

FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

Soldiers learn to assist with surgeries

Story and photo by Elaine Wilson
Fort Sam Houston Public Information Office

Up front and in the spotlight, both in real life and on TV, surgeons are often revered by patients and grateful Family members for their lifesaving skills and knowledge.

However, other lifesaving medical professionals are working just as hard out of the spotlight and behind the operating room doors.

The Army's 68 Delta operating room specialists, trained at the Army Medical Department Center and School here, are responsible for everything from holding retractors and passing instruments to sterilizing equipment and preparing specimens for the lab.

Their tasks may sound simple in comparison to a highly trained surgeon's, but, in their case, looks are deceiving.

"If an operating room specialist isn't



Students Pfc. Tommy Chavez and Pfc. Chelsea Cobb practice an appendectomy with oversight from instructor Staff Sgt. Zulaika DeLeon. All operating room specialists must pass a final practical exercise consisting of a mock surgical appendectomy to demonstrate their familiarity with the 68 Delta operating room specialist role.

See **SURGERIES P14**

AFAP conference highlights Soldiers', Families' issues

By Cheryl Harrison
Fort Sam Houston Public Information Office

Community representatives discussed and prioritized a wide range of issues, from child care to comprehensive retirement education, during the Fort Sam Houston Army Family Action Plan Conference Jan. 23 and 24 at the Sam Houston Club.

Twenty-eight delegates representing all facets of the community – active duty, reservists, retirees, Department of Defense civilians and Family members – gathered for the two-day conference with one goal in mind – improving quality of life.

Twenty-eight delegates representing all facets of the community – active duty, reservists, retirees, Department of Defense civilians and Family members – gathered for the two-day conference with one goal in mind – improving quality of life.

"We had a real energetic group of delegates," said Suella York, post AFAP program manager. "They reviewed, actively discussed, and identified a number of issues."

The Army Family Action Plan is the

process which allows Soldiers, DoD civilians, retirees, and their Families to identify and forward well-being issues to Army leadership at all levels. The process begins at the local installation-level conference. Delegates consisting of representatives from the local community are selected and they then prioritize issues that have been submitted for review.

Issues that meet the criteria for an AFAP issue with a broad impact either at the installation level or Army wide and can be

See **AFAP CONFERENCE P6**

INSIDE

LET'S RODEO



2008 San Antonio Stock Show & Rodeo events

PAGE 3

CONSTRUCTION



Dickman Road project impacts traffic flow

PAGE 3

GO GREEN



Fort Sam Houston 'Goes Green' but urges caution in disposal

PAGE 5

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News Briefs

Tax time

The Fort Sam Houston Garrison Tax Assistance Center is open and the Brooke Army Medical Center satellite office will open Monday. The Fort Sam Houston Garrison Tax Center is located in Building 133, immediately behind the Office of the Staff Judge Advocate, and the BAMC satellite office is located in the basement level of BAMC, in suite L46-8B. The garrison and BAMC centers are taking appointments. To schedule an appointment with the garrison tax center, call 295-1040; for the BAMC tax center, call 916-1040.

TSP workshops

Fort Sam Houston in conjunction with U.S. Army North will host Thrift Savings Plan workshops Feb. 20 to 22 for anyone interested in understanding how the TSP investment program works. TSP Phases I and II will be limited to 60 people per session. A separate session for those within 10 years or less of retirement or separation also will be offered. Phases I and II will be offered Feb. 20 and 21 from 7:30 to 11:30 a.m. or 12:30 to 4:30 p.m. in the Salado Room of the Fort Sam Houston Golf Club.

The Retirement and Separation workshop will be held Feb. 22 from 8 to 10 a.m. at Army Community Service on Stanley Road. Register for a workshop at www.samhouston.army.mil. For more information, call Linda Green, director, Human Resources, 295-8516.

Security officers needed

Walden Security is accepting applications for security professionals to fill immediate openings at Fort Sam Houston. The requirements are a high school diploma or GED, ability to pass a background check, drug screen, and reliable transportation. Ideal candidate is customer-service focused with security experience. Competitive pay and benefits are offered. To apply, stop by 2404 New Braunfels Ave. at Fort Sam Houston or call 221-1786.

Service station closure

The service station on Schofield Road is closed and will reopen Feb. 8. The station is closed to transition into the Firestone Car Care Center. The gas station and shoppette remain open for business.

Senior voting officer urges people to cast vote

By Brig. Gen. Reuben D. Jones
The Adjutant General

As the Army's senior voting officer, I strongly encourage you to participate and cast your vote in the 2008 presidential primaries.

Voting is the essence of our democracy and one of our most important Constitutional rights. Our elected officials have tremendously important jobs and the good news is you have a voice in who gets to do them ... if you vote.

The primaries began this month with the Iowa Caucus and continue through June 2008. You can exercise your right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which you vote. The FPCA Standard Form 76,

or other request, should be mailed or sent electronically as soon as possible. You should then receive your absentee ballot as you requested it.

The Federal Assistance Program has been working with the states to allow ballots to be submitted and received electronically. Check with your unit voting assistance officer for your state requirements.

It is important that you complete and send in your ballot immediately after receipt to ensure it is received by your hometown local election officials no later than your state's deadline.

If you are an overseas voter and have not received your regular absentee ballot 30 to 45 days prior to your state's deadline, you should complete a Federal Write-in Absentee Ballot and send it to your local



election official.

If you later receive your absentee ballot, you should also complete and send it in. Mailing guidelines differ from state to state; therefore, we recommend you check your state's guidelines by contacting your UVAO, or by visiting the Army Voting Assistance Program Web site at www.vote.army.mil.

Be smart. Do your part. Vote!

For local information, contact your unit voting representative.



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News Briefs

2008 San Antonio Stock Show & Rodeo

Military Appreciation Days

The 2008 San Antonio Stock Show and Rodeo Military Family Appreciation Days will be held Friday, Feb. 8 and 15. Active-duty military personnel and their Families will receive free admission to the grounds with a military ID card. The Stock Show and Rodeo combined Military Appreciation Days with their Dollar Days, which feature rides, hot dogs, popcorn and sodas in the carnival for \$1 each. Military Families can upgrade their admission to also attend the rodeo by purchasing a rodeo ticket for \$6 at the southwest corner of the AT&T Center. Parking admission is not included. For more information, call 221-9904 or 221-1151.

Win Stock Show and Rodeo tickets

Morale, Welfare and Recreation will give away several rodeo tickets packs today through Wednesday. The rodeo ticket packs given away will range in quantity, however, all will include grounds admission tickets, rodeo tickets and carnival vouchers. For a chance to win a prize pack, download an entry form from the Fort Sam Houston MWR Web site at www.fortsamhouston-mwr.com and e-mail the completed form to samh.INFOMWR@us.army.mil or stop by MWR Marketing Department, Building 124, to submit entries. Entries must be submitted by Wednesday at 10 a.m. All rodeo packs will be distributed by Feb. 8. For more information, call 221-9904 or 221-2601 or visit the Rodeo Web site at www.sarodeo.com.

Chicken product recall

Perdue Farms, Inc., an Accomac, Va., establishment, is recalling approximately 24,710 pounds of boneless, skinless chicken breast products because they may contain an undeclared allergen. The products contain an Italian seasoning which includes milk, a known allergen, which is not declared on the label. For more information, visit http://www.fs.is.usda.gov/News_&_Events/Recall_003_2008_Release/index.asp.

'Go Red for Women'

For the fourth year, Brooke Army Medical Center will support the "Go Red for Women" campaign Friday in an effort to support and raise awareness of the American Heart Association's national movement to help women fight back against heart disease, the number one killer of women in America. BAMC will host several events Friday in the hospital's medical mall, to include displays, informational brochures and fact sheets, stories, and performances by the Medical Command Band. The events will conclude with Dr. Pamela Berlanga, a periodontist in San Antonio, speaking at 1 p.m. in the hospital's fourth floor auditorium. As part of the Go Red for Women campaign, medical staff, civilians and patients are encouraged to dress in red attire.

ACS liaison

A unit services coordinator is available to educate active-duty units about Army Community Service and what it has to offer. For more information, call William Yates at 221-1033 or e-mail william.yatesjr@us.army.mil.

