining: To deploy and help those who have already gone
Hobbies: Sports, singing and theater

Need an ID Card?



The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m. Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



Photos by Sgt. 1st Class Maria Sanchez

Spc. Danielle Scagnelli washes cells to remove impurities and any interfering substances as part of blood donor processing during the blood bank portion of the blood bank and hematology course. Pre-transfusion testing is done prior to issue of a blood product, such as platelets.



Staff Sgt. Roderick Gray explains blood bank procedures to a student during a practice performance evaluation.

Analyze this

Course delivers lifesaving skills to future lab techs

By Elaine Wilson
Fort Sam Houston Public Information Office

To the blood queasy and needle phobes of the world, the process of giving blood to a needle-wielding laboratory technician is a necessary, but dreaded, evil.

But, after the momentary discomfort of the needle fades and the last vial of blood is drawn, the patient's role ends. The lab tech's job, however, is just beginning.

The technician will break down the blood to its most basic form to gather data for everything from disease detection to blood type identification.

"Blood is the essence of life," said Master Sgt. Brian Kilgore, Blood Bank and Hematology Branch NCO in charge. "Lab techs have to be able to detect abnormalities or provide a product for the physician that will provide a greater opportunity for a patient to survive. It's a vitally important and lifesaving mission."

To prepare future Army lab technicians, the Army Medical Department Center and School offers a challenging 52-week course. The first 26 weeks are spent in the classroom studying chemistry, microbiology, blood bank and hematology. The remaining weeks are spent at a phase II site where students learn how to put their skills to the hands-on test.

While the entire course challenges even the most chemistry savvy students, the Blood Bank and Hematology Branch por-

tion of training rates among the most difficult as students get an up close and personal look at the complex world of blood. In a packed eight-week training, students study hematology, or the cellular make up of blood; blood bank, the collection, processing, testing and storage of blood; and coagulation, the study of clotting.

"We start with theory and then expand on the basics by learning cellular identification and cellular make up," said Maj. Paul Mann, course officer in charge.

With red and white blood cells, platelets and blood plasma, and a multitude of life-giving functions, there is a lot more to blood than meets the eye.

"During the course, students see thousands of cells and are graded on their ability to identify those cells," said Kilgore.

Students also learn how to draw blood, identify blood types and cross-match so they are able to pass on the right unit of blood to a physician. Additionally, they are taught to examine blood under a microscope and recognize even the slightest imbalances,

which can be indicators for everything from pregnancy and anemia to leukemia and AIDS.

"They have to have a working knowledge of various diseases and the signs so they can deliver a product that will meet the needs of a physician," Kilgore said.

"An abnormality in the white blood cells, for instance, could be indicative of a bacterial viral infection. Their knowledge will enable them to provide a reliable report to the physician."

"The lessons learned here offer students a basic knowledge that will be built



Students of the blood bank and hematology course scan different types of blood cells under a microscope during the hematology portion of the course.



Pfc. Chris Ledesma looks at a slide to identify a blood cell while his identical twin Pfc. Francisco Ledesma waits for his turn. The brothers are reservists from Fort Worth, Texas, and went through basic training together and are now roommates at Fort Sam Houston.

Photo by Cheryl Harrison



Staff Sgt. Donny Skinner stands by to assist two Soldiers who are practicing their phlebotomy skills.

Photo by Sgt. 1st Class Maria Sanchez

on in phase II," he added. "It's grueling. For college students in this type of training, school is a few days a week and an hour or two a day. These students are at it eight hours a day."

Students range from initial entry to prior service, some with a science background and others starting from scratch.

"This is all new to me and it's very challenging," said student Pfc. Arthur Cross. "But, I know it will be worth it and I'll be able get a good job on the outside one day."

"This is an excellent introduction into medical training," said Spc. Ken Gonzales, a student and aspiring physician assistant. "It's a very strong precursor to becoming a doctor or physician assistant."

Two aspiring lab technicians are reservists from Fort Worth, Texas, who went through basic training together and

are now roommates at the course. Pfc. Chris and Francisco Ledesma are identical twins.

