



## Briefs . . .

### George Beach/Binz Engleman Gate

It has been noted that motorists who enter the George Beach/Binz Engleman Gate are circumventing waiting in line to enter the Fort Sam Houston gate by entering the Averitt Express commercial site located across from the gate. Motorists also are entering the Muzak property on the front road off Interstate Highway 35 North. Motorists then turn around and use the traffic light to enter the gate and Brooke Army Medical Center. This is not only creating a traffic and safety hazard for Averitt Express and the employees and customers of Muzak, but motorists are also on private property. San Antonio Police Officers will cite violators and the charge can be criminal trespass.

### 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. The Tax Assistance Center will be closed Feb. 17 to 20 in observance of Presidents Day. For more information, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

### Change of Command, HHC, USARSO

Headquarters, Headquarters Company, U. S. Army South, Change of Command ceremony will be Friday at 10 a.m. in front of Building 1000, Brooke Army Medical Center, Stanley Road. Capt. Christopher R. Boris will relinquish command to Capt. John F. Vann Sr.

### AFTB Level I training

Army Family Team Building is offering Level I training, an introduction to the Army, Monday, Wednesday, Feb. 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.

### 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.

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Photo by Darren Reehl

## Tent building 101

Soldiers of the 91D Operating Room Specialist Course, held at Camp Bullis last week, gather around the instructor, Donald Williams as he explains the way the tent poles are connected to construct a frame for a field hospital tent. (From left) Pvts. Yessica Palma-Villanueva, Chamaine Schlagel and Dustin Crawford watch as Pvt. Joseph Amissah works on the tent frame. See story and more photos on Pages 16 and 17.

# Outstanding Soldiers recognized

By Esther Garcia  
Fort Sam Houston Public Affairs Office

Fort Sam Houston honored four outstanding Soldiers during leadership call at Blesse Auditorium on Jan. 19. The NCO of the Year, Soldier of the Year, Drill Sgt. of the Year, and Army Medical Department Center and School Soldier of the Year were introduced to key leaders from the post community.

Sgt. 1st Class Colin Rader, assigned to G Company, 232nd Medical Battalion, 32nd Medical Brigade, is the installation NCO of the Year and the Army Medical Department Center and School NCO of the Year. Rader, who joined the Army in 1992, is from Cabin Creek, W. Va.

"The competition was physically and mentally demanding," said Rader. "It was tough, but the land navigation was a

nightmare." Rader recommends every senior NCO send their junior NCOs to participate in local boards. He gives credit for his accomplishments to his first line supervisor, Senior Drill Sgt. Linwood Russell. "He afforded me the time, along with the workers from the Reception Company at 232nd Medical Battalion, to take as much time to get ready for this competition," said Rader. He also credits Master Sgt. Jennifer Long, then his first sergeant. "She encouraged me to go out and take the prize," said Rader. Rader's long term goal is to become a physician assistant.

The Soldier of the Year is Sgt. Rebecca Magner. She is from Lincolnton, Ga. and is currently assigned with Brooke Army Medical Center as the NCO of the Optical Fabrication Lab. She supervises the production of prescription eyewear.

See OUTSTANDING on Page 4

## Walters street gate construction update

By Cheryl Harrison  
Fort Sam Houston Public Information Office

The repairs and maintenance to the Walters street gate began in early January, but according to officials, even though the work is behind schedule, completion will remain as projected for the end of March.

"This project has slipped due to some additional work that was required on the repairs in Phase I," said Raquel Hernandez, chief, Engineering Operations Branch. "In order to minimize the impact, the contractor completed some of the items required for Phase III in Phase I. He will complete the remainder of Phase III in Phase II and the project will now be completed in two phases."

Phase I will be complete by Feb. 17. In bound lanes on Walters and Scott will remain closed, with one lane outbound open. All incoming traffic must enter Fort Sam Houston

through the two visitor/non-decal lanes.

The second phase of the repairs will begin approximately Feb. 21. Phase II will have one open lane, inbound on Walters/Scott for decal traffic as well as the two existing inbound lanes for both decal and non-decal vehicle access.

One lane outbound on Walters and Scott street will be maintained.

There will be no Phase III. The overall project completion date remains March 20.

Drivers are still advised to consider alternate routes while the work is underway.

Allow extra time to gain access to the post, try a different route and an alternate gate.

The electronic marquis and FSH police officers are on hand to direct traffic and inform people of changes as they occur. The News Leader will also provide updates and schedule changes.

See ACP MAP on Page 3

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# Army extends health assessment for Soldiers

Secretary of the Army Dr. Francis Harvey and Chief of Staff of the Army Gen. Peter Schoomaker authorized this week a new health screening program, "Post Deployment Health Reassessment," designed to address deployment related physical and mental health needs of Soldiers three to six months after returning from deployment.

After nine months of pilot programs, the Army is now implementing the PDHRA program. This is one component of the Defense Department's ongoing efforts to safeguard the health of all military personnel returning from deployment including Active, Reserve and National Guard.

This unprecedented Army health assessment program will address the deployment related physical and mental

*"When our units return from operations around the world, their equipment is rechecked and reset. We see this health screening as an expansion of the process that looks at resetting the fighting force – resetting and maintaining the wellness and health of Soldiers."*

**Army Surgeon General Lt. Gen. Kevin Kiley**

health needs of our Soldiers. Research has shown that deployment health concerns often evolve over time, commanders must facilitate and encourage returning Soldiers to visit with health care providers to ensure that all their deployment related

health concerns are addressed as soon as practically possible.

Army Surgeon General Lt. Gen. Kevin Kiley explained the health reassessment this way: "When our units return from operations around the world, their equip-

ment is rechecked and reset. We see this health screening as an expansion of the process that looks at resetting the fighting force – resetting and maintaining the wellness and health of Soldiers.

"It's important to remember that this is an overall health reassessment," Kiley said, "not just a mental health reassessment. Many of these Soldiers have been working very hard in combat operations throughout the world. They come back, get some time to rest and recover, and then they begin to realize that some of the things – backaches or skin rashes, for example – have not gone away. This screening process gives them an opportunity to come back to us, and for us to provide them the follow-on health care they need."

(Source: Army News Service)

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## Briefs cont. . . .

### 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.

### Retirement Ceremony

Fort Sam Houston will honor its February retirees at the consolidated retirement ceremony Feb. 23 at 7:45 a.m. at MacArthur Parade Field.

### 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.

### 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.

# Research doesn't stop just because researchers deploy

By Karen Fleming-Michael  
U.S. Army Medical Research and Materiel Command

Suggesting that troops use effective safety measures while burning trash is just one example of contributions researchers have made while in the Iraqi theater of operations.

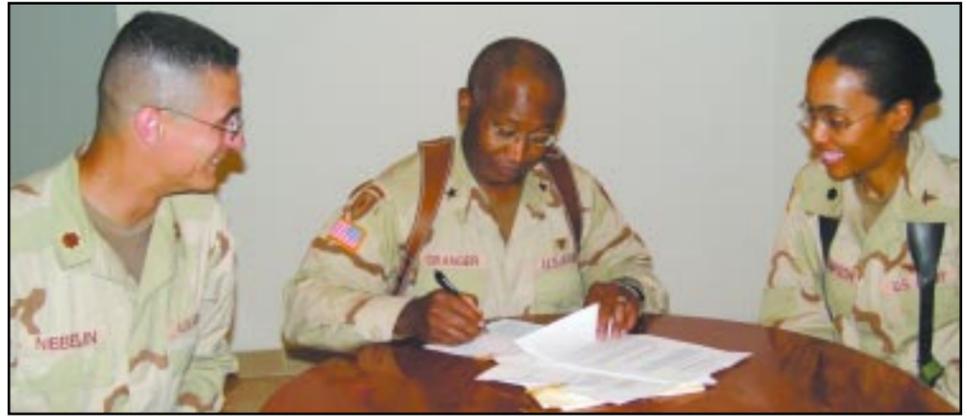
"With a war ongoing, we need to be able to provide fast feedback for troops in the field as well as to people making decisions about research priorities," said Col. Lee Cancio, a trauma surgeon with the U.S. Army Institute of Surgical Research who deployed to the 86th Combat Support Hospital in Baghdad in April 2005.

Researchers at the ISR, which also runs the Army Burn Center at Brooke Army Medical Center, were able to provide quick, relevant advice to the field because of the types of burns they were seeing with their patients.

For instance, many Marine patients at the burn center had both hand and face burns. Hand injuries, Cancio said, have a long-term effect because they can hinder the person from being able to return to duty. Based on those findings, Army researchers were able to tell the Marines Corps that any Marine who might encounter an improvised explosive device should wear fire-proof hand protection, like Nomex flight gloves. Researchers were also able to tell the field that many of the burn injuries occurred when service members were burning human waste or trash.

Studies that take place while a conflict is ongoing also tell researchers what their priorities should be, Cancio said. Take tourniquets, for example. During the Vietnam War researchers found that the number-one cause of preventable battlefield death was hemorrhagic shock. Based on that information, they recommended that today's war fighters receive improved tourniquets.