Dickman Road project impacts traffic flow



Courtesy graphic Works)

A project to reconstruct Dickman Road is scheduled to start in late February and be completed by the end of August.

The project involves removing the existing roadway, base and curbs, and creating new base, pavement, curbs, roadway markings, signage and sidewalk access. The new low-maintenance road will present a uniformed surface.

During the project, two intersections – Old Austin Highway and Worth Road at Dickman Road – will be closed to enable access. Additionally, the access control point on Old Austin Highway will be closed for the duration of the project.

(Source: Directorate of Public Works)

32nd Medical Brigade welcomes new CSM

Story and photo by Esther Garcia
Fort Sam Houston Public Affairs Office

Command Sgt. Maj. Michael Kelley relinquished responsibilities of the 32nd Medical Brigade, passing the brigade colors to Command Sgt. Maj. Stephen Maldonado during a change of responsibility ceremony Jan. 16 at the post flagpole.

The ceremony included honors, elements representing the brigade in formation, presentation of awards, a retreat ceremony, and musical prelude by the Army Medical Command Band.

The special ceremony began with the presentation of flowers to Kathy Kelley, thanking her for her contributions to the brigade, and to Denise Maldonado, welcoming her to the brigade.

Col. John Cook, commander, 32nd Med. Bde., and host for the ceremony, said the 232nd Medical Battalion is the Army's largest training battalion and produces the Army Medical Department's primary pacing item, the combat medic.



Command Sgt. Maj. Stephen Maldonado takes command of the 32nd Medical Brigade at the change of responsibility and retreat ceremony held Jan. 16 at the post flagpole. As the senior noncommissioned officer of the brigade, Maldonado carries out the policies and standards on the performance, training, appearance, and conduct of enlisted personnel, and gives advice and initiates recommendations of the commander in matters pertaining to enlisted personnel.

The 32nd Med. Bde. is the Army's largest training brigade with its three battalions and additional separate companies. In concert with the Academy of Health Sciences, the brigade provides commanders around the world

with the critical matrix of military professionals who help execute the war on terror, while simultaneously providing world-class health care to wounded warriors, military Families and veterans.

"As CSM of the 232nd Med. Bn. for two years, followed by his selection as the CSM for the brigade for the past three years, Kelley played a major role in planning and leading organizational change across the brigade in response to the Army's war footing," Cook said. "He has done so with a consistent passion, dedication to duty, and competence few could match or endure."

Cook highlighted some of Kelley's accomplishments, too many to list. As a senior combat medic, Kelley saved the life of a brigade commander at a U.S. Army Training and Doctrine Command conference. He helped

See NEW CSM P7

Taking care of Soldiers:

Army Family support goes virtual

By Elizabeth Lorge
Army News Service

WASHINGTON — In an age of persistent conflict and geographically dispersed Families, the Army is taking Family support to a new level with virtual installations and virtual Family Readiness Groups.

The Army Reserve wants to create local and Web-based virtual installations where Families, who may live hundreds of miles from the nearest installation, can access the same support and resources as active-duty Soldiers and Families, such as TRICARE, Child and Youth Services, counseling and chaplain's programs, and financial and legal information.

"We need to retain these Soldiers and you do that by retaining the Families," said Laura Stultz, wife of Army Reserve Chief Lt. Gen. Jack Stultz. "If the Families feel secure, the Soldier won't worry about them, and the Families will know that their problems will be looked into."

Stultz said they want to have a zip-code-based system online, similar to the search function on www.MyArmyLifetoo.com, where Soldiers and Families can enter their zip codes into the Web site and find the nearest place to get help and the nearest FRG, whether it is active duty, Reserve or National Guard.

The next step would be to set up mini-Army Reserve centers in towns and cities across America, which would function like Army Community Service offices, repositories for community support, emergency relief,

and even places Families can go to renew their military IDs.

"I was just insistent that there be some place that you can have face-to-face meetings with people. A lot of people don't have access to a computer, or English is their second language, or they just don't know how to explain their needs on the telephone," Stultz said. "I wanted there to be offices or someplace across the country where Families could go to and talk to somebody live.

"In my experience, there are veterans who say, 'What can we do to help?' In some instances, all we'll need to get is a computer and a telephone hookup for them; and others it will be finding a place. Some towns we can use the National Guard centers or the veterans' halls. But if there's no place to put it, we might have to find our own office space, in a shopping center or something people can find easily," Stultz said.

Right now, the Army Reserve is beginning focus groups with Families to see where they want these centers and what they want online. Ideally, the Reserve would begin building the centers near the heaviest Reserve population centers that are far from installations.

Located two hours from the nearest FRG with four young children during her husband's deployments to the Persian Gulf and the Balkans in the 90s, Stultz knows how hard it can be to fit crucial support meetings into busy schedules.

Per the request of Families, especially children and teenagers, she and the Army

Reserve are looking to find ways to incorporate chat rooms on the Web site, and plan to add this feature as soon as they work out security issues.

Chat rooms, blogs and instant messaging are also a goal of virtual FRGs, said Shaunya Murrill, the automation manager for the Family programs directory at the Family, Morale, Welfare and Recreation Command. She also runs a virtual FRG for her husband's Indianapolis Recruiting Battalion.

Tested in 2004 and launched Army-wide in 2006, virtual FRGs are paid for by FMWRC and are a way for commanders, rear-detachment commanders and Family readiness leaders to provide up-to-date information to Families, even if they are geographically spread out, as with the reserve component.

"It was never designed to replace the FRG, but it's an extension of it," said Murrill.

"Family members can find out what's going on with their unit by logging in. This is an opportunity for the commander to stay connected. I think it's been a valuable tool to my husband and his colleagues because they don't necessarily have the time to have a lot of meetings or the funding to bring in Families from across the state. So this is an opportunity for them to get relevant, pertinent and timely information out.

To date, there are about 1,200 sites and 117,000 registered users throughout the Army. Commanders at the battalion level and up simply must fill out an application at www.ArmyFRG.org, provide a



Photo by Sgt. Robert J. Strain

New virtual programs make it easier for Families to get the support they need.

point of contact and some basic information, and Murrill and her team set up the site. They provide tutorials for the site manager and any necessary technical support.

The sites typically include news articles, photos, hyperlinks, frequently asked questions and updates from commanders. FMWRC is still working on the security issues related to blogs and chat rooms, but the sites can have monitored forums.

Virtual FRGs have undergone the Defense Information Technology Certification

Information Accreditation Process and are completely secure. Soldiers provide a list of loved ones in writing and the system automatically generates an invitation to the unit site, complete with hyperlink. The list can include anyone the Soldier wants, such as a spouse, but also parents and siblings, for example.

The best thing is that instead of Families having to wait for their Soldiers to tell them about events or new initiatives, the Families are often updating the Soldiers, Murrill said.

Post Pulse

What's your best "Go Green" tip?

"Everyone should do maintenance on their home, such as caulking corners or holes, checking for leaks in sinks and faucets, and having their air conditioning maintained can make a big difference in your home and in your pocket."

Joanna Vasquez



"Use a water filter to avoid purchasing bottled water to help cut down on plastic use."

Felix Aparicio and Melissa Austin



"Replace all light bulbs with energy efficient bulbs and recycle rain water for plants."

George Romero

"Add weather stripping to the windows and doors to save heat and air. Use recyclable stuff in your home."



Kimberlea Smitley

Fort Sam Houston 'Goes Green' but urges caution in disposal

By Cheryl Harrison
Fort Sam Houston Public Information Office

When is a light bulb no longer just a light bulb? Quite simply, when consumers make the switch from traditional light bulbs to Energy Star qualified compact fluorescent light bulbs, or CFLs.

Energy Star, a U.S. Environmental Protection Agency and U.S. Department of Energy program, has found that if every home in America replaced just one incandescent light bulb with a CFL, in one year the nation would save enough energy to light more than 3 million homes and prevent green house gas emissions equivalent to those of more than 800,000 cars.