"Our mother is an X-ray technician in Fort Worth and she encouraged us to get into the medical field," Chris said.

The twins said they found the course challenging with Chris having to help Francisco out. "He does OK when I help him," Chris said.

After training, the Soldiers will be sent to combat support hospitals, blood detachments and Army field hospitals throughout the world to put their skills to practice.

"It's amazing what students have to be equipped to later do," Kilgore said. "If there is a mass casualty, such as the World Trade Towers, they have to be able to give blood units precisely to the right person under an enormous amount of pressure."



Photo by Cheryl Harrison

Pvt. Martha Alinovi studies pictures of blood cells prior to a cell identification test.

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 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: 379-8666 or 493-6660

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

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

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

Protestant Services:

10:30 a.m. - Collective Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible Study (PWOC) -

Wednesdays, child care is provided.

Samoa Protestant Service: 8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600,

916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass:

10 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Gospel Services:

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

Troop Protestant Service: 9 a.m. - 32nd Med. Bde.

Soldiers - Sundays

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's Religious Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

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

Installation Chaplain's Office, Building 2530, 295-2096

Contemporary service: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

Religious Happenings . . .

PWOC launches new studies

The Protestant Women of the Chapel will launch a new semester of Bible studies. The daytime study meets Wednesdays at 9:30 a.m. and the evening study begins today at 6:30 p.m., both at Dodd Field Chapel. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit the chapel Web site at <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

Fort Sam Houston PWOC retreat

The Protestant Women of the Chapel will host an annual retreat Feb. 10 through 12 at the T Bar M Ranch in New Braunfels, Texas. All women from the Fort Sam Houston community are invited to attend. Renee Teetsel, a military spouse from Fort Riley, Kan., will speak on sexual purity in marriage. Registrations must be received by Feb. 3. For more information and to register, call Elizabeth Parker at 437-1341.

PWOC seeks homeschool moms

The Protestant Women of the Chapel invite women who homeschool their children to attend PWOC programs Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail jecsones@earthlink.net.

Financial Peace University

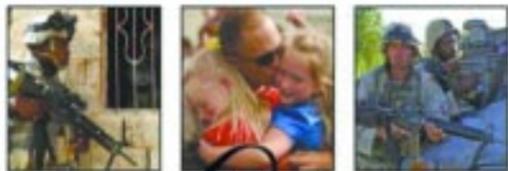
Financial Peace University, a new 13-week program, will be offered Wednesdays from 5:15 to 6:45 p.m. at the Dodd Field Chapel. The Christian faith-based course, developed by Dave Ramsey, is designed to teach people how to get out of debt, stay out of debt and build wealth. For more information, call Carolyn Wafford at 271-3661 or Chaplain Yvonne Hudson at 295-2096.

Chapel youth group

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, "Where Faith and Life Meet," is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

Officers' Christian Fellowship

The Officers' Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.



Thank you



*For Caring. For Giving.
For Saving a life.*

January is National Volunteer Blood Donor month and we would like to thank our donors for the amazing gift they give all year long – the gift of life. Your giving spirit ensures lifesaving blood is available at all times for military community members at home and around the world. We extend our thanks on behalf of those you have saved.

Akeroyd Blood Donor Center



Soldier takes center stage in Harlequin play

By Alexandra Nordeck
Morale, Welfare and Recreation

The staff of the Harlequin Dinner Theatre is primarily volunteers of all ages and levels of experience. The theater's recent production, "Black Coffee," is no exception, with even a military volunteer.

Staff Sgt. Vet Woolf, an instructor at the Army Medical Department Center and School, plays the part of Treadwell the butler in this suspenseful mystery by Agatha Christie.

Woolf has been acting since 1983, when he was a student at Idaho State University. He joined the Army in 1987.