"Now we're still seeing patients who are dying of hemorrhagic shock from penetrating torso injuries that would not respond to a tourniquet, so that's an example of where our research priorities should be. They should be oriented



Courtesy photo

From left, Maj. John Nibbelin, command judge advocate, 44th Medical Command; Brig. Gen. Elder Granger, commander, 44th Medical Command and Multi-National Corps – Iraq Surgeon; and Lt. Col. Jennifer Thompson, director, clinical research, 44th Medical Command, sign the Multi-National Corps – Iraq Department of Defense Multiple Project Assurance, July 20, 2005. The assurance is an official legal commitment to the Department of Defense and assures compliance with all federal and DoD regulations pertaining to research involving human subjects.

toward those particular types of injuries and treating shock from those injuries because we don't have a good product for that," Cancio said. "That's the sort of important information that we need to get out of this type of analysis."

Researchers see a real need for gathering data in theater, vice waiting for the information to migrate into databases in the states.

"There are a number of data sources that would have been irretrievably lost unless there were investigators who were actually deployed, looking out for preserving the data for later review," Cancio said.

Doing research in a combat theater isn't a novel idea; in fact, it's been done since World War I, the colonel said. What has changed since those research studies were conducted, however, is the regulatory environment overseeing research. Before any research study can start, its plan, called a protocol, has to be reviewed at various levels to make sure the plan is a good one. In the states, the final okay comes from a body called an Institutional Review Board.

"As you might imagine, the Institutional Review Board is a fairly sophisticated committee with experienced research and regulatory people who meet on a regular basis," Cancio said. "We, of course, did not intend to deploy any such committee to Iraq."

Lt. Col. Jennifer Thompson of the Walter Reed Army Institute of Research's

Institutional Review Board did deploy to Iraq, namely to the 44th Medical Command, from June to October 2005 to set up a process for researchers to have their protocols reviewed. Cancio, as well as a few other researchers at the 86th Combat Support Hospital, had their draft research protocols ready for her when she landed.

Her arrival was a welcome one because researchers were warned not to begin any studies without first getting all the same approvals they'd need in the states.

For the most part, the types of studies researchers were hoping to undertake were

retrospective studies, meaning researchers would look at data gathered from patient medical records or other clinical data that's available in a medical treatment facility to identify injury trends and outcomes.

"There are a lot of lessons to be learned from this experience, but we definitely don't want to put our Soldiers, who are already in harm's way by virtue of being in the combat environment, at additional risk," she said.

Thompson's first triumph came July 20 when she received a signed Department of Defense "assurance," which is a legal commitment that promises all research involving human subjects will comply with all federal and Defense Department regulations. Brig. Gen. Elder Granger signed the assurance and was given this authority based on an agreement between the Army Surgeon General and the commander of the Multi-National Corps-Iraq. The first ever for a combat environment, the assurance let research in theater commence.

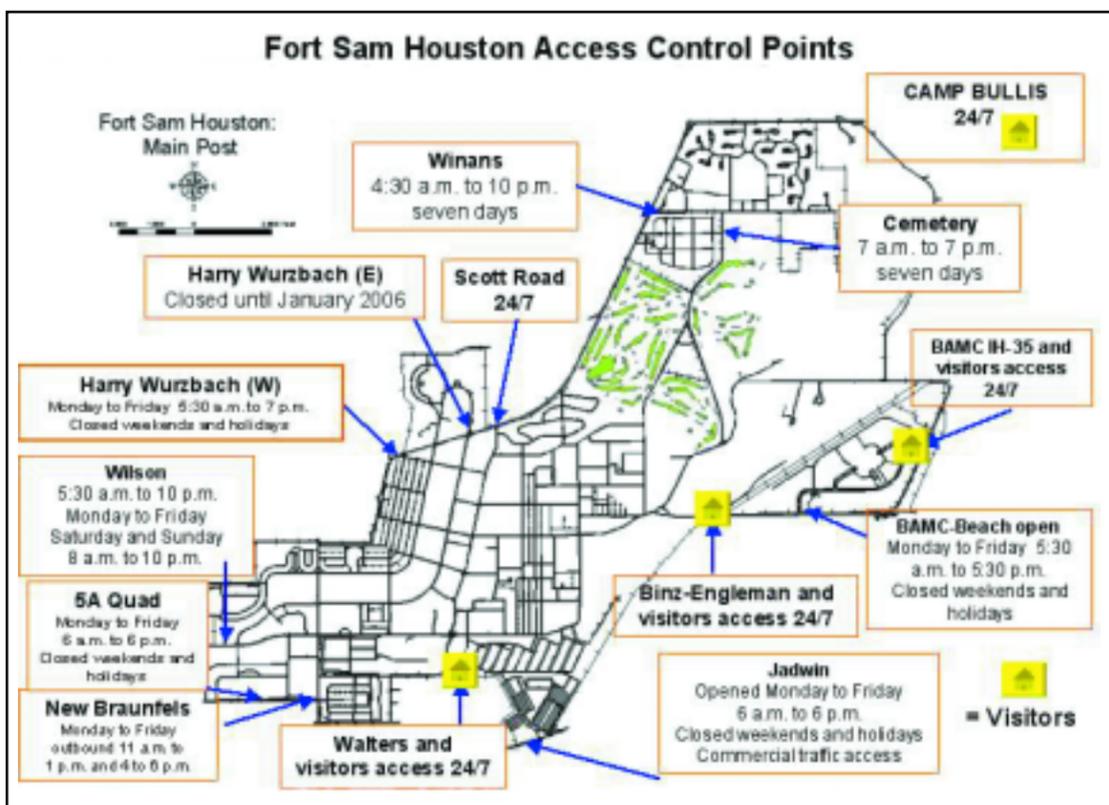
Today, research proposals are reviewed by the chain of command in Iraq and ultimately end up at the Brooke Army Medical Center's Institutional Review Board. The committee there reviews protocols for scientific merit and human use concerns to ensure the rights, such as privacy, and well-being of patients are protected.

"Because most of this work was retrospective, it's very low risk for any of the participants," Thompson said. "It's relatively easy to employ several provisions to reduce the risk of loss of confidentiality, which is the main risk associated with patient data and medical record review. We had a couple proposals that would have required recruiting participants, but by the time I left none of them had been approved."

"Protocols initiated in theater take a few months to be reviewed, which is on par with reviews that begin in the states," Cancio said.

"Good research, even in the states, has to be done methodically and have multiple layers of approvals," he said.

Because he was kept so busy in Iraq as a surgeon, the colonel never found the time to analyze all the data he collected. Now that he's back at the ISR, he and colleagues have begun looking at injury patterns from IEDs, burns, eye injuries and the effect of massive blood transfusions. His results, he hopes, will find more answers for the field and help set more research priorities.



# Military medical services give troops confidence

By Sgt. Sara Wood  
American Forces Press Service

WASHINGTON, D.C. – U.S. military medics and corpsmen are on the front lines with troops in Iraq and Afghanistan, and the troops have confidence in their abilities and in the standard of care throughout the entire military medical system, a top U.S. general said here Tuesday.

Every troop who goes into combat has tremendous respect for the medics who go forward with them, and these medics display the same courage and bravery as the rest of the troops, said Marine Gen. Robert Magnus, assistant commandant of the Marine Corps, at the State of the Military Health System 2006 Annual Conference.

"I'm talking about people who, hour after hour, in the most demanding environmental conditions, under the same combat conditions as the troops that are intentionally going forward in harm's way, they are there," Magnus said. "Whenever there is a Soldier or Marine storming an

enemy position, there is a corpsman or a medic that is right within sight."

"The care given to wounded troops by medics on the front lines is exceptional, as is the care at every military facility on the route from the combat zone to the United States," Magnus said. "Surgeons at Walter Reed Army Medical Center and the nearby National Naval Medical Center in Bethesda, Md., are awestruck at the quality of work given to service members at the combat surgical hospitals along the way," he said.

"At every single stage, there is the highest excellence of care," he said.

Most wounded service members are able to return to duty quickly, Magnus said, and the ones who aren't are given quality care throughout their entire rehabilitation. The military has the best combat medical centers in the world and experienced personnel who provide excellent care that is recognized by everyone, most notably the troops and their families, he said.

"Your finest spokesmen are the troops and their families," Magnus said to the audience of military professionals. "These young men and women leave here in the finest condition of modern medicine. You can see it in their faces, as well as in their rehabilitation. You can see it in the confidence and smiles on the faces of their families, however grievous their wounds are."

The quality rehabilitation provided by the military gives even the most seriously wounded service members hope and ability to go on with their lives, Magnus said.

"They aren't disabled, they are enabled," he said.

Military medical professionals also provide care to Iraqi civilians, security force members and enemy casualties, Magnus said. Iraqis are taken to the same facilities and given the same quality of care as U.S. service members, he said.

Medical personnel from all branches of service work together to provide medical evacuation support to U.S. and Iraqi combat units, Magnus said. These service

members are a great example of the joint force working together in a real situation, he said.

"The (medical evacuation) crews are literally part of a fabulous joint team," he said. "It is absolutely true when you go outside the wire, when you go forward of the line of departure, when you go down a dark alley or you do an insert at night or in a sandstorm — the joint team that's there and working all the way back here is simply amazing."

Military medical leaders should be proud of the system they have created, which, even in the midst of war, provides an unmatched quality of care to all military members, their families and retirees, Magnus said.

"The standard of care for everyone that is in uniform or has retired from military service is beyond what money can buy," he said. "You have every reason to be proud of the medical health support that you provide to these great warriors and to their families."