At a facility as large as Fort Sam Houston, the installation of these money-

saving light bulbs seems like a no-brainer. CFLs are presently being installed in drop-down light fixtures found in warehouses, maintenance facilities and gymnasiums. Not only does it save the Army money on utilities, but that money can then be better used to support the Soldiers. But as with all good things, there is one very important down side to this environmentally friendly endeavor.

CFLs contain a very small amount of mercury gas sealed within the glass tubing. Mercury currently is an essential component of CFLs and is what allows the bulb to be an efficient light source. No mercury is released when the bulbs are intact or in use.

What consumers need to be aware of

See GOES GREEN P7



Photo by Olivia Mendoza

This is a larger size of the familiar compact fluorescent bulb most people identify with. They are all built the same, just different configurations. Energy Star qualified bulbs use about 75 percent less energy than standard incandescent bulbs and last up to 10 times longer, saving on utilities.



Photo by Olivia Mendoza

Col. Wendy Martinson, U.S. Army Garrison commander, takes time to meet and greet delegates, to include Sgt. 1st Class Lori Simmons, at the Army Family Action Plan Conference Jan. 24 at the Sam Houston Club. Simmons was one of the 24 delegates.

AFAP CONFERENCE from P1

resolved within the Army system, are then submitted into the AFAP process. Issues that can be worked at the installation stay at the installation. Issues that require higher command action are forwarded to the major command level conference, and if prioritized at that conference, are forwarded to the Department of the Army world-wide conference.

Installation issues will be submitted to the lead organizations for work and then will be reported on at the Commander's Steering Committee, which will be convened quarterly this year.

An AFAP issue is one that affects more than just a few people, York said. "The broader the impact, the better the chance the issue is considered viable."

Issues submitted prior to the conference were sent to installation agencies for review and background information.

During the conference, the delegates used these information papers, along with input from subject matter experts to decide whether or not issues should be pursued.

Issues prioritized at the Fort Sam Houston 2008 AFAP

conference were:

- Timely reimbursement of per diem for mobilized Soldiers
- Basic Allowance for Housing exception to policy due to extended deployments
- Satellite Army Community Service at Camp Bullis
- Comprehensive phonebook for Fort Sam Houston, Camp Bullis and Brooke Army Medical Center
- Comprehensive retirement education
- Army and Air Force Exchange Service pricing policy
- Child care during Better Opportunity for Single Soldiers events
- AFAP dissemination
- Identify dual status medical appointments
- Exceptional Family Member Program screening of special needs children

Community members who submitted issues to the AFAP conference may contact the AFAP program support staff at 221-9821 to learn the disposition of their issue if it was not prioritized.

The disposition papers on all 2008 issues are available at the AFAP office in the Army Community Service. For more information about the issues and the results, call Suella York at 221-9821.

NEW CSM from P3

design the TRADOC warrior task and battle drills that are used today. He also helped construct a budget plan to rebuild the 68 Whiskey (combat medic) program and, as a result, dollars for the program increased by 300 percent.

"Unbelievable," Kelley said. "I just came to work and did a job. I was surrounded by a tremendous team each and every day, so thank the team.

"Officers, NCOs, Soldiers, friends, civilians, it is time to bid farewell to the 32nd Medical Brigade," continued Kelley. "This has been the best time of my life."

Kelley thanked all the people that supported him and his military career while stationed here at Fort Sam Houston. Kelley will serve as the command sergeant major, Medical Research and Materiel Command, Fort Detrick, Md.

The traditional change of responsibility began with 32nd Med. Bde. Sgt. Maj. Michael Brown, who passed the colors to Kelley, signifying the working relationship between the command sergeant major and NCOs of the brigade. Kelley passed the colors to Col. John Cook, brigade commander, signifying relinquishment of his responsibility. Cook then passed the colors to



Photo by Esther Garcia

Col. John Cook (left) presents the Legion of Merit to Command Sgt. Maj. Michael Kelley, at the change of responsibility and retreat ceremony Jan. 16 at the post flagpole. Kelly served as the command sergeant major for the 232nd Medical Battalion and the 32nd Medical Brigade.

Maldonado, charging him with the responsibility of the brigade. Maldonado returned the colors to Brown who returned it to the color bearer, thus completing the circle and signifying trust and confidence in the NCO Corps.

Maldonado most recently served as the 264th Med. Bn. command sergeant major. As CSM of the brigade, Maldonado carries out policies and standards on the performance, training, appearance, and conduct of enlisted personnel. The CSM gives advice and initiates recommendations of the commander in matters pertaining to enlisted personnel.

Maldonado said, "I am humbled and grateful for this opportunity and will do my utmost not to let you down."

GOES GREEN from P5

is...if a CFL is dropped or roughly handled the glass can break emitting mercury gases. Not to cause a panic, it isn't enough to cause immediate harm to the human body but it is something that needs to be addressed.

"The problem with mercury gas is that it is accumulative. There is no getting rid of it, since our bodies do not expel it," said Bill Burton, Hazardous Waste Manager, Base Operations Environmental Office. "This is not a threat and I do not want to scare people, but any chemical exposure eliminated, the better off we are in the long run."

By installing CFLs energy costs can be cut by 80 percent per bulb in an average home, but there are special disposal instructions for any CFL.

Should a CFL burn out the

Environmental Protection agency recommends that consumers put the used CFL in a zip-lock type storage bag and take it to a local recycling site.

If a CFL should break, open a window and carefully scoop up the fragments and powder with stiff paper or cardboard and place refuse in a sealed plastic bag. Do not vacuum or use a broom to clean up the broken bulb on hard surfaces. And once again take it to a local recycling center.

"I want to motivate people to save energy and get these lights out there immediately; however, I want folks to be aware that you can't 'shoot three pointers' into the trash can with the burnt-out bulb. But the beauty of it is, these bulbs last about 27 percent times longer than the expectancy of a regular light

bulb," said Burton.

"The keys point is the energy conservation, but if we do this, we need to bear in mind that they (the bulbs) need to be disposed of properly," added Charlie Neumann, Army contractor, Resource Efficiency Manager.

"The big thing is the EPA has recommended the guidance for disposal of the lights and that is what we want to emphasize. Bag it and turn it in for recycling. Don't throw it in the landfill, don't chunk it in the garbage and don't throw it around," concluded Burton.

The recycling center on post is at Building 4055, Room A23; call 295-1036.

For more information about CFLs or energy-saving issues or to locate recycle sites, visit the Energy Star Web site at www.energy.gov.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

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



Claims update

DoD offers movers full replacement value program

By Capt. David Perrone

Office of the Staff Judge Advocate

Department of Defense customers — servicemembers and DoD civilians — are now eligible for full replacement value protection on most DoD-funded personal property shipments.

FRV coverage applies to personal property shipments with a pickup date on or after Oct. 1, 2007, for international shipments; Nov. 1, 2007 for domestic shipments; March 1 for non-temporary storage shipments; and March 1 for local move direct procurement method shipments

Filing a claim with the carrier

Under the FRV program, movers file their claim directly with the carrier within nine months of delivery. The carrier will settle the claim by repairing or paying to repair damaged items.

For items that are lost or destroyed beyond repair, the carrier will either replace the item with a new item, or pay the full, undepreciated replacement cost. A few large items, such as pianos, organs, all-terrain vehicles,

On full replacement value claims, the carrier is liable for the greater of \$5,000 per shipment or \$4 times the net weight of the shipment (in pounds).

personal watercraft, vehicles and motorcycles, as well as firearms and objects of art, are not covered by FRV. Likewise, the carrier cannot replace some missing items with new ones to include items that have value because of their age, such as collectible figurines, antiques, collectible plates, baseball cards, comic books, and coin and stamp collections.

On full replacement value claims, the carrier is liable for the greater of \$5,000 per shipment or \$4 times the net weight of the shipment (in pounds), up to a maximum limit of \$50,000. For example, if a mover files a claim on a 1,000-pound shipment, the carrier could be liable for up to \$5,000; whereas if the mover files a claim on a 6,000-pound shipment, the carrier is liable for up to \$24,000. If the full replacement value of property is more than \$50,000, movers may be able to obtain additional FRV coverage

at their own expense from a private insurance company or, in some cases, from the carrier.