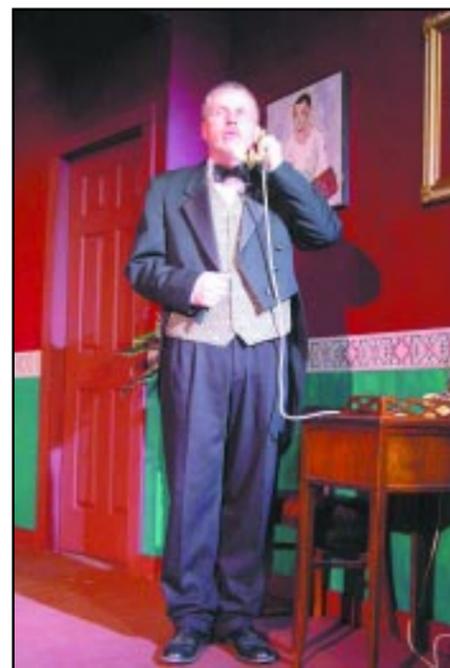
Last year, his NCO in charge told him about the Harlequin Dinner Theatre. He auditioned and scored a part. "Black Coffee" is his third production at the Harlequin.

"I think dinner theaters com-

bine all the elements necessary for an entertaining and relaxing evening," he said. "There is a relationship between the actors and the audience that is not present with a TV show or film."

The Fort Sam Houston Harlequin Dinner Theatre is nationally recognized and has won the coveted "Best in Festival" award for its productions in the Army's Festival of Performing Arts Competition.

For tickets to "Black Coffee" or to volunteer, call the box office at 222-9694. The show will be performed Wednesday through Sunday evenings until Feb. 18. The theater is located at Building 2652, Harney Road.



Courtesy photo

Staff Sgt. Vet Woolf, an instructor at the Army Medical Department Center and School, plays the part of Treadwell the butler in "Black Coffee," a mystery by Agatha Christie.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

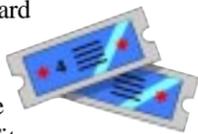
The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



Recreation and Fitness

Win free San Antonio Stock Show and Rodeo tickets

MWR will award several lucky winners rodeo ticket packs at the Jimmy Brought Fitness Center, Bowling Center and Golf Club. Each pack includes two grounds admission, two tickets for the Stock Show and Rodeo Feb. 10 or 17 and one \$20 voucher for the carnival. For a chance to win tickets, stop by these facilities before Tuesday. Discount tickets can also be purchased at the MWR ticket office. For more information, call 226-1663.



Canyon Lake trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake will continue to have trailers available for rent until Feb. 28. After this time, the trailers are scheduled for renovation and construction. More information on the availability of future reservations will be available at the end of March. Only mobile homes will be affected by this construction; the marina, cabanas and beach will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

Aerobathon

A non-stop aerobic class will be Feb. 6 from 5 to 7 p.m. at the Jimmy Brought Fitness Center. The class includes low

impact, step aerobics and stretching. Cost is \$10. To register, call 221-2020.

5K run

A 5K run/walk will be Feb. 4 at 9 a.m. at the Jimmy Brought Fitness Center. Cost is \$10 and participants will receive a T-shirt. The event is open to the public. For more information, call 221-2020.

Get fit

Stop by the Jimmy Brought Fitness Center to participate in one of the heart-pounding aerobics classes such as kickboxing, karate, cardio step, body sculpture, seniors' fitness, super abs, stretching and cycling. For more information, call 221-2020.



Intramural sports

People interested in a team sport should consider joining an intramural varsity sports league. Participation in intramural sports enhances individual morale and unit esprit de corps, promotes teamwork and encourages individuals to reach high levels of physical fitness. For more information or to join, call 221-1180.

3-D archery at Camp Bullis



The next archery shoot is Saturday and Sunday. Check-in is from 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class.

The cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for children. For more information, call the Camp Bullis Outdoor Recreation Office at 295-7577.

Dining and Entertainment

Sam Houston Club, 224-2721

Newcomers' Extravaganza

The Newcomers' Extravaganza will be Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. This event is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. Everyone who attends the extravaganza will receive a voucher for a \$4.95 lunch at the Sam Houston Club following the event. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Sunday brunch

The next Sunday brunch is Feb. 4 from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for children ages 6 to 11 and free for children 5 and under. For more information, call 224-2721.