## Outstanding

Continued from Page 1

"The competition was a good learning experience. Everyone involved with the event was very helpful and friendly," said Magner. She is also BAMC's Soldier of the Year. Her long term goals are to complete twenty or more years in the Army.

The Drill Sgt. of the Year is Sgt. 1st Class Sherrie Saunders, D Company, 232nd Medical Battalion. Saunders is from Baltimore, Md. She joined the Army in September 1996, completing her basic training at Fort Leonard Wood, Mo. She competed with 11 other top drill sergeants from here.

"I've always wanted to be a drill sergeant," said Saunders. Being a drill sergeant is very important, she added. Saunders also served as NCO in charge of a small emergency room in Mosul, Iraq. After returning from Iraq, she felt the Soldiers should get proper training before going to Iraq. "I feel I have a part as a drill sergeant in sending young trained Soldiers to my battle buddies," said Saunders.

Referring to the competition, Saunders said, "The competition was very challenging and appropriate for what we do. We expect the same from our Soldiers. It is relevant to what we do." Saunders will represent Fort Sam Houston at the U.S. Army Training and Doctrine Command where she will compete for the honor of top Drill Sergeant in the Army.

The Army Medical Department Center and School Soldier of the Year is Spc. Kristal Wise, currently assigned to E Company, 264th Medical Battalion as a 91W health care specialist. Wise originally joined the Army as a reservist in May 2004 but changed to active duty status in January of this year. She is from Miami, Fla.



Col. Richard Agee presents the Army Commendation Medal to Sgt. Rebecca Magner, the Installation Soldier of the Year. Magner is also the Brooke Army Medical Center Soldier of the Year.

"The competition is a great opportunity and everyone who competes can gain something," said Wise. "Being in the military, you will have to face a board eventually and you tend to have an edge over those that have not competed."

"When you compete you want more, and you want to uphold the standards that you already have achieved," said Wise. Her long term goal is to get a bachelor's degree in history or African American studies. She also plans to obtain a master's degree in educational studies and eventually obtain a doctorate degree.

The rigorous competition began with the Army Physical Fitness Test and included a written examination, essay, Common Test Training, day and night land navigation, the obstacle course and an oral board conducted by sergeants major from across the installation.

Col. Richard Agee, chief of staff, Army Medical Department Center and School and Fort Sam Houston, and Command Sgt. Maj. Timothy Burke presented awards and the commander's coin of excellence on behalf of the installation commander. Rader, Magner and Saunders each received the Army Commendation Medal. Wise received the Army Achievement Medal.

"We graduate 29,000 allied health services students every year from 274 medical programs. No one in the world does it like the Army Medical Department Center and School. We produce the best medical professionals in the world, just look at the Soldiers on the battlefield, and take pride," said Agee.

Each of the Soldiers was recognized by sponsors representing Kim's Alterations and Cleaning, Bearing Point, Chaney Financial Services, Army Air Force Exchange Services, Eisenhower Bank, Association of the United States Army, Government Personnel Mutual Life Insurance, San Antonio Federal Credit Union, Bank of America, USAA Military Affairs, Government Employee Insurance and Morale, Welfare and Recreation.



Photos by Douglas Meyer

Col. Richard Agee, chief of staff, Army Medical Department Center and School and Fort Sam Houston, presents the Army Commendation Medal to Sgt. 1st Class Colin Rader, G Company, 232nd Medical Battalion, Installation and AMEDDC&S NCO of the Year. The recognition ceremony was held at Blesse Auditorium Jan. 21 during leadership call.



Sgt. Maj. Timothy Burke, Army Medical Department Center and School, congratulates Spc. Kristal Wise, E Company, 264th Medical Battalion, the AMEDDC&S Soldier of the Year.



Dee Johnson, San Antonio Federal Credit Union, presents Sgt. 1st Class Sherrie Saunders, D Company, 232nd Medical Battalion, Drill Sergeant of the Year, with a savings bond.

# Army begins CAC cryptographic logon

The U.S. Army began implementing this month the Common Access Card cryptographic logon which requires a special identification card, known as a CAC, and a personal identification number to log on to the Army's unclassified network. By March, approximately 10,000 Army headquarters users are expected to be CAC-cryptographic logon compliant. By summer, implementation should be Army wide.

"Protecting identity is critical as the Army moves forward to deliver a joint net-centric, information enterprise," said Lt. Gen. Boutelle, Chief Information Officer/G-6.

"One of the greatest vulnerabilities of our networks is posed by weak user names and passwords," Boutelle said. "Spyware or keystroke tracking software can steal your username and password, and even your person-

al identification number or PIN. It cannot steal your CAC. The Army's goal is to eliminate the use of username and password."

CAC logon allows you to be authenticated with something you know — your PIN, and something you have — a CAC. CAC is a type of smart card with electronic information about an owner and digital public key infrastructure or PKI certificates that insure identity.

Part of the CIO/G-6 mission is to protect and defend the Army systems, networks and information. Key to that mission is reducing vulnerability of the unclassified network through security measures such as card-cryptographic logon. Common Access Card cryptographic logon also meets the directives on identity protection published by the Army vice chief of staff in 2005 and the president in 2004

(Homeland Security Presidential Directive 12).

Recently, DoD's Joint Task Force Global Network Operations started accelerating PKI implementation throughout DoD.

In the near future, the Army's intranet Army Knowledge Online will also require CAC logon. The Army is currently testing and vetting the capability to use CAC logon outside Army networks.

(Source: Army News Service)

## Corporate partners offer free tax filing service to military members

By Petty Officer 3rd Class Chris M. Hwang

American Forces Press Service

WASHINGTON, D.C. — Military members and their families can now file their taxes for free, thanks to a partnership between a group that helps military people deal with financial issues and a civilian financial services company.

"Military OneSource" has partnered up with Intuit, a financial services company, to provide the TurboTax basic product for federal and state returns at no cost.

Military members can download this program and also benefit from tax consultations and have access to appropriate resources. The Military OneSource Web site will provide annual upgrades to the TurboTax software at no cost.

"This tax consultant support for filing

2006 taxes is available telephonically toll free (800-342-9647) and at no cost to the service members from any deployment location in the world," acting Deputy Undersecretary of Defense for Military Community and Family Policy Jane Burke said. "Military OneSource tax consultants are also familiar with the IRS publication Armed Forces Tax Guide."

Burke said DoD has a long history of offering tax assistance to military members, but this year the department is offering the opportunity for service members to self-file electronically at no cost, using a popular software product that double checks for accuracy.

"For many years, help has been available at many installations through the Voluntary Income Tax Assistance program. VITA volunteers will continue to be available through legal centers at most installations. VITA vol-

unteers help service members to file their taxes free of charge," said Burke.

Defense Department personnel noticed the need for a tax filing system that met military members' needs. TurboTax modifies itself based on the customer's information relevant to their unique tax situation. Providing an easier way to file taxes is an important quality-of-life issue, officials said.

"DoD recognizes the reciprocal relationship that binds the military member, the military mission, and military families. The Department is working hard to make a difference in the quality of life of service members and their families," Burke said. "The Military OneSource program, available worldwide 24/7, leverages technology to help service members and their families deal with the stresses of the military lifestyle. Providing access to electronic tax

filing with the free telephonic support of a tax consultant is just one of the services offered by the Military OneSource service."

TurboTax customers can expect to see a new and improved way of filing their taxes as well. The easy-to-understand language allows users to feel more confident about the information they receive. Users can also click on an "Explain This" button within the TurboTax Web site to get relevant help. TurboTax also includes time-saving summary screens, allowing users to quickly review and edit their data.

"The department is proud to offer innovative options, like free electronic access to Turbo Tax and telephonic support, for addressing the challenges that military members and their dependents face. The Department of Defense recognizes that families also serve and is committed to supporting military families," Burke said.

### 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.



# SWIOC welcomes new commander

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

Members of the Southwest Information Operations Center, known as Cyberknights, welcomed their new commander at the change of command ceremony held Jan. 21 at the Roadrunner Community Center.

Lt. Col. Mark DiTrollo assumed responsibilities of the Southwest Information Operations Center from Col. Richard Blumberg, as friends, families and co-workers watched.

The mission of the SWIOC is to provide information assurance, computer network defense, and information operations planning capabilities in support of Armed Forces or Joint Task Forces.

DiTrollo, who lives in San Antonio, graduated in 1986 from the U.S. Military Academy and was commissioned as an Air Defense Artillery officer. He was later assigned to Germany and served at Fort Hood, Texas in various staff positions and as a commander. DiTrollo subsequently transferred to the Army Reserves. Before his selection as the commander of the Southwest Information Operations Center, DiTrollo was called to active duty as the information officer for U.S. Northern Command and later for duty with Fifth U.S. Army

Homeland Information Office. He is a graduate of the Army Command and General Staff College and the Information Operations Course.

DiTrollo thanked Blumberg for turning over a great unit to him. "I look forward to working with you," said DiTrollo to members of the SWIOC in attendance.

Col. Bruce W. Carlson, commander, Army Reserve Information Operations Command, headquartered in Adelphi, Md., congratulated Blumberg for a job well done and said, "DiTrollo will have some big shoes to fill."

Blumberg touched on the accomplishments of the center such as placing overall first place in the first Virtual Network Audit exercise ever held in the Army Reserves.

"My command is successful not because of what I have done, but what these outstanding ladies and gentlemen here before me have accomplished. As I turn over the SWOIC, I turn it over with pride," said Blumberg.