Additionally, if movers file a claim directly with the carrier within nine months of delivery, the carrier will be responsible for obtaining all repair and replacement costs.

If a mover files a claim directly with the carrier more than nine months after delivery, the carrier only pays the depreciated replacement or repair cost, whichever is less. Also, the carrier will not be responsible for obtaining repair or replacement estimates and the carrier will not pay more than \$1.25 times the weight of the shipment. For example, if someone files a claim on a 10,000-pound shipment 10 months after delivery, the carrier would not be required to pay more than \$12,500.

Finally, if movers file a claim directly with the carrier, they have to file the

claim by mail. Send claims to the carrier by certified mail so that there is a record of the date on which the claim was submitted. Once the carrier receives the claim, it will have up to 60 days to pay, deny or make a final written offer. Once the claim is settled, the carrier will have 30 days to make the payment.

Filing a claim with the military

Movers can still file their claims directly with the Fort Sam Houston claims office. However, if they do, they give up their right to have the carrier settle their claim on the basis of full replacement value. The Fort Sam Houston claims office will settle the claim by paying the depreciated replacement or repair cost, whichever is less.

However, in most cases movers will be able to obtain more money for less work if they file directly with the carrier within nine months of delivery. The Fort Sam Houston claims office is available to assist people in filing claims and DD Forms 1840R with the carrier, and can advise people on whether an offer from the carrier is fair.

After submitting a claim to the carrier, movers can transfer their claim to the Fort Sam Houston claims office in the event that the carrier denies the claim, makes an offer on the claim that is not acceptable, or does not respond within 30 days. However, the

See **CLAIMS UPDATE P13**

Black History Month

African-American women: A legacy of strength

By Pamela Ellis
Special to the News Leader

The story of African-American women is a many-faceted one, beginning in ancient Africa.

One of the most famous of all black women is Cleopatra. She was as intelligent as she was beautiful and possessed the ability to use these gifts to her advantage. Her story has been told countless times and yet few people know that she was black.

She heads a list of African queens to rule Egypt either alone or alongside their husbands — women such as Queen Nefertari who ruled alongside her husband Aahmes I and was

cofounder of the famous 18th dynasty.

The Queen of Sheba and her relationship with the wise King Solomon have held us entranced throughout the centuries.

According to "Before the Mayflower, A History of Black America," by Lerone Bennet Jr., the ancient African societies were among the few that recognized the power and authority of women. The women rulers of the Songhay Empire were known as candaces and were responsible for the administration of government and leading troops into battle.

The skill and fierceness of black women in battle is legendary. The word amazon

comes from the Amazigh, a tribe of African warrior women that over ran North Africa. King Askia, a prominent African king, was known to have kept a contingent of 5,000 women as his personal guard. The Italian soldiers who fought in Ethiopia during a campaign to acquire land were afraid of fighting the Ethiopian women, who were fearless and ruthless in battle.

From the glory of ancient Africa throughout the horror of slavery up to contemporary times black women have fought battles on many fronts.

Harriet Tubman, at the tender age of 13, threw herself in front of a slave who was being

See **BLACK HISTORY P13**

Black History Month Trivia Contest

1. Who is credited with the following quote: "You're either a part of the solution or part of the problem."
2. Who was the first black football coach to win a Super Bowl?
3. July 28, 1888, the 14th Amendment was passed. What is the significance of the 14th Amendment?

4. What is the significance of an event related to the Confederate ship named "Planter" during the Civil War?
5. Approved by congress July 16, 1862, the Second Confiscation Act did what?

People should e-mail trivia contest answers to Gayle.Ellis@

cen.amedd.army.mil, no later than the Tuesday following the publication of the questions. The first person to submit the correct answers will win a prize and have their name published, along with the answers, in the next edition of the News Leader. For more information, call Ellis at 221-7709.

Book explores medical aspects of biological warfare

WASHINGTON, D.C. — Reflecting the critical threat posed by biological warfare and terrorism, the Borden Institute has released "Medical Aspects of Biological Warfare," the latest volume in the "Textbooks of Military Medicine" series.

This book is an update of the previous edition of "Medical Aspects of Chemical and Biological Warfare," published in 1997.

"The need for a revised version of this work has never been greater. A decade later, the complexity of the threat has increased beyond the boundaries of state-sponsored programs and to the terrorist use of novel pathogens," said Col. George Korch, commander, U.S. Army Medical Research Institute of Infectious Diseases.

"The continued threat of biological weapons dictates that all Department of Defense medical personnel become conversant with state-of-the-art treatment for biological casualties. What may have been perceived merely as useful information in the past is now a requirement for all medical providers," he said.

Maj. Gen. Gale Pollock, while serving as the acting surgeon general, said, "We must counter this threat with vigilance and maximize our response to attack with our best medical practices to identify agents involved, minimize casualties, and expedite the treatment of survivors."

Grounded in a historical perspective, the

"We must counter this threat with vigilance and maximize our response to attack with our best medical practices to identify agents involved, minimize casualties, and expedite the treatment of survivors."

Maj. Gen. Gale Pollock

book addresses "weaponization" of biological agents, categorizing potential agents as food, waterborne, or agricultural agents or toxins, and discusses their respective epidemiology. Descriptions of individual agents and the illnesses induced include recent advances in biomedical knowledge. The authors present familiar — anthrax, plague, smallpox — and less often discussed — alphaviruses, staphylococcal enterotoxins — biotoxins and explain methods for early agent identification.

Conceived in 1987, the Borden Institute, under the Army Surgeon General, publishes the "Textbooks of Military Medicine." The Borden Institute offers volumes in hardback, as well as on its Web site and on CD-ROM.

For more information or to order a publication, visit www.bordeninstitute.army.mil.

(Source: Borden Institute news release)

Sports

Indoor triathlon

The Jimmy Brought Fitness Center will hold an indoor triathlon Sunday. There is no fee for sign-up and the triathlon is open to people 10 years and older. The triathlon features a 400-meter swim, 5-mile stationary bike ride and 2-mile treadmill run. For more information, call 221-1234.

B.G. Johnson Memorial 5K Run

The B.G. Johnson Memorial 5K Run is scheduled for Sunday at 7:30 a.m. beginning at the Brigade Gym, located on Garden Road. For more information, call 221-3185.

Red Cross lifeguard classes

People interested in being a lifeguard can attend Red Cross lifeguard classes through May at the Jimmy Brought Fitness Center. A four-day class will be held Feb. 9, 10, 16 and 17 from 8 a.m. to 5 p.m. The Red Cross lifeguard class is a minimum requirement for employment as a lifeguard. To register, people must be at least 16 years or older and pass a pre-test that involves a 300-meter swim and a 20-yard swim holding a 10-pound object. The \$160 fee includes all books, first-aid instruction, cardiopulmonary resuscitation mask and CPR automatic external defibrillator for infants, children and adults. Payment is due after passing the pre-test. For more informa-

tion or to register, call 221-1234.

Race to the Top

Can you make it all the way? Stop by the Jimmy Brought Fitness Center March 10 to 14 to prove you've got what it takes to make it to the top. This month the goal is to reach the top of the Tower of Americas, a total of 952 steps on the stepmill machines at the fitness center. This competition is free and T-shirts are \$10. For more information, call 221-1234 or 221-2020.

Intramural volleyball

Intramural volleyball begins Feb. 18 for men's, women's and coed volleyball teams. Letters of intent are due by Friday. A coaches/rules meeting will be held Monday at 1 p.m. at the 32nd Medical Brigade Gym. Send letters of intent to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234-5020 or e-mail earl.t.young@us.army.mil. For more information, call 221-3185.

Intramural racquetball

Intramural racquetball begins Feb. 12. Letters of intent are due by Monday. A coaches/rules meeting will be held Feb. 7 at 1 p.m. at the 32nd Medical Brigade Gym. Send letters of intent to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234-5020 or e-mail earl.t.young@us.army.mil. For more information, call 221-3185.

See SPORTS P11

SPORTS from P10

Intramural softball tryouts

The garrison men and women's softball tryouts will be held Monday to Feb. 8 at 6:30 p.m. The rain date for the tryouts will be Feb. 11 to 15. Men will practice at the Leadership Field and women at the Lady Leadership Field. For more information, call 221-3185.