New family-style brunch

The Sam Houston Club will offer an updated Sunday brunch Feb. 19 from 10 a.m. to 1:30 p.m. The family-style brunch features an international food station, champagne fountain, chocolate fondue fountain and children's food station. The cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for children ages 6 to 11 and free for children 5 and under. For more information, call 224-2721.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet, which includes beverage, deluxe salad bar, soup and dessert, Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and

Saturday, doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Bowling Center, 221-3683

Bowl-A-Jam

Bowl-A-Jam is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun. For more information, call 221-3683.

Golf Club, 221-4388

January special on golf lessons

Get 10 lessons for only \$150. Open to men and women of any level of experience. To register, call 355-5429.



Harlequin Dinner Theatre, 222-9694

"Black Coffee," a mystery by Agatha Christie, is on stage through Feb. 18. Prices are \$26.95 Fridays and Saturdays and \$23.95 Wednesdays and Thursdays. There are discounts for military. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is served from 6:30 to 7:30 p.m. and the show begins at 8 p.m.

MWR Ticket Office, 226-1663

Discounted tickets for the San Antonio Stock Show and Rodeo are on sale. The rodeo will be Feb. 3 to 19. Also, Disney and Universal Studios season passes are on sale. Tickets for Laser Quest in San Antonio are \$6.50 and a family fun pack for five is \$32.50.

Child and Youth Services

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services. The annual fee is \$18, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Open recreation

School Age Services will hold open recreation the second and fourth Saturday of each month from 2 to 6 p.m. in Building 1705. Activities include computers, arts and crafts, table and board games, gym activities and special events. All children must have a current Child and Youth Services registration pass. Parents must sign children in and out of the School Age building. For more information, call School Age Services at 221-4466.

Basketball registration

Basketball registration is ongoing. Players and coaches are needed. For more information, call the Youth Sports Office at 221-5513.

Youth baseball registration

Registration for youth baseball will be Monday through Feb. 27 from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797. Registration will be on site at Youth Services from Feb. 27 through March 3 from 11 a.m. to 7 p.m. To register, parents must pay a \$45 activity baseball fee and bring updated immunizations for fifth graders and below, sports physical and a current leave and earnings statement. All participants must have a current Child and Youth Services membership.

Soccer registration

Soccer registration is ongoing until Tuesday. Military affiliated participants will need to have a Child and Youth Services membership available through Central Registration. For more information, call Child and Youth Services at 221-4871 or 221-1723.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Feb. 21 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 staff, learn of upcoming events and attend parent education opportunities.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration at 221-4871 or 221-1723. Preschool is Monday through Friday from 9 a.m. to 2 p.m. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years 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 Central Registration at 221-4871 or 221-1723.

Youth Center happenings

Middle school and high school age youth are encouraged to check out the events at the Youth Center, Building 128.

| Date | Time | Event |
|-----------|-------------|--|
| Friday | 5 to 6 p.m. | Cooking class – popcorn s'mores |
| | 7 to 8 p.m. | Junior teen hail and farewell birthday party |
| Saturday | 4 to 5 p.m. | Smart moves for girls |
| | 7 to 9 p.m. | Northwoods ice skating rink, \$6, sign-up required |
| Monday | 4 to 5 p.m. | Arts and crafts class – silly snowballs |
| | 5 to 6 p.m. | Passport to manhood, for boys |
| Tuesday | 4 to 5 p.m. | Computer club |
| Wednesday | 4 to 5 p.m. | 4H club |

Upcoming events include a field trip Feb. 4 to the Stock Show and Rodeo. Youth must sign up for the rodeo. All middle school and high school children interested in any of the activities must be registered through Central Registration. For more information, call Child and Youth Services at 221-4871 or 221-1723.

Events

Technology Exposition

The 2006 Fort Sam Houston Technology Expo will be today from 10 a.m. to 2 p.m. at the Sam Houston Club. The public is invited. Free refreshments and giveaways will be available. For more information, call Carrie Meadows, at (888) 603-8899, ext. 214 or e-mail meadows@ncsi.com.