Blumberg received the Meritorious Service Medal for his accomplishments as commander of the SWIOC and also was presented with the unit guidon.

The ceremony included musical prelude by the U. S. Army Medical Command Band under the direction of Chief Warrant Officer William Brazier.



Col. Bruce W. Carlson, commander, Army Reserve Information Operations Command, presents the Meritorious Service Medal to outgoing commander, Col. Richard Blumberg, for his outstanding accomplishments as commander of the SWIOC. His wife, Linda, stands next to him.



Incoming commander, Lt. Col. Mark DiTrollo (right), accepts the unit guidon from Col. Bruce W. Carlson, commander, Army Reserve Information Operations Command, assuming the responsibilities of the Southwest Information Operations Center at the change of command ceremony held Jan. 21 at the Roadrunner Community enter.

# Army recruiting for physician assistants

By Ann Erickson  
Army News Service

ARLINGTON, Va. – The Army is short about 100 physician assistants and is stepping up attempts to recruit both civilians and Soldiers to do the job. This is the first time that the Army Medical Department, or AMEDD, has recruited certified civilian physician assistants to join the Army, said Capt. James Jones, Interservice Physician Assistant Program manager. He said the Army's modularity and high operations tempo contributed to this change.

"We have a recruiting mission to obtain 20 civilian physician assistants this year,

but this is likely to rise to 60," he said.

The Army offers qualified officers, warrant officers and enlisted Soldiers an educational opportunity to become a physician assistant through the IPAP located at the AMEDD Center and School, Fort Sam Houston, Texas. The Army trains alongside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard, and U.S. Public Health Service, said IPAP officials.

"The Army plans on filling the shortages by increasing the number of students in the IPAP - this year we are training 92 Army students versus 60," Jones said.

Upon completion of the program, 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 in accordance with DoD Instruction 6000.13.

Graduates must pass the Physician Assistant National Certifying Exam before they can provide healthcare to Soldiers, AMEDD officials said.

There is also a new program called the Requirements Completion Course that is designed to help Soldiers complete the program's prerequisite courses.

"This is another way that we are working to reduce the shortages while still

maintaining the highest quality medical provider possible," said Jones.

Army physician assistants are frontline medical responders, said Jones.

"They are usually the first medical care that Soldiers receive before being transported to a hospital," he said. "They are a critical component of the Army."

Applications for the IPAP must be sent by March 1 to the program manager at: HQ, USAREC RCHS-SVD-PA 1307 Third Ave.

Fort Knox, KY 40121-2726

For more information about Army physician assistants or the IPAP and its requirements, visit [www.armypa.info](http://www.armypa.info).

## Troop Salute

### 232nd Medical Battalion



#### Soldier of the Week

**Name:** Spc. Jorge Robert Camona

**Unit:** F Company

**Hometown:** Hollywood, Calif.

**Goals:** To become a flight medic

**Reason for joining:** I want to give my life more meaning



#### Junior Leader of the Week

**Name:** Pvt. Erica Renee Lemons

**Unit:** F Company

**Hometown:** Onward, Ind.

**Goals:** To further my military career as a recruiter

**Reason for joining:** I want to make a change in my life



## Career Clips

**Alzheimers program coordinator, San Antonio** - In charge of planning and coordinating programs and activities that provide life-enriching activities for Arbors residents. Plans, coordinates and facilitates life-enrichment programs; strengthen local community involvement through promotion of volunteerism among members of the community; experience with residents with Alzheimer's and other dementias in a residential setting.

**MRI technician, San Antonio** - Possess working knowledge of cross-sectional anatomy and MRI pathology 3; positions patients for views as indicated by prescription or radiologist; follows MR protocols in conducting scan; completes required exams, including extra views in appropriate and timely manner; monitor patient's well being during scan.

**Food services assistant, San Antonio** - Assists in directing work activity of dining service employees; confers with staff to plan menus and related activities; oversees cleaning and maintenance of equipment and facilities and ensures that all health and safety regulations are adhered to; participates in hiring, assignments, training, motivation and termination of personnel; investigates and resolves food quality and service complaints.

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. For more information, call 221-1213 or visit the ACAP Office, Building 2264.*

# Caffeine gum for troops helps with alertness

By Steven Donald Smith  
American Forces Press Service

**SILVER SPRING, Md.** – Caffeine gum now available to U.S. troops is intended to improve performance and alertness in myriad tasks, a sleep researcher at Walter Reed Army Institute of Research said.

“We’ve tested the caffeine gum in a laboratory where we had a lot of control, and we tested it in field studies. We found that it improves all sorts of performance and alertness tasks,” Dr. Tom Balkin said in an interview at the institute. “And importantly, we didn’t find any evidence that it had any detrimental effects.”

Institute researchers concluded that the right amount of caffeine improves cognitive abilities, marksmanship, physical performance and overall vigilance, while preventing fatigue-related injuries and deaths.

The fruit of the research is a new product called “Stay Alert” caffeine chewing gum, which is now in production and available to U.S. armed forces and security agencies through military supply channels. Each pack of Stay Alert consists of five pieces of cinnamon-flavored gum, with each piece containing 100 milligrams

of caffeine, equivalent to a 6-ounce cup of coffee.

“Our studies with caffeine have shown that at the right dose it’s just as effective as some other stimulants that are more powerful, like amphetamines,” Balkin said. “The advantage of caffeine is that it’s widely available, doesn’t require a prescription, and people have a lot of experience with it, so everybody already knows if they are sensitive to it or not.”

Balkin said the caffeine gum has several advantages over other caffeinated products. For instance, the gum is easy to transport and is readily accessible, and the caffeine in the gum is absorbed much quicker. Its affects also are felt much sooner.

“When you chew the gum, the caffeine is extruded into the saliva and is absorbed right through the tissues in the mouth into

*“The advantage of caffeine is that it’s widely available, doesn’t require a prescription, and people have a lot of experience with it, so everybody already knows if they are sensitive to it or not.”*

**Dr. Tom Balkin  
Walter Reed Army  
Institute of Research**

the bloodstream. It gets into the brain very quickly, in about five minutes. It takes coffee about 20 to 25 minutes,” Balkin said.

The researchers did several studies to determine the right amount of caffeine to administer. Their conclusion was that 200 milligrams of caffeine every two or three hours was the correct dosage for most people to maintain performance, he said.

Walter Reed got involved with the caffeine-gum project

after an executive at Amurol Confections Co., a subsidiary of Wrigley’s, asked if the Army would be interested in such a product. The answer was yes, and experts at the institute spent the next six years researching the gum.

“We spent six years in development, giving feedback to the company about dosages, etc.,” Dr. Gary Kamimori, a

behavior biology scientist at the institute, said. “Our research data regarding the affects of the gum was exciting, so we published the results.”

When asked about possible safety hazards associated with misuse of the gum, Balkin said the bad taste of the gum would probably prevent its abuse. “The stuff doesn’t taste that good. It doesn’t taste as good as regular gum, so people are not going to be chewing it for the taste. I think most people will use it for what it’s intended, and that’s to help with alertness,” Balkin said.

“There are other products that contain caffeine, like ‘NoDoz.’ I don’t know the detrimental effect of their use, but it’s not unusual for people to use caffeine,” Dr. Debra Yourick, a WRAIR public affairs officer, added.

The gum will not be issued with regular military rations, but “there is an experimental first-strike ration for the Special Forces. One pack of gum is included in each special ration,” Balkin said.

The Natick Soldier Center, which manages food and equipment research and development for the Army, also tested the gum and approved its use in the first-strike ration. The gum has been used in Iraq and Afghanistan since 2003.

## Sew Much Comfort delivers clothes for recovering Soldiers

By Gary Griffen  
Special to the News Leader

If you’ve seen Soldiers strolling through Brooke Army Medical Center in brightly colored casual pants, shirts and pajamas lately, they were provided by Sew Much Comfort. In fact, Sew Much Comfort, a national volunteer program, has provided inpatients at BAMC’s Burn Unit and Orthopedic Ward with adaptive specialized garments for several months now. In addition to pajamas, Sew Much Comfort also provides donated undergarments, T-Shirts and polo shirts.

Sew Much Comfort began in response to a need on Ward 57 at Walter Reed

Army Medical Hospital in Washington, D.C. Injured Soldiers coming back from the Iraq war require extensive medical care to recover from their orthopedic injuries. The primary clothing they have to wear over the splints and specialized “fixators” is a hospital gown. The gowns left Soldiers with limited clothing options to wear as they recovered from their injuries. As a result, Sew Much Comfort was founded. The organization’s mission is to design, create, and deliver specialized clothes for recovering Soldiers.

Sew Much Comfort’s goal is an ambitious one—to have two pants and six boxes for each patient. The pants are very

easy to sew and take about an hour and a half to make. They are based on a standard pattern and adapted to fit around the “fixators.” The need for adaptive clothing is growing fast. Sew Much Comfort is seeking help with fabric donations or to buy the materials to make and ship the clothing.

The Sew Much Comfort Regional Ambassador is GiGi Toupal. If interested in providing material, sewing garments or providing a donation to purchase clothing and material, contact Sew Much Comfort at <http://sewmuchcomfort.org/>. This winter Sew Much Comfort began a program seeking remnant donations from fabric stores in the San Antonio area.