Basketball Camp

The Ten Star All Star Basketball Camp will be taking applications from boys and girls ages 10 to 19. Players selected to the All American Team may be eligible for a college basketball scholarship. Summer camp is available for boys and girls ages 6 to 18 of all skill levels. For more information, call 704-373-0873 or visit www.tenstarcamp.com.

Intramural basketball standings

Jan. 24

Team	Win	Loss
1st MRTC Magicians	8	2
2nd Navy	7	2
3rd East Recruiting	7	3
4th USARSO	6	4
5th ISR	5	4
6th NOSC Navy	4	3
7th ARNORTH	4	6
8th WTB	4	7
9th ACA Hawks	3	8
10th West Recruiting	0	9



Hooked on fishing Time to reel 'em in

By Maj. Cody Roberson
Special to the News Leader

As of Jan. 6, it was time to put away the shotgun and pull out the fishing rods. The outdoor sportsman should consider the things needed to be accomplished for the next sporting adventure. Of course, any true fisherman would readily agree that it is almost bass season.

With the holiday season behind them, many devoted anglers are itching to try out their new Christmas "toys" and hit the lakes for the upcoming bass "hunt."

It has even been told some have personally set their alarm clocks to get up in time for all the bass action ESPN and the Outdoor Channel aired on TV in anticipation of getting a trophy bass. Fishing "widows" will say their husbands can become so excited they swear they can just about smell the "spawn" around the corner.

But as with any good thing, preparation is the key. Consider using the pre-season time to sort through the tackle box, respool the fishing rods and purchase a new fishing license. And while purchasing a new license be sure to pick up some deep diving crank bait.

As the water temperature begins to drop, bass move to a more comfortable location, such as deep water, 17 to 30 feet. They become less active, feeding less or in fishing terms, a "slow bite" or "negative response" occurs. Fish and Wildlife studies show that the temperature range for this less active type of behavior occurs in water temperatures of mid 50s and lower. Mid 50s and lower means cold water, which in turn means the bass are in deep water and less active. That is where deep diving crank bait comes in handy.

Since early autumn, the water

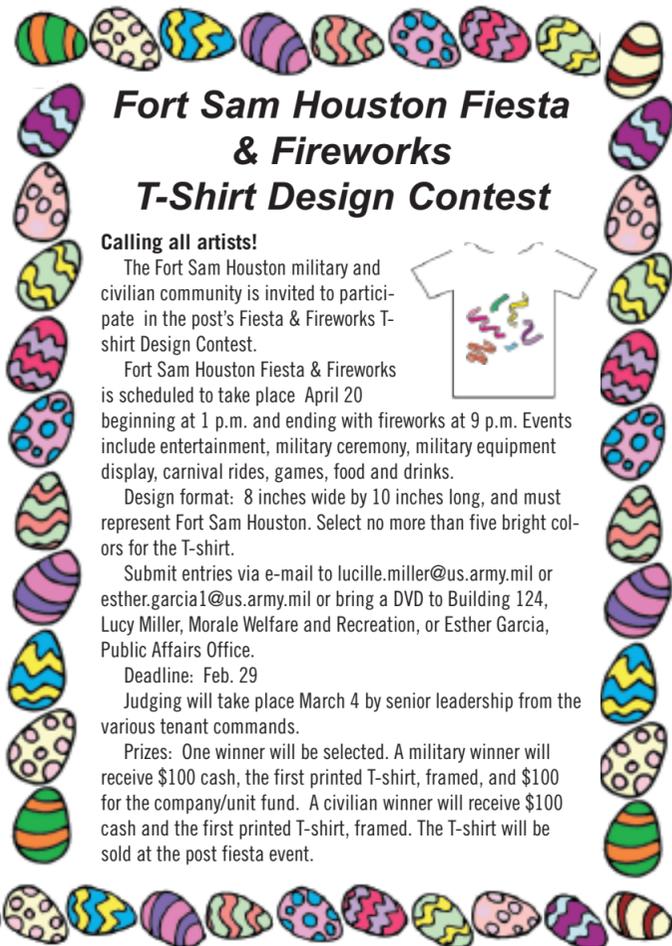
temperatures have gradually fallen and will continue to drop through January until about mid February.

Knowing this will help in choosing the right kind of lures and bait and what type of presentation will be needed to entice a bite. This time of year suspending stick baits and deep diving crank baits, in white or bait fish colors, works best with a slow retrieve. And to make the fishing even better, focus attention on areas along the main lake. Jigs and spinner baits can also be effective baits to throw.

Just keep in mind to work deep and slow and hopefully the day will be a complete success no matter what the temperature happens to be.

For more information, visit www.ArmyBassAnglers.com or e-mail cody.roberson@amedd.army.mil.

(Editor's Note: Roberson is an avid angler who fishes on the pro-amateur circuit.)



Fort Sam Houston Fiesta & Fireworks T-Shirt Design Contest

Calling all artists!

The Fort Sam Houston military and civilian community is invited to participate in the post's Fiesta & Fireworks T-shirt Design Contest.

Fort Sam Houston Fiesta & Fireworks is scheduled to take place April 20 beginning at 1 p.m. and ending with fireworks at 9 p.m. Events include entertainment, military ceremony, military equipment display, carnival rides, games, food and drinks.

Design format: 8 inches wide by 10 inches long, and must represent Fort Sam Houston. Select no more than five bright colors for the T-shirt.

Submit entries via e-mail to lucille.miller@us.army.mil or esther.garcia1@us.army.mil or bring a DVD to Building 124, Lucy Miller, Morale Welfare and Recreation, or Esther Garcia, Public Affairs Office.

Deadline: Feb. 29

Judging will take place March 4 by senior leadership from the various tenant commands.

Prizes: One winner will be selected. A military winner will receive \$100 cash, the first printed T-shirt, framed, and \$100 for the company/unit fund. A civilian winner will receive \$100 cash and the first printed T-shirt, framed. The T-shirt will be sold at the post fiesta event.



School

Boys' soccer scores major upset

The Robert G. Cole High School boys' soccer team scored a major upset Jan. 23 with a 3-1 victory over San Antonio powerhouse St. Mary's Hall. After being beat by St. Mary's 4-0 earlier in the season, the Cougars exacted their revenge with a varied attack which saw goals from Nathan Eggers, Daniel Griffin and Lukas Sheridan. "I can't stress enough how much heart the boys showed," said Cole Coach Fernando Caldera. "They could not have done any of this without an overall great team effort." The Cougars' overall record stands at 5-6-1, with two games remaining. Their season concludes today at 4:30 pm with a home game versus Feast.

Project Graduation meeting

Parents of Cole High School seniors are encouraged to attend the next Project Graduation meeting Feb. 11 at 6:30 p.m. in the Cole High School Cougar Den, formally known as the library in the commons area. For more information, call Pat Kirk at 223-6820.

Fort Sam Houston Independent School District Weekly Calendar - Monday through Feb. 9

Fort Sam Houston Elementary School Feb. 8

Spirit day

Robert G. Cole Middle and High School Monday

National Honor Society meeting
in Ms. Malcom's room, 12:50
p.m.

Tuesday

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

Girls' basketball vs. Hawkins at
Cole, 5 and 6:30 p.m.

Wednesday

UIL Cross X Debate at
Jourdanton High School

Feb. 7

Baseball vs. Cornerstone at
Cole, 4:30 p.m.

Feb. 8

Boys' basketball at Cotulla, 6
and 7:30 p.m.

Chili cook-off, high school mall

Did you know?

Have you heard that they used to have horses in the basement of Beach Pavilion? Did you know that statement is not true? The "horses in the basement of Beach Pavilion" is one of the urban legends of Fort Sam Houston. Beach Pavilion was constructed in 1931 as a barracks complex for the 15th Field Artillery, part of the garrison of the post. During World War II, the barracks were converted to hospital wards. In 1959, the complex was designated as Beach Pavilion in honor of Maj. Gen. George C. Beach who had commanded Brooke General Hospital during the war. At the time the barracks were built, the 15th Field Artillery was a horse-drawn regiment, like all the artillery units on post. To accommodate the horses, stables were erected east of the barracks, on the other side of Scott Street which ran behind the barracks. Horses were not kept in any of the barracks at Fort Sam Houston and certainly not in the basement of Beach Pavilion.