Symphony appreciation weekend

The San Antonio Symphony will have a symphony appreciation weekend Jan. 27 through 29 at the historic Majestic Theater. Call ahead for your buy-one-get-one-free discount or go to the box office two hours prior to the concert time. Box office hours are Monday through Friday, 9 a.m. to 5 p.m. For more information, call 554-1010 or 554-1000, ext. 152.

Black History Month observation

St. Philip's College will observe Black History Month in February. The theme is "Celebrating Community: A Tribute to Black Fraternal, Social and Civic Institutions." A series of exhibits, dramatizations, panel discussions, musical performances and educational events will take place throughout the month on the main campus at 1801 Martin Luther King Drive. For more information, call 531-3260 or visit www.accd.edu/spc.

Mardi Gras time

The Cajun French Music Association, de Fa Tras Chapter of San Antonio, announces plans for a soiree Feb. 11 from 7:30 to 11:30 p.m. at Hermann Son's Hall, 525 South St. Mary's St. Donations for the dance are \$7 per person and the public is invited. Costumes are encouraged. Music will be by Bubba Brown and Super Cajuns from Port Arthur, Texas. For more information, call 573-3403 or visit www.defatrascajun.com/.

Texas Independence Day

A Texas Independence and Flag Day celebration will be in front of the Alamo March 2 at 12 p.m. sponsored by the Daughters of the Republic of Texas. This event commemorates the signing of the Texas Declaration of Independence during the siege of the Alamo. The event will honor the military, especially the historic contribution of Fort Sam Houston. Also, the military base schools of San Antonio will be honored. Col. Richard Agee, chief of staff of Army Medical Department Center and School, will be the guest speaker. A reception will follow at Alamo Hall. The public is invited.

Fiesta parade tickets

Tickets are on sale for bleachers and chairs along the three Fiesta parade routes. Fiesta is April 21 through 30. For more information, call the Fiesta Commission at 227-5191 or visit www.fiesta-sa.org.

Training

Range Safety Officer class

The Range Safety Officer class is Fridays from 1 to 3 p.m. in Building 6107, Room 1A, at Camp Bullis. People should reserve a seat in advance. For more information or to arrange for training on another day, call Mabel Rodriguez at 295-7616 or e-mail mabel.rodriguez@samhouston.army.mil, or Patricia Jennings at 295-7686 or e-mail patricia.jennings@samhouston.army.mil.

Green to Gold briefing

The Fort Sam Houston Education Center provides monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Capt. Chez Varela, from St. Mary's University, will be available to answer questions Monday at 11 a.m. and 12 p.m. at Building 2247, next to the Education Center, in the training room. For more information, call 221-9881.

Medical information management

The Army Medical Department Information Management Conference will

be Feb. 9 through 11, and the Health Information Management Systems Society '06 will be Feb. 12 through 16. The AMEDD Center and School, the Medical Command Information Management Directorate, and the U.S. Army Medical Information Technology Center Project Management Division have teamed up to offer a set of sessions designed to build career enhancement. For more information, call Dr. Barbara Erickson at 221-8492. For more information about other AMEDD IM tracks, call Duke Williams at 221-7274.

Workforce Recruitment Program

The Workforce Recruitment Program for college students with disabilities is now accepting applications from post organizations. Authorizations will be on a first-come, first-served basis. Under this program students may be employed for 14 weeks anytime between May 15 and Sept. 30. Applications are due no later than Friday. Send submissions to Glennis.Ribblett@samhouston.army.mil. For more information, call Glennis Ribblett at 221-9401.

University of Phoenix representative

The University of Phoenix online representative Eric Hager will visit the Fort Sam Houston Education Center, Building 2248, Feb. 14, March 7 and April 4 from 10 a.m. to 2 p.m. in Room 201. For more information or to sign up, call 221-1738; Eric Hager, military liaison, at 602-421-4491; or e-mail eric.hager@phoenix.edu.