**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.

# “DICE” man stresses security responsibilities

By **Elbert Lewis**  
 Operation Security Manager

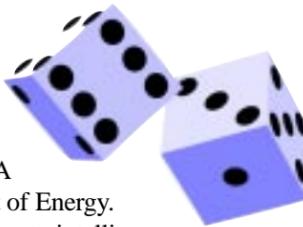
Ray Semko, renowned expert in military and government security and counterespionage, will share his experiences on Tuesday and Wednesday at 9 a.m. in Blesse Auditorium, Army Medical Department Center and School, and in Wood Auditorium on Tuesday at 2 p.m. Semko currently works for the Defense Security Service. He travels all over the world to raise awareness of the threats to U.S. security and stress the value of operational security in neutralizing those threats. All military members, civilian employees, and contractors should plan to attend.

Known as the “DICE Man” for the briefings he gives on Defense Information to Counter Espionage, Semko has more than 30 years of government security and counterespionage experience. The Vietnam veteran retired from the Army after 21 years, 17 of which he spent as a counterintelligence agent. From 1986 to 1988, he was responsible for the management of all coun-

terintelligence and espionage investigations conducted worldwide by the U.S. Army. He has also worked for DIA and the Department of Energy. In addition to his counterintelligence duties, he performed Operation Security assessments for the Army, Pentagon and Joint Chiefs of Staff, as well as other organizations.

Semko briefings are designed to provide the most current unclassified threat information. They also serve to remind people that they have individual security responsibilities.

Attendance at this briefing will satisfy the OPSEC/Subversion and Espionage Directed Against the U.S. Army training requirement for AMEDDC&S, 32nd Medical Brigade, and MEDCOM personnel. For more information, call Elbert Lewis at 221-8200, Sgt. 1st Class Harold Larvins at 221-3227, or Sgt. 1st Class Barry England at 221-7006.



Courtesy photo

## Rodeo roundup

Doug Stanley, (left) manager of the Jimmy Brought Fitness Center, awards Sgt. Matt Sevier a San Antonio Stock Show and Rodeo ticket pack. Morale, Welfare and Recreation awarded several lucky winners the ticket packs at the Jimmy Brought Fitness Center, Bowling Center and Golf Club. Discount tickets can still be purchased at the MWR ticket office by calling 226-1663.

## 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.



## Local talent

Staff Sgt. Robin Farland of Fort Sam Houston, Texas, takes third place in the female vocal solo category of the U.S. Army's 2006 Margaret “Skippy” Lynn Stars of Tomorrow Talent Contest Jan. 21 at Fort Belvoir, Va., with “How Can an Angel Break My Heart” by Toni Braxton.



Courtesy photo

## 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 Monday; coaches meeting is Feb. 14 at 1 p.m.; and the season begins Feb. 21.

### Racquetball

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

### Soccer

Letters of intent are due today; coaches meeting is Tuesday 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 run through Friday at 6:30 p.m. (rain dates are Monday to Feb. 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.

### All-Army Sports Program online application

The All-Army Sports Program offers Soldier athletes the opportunity to participate in more than 20 sports at an Armed Forces or higher level of competition. Interested participants can go to the Army Morale, Welfare and Recreation Web site at [www.armymwr.com](http://www.armymwr.com), select Recreation, and click on the Army Sports link to see what sports are available and view the criteria for selection. The Department of the Army Sports office has implemented a new procedure for applying to the All-Army Sports Program. An online application process has been developed to allow for an easier, more efficient application process. The new All-Army online application program is a web-based information system that will allow any Soldier (CONUS or OCONUS), with internet access, to apply for any All-Army sport online. Soldiers simply need to go to <https://armysports.cfsc.army.mil> for a direct link to the All-Army application process. This link will also give you detailed information about the program, the year's calendar, selection criteria, and points of contact at the DA Sports office.

## Winner's team



Photos by Alexandra Nordeck

(From left) Navy Petty Officer 3rd Class Zainob Andu, Marine Sgt. Joseph Duarte, Airman Ashley Bush, Col. Wendy Martinson and retired Army Sgt. 1st Class Conrad Myer (Purple Heart) represent each branch of the service at the Rampage Military Appreciation night Jan. 21.

The Rampage team wore specially designed military jerseys that were auctioned after the game. The proceeds, about \$10,000, benefit the Fort Sam Houston Soldier and Family Assistance Center, San Antonio Fisher Houses, American Red Cross and the Lackland Air Force Base Family Support Center.



## Post Pulse: What are your Super Bowl Sunday plans?



*"I'll be TDY, but I plan to watch the game at a friend's house (there)."*

**Sgt. 1st Class Harrell Carmichael**



*"I'm working."*  
**Spc. Joel Lara-Baeza**



*"I'm going to a friend's house for a Super Bowl party."*  
**Vicky Levada**



*"I plan to sit at home, barbecue and watch the game. Maybe have some friends over."*  
**Maj. Kurt Schomaker**



*"Nothing."*  
**Desiree Kenner**

## Tips to keep Super Bowl celebrations safe, fun-filled

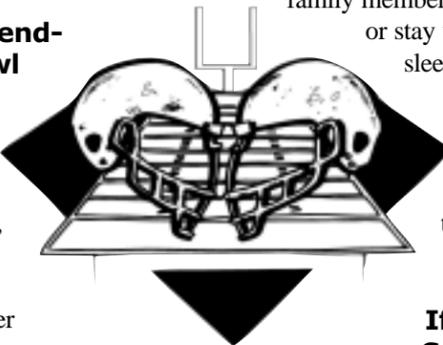
"With the college bowls settled, it's time for serious football fans to plan their Super Bowl celebrations. We'd like to help fans of all ages keep their celebrations safe and memorable whether they are partying at home or in a bar," said National Highway Traffic Safety Administration Regional Administrator Georgia S. Chakiris in Fort Worth, Texas.

"Last year, 158 people died during the 2004 Super Bowl weekend due to impaired drivers with blood alcohol concentration levels of .08 and higher, according to NHTSA data. Alcohol-related injuries and deaths can be prevented. If you plan on using alcohol in one of these

gatherings, act responsibly by designating a sober driver before the big game begins," she said.

### If you are attending a Super Bowl party:

- Avoid drinking too much alcohol too fast. Pace yourself – eat, take breaks, alternate with non-alcoholic drinks;
- Designate your sober driver before the party begins and give that person your car keys;



- If impaired, don't even think about getting behind the wheel. Ask a sober friend for a ride home; call a cab, friend or family member to come and get you; or stay where you are and sleep it off until you are sober;

• Remember, "Fans don't Let Fans Drive Drunk." Be the real hero of the game, take the keys.

### If you are hosting a Super Bowl party:

- Serve lots of food – particularly high-

protein dishes – and be sure to include lots of non-alcoholic beverages;

- Stop serving alcohol at the end of the third quarter of the game – and begin serving coffee and dessert;
- Be sure all of your guests designate their drivers in advance, or help arrange ride-sharing with sober drivers;
- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired.

"Have a safe and fun-filled Super Bowl Sunday," Chakiris said.

(Source: National Highway Traffic Safety Administration news release)

# National Black HIV/AIDS Awareness Day is Tuesday

The sixth annual observance of National Black HIV/AIDS Awareness Day is Tuesday. This national mobilization effort is designed to encourage and motivate African Americans across the United States to learn more about HIV/AIDS and to get tested, get involved and get treated for HIV/AIDS. Special events such as free HIV/AIDS testing, prayer breakfasts, town hall meetings and memorial services will be held throughout the country.

While African Americans represent approximately 13 percent

of the U.S. population, the Centers for Disease Control and Prevention reports that the group accounts for almost half, or 49 percent of the nation's AIDS cases. CDC figures also show that in 2002, AIDS was the leading cause of death for African Americans between the ages of 25 and 44. In the same year African Americans accounted for more than half, or 54 percent of estimated new HIV infections in the United States. Statistics show that African Americans have been disproportionately affected by HIV/AIDS since the epidem-

ic's beginning, and it continues to devastate black communities.

AIDS is a national public health emergency for African Americans, affecting more black Americans than any other ethnic group.

Anyone may be at risk – women, men and young people – especially those in their teens and 20s.

Tuesday is the National Black HIV/AIDS Awareness Day. Protect your family and yourself. Get involved, learn about HIV/AIDS, get tested and get treated.

In Accordance with Army Regulation 600-110, Active Duty personnel receive HIV education

HIV/AIDS Testing sites in the San Antonio		
Where/When	Who is Eligible	Phone
Brooke Army Medical Center Mon through Friday 8 a.m. to 5 p.m.	Active Duty, retirees and family members	295-2326 or 916-5216
Beat AIDS 218 Cypress St.	General public	212-2266
Ella Austin Heath Center 1920 Burnet	General public	434-2368
San Antonio Health Department 332 West Commerce	General public	207-8830
Hope Action Care 132 West Grayson	General public	224-7330

yearly and testing every two years. To schedule training, call 916-5216 or 295-2326. Training

dates will be available beginning April 3.  
(Source: Blackaidsday.org)

## Army Community Service

### Family Advocacy Program – February Class Schedule

Class Title	Dates	Class Time
Basics of Breastfeeding	15	10 to 11:30 a.m.
Boys Only! Ages 6 to 8	Wednesday	3 to 4 p.m.
Building Effective Anger Management Skills Series (4 to 6) New Series – Evening Class	Monday, 13 and 27	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth 1 and 2	Today, 9, 16 and 23	4:30 to 6 p.m.
Girl Talk! Ages 9 to 11	16 and 23	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	15	3 to 4 p.m.
S.T.E.P. Program for Parents of School Age Children	Tuesday, 14, 21 and 28	9 to 11 a.m.
S.T.E.P. Program for Parents of Teens	9, 16 and 23	1 to 3:30 p.m.
Stress Management I and II	Tuesday, 14, 21 and 28	11 a.m. to 12:30 p.m.
Truth or Consequences?	Monday and 13	1 to 2:30 p.m.
Workplace Communication	Tuesday, 14 and 21	4:30 to 6 p.m.
You and Your Baby	10	1 to 2:30 p.m.
	Wednesday 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.