Fifteenth Field Artillery barracks. Stables can be seen at the lower right.

CLAIMS UPDATE from P8

Army cannot immediately pay full replacement value. On transferred full replacement value claims, the Army will pay the depreciated replacement or repair cost, and then try and recover the full replacement value from the carrier. Once the Army has recovered the full replacement value from the carrier, the Army will pay the difference between what it recovered from the carrier and the amount already paid to the mover.

Notice of loss or damage

One aspect of the claims process that has not changed is the requirement to provide prompt notice of property loss or damage.

Movers must ensure the carrier's delivery agent lists all loss and damage discovered at delivery on the DD Form 1840. Any loss or damage discovered

after delivery must be listed on the DD Form 1840R and either mailed directly to the carrier within 75 days of delivery, preferably by certified mail, or submitted to the Fort Sam Houston claims office within 70 days of delivery so that the claims office can dispatch it to the carrier within the 75-day limit. Submitting the DD Form 1840R merely gives the carrier notice that the mover may submit a claim; it is not the same as filing a claim.

Additionally, movers must file their claim within two years of delivery. Although there are some very limited exceptions to this requirement, they are rarely approved.

The Fort Sam Houston Claims Division is located in Building 153 and accepts walk-ins Monday through Friday from 8 a.m. to 2:30 p.m. For more information, call the claims division at 221-1973.

BLACK HISTORY from P9

whipped. Her actions enraged the slave owner to the point that he picked up a rock and beat her about the head with it. At a young age she formed a very strong opinion about slavery, a completely inhumane institution. She went on to become a well-known advocate for the abolishment of slavery and was responsible for bringing several hundred slaves to freedom by way of the Underground Railroad.

African-American women participated overseas during World War II in a segregated Women's Army Auxiliary Corps. In the role of nurses and various support personnel specialties many of them also lost their lives during this war effort. Lackland Air Force Base, Texas, was one of several bases used as a training ground for these courageous women.

Black women were also pioneers in the West, suffering countless hardships for a better life. The Black Cowboys Web site features stories about Mary Fields, better known as Stagecoach Mary. An ex-slave,

Fields held several different jobs before landing a position delivering the U.S. mail. At 6 feet, 200 pounds, she was one tough lady. She was the only woman allowed to drink whiskey in the town saloon. The black women that went west were responsible for building schools, founding towns, and keeping families and communities intact.

The strength and courage to face and handle adversity has been a part of the black experience. The actions of Frederick Douglass' mother provide a good illustration. She was sent to another plantation soon after his birth, which was a common practice for infants who were fathered by the slave master. Her love for her son gave her the strength to walk 10 miles every morning before day-break and every night after a backbreaking day on the plantation. Frederick was still a small child when his mother passed away. Although he could not remember the details of her face, he could remember her visits to hold and comfort him.

Instructor Staff Sgt. Isagani Maawac invites a local high school student to gown and glove and participate in a mock appendectomy during the U.S. Army All-American Bowl weekend in January. Operating room specialists also visit local schools a few times a year so students can learn about the Army and its medical opportunities.



Courtesy photo



Photos by Elaine Wilson

Instructor Staff Sgt. Zulaika DeLeon teaches Pvt. Darcy Quimby how to scrub in for surgery using the scrub sinks at Dunlap Hall. The new building, which is equipped with the latest equipment and ample room for training, opened in October.



Pvt. Paige Parker opens a sterilization unit at central materiel service.



Courtesy photo

Instructors Staff Sgt. Isagani Maawac (left) and Staff Sgt. Michael Adkins teach a young visitor about surgery as part of the U.S. Army All-American Bowl festivities in January. The operating room specialists set up a mock surgical suite in the Army Strong Zone to give people a glimpse into the duties of Army medical professionals.

SURGERIES from P1

doing his or her job correctly by maintaining sterile technique, then infection rates in the hospital will rise," said Lt. Col. Kathleen McArthur, chief, 68 Delta Branch.

McArthur oversees the operating room specialist training program at the AMEDDC&S. The program, which comprises two phases, trains about 400 students a year. The first nine-week phase consists primarily of classroom instruction that culminates in a 72-hour field training exercise at nearby Camp Bullis.

"Our students learn how to carry out their job from the first step, which is setting up the case cart for the operation with a perioperative nurse," McArthur said.

Once the surgery begins, operating room specialists must know how to set up a sterile field, pass instruments to a surgeon, apply dressings, take care of a specimen, and then tear-down the room and take equipment to central materiel service for sterilization. Specialists

also learn to sterilize equipment in the CMS.

"The course is very challenging," said student Pvt. Tommy Chavez. "But I'm enjoying it. I've always been interested in the medical field."

The job is not for the feint of heart or weak-stomached, so new students are shown graphic pictures and video of surgeries so they can get a glimpse of what is to come.

"It's common for students to pass out, even out in the field," McArthur said. "Some people have a blood aversion and others just get nervous the first time they're in a surgical setting."

Phase Two is 10 weeks in length and conducted in large Army medical centers or at small Army community hospitals where students apply their new knowledge and skills in a surgical setting, according to McArthur. This phase can occur at any one of 14 military medical facilities throughout the nation, to include Brooke Army Medical Center here, which is a Level One Trauma Center.

"Students see gunshots, motor vehicle accidents and burns at BAMC," McArthur said. "It's very similar to the environment in a combat situation and is good preparation for deployment."

Course leaders always keep an eye on the battlefield and work to interweave lessons learned in Iraq into the curriculum to ensure students are ready for any situation.

"Many of our instructors have deployed and share pictures and knowledge that we integrate with the classes," McArthur said.

The operating room specialist role grows in intensity while deployed. The specialists may serve with a forward surgical team, assisting with life-sustaining surgeries, or a combat support hospital farther away from the front lines.

"You have to be able to keep a cool head, which is why realistic training, like we have here, is so important," McArthur said.

After training, students are equipped with the knowledge to assist with all types of operations, to include orthopedics, cardio-tho-

racic, neurosurgery, podiatry, vascular, ophthalmic and general surgery.

As they gain more experience, "they are given more responsibility such as patient transportation, setting up surgical suites, operating surgical equipment and helping to monitor blood loss," McArthur said.

Upon graduation, "68 Deltas are expected to demonstrate, under the direct supervision of a registered nurse, entry-level operating room specialist skills in the operating room and central materiel service," she said.

While surgeons may garner the spotlight, the Army's operating room specialists play a vital role in the supporting cast of a medical team.

"I am pleased to say that the OR branch is staffed with stellar, combat-seasoned NCOs, officers who are leaders in perioperative nursing, and extremely gifted civilian instructors and staff," said Col Patricia Patricia, chief, Department of Nursing Science. "We really can accept no less than that to train those who care for the American Soldier."



Pfc. Chelsea Cobb ensures equipment is properly sterilized in central materiel service. "I find the course work interesting," said Cobb, a former Guardsman from Western Kentucky who switched to active duty. "It's an exciting job to have."



Instructor Staff Sgt. Zulaika DeLeon shows students Pfc. Chelsea Cobb and Pfc. Tommy Chavez how to set up a case cart for surgery. A case cart contains sterile surgical supplies and instruments specific to the type of surgery being performed.



Lt. Col. Kathleen McArthur and instructor Staff Sgt. Zulaika DeLeon inspect a new laparoscopic instrument at Dunlap Hall. McArthur leads the operating room specialist program along with Capt. Greg Lara and Sgt. 1st Class Albert Farrar.



Recreation and Leisure

Post garage sale

The post garage sale will be held Saturday from 7 a.m. to 1 p.m. in the MacArthur Pavilion parking lot. Participation is free, but sellers must pre-register. A valid Department of Defense identification card is required to participate. Participants may bring their own tables or may rent them on-site from the Outdoor Equipment Center. Table rentals will be on a first-come, first-served basis as supplies last. The selling of firearms, animals, arts and crafts, or food and beverage items is not permissible. For more information, visit www.fortsamhoustonmwr.com or call 221-5224 or 221-5225.