SDDC workshop

The Surface Deployment and Distribution Command will host the Western Regional Training workshop from Feb. 6 through 9 at the St. Anthony Wyndam Hotel in San Antonio. The workshop will showcase SDDC's expanded distribution and deployment mission. The theme is "Synchronizing the Plan" and is geared for functional level personnel, active duty, reserve component, National Guard and Department of Defense civilians, to include installation transportation officers and contractors who work for DoD. For more information, visit www.sddc.army.mil.

Resume, interview workshops

The Family Employment Readiness Program will offer a resume writing skills workshop Wednesday from 9 to 11 a.m. and an interview workshop Feb. 15 from 9 to 11 a.m. at the Roadrunner Community Center. Reservations are requested. A valid military family member ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Meetings

SCUCISD future planning meeting

Schertz-Cibolo-Universal City Independent School District will hold future planning meetings Monday and Feb. 6 at 6:30 p.m. in the Dobie Junior High cafeteria, 395 W. Borgfield Road, Cibolo, Texas. Roy Richard and Dr. Tom DeKunder will chair the meetings to discuss a facility plan to present at the February school board meeting. The meetings are open to the public. For more information, call 945-6232.

Comptroller luncheon

The Alamo Chapter of the Military Officers of America will host a luncheon today at 11 a.m. at the Randolph Air Force Base Officers' Club. The speaker will be U.S. Army retired Col. Vaughn Caudill, former comptroller of the Joint Task Force at Guantanamo Bay. Active duty military officers, former officers, members of the Reserve and National Guard, retirees and their surviving spouses are invited to attend. The cost is \$13. Tickets can be purchased at the door, but reservations should be made by calling the Alamo Chapter office at 228-9955 or e-mail ac@sbcglobal.net.

Homeschool meeting

A meeting for parents who homeschool their children, or are considering doing so, will be today at 6 p.m. at School Age Services, Building 1705. For more information, call Keith Toney, school liaison officer, at 221-9613 or 295-4806.

Comptroller symposium

The Alamo City Chapter of the American

Society of Military Comptroller will host the 2006 Professional Development Symposium Feb. 6 and 7 at Retama Park. The theme for this year's symposium is, "Riding The Waves of Change." Certified defense financial manager testing will be available both days. Deadline to pre-register is Friday. On site registration will be available. For more information, contact an ASMC representative.

It's Not Easy Being Green 2006 Spouse Conference

Military spouses wear many hats. Don't miss this opportunity to recharge your batteries and have some fun. Pick up advance registration forms at Army Community Service, library, Sam Houston Club, Brooke Army Medical Center medical mall information desk, Officer and Civilian Spouses' Club luncheon and Child and Youth Services Central Registration. Registration won't be available on the day of the conference. If unable to attend the entire conference, join us for a portion. For more information, call Judith Markelz at 241-0811 or Kim Taylor at 566-6526.

Workshop Schedule:

Feb. 23, 10 to 11 a.m. - Workshop A

- A-1 Bouquets that bloom - floral centerpiece arranging, \$6 fee to cover materials
- A-2 Self-defense for women - all the right moves (wear loose clothing)
- A-3 The Yellow Rose of Texas - gardening Texas-sized
- A-4 Laughter - myth or magic
- A-5 Soldiers of the South - the intriguing history of Fort Sam Houston

11:15 to 12:15 a.m. - Workshop B

- B-1 From sparks to fireworks - keeping love alive in a military marriage
- B-2 Decorating quarters for pennies - useful tips for military families
- B-3 There's an elephant in the room - when you're struggling for the right words
- B-4 Discovering the Lone Star State - amazing destinations in Texas
- B-5 Hand stands for hand stamping - gifts and packaging ... learn it all

1:15 to 2:15 p.m. - Workshop C

- C-1 Sultry Salsa - just in time for Fiesta!
- C-2 Sometimes it's easy to be green - discover your ideal colors
- C-3 Don't let fitness "weigh" you down - lightweight training (wear loose clothing)
- C-4 Savoring the South - Southern-style cooking
- C-5 Building a better you - diet and nutrition