### Health information privacy

## Availability of your Notice of Privacy Practices

Is the protection of your health information important to you?

Do you want to protect your rights to health information privacy?

Do you know what those rights are?

Most of us answer 'yes' to the first two questions without hesitation, but how about that third question? Do you know where you can read about your health information privacy rights and protections?

As of April 14, 2003, health care plans and providers were required to provide patients with a Notice of Privacy Practices. The notice describes how your medical information may be used and with whom it may be shared. It also describes your rights and how to file a complaint if you believe your rights have been violated. The provision of the notice is a requirement of the Health Insurance Portability and

Accountability Act or HIPAA of 1996.

Take a moment to review the Military Health System Notice of Privacy Practices and share it with members of your household receiving care at a military treatment facility or through the TRICARE managed care network. It is important to us that you are fully aware of how we may use and disclose your health information and that you notify us if you have any concerns. The notice is available in multiple languages.

To obtain a copy:

- Contact your military treatment facility HIPAA Privacy Officer or access your MTF Web site; or
- Go to <http://www.tricare.osd.mil/tmaprivacy>; or
- Mail a written request to TRICARE Management Activity, Privacy Office, Five Skyline Place, Suite 810, 5111 Leesburg Pike, Falls Church, VA 22041-3206.

(Source: TRICARE)

## Brooke Army Medical Center Health Promotions

### February Class Schedule

Class Title	Dates	Class Time	Place
Asthma Management	Tuesday and 14	2 to 3:30 p.m.	BAMC, Health Promotions, Lower Level, Room No. L31-9V
Breast and GYN Cancer Support Group	Wednesday	9:30 to 11 a.m.	Fort Sam Houston's, Roadrunner Community Service Center
Diabetes Management	Monday and 13 Tuesday and 14	12:45 - 4:30 p.m.	BAMC, 3rd Floor, Nursing Administration Conference Room, Room No. 313-11
Diabetes Management (Pre-Diabetes)	Wednesday	9 a.m. to 12:30 p.m.	BAMC, Department of Medicine Conference Room, 3rd Floor, Room No. 344-3
Foot Care for Diabetics	13	1 to 2:30 p.m.	BAMC, 4th Floor Conference Room, Room No. 413-11
Living with Fibromyalgia	Wednesday and 15	1 to 4 p.m.	BAMC, Radiology Conference Room, Room No. 129-13A
Tobacco Use Cessation	Monday and 13	3 to 4:30 p.m.	Army Community Service Center, Building 2797, Stanley Road
Tobacco Use Cessation	7 and 14	5 to 6:30 p.m.	BAMC, 4th Floor, Conference Room, Room No. 413-11
Tobacco Use Cessation	9 and 16	3 to 4:30 p.m.	BAMC, 4th Floor, Conference Room, Room No. 413-11
Weight for Health (Weight to Stay) Active Duty Military	Wednesday	2 to 3 p.m.	BAMC, Health Promotions, Lower Level, Room No. L31-9V
Yoga	Wednesday and 15	12 to 1 p.m.	BAMC, 5th Floor, Room No. 531-14

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

## 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

**Protestant services:**

10 a.m. - Worship service - Sundays

12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel,**

Building 1398, 221-4362

**Troop Catholic Mass:** Sundays:

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

**Troop Protestant gospel service:**

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 service:**

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](http://www.samhouston.army.mil/chaplain)

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

**Catholic service:**

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.

**Samoan Protestant service:**

12:30 p.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

## 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 Friday. 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](mailto: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](mailto:rgriffith3@satx.rr.com) or [robert.griffith1@amedd.army.mil](mailto:robert.griffith1@amedd.army.mil).



Courtesy photo

## January top students

Principal's Students of the Month are: (standing from left) Kristin Hudson, 8th grade; Megan Renz, 7th grade; Gretchen Newcomer, 7th grade; Casey Gresenz, 9th grade; Cshakenah Fisher, 11th grade; (kneeling) James Raymond, 12th grade. Not pictured is Zeke Nickels, 10th grade. Each month Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship, and overall contributions to the school. The students are nominated by their teachers and one student is then selected by the faculty of each grade level.

### Elementary School News

# Mentors, students enjoy barbecue, build strong ties

By Dr. Kathy Maxwell  
Fort Sam Houston Elementary School

Fort Sam Houston Elementary School cafeteria was the sight of this year's mentor recognition dinner. On Thursday evening, parents, students, and mentors enjoyed food and fellowship in the cafeteria. The cafeteria was decorated with a rodeo theme with cowboy hats as center pieces placed on picnic print table cloths. In keeping with the rodeo theme, Jamie D's barbecue was served with all the trimmings.

"The mentorship program provides additional, positive adult contact and social support," said Jayne Hatton, elementary school principal. There is power in these partnerships. You can see it in gatherings like this."

"Students definitely look forward to mentor visits," said Kimberly Johnson, school counselor. The children just glow when they get their letters from their pen pals. You know we just don't have enough mentors. We especially need male mentors."

The Fort Sam Houston Chaplains and the USO sponsor the student mentors and pen-pal mentors. At this time, there are 26 active mentors interacting with the elementary students. These mentors provide academic support as well as adult interaction and socialization skills.

The mentorship programs address the implementation of Fort Sam Houston Elementary School's Campus Improvement Plan to meet the needs of the students while building stronger ties with the community.

"I see a positive change of attitude as the time arrives for a mentor's visit. The children really look forward to it," said Terri Bills, a Fort Sam Houston Elementary classroom teacher.

Fort Sam Houston Elementary School invites interested people to join the mentorship programs for next year. For more information, call Brian Merry at the installation chaplain's office at 221-5005 or 221-5007, or e-mail [brian.merry@samhouston.army.mil](mailto:brian.merry@samhouston.army.mil).

## Fort Sam Houston Independent School District Weekly Calendar – Monday to Feb. 10

### FSH Elementary School

#### Tuesday

Black history storyteller in library - Third to sixth grades, 8:10 a.m.  
Black history storyteller in library - Pre-kindergarten to second grades, 9:10 a.m.

#### Wednesday

Early dismissal – Kindergarten to fourth grades, 2 p.m.  
Early dismissal – Fifth and sixth grades, 2:45 p.m.

#### Feb. 10

Western day - Rooms 59 and 60, 8:10 to 8:50 a.m.  
Western day - Rooms 18, 49 and 30, 9:50 to 10:35 a.m.  
Western day - Rooms 9 and 11, 10:40 to 11:25 a.m.  
Western day - Rooms 28 and 29, 12:05 to 12:50 p.m.  
Western day - Rooms 15, 16 and 17, 12:50 to 1:35 p.m.  
Spirit day

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

#### Monday

Pennies for Patients Leukemia/Lymphoma Penny Drive, Advisory 9:50 to 10:10 a.m.

#### Tuesday

Pennies for Patients Leukemia/Lymphoma Penny Drive, Advisory 9:50 to 10:10 a.m.  
Girls Basketball vs Navarro in Moseley Gym, 5 and 6:30 p.m.  
Boys Basketball vs Navarro in Moseley Gym, 5 and 8 p.m.

#### Wednesday

Pennies for Patients Leukemia/Lymphoma Penny Drive, 9:50 to 10:10 a.m.

#### Feb. 9

Pennies for Patients Leukemia/Lymphoma Penny Drive, 9:50 to 10:10 a.m.

#### Feb. 10

Pennies for Patients Leukemia/Lymphoma Penny Drive, 9:50 to 10:10 a.m.  
Boys basketball at Blanco, 6 and 7:30 p.m.  
Regional championship swim meet at Palo Alto, TBA

#### Feb. 11

UIL solo and ensemble contest, TBA  
Regional championship swim meet at Palo Alto, TBA  
Cole baseball vs Stockdale, 12 p.m.  
One act play rehearsal in Gym, 1 to 3 p.m.

## High School News

# Cole Academic Decathlon Team advance to state

The Robert G. Cole High School Academic Decathlon Team competed last weekend at the Region XI Academic Decathlon Meet in Boerne, Texas. Cole was one of eleven small school teams in the contest. Cole's Academic Decathlon Team coached by Barbara Lien, James Cox, and Cassandra Malcom, came away from the meet with 22 individual medals including six gold, six silver and 10 bronze.

The entire team, consisting of Joshua West, Timothy Fletcher; Jordan Maney, Leah Morris, John Millnik, Joshua Heaney, Caitlan Mester, and Caitlin Gresenz, placed second in Super Quiz Relay and third overall in Region XI.

The team now advances to the Academic Decathlon state competition on Feb. 24 and 25 at San Antonio College.