Win a Flip Video camcorder

Go to <http://www.armymwr.com/portal/recreation/promotions/data/comedy.asp>, find the topic of the day on the movie promo Web page and enter your joke or humorous com-

ment. Family and MWR Command will select one winner each day to receive a Flip Video camcorder. All Department of Defense ID card holders can enter to win.

Outdoor Equipment Center hours

The Outdoor Equipment Center is open Monday through Friday from 8 a.m. to 5 p.m. and Saturday from 8:30 a.m. to 4:30 p.m. For more information, call 221-5224 or 221-5225.

Warriors Monthly Scramble Golf Tournament

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

Valentine's Day mixer

The Fort Sam Houston Better Opportunities for Single Soldiers

Program will host a BOSS Valentines Day Mixer at the Sam Houston Club Feb. 14 at 7 p.m. Enjoy an evening of food, drinks, music and camaraderie. The event is open to all permanent party Soldiers, Families and DoD civilians. There will be a DJ, finger foods and beverages. Alcoholic beverages will be available for purchase from the Sam Houston Club with proper identification. This event is not for single Soldiers only. Married couples are encouraged to attend and meet some other Soldiers and Family members. For more information, call Spc. Moore at 221-8317.

Trail rides

One-hour trail rides are offered at the Equestrian Center Saturdays and Sundays to individuals 7 years and older. A parent must accompany children younger than 12 years old. The cost is \$20 per person. The first trail ride begins at 8:30 a.m. and the last ride is at 2 p.m. For more information, call 224-7207.

Dining and Entertainment

MWR Ticket Office

The MWR ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are

available for local attractions, as well as theme parks like Disney World and Universal Studios. For more information, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

Sam Houston Club

MWR, BOSS present: Texas Hold 'Em

Sign up for a new round of Texas Hold 'Em Feb. 8 at 6 p.m. at the Sam Houston Club. Registration is \$20, which includes a special meal and unlimited soft drinks. The one-day event will continue until a winner is declared. For a complete list of prizes and official rules, visit the Sam Houston Club. Players must be at least 21 years old to participate. For more information or to register, call the Sam Houston Club at 224-2721 or 226-1663.

Karaoke Fridays

Come by the Sam Houston Club Fridays at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

Harlequin Dinner Theatre

'Appointment with Death'

The Agatha Christie mystery, "Appointment with Death," is playing through Feb. 16 at the Harlequin Dinner Theatre. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. Doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

Auditions for 'The Star-Spangled Girl'

The Harlequin Dinner Theatre will hold open auditions Feb. 25 and 26 from 7 to 8:30 p.m. for "The Star-Spangled Girl," a comedy by Neil Simon. Don Patterson is directing this comedy. There are roles for two men and one woman, ages 20s to 30s, as well as other volunteers including an assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be Wednesday to Saturday evenings from April 9 to May 10. For more information and directions to the theatre, call 222-9694.

Army Community Service

Couple's enrichment

The Family Advocacy Program will offer a three-part couple's enrichment class that focuses on reconnecting with your partner. Understanding gender differences, commitment and intimacy are just a few of the topics to be discussed. Talking with other married couples can help improve your own relationship. For more information or to register, call 221-0349 or 221-2055.

Financial planning

The Financial Readiness Program will offer a financial planning class today from 2 to 4 p.m. in Building 2797. The financial planning class provides important information on savings, credit and establishing a budget. Seating is

See MWR P17

MWR from P16

limited. For more information or to register, call 221-1612.

'Precious Minds'

This eight-week parenting education program focuses on giving parents, grandparents, expectant parents and caregivers insight into seeing the world through the eyes of children. Participants learn interesting topics focusing on the development of children from birth through 48 months. Refreshments will be provided, as well as free child care. Classes are Tuesday, Feb. 12, 19 and 26 from 6 to 8 p.m. For more information, call 221-2705.

Commanders' training

This mandatory Family Advocacy Program training will be held Feb. 28 from 8 to 9:30 a.m. The class is required for commanders and first sergeants within 45 days following assumption of command. The training provides a FAP overview and insight about the command role in

reporting domestic violence. The class examines leadership roles, how to report abuse and prepare for the Case Review Committee to support Soldiers and their Family members. For more information, call 221-2720.

Child and Youth Services

Parent Advisory Council

The next Child and Youth Services Parent Advisory Council meeting is Feb. 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871 or 221-1723.

Baseball Registration

Youth baseball registration will be held Feb. 11 through March 28.

Patrons need to be registered with Child and Youth Services. To register, patrons need to have a current sport physical (valid for the entire season), \$45 activity fee, two local emergency fees, the child's Social Security number and updated shots record. For more information, call Central Registration at 221-4871 or 221-1723.

Youth talent show

Sign-up to participate in the 2008 Youth Services Talent Show by Friday. Comedians, dancers, models, steppers, poets, speakers, singers and musicians are needed for the show Feb. 23. Stop by any Child and Youth Services facility to sign-up. Applicants must be between the ages of 3 and 18. For more information, call 221-4871 or 221-1723.

Undergraduate scholarships

Completed applications for the National Oceanic and Atmospheric Administration Undergraduate Scholarship must be received by Feb.

8. Participants may receive up to \$8,000 in assistance per school year for full-time study. For more information, call School Liaison Services at 221-2214 or 295-4806.

CYS needs instructors

Child and Youth Services seeks instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide current shot records (kindergarten through fifth grade), two local emergency designees, a health assessment/sport physical within the last year (sport physicals must be valid for the entire sports season), child's Social Security number, spon-

sor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

FCC providers

Family Child Care seeks Family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

SKIES Unlimited Classes

The Child and Youth Services Schools of Knowledge, Inspiration, Exploration and Skills Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month's fee is due at the time of registration at Building 2797. For more information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630; or call 221-1723 or 221-4871.



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.



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.



Community

Events

Black Employment Program workshop

The Black Employment Program Committee will sponsor a workshop, "Tearing Down Walls-Building Opportunities," Feb. 13 from 7:30 to 11 a.m. at the Sam Houston Club. The following topics will be discussed: managing change, tools for success and Civilian Personnel Advisory Center updates. For more information or to pre-register, call Phyllis Bergen at 221-7070; for disability accommodations, call 221-9356 or 221-0218.

Multiple Sclerosis walk

More than 2,000 San Antonio residents will take steps toward making a world free of Multiple Sclerosis March 1 during the 2008 Walk MS. Registration begins at 7 a.m. and the MS walk starts at 9:30 a.m. at the AT&T Center. Participants can walk, run or skate the 1K or 5K route. For more information, call Debbie Pope at 800-323-4873 ext. 2286, e-mail Debbie.pope@txh.nmss.org or visit www.walkmstexas.org.

NAF job fair

The Civilian Personnel Advisory Center Non-appropriated Funds division will hold a job fair March 1 from 9 a.m. to 3 p.m. at the Sam Houston Club. Positions available include recreation aids, custodial workers, child and youth program assistants, summer hire positions and much more. Participating organizations will conduct on-the-spot job interviews. For more information, call the NAF human resources office at 221-1600 or 221-9058.

College scholarships

The Texas Department of Transportation invites college-bound students to compete for a new Don't Mess with Texas Scholarship. The essay should be about how to get a litterbag in every car; the winner will earn a \$1,000 scholarship. TxDOT will also continue its traditional scholarship, which consists of a \$3,000 grand-prize scholarship and a \$1,000 second-prize scholarship. To qualify for the scholarship money, students must write an essay identifying a specific litter problem at their own school or in their community and

the action they took to address it. To download an application, visit www.DontMessWithTexas.org. A completed application, letters and essays must be postmarked by April 4. For more information, call 512-486-5904.

Women's Healthcare Forum

Registration is open for the Women's Healthcare Forum, which will be held April 4 and 5 at the George R. Brown Convention Center in Houston, Texas. Fort Sam Houston health care professionals are invited to participate in the highly acclaimed continuing medical education conference on comprehensive and integrative health care for women. Health care professionals can register for \$75; a 50 percent discount. To obtain the discount, register using priority code WHFH804. To register, visit <https://www.expotracsshows.com/whf/2008/houston>. For more information, visit <http://www.womenshf.com>.

