

# FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"



## Happy anniversary CFI

(Left) Physical therapist assistant Melisa Howard holds on to the gate belt around Pfc. Adrian Garcia's waist to assist him in maintaining his balance as he practices walking with his prosthetic legs in the Center for the Intrepid. Amputees start out walking with their feet turned backwards for additional stability – to avoid the tendency to lean backwards – before knee joints are added. The CFI, which was one year old Jan. 29, is a rehabilitation facility that treats amputees and burn victims, specifically U.S. servicemen and women who served in military operations in Iraq and Afghanistan.



Photos by Jen Rodriguez

(From left) Warriors in Transition Spc. Jason Bates, Sgt. Kevin Downs and Spc. Nicholas Clark along with Maj. Gen. Russell Czerw, Fort Sam Houston installation commander, join in cutting the cake at the Center for the Intrepid in celebration of its one-year anniversary Jan. 29. More than 27,000 patients and approximately 200 individual patient appointments have been seen at the center since the building was dedicated last January.

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## Anesthesia program earns Excalibur Award

By Jerry Harben  
U.S. Army Medical Command

The U.S. Army Graduate Program in Anesthesia Nursing from the Army Medical Department Center and School here was recognized for its initiative to improve training during the 2008 Military Health System Conference.

For its initiative, the program received the Excalibur Award, presented each year by the Army Surgeon General to honor team and organizational performance excellence; stimulate, recognize and reward improvements; and share information on good ideas