Individual winners Included:

### Gold Medals:

Timothy Fletcher (Interview Category); Jordan Maney (Language and Literature); Leah Morris (Essay and Language and Literature); Caitlan Mester (Science and Super Quiz

Overall); and Caitlin Gresenz (Super Quiz Overall).

### Silver Medals:

Joshua West (Language and Literature); Jordan Maney (Speech); Leah Morris (Economics); and John Millnik (Math).

### Bronze Medals:

Joshua West (Essay); Jordan Maney (Interview and Art); Leah Morris (Interview); John Millnik (Economics); Caitlan Mester (Essay, Art and Language and Literature); and Caitlin Gresenz (Math).

Team members in their various divisions include:

**Varsity:** Joshua West, Timothy Fletcher

**Scholastic:** Jordan Maney, Leah Morris, John Millnik

**Honors:** Joshua Heaney, Caitlan Mester, Caitlin Gresenz.

(Source: Robert G. Cole Sr./Jr. High School)

## Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



## A healthy smile is something to cheer!

February Children's Dental Health Month, is a nationwide program promoting proper dental care.

Keeping a healthy smile starts with your child's first tooth.

February is National Children's Dental Health Month, a good time to make sure kids have regular checkups and are brushing two to three times a day. The American Dental Association recommends that children have their first visit to a dentist by the time they get their first tooth or by the time they are a year old.

Until a child is old enough to handle a toothbrush on his or her own, usually around age five or six, an adult will need do the actual brushing. Use a soft-bristled toothbrush and a pea-size dab of fluoride toothpaste. When the child turns three, start brushing twice a day, once after breakfast and once before bed. Even when a child starts brushing their own teeth, they still need a parent to supervise until the age of 7 or 8 years old.

Children need flossing as soon as they have two teeth that touch together. Many children under 6 years old will need help, of course. After a child's teeth are brushed, wrap a length of floss tightly around two fingers, and guide it between the child's teeth using a gentle rubbing motion. Slide the floss up and down along the side of each



tooth, and clean the gumline by carefully sliding the floss under the gum in the space between the gum and tooth.

The American Dental Association recommends taking children to the dentist before their first birthday. This gives dentists an opportunity to spot the beginnings of tooth decay and teach parents how to care for their child's teeth. But if you already regularly brush and floss your child's teeth and don't see any sign of trouble, waiting a couple of years probably won't do any harm. The American Academy of Pediatrics says children should see the dentist before age 3, and that advice will work fine for most kids.

In observance of Children's Dental Health Month, a dental health fair will be held at the Fort Sam Houston elementary school on Feb. 23. This year's theme is "A healthy smile is something to cheer!" Children's teeth are meant to last a lifetime, and a healthy smile is important to a child's self-esteem. With proper care, a balanced diet and regular dental visits, their teeth can remain healthy and strong.

To find out more about children's dental health, visit the American Dental Association Web site at [www.ada.org](http://www.ada.org).

(Source: The American Dental Association)

## Black History Month Trivia Contest

The Black History Month Trivia Contest will be published every week during the month of February. The answers must be sent via e-mail to [Gayle.Ellis@cen.amedd.army.mil](mailto:Gayle.Ellis@cen.amedd.army.mil) or delivered in a sealed envelope, addressed to Gayle Ellis, Black Employment Program committee member, Building 2841, Room 1335, no later than the Wednesday following the publication of the questions. The winner will be the first person who submits the first set of correct answers. E-mail responses are highly encouraged and only one prize per week will be awarded.

The following are the trivia questions for this week:

1. She lost her parents and some of her siblings to yellow fever and was so determined to care for her remaining siblings that, at age 18, she

arranged her hair in an adult style, donned a long dress and convinced local school officials to give her a teaching position. Who was she?

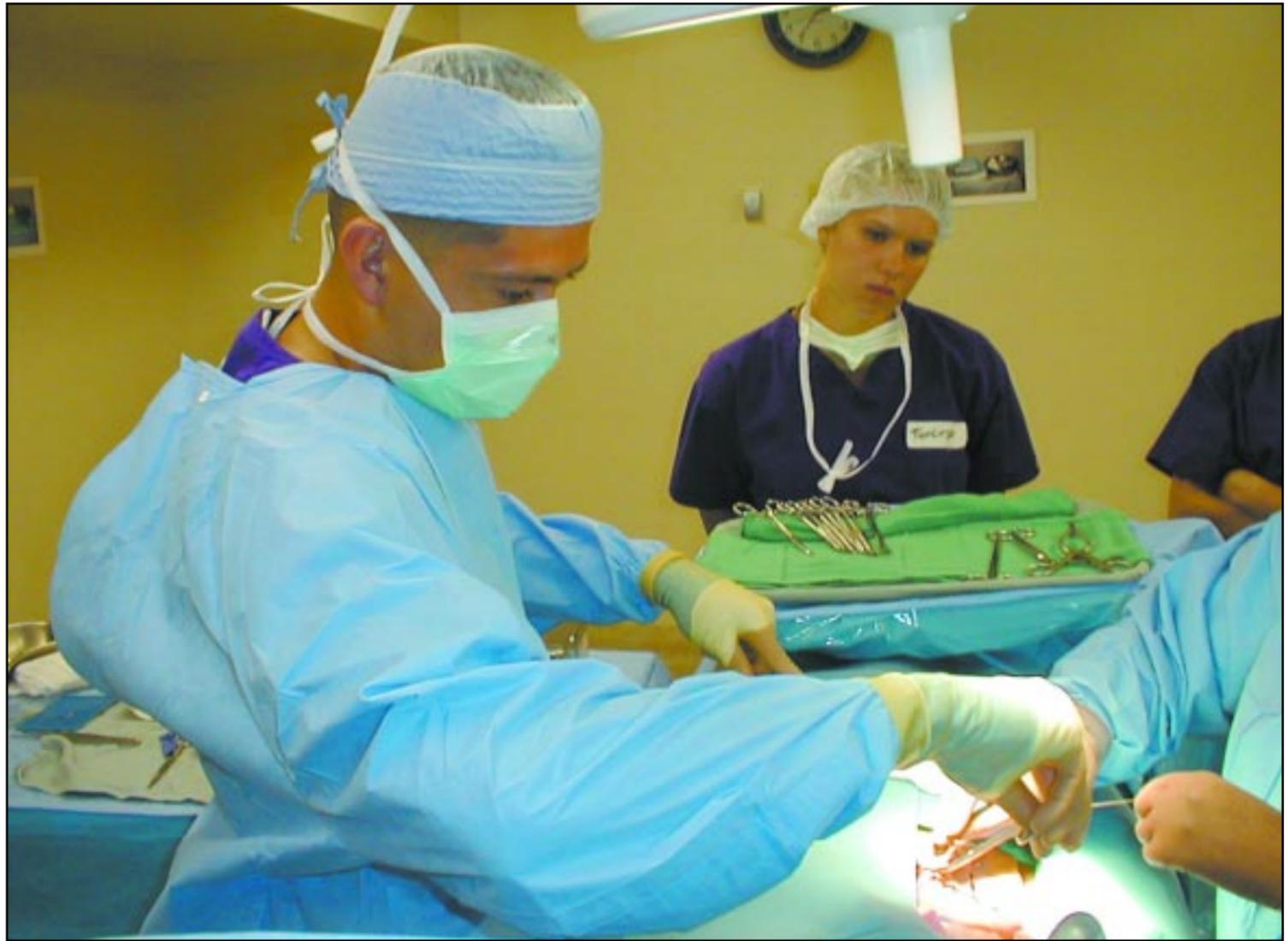
2. Which state was the first to abolish slavery July 2, 1777?

3. The 14th Amendment was passed July 28, 1868. What is the significance of the 14th Amendment?

4. Who was the first black female United States Surgeon General?

5. In 1999, the National Association for the Advancement of Color People called for a boycott of vacation spots in South Carolina in an attempt to force the state government to do what?

The students perform a mock surgery practice. Students in the background watch their peers and then perform the task prior to the mock surgery practical exercise exam.



Courtesy photos



CPR training is taught using a "dummy."



Instructor Staff Sgt. Rahman Ruston (left) watches during the suture needles and blades class. The students learn the various needles and blades used in surgery and how to load them on the instruments.

Students experience the sponge and sharps counting practical exercise in the classroom and use it prior to the mock surgery practical exercise exam. Instructor John Martinez keeps a watchful eye on a student as he counts sponges.



Students learn proper hand washing techniques. Immediately following the hand washing procedure they will learn how to properly gown and glove aseptically.

# Operating room specialists hone combat skills

By Cheryl Harrison  
Fort Sam Houston Public Information Office

About 79, 91D, Operating Room Specialist students were at Camp Bullis for the field training exercises of phase one last week.

During the field training at Camp Bullis, the Soldiers stay for one week learning how to set up and tear down a field hospital. An entire day is spent training the Soldiers in setting up and tearing down a mobile hospital facility. Putting up tents, when learned, will only take about a half hour to set up according to the training NCO. While on the field training exercise, the students will hone their skills for performing in a mobile hospital, complete with X-ray machines, sterilizers, heat, air conditioning and running water and perfect skills related to their warrior tasks. Skills they will take to the deserts of Operation Enduring Freedom when and if called to deploy.