Cowboys for Heroes

The Third Annual "Cowboys for Heroes" will host a celebration April 11 from 6 to 9 p.m. and April 12 from 9 a.m. to 6 p.m. at the Fort Sam Houston Equestrian Center. There will be live music, entertainment, family activities, food and an

opportunity to meet professional rodeo cowboys. The event is free and open to the public. The Equestrian Center is located off Binz Engleman; turn after the railroad tracks and before the gate to post.

Veterinary clinic

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations for privately owned animals by appointment. Walk-ins may be seen on a space-available basis for pet registration and microchip services. Sick call and vaccinations are scheduled by appointment only. Clinic appointment hours are Mondays through Wednesdays from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations; and Thursdays and Fridays from 8:30 to 11:30 a.m. for vaccinations only. The clinic is closed the last day of every month. The clinic does not provide boarding or grooming services. For more information or to schedule an appointment, call 295-4260 or 295-4265.

Volunteer

Wilford Hall seeks volunteer workers

Wilford Hall Medical Center seeks volunteers for "step saver"

cart drivers or administrative duties in the hospital clinics. Volunteers must be 15 years or older. People interested in volunteering can stop by the Volunteer Services Office, Room 1C33. Hours of operation are Mondays through Fridays from 8:30 to 11:30 a.m. and 12:30 to 3:30 p.m. For more information, call 292-6591.

Army Cadet Corps

The U.S. Army Cadet Corps of the American Cadet Alliance seeks adult volunteers with a strong military background to help expand the Army Cadet Corps into the Fort Sam Houston community. The Army Cadet Corps is a high-adventure career exploration program for men and women ages 12 to 18. For more information, call Lt. Col. Joseph Land Sr. at 1-866-GO CADETS, ext. 850; or visit www.militarycadets.org.

Meetings

Spouses' Club

The Spouses' Club will host a Bingo luncheon Feb. 19 at 11 a.m. at the Sam Houston Club. There will be a baked potato bar with spring salad. Cost of the luncheon buffet will be \$14. For more information or to reserve by Feb. 15, call Sigrid Reistetter at 226-8806 or e-mail Sigrid.reistetter@us.army.mil.

NCO Wives' Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. For more information, call

See COMMUNITY P19

COMMUNITY from P18

Angie Luna at 333-0821 or 386-8265.

Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will host a meeting Feb. 18 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel (near Loop 410). All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 295-6596 or e-mail juan.gomez@us.army.mil, or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club hold meetings the first and third Thursday of each month from 11:45 a.m. to 1 p.m. at the post San Antonio Credit Union in the conference room. The club is open to military, civilians, and Family members who are interested in developing and enhancing leadership and communications skills. For more information, call Anthony R. Jones at 221-7835 or e-mail anthony.r.jones@us.army.mil; Deborah Bowman

at 221-6517 or e-mail deborah.bowman@us.army.mil; or Mariea Shelton at 916-3406 or e-mail at mariea.shelton@us.army.mil.

MOAA Alamo Chapter

The Military Officers Association of America Alamo Chapter is actively recruiting new members. The Alamo Chapter is part of the nation's largest and most influential association of military officers and warrant officers. Members represent all branches of the armed services, including active duty, reserves, National Guard, retirees and their spouses. For more information, call 228-9955 or e-mail moaaac@sbc-global.net.

Training

American Red Cross classes

American Red Cross will host the following classes: "Community First-Aid and Safety" consisting of first-aid, cardiopulmonary resuscitation (infant to adult) and automated external defibrillator training Feb. 16 and March 15; and "babysitting" classes Saturday and March 1 in Building 2650, on the corner of Patch and Hatch Roads. For more information, call 221-3355.



Religion

Gospel music legend comes to Fort Sam

By Paulette Jordan
Special to the News Leader

The Fort Sam Collective Protestant Gospel Service will host the 2008 Gospel Music Benefit Concerts Saturday at 3 p.m. in the Blesse Auditorium and Sunday at 10:30 a.m. at the Dodd Field Chapel.

A designated offering will be taken up during the Sunday service. All proceeds from this offering will go to the Warrior and Family Support Center to aid Soldiers and their Families. The theme for this event is "United, We Can Make a Difference."

Gospel music legend James Bignon will conduct workshops and perform during the Saturday concert. Bignon is

no stranger to gospel music with more than 27 years in the industry. Bignon's latest release, "God is Great," remained on Billboard Gospel Charts for 26 consecutive weeks.

Gospel Music radio host, Jackie Ray Robinson, will be the program emcee. Other participants include the True Vine Praise Team; The Samoan Christian Fellowship Youth Dancers; the Dodd Field Praise Dance Ministry; local soloist James Bennett, from Mount Calvary Baptist Church; and the Workshop Concert Choir.

The concerts are free and open to the general public. For more information, call 462-7676 or e-mail lpjordan@liberty.edu.

For Sale Fort Freebies

For Sale: Hewlett Packard computer with 19-inch LCD and HP printer, copier, scanner and fax, \$390; dresser, \$160; big office chair, \$29; two bar chairs, \$129. Call 829-4741, leave message.

For Sale: 2003 Suzuki SV1000S with custom fairings and paint, \$4,500 obo. Call Mase at 846-7494.

For Sale: Set of four tires, BF

Goodrich LT235/75 R15 all terrain T/A, good condition with warranty, \$120 obo. Call 913-0548.

For Sale: Blue fawn, red nose, pit bull puppies, five males, six females, father blue fawn, mother American red nose, both CKC registered, \$600 each. Call Eric at 789-5335 or for picture, visit <https://www.myspace.com/blue-fawnrednose>.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. 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 news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

For Sale: 2002 Chevrolet Impala LS, gold colored, light tan interior, A/C, AM/FM/cassette/CD, 3.8L V6 engine, automatic, 90K miles, scheduled maintenance records, power windows and locks, \$7,500. To see the vehicle go to the Fort Sam Houston lemon lot. Call Randy at 916-2560 or 508-1697.

For Sale: Ashley microsuede sofa,

\$300 obo; microwave with cart, \$150 obo; small white curio cabinet, \$25; Home Interior pieces and other miscellaneous. Call 566-5313.

For Sale: Bose Acoustimass 6 Series III home theater speaker system with Onkyo amplifier and two wall mounts, \$600 obo. Call 249-1252 or 872-3744 after 5 p.m.

For Sale: Singer sewing

machine, \$50; sewing table, \$50; Yakima rocket box roof cargo carrier, \$100, Tequesta GT all terrain mountain bike with new Shimano brakes and 3/7 gear shifters, \$300 obo; oak dining room set includes table with center leaf, six chairs and china hutch, \$800 obo. Call Scott at 221-4115 or 361-232-0235.

For Sale: Miniature pinscher, AKC, male, red, 10 weeks, first shots, dew claws and tail, \$175. Call 590-2985.

For Sale: Pug/Apso puppies, one male and one female, \$275; Fisher Price baby musical swing, \$35; bookcase/entertainment center, \$95; glider exerciser, \$195; dash mat Volvo 1990-1999, \$30. Call 633-3859.

For Sale: Large, real wood sewing table set with matching hanging drawer and storage unit, lots of storage space; \$149; 1992 Ford Magnum Conversion van, loaded, new tires, \$2,985. Call 659-6741.

For Sale: Mini-dachshund, one black/tan female, mom is black/tan, 12.4 pounds and dad is English cream, 8.5 pounds, \$800 full AKC or \$600 pet only; two black/tan males, \$700 full AKC or \$550 pet only; three puppies, colors to be determined in a few weeks, possible chocolate/tans and cream, all males. Call Sara Wilkin at 314-6185 or for pictures e-mail finaqu@msn.com.

For Sale: RCA 52-inch projection TV, \$400; trailer, 4 feet by 8 feet, \$700 obo. Call 650-0337.

Free: Vacuum cleaner, good condition. Call 319-9801.