Feb. 24, 10 to 11 a.m. - Workshop D

- D-1 Strike a pose for yoga - let a certified instructor teach you're the basics (wear loose clothing)
- D-2 Show them what you're made of - crafting an impressive resume
- D-3 Bouquets That Bloom - floral centerpiece arranging, \$6 fee to cover materials
- D-4 Line dancing - these boots aren't made for walking!
- D-5 Surviving tragedy - keeping the hope alive

11:15 a.m. to 12:15 p.m. - Workshop E

- E-1 Paper pizzazz - keeping in touch with handmade cards, \$3 fee to cover materials
- E-2 The natural chef - learn the basics of healthy cooking
- E-3 Military life, a little less "green" - navigating community resources
- E-4 Mirror, mirror on the wall - whose expression tells it all?
- E-5 Digital photography - optimizing the technology

"It's Not Easy Being Green" 2006 Spouse Conference Feb. 23 and 24 at Dodd Field Chapel REGISTRATION FORM

Name: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Please identify the workshops you wish to attend each day. Using the Conference Brochure as a reference, indicate the two-character codes in order of your preference. You will receive your complete 2-day schedule as part of your onsite check-in, which begins at 8:30 a.m. on Thursday, February 23rd. Please include

your second and third choices for workshops in case the classrooms reach capacity. Workshop preferences will be allocated on a first-come/first-serve basis. Both days are full of exciting workshops, but if you are unable to attend the entire conference, please join us for whatever portion accommodates your schedule.

Thursday Workshop Series A 10 to 11 a.m.

Sample: A3

- 1) _____
- 2) _____
- 3) _____

Thursday Workshop Series C 1:15 to 2:15 p.m.

Sample: C2

- 1) _____
- 2) _____
- 3) _____

Friday Workshop Series E 11:15-12:15

Sample: E5

- 1) _____
- 2) _____
- 3) _____

Thursday Workshop Series B 11:15 a.m. to 12:15 p.m.

Sample: B3

- 1) _____
- 2) _____
- 3) _____



Friday Workshop Series D 10 to 11 a.m.

Sample: D3

- 1) _____
- 2) _____
- 3) _____

*Please enclose your check or money order for the \$5.00 conference fee payable to IMWRF with this completed registration form and mail both to: Army Community Service, 2010 Stanley Road, Suite 95, Fort Sam Houston, TX 78234-5095. Registrations must be postmarked no later than February 17th. Registration is not available on the day of the Conference. If additional fees for materials apply to the workshops you have chosen, please be sure to include those fees along with your conference registration fee conference.

** Classes and/or instructors are subject to change

*** Limited free childcare is available at Dodd Field Chapel. Attendees must pre-register for childcare at CYS Central Registration, Roadrunner Community Center. An up-to-date shot record will be required.

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 Freebie, e-mail to news.leader@samhouston.army.mil or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

For Sale: Trek bike child trailer with orange safety flag, \$100. Call Julie at 271-7722.

For Sale: Dorm refrigerator, \$55; 1993 Plymouth Voyager, \$850. Call 659-6584.

For Sale: Ashley sofa, sage green and off-white, like new, \$300, obo. Call 875-5890.

For Sale: Queen-size mattress and box spring, \$100; bookcase, \$20; microwave, \$20; suitcase, \$30; Hewlett-Packard projector, \$700. Call 393-2864 or 269-1443.

For Sale: 2002 Itasca Sunova, 31-foot motor home, slide out living room, queen-size bed, separate shower and bathroom, double door refrigerator/freezer, hydraulic leveling jacks,

gas/electric hot water heater, generator, V-10 Ford engine, sleeps six, 6,100 miles, \$50,000 obo. Call 437-0042.

For Sale: 1991 Honda Accord, four-door, new tires, leather seats, 160,000 miles, \$1,800 obo. Call 232-0645.

For Sale: Brother sewing machine, \$50. Call 838-0222.

For Sale: Two high-impact auto/van rooftop travel storage containers, \$100 for both. Call 659-6741.

Moving Sale: Saturday, 8 a.m., 7809 Bovis Court, Live Oak, Texas; furniture and miscellaneous. For more information, call 378-8559.



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).