Assembling the tents is no small feat for a few Soldiers, and doesn't seem to dampen the spirits of the

future surgical technicians. "The first time I ever had any dealings with a tent was at basic training," said Pfc. Giovanni Anderson from Fort Lauderdale, Fla. When asked where she would be sent for phase two training, with just a hint of excitement she said, "Hawaii, Tripler, Hawaii, yes!"

The Operating Room Specialist Course prepares Soldiers as entry-level surgical technologists to support the U.S. Medical Department's mission of providing health care for America's Army during peace time and war.

The surgical technologist is provided with the cognitive and practical foundations necessary to perform skills in various roles such as scrub, circulating technician, and central materiel service specialist for direct support of surgical procedures in operating rooms and clinics and field environments.

Phase one, the first nine weeks of the 19 week program is part of the Department of Nursing Services, Academy of Health Sciences. It consists of didactic and practical exercises in the areas of technical operating

room and central material services skills. The field training exercise is incorporated into the course. The clinical portion is Phase two, the final ten weeks. It is conducted at one of 23 Army hospitals and one Veterans Administration hospital.

When a Soldier reaches the field training portion of phase one, they usually know where they will be sent to complete phase two.

For another Soldier, Sgt. Heather Lopez said the course was a dream, but it took a little longer for her to get there.

"I've been in for 10 years and it has taken me that long to change my military occupational series," said Lopez. "But now I am very excited about this job and the training I am doing."

The Army's Operating Room Specialist Course is designed to train entry-level surgical technologists. In the civilian world that job is accomplished in a hospital, in an operating room. A Soldier with this training under his belt, will have also been trained to perform in a tent, or in the field.



Photos by Darren Reehl

Instructor Donald Williams explains the first step in assembling the frame to build a tent to 91D students at camp Bullis last week.



The students complete, lift and rotate the tent frame as directed by their instructor.



All the Soldiers take part in connecting the tent's canvas.



The instructor guides the Soldiers through the steps of adding the tent lining.

## Recreation and Fitness

### Garage sale

The next garage sale will be March 4 from 7 a.m. to 1 p.m. at MacArthur Pavilion parking lot. There is no cost; however, a seller must have a valid Department of Defense ID card and pre-register by calling 221-2601 or 221-2307. MWR provides a space in the parking lot, but participants must bring their own table, or rent one from the Outdoor Equipment Center by calling 221-5224.

### Outdoor Recreation volunteers

Outdoor Recreation seeks volunteers to assist with outdoor adventure programs. The programs include; hunting, fishing, kayaking, canoeing, hiking, biking, camping, backpacking, horseback riding and other outdoor activities. To become an Outdoor Recreation volunteer, call Jeffery Heagerty at 221-5554 or e-mail [Jeffery.heagerty@samhouston.army.mil](mailto:Jeffery.heagerty@samhouston.army.mil). Training certification courses are available.

### Lifeguard Class

The Jimmy Brought Fitness Center will hold a Red Cross Lifeguard Class Feb. 11 and 12, 18 and 19 from 8:30 a.m. to 5:30 p.m. each day. Participants must be 15 years old and up. Cost is \$165 and includes course materials and AED training. No DoD ID card is required for this class. For more information or to register, call 295-8861 or 221-1234.

### 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 Monday 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 Saturday 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.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Sunday brunch

The next brunch is Sunday 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 Friday to Feb. 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, T-ball and softball registration

Registration for youth baseball runs 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.

### Girls' basketball needs players

Youth Sports still has spaces in the 13 to 14 year-old Girls' basketball team. The cost is \$45. For more information, call Youth Services at 221-3502 or 221-5513

### Piano lessons available

Piano lessons will be offered Monday through Saturday from 3:30 to 8 p.m. The cost is \$60 per month for four 30-minute lessons. Classes are for ages 6 to 18 and children must be registered with Child and Youth Services. For more information or to sign up, call 221-4871 or 221-9613.

### 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.

### Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office, Building 2797, from 8 a.m. to 4:30 p.m.

## 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	4 to 5 p.m.	Cooking class – white chocolate brownies
	4 to 5 p.m.	Photo club
Saturday	10:30 a.m.	Field trip to Stock Show and Rodeo
	4 to 5 p.m.	Smart moves for girls
Monday	5 to 6 p.m.	Passport to manhood, for boys
Tuesday	4 to 5 p.m.	Computer Tech Club
Wednesday	4 to 5 p.m.	4H Club
Thursday	4 to 5 p.m.	Arts and crafts class – Valentine's gifts

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**

**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](http://www.accd.edu/spc).

**'Rainbow Kids' performance requests**

Fort Sam Houston's Youth Services Rainbow Kids are scheduling performances for the spring and summer performances. The touring performing arts group is dedicated to presenting professional quality, family-style entertainment in a variety of settings. The music includes routines from the 1920s, '30s, '40s, '50s, '60s, Broadway, some modern and country and western. The holiday show will present traditional and non-traditional season music and routines. The non-profit group presents free programs ranging from 30 minutes to more than an hour at schools, churches, community and military events, youth and senior centers, shopping malls, and at patriotic events. To schedule a free performance or for more information, call Ron Joy at 348-8014 or 295-2093, or e-mail [rj96707@yahoo.com](mailto:rj96707@yahoo.com).

**'Ain't Misbehavin' auditions**

The St. Philip's College Department of Fine Arts will hold auditions for college's production of the Fats Waller musical revue "Ain't Misbehavin'" Monday and Tuesday at 7 p.m. in the theatre of the Watson Fine Arts Center on the main campus, 1801 Martin Luther King Drive. Roles for three women and two men who sing and move well plus three strong dancers will be filled. Singers should prepare 16 bars of an appropriate song and be prepared to dance. For more information, call Vincent Hardy at 531-4838.

**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/](http://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](http://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](mailto:mabel.rodriguez@samhouston.army.mil), or Patricia Jennings at 295-7686 or e-mail [patria.jennings@samhouston.army.mil](mailto:patria.jennings@samhouston.army.mil).

**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](mailto: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](mailto:eric.hager@phoenix.edu).

**SDDC workshop**

The Surface Deployment and Distribution Command will host the Western Regional Training workshop from Monday through Feb. 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](http://www.sddc.army.mil).

**Resume, interview workshops**

The Family Employment Readiness Program will offer 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.

**Austin Police Department recruiting**

The Austin Police Department is currently recruiting highly motivated and educated men and women for positions in a dynamic profession. Applications are currently being accepted for the position of Civilian Police Cadet. Recruiters will be at Fort Sam Houston Building 2263 on Stanley Road, Room B-100 (basement), Monday, Feb. 13 and 27 from 10 a.m. to 2 p.m. For more information, call (512) 974-4211 or (800) 832-5264 from 7 a.m. to 5 p.m. or visit [www.apdrecruiting.org](http://www.apdrecruiting.org)

**Meetings**

**SCUCISD future planning meeting**

Schertz-Cibolo-Universal City Independent School District will hold future planning meetings Monday 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 symposium**

The Alamo City Chapter of the American Society of Military Comptroller will host the

2006 Professional Development Symposium Monday and Tuesday 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.lead@samhouston.army.mil](mailto:news.lead@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:** Sauder entertainment center and Sony Trinitron 27-inch color TV both for \$325; entertainment center, \$150 if sold alone. Call 475-9973.

**For Sale:** 2002 Yamaha Fz1 motorcycle, blue, 3,300 miles, kept in garage, excellent condition, \$4,800 obo. Call 863-3496.

**For Sale:** Large desk with hutch and storage, \$190; entertainment center with pillars and lights, \$350. Call 722-8782 or 722-6831 after 6 p.m.

**For Sale:** Four-wheel drive black Baccarat Passion rims, chrome facets, 18-

inch by 7.5-inch, 225/40/18 Wanli S1088 Z-Rated tires, \$1,300; JVC 32-inch flat screen TV with surround sound, \$400. Call 595-7790 or (706) 587-3826.

**For Sale:** Montana log futon with mattress, coffee table and two end tables, \$500 obo. Call (806) 632-3029.

**For Sale:** Four-piece living room set with sofa, loveseat and oversized chair with ottoman, \$750. Call 654-0595 after 6 p.m.

**For Sale:** 1998 Dodge Ram 4 by 4 extended cab, 115,000 miles, 5 1/2-inch super lift, 35-inch tires, \$8,000. Call 378-2122.

**For Sale:** Computer monitor, color, 16-inch, two years old, \$25; five-drawer white wood dresser, \$25. Call 821-5479.

**For Sale:** Care Bear full-size sheet set, \$10; TV reclining chair with ottoman, black, \$65; Disney videos for sale, \$5 each; White Hot 3-ball putter, \$20 obo. Call 697-9261.

**For Sale:** Antique oak dresser with mirror, \$225; cherry finish armoire, \$200; antique grandfather clock, needs repair, \$300; English oak library table, \$225; living room chairs, \$75 each. Call 826-0308.

**For Sale:** Cobra R Motorsport chrome rims, 17 inches by 9 inches, with Falken P275/40ZR17 tires, \$600. Call 260-2683.

**For Sale:** Various exercise equipment, stationary bike, ab lounger, glider, rower, \$250 for all obo. Call 658-8589.

**Wanted:** Used Sesame Street VHS tapes or CDs. Call 271-3459 after 5 p.m.

**Wanted:** Moving boxes and packing paper, all sizes. Call 637-0489.

**Free to a good home:** Alaskan Husky, one year-old, one brown and one blue eye, good with kids. Call 566-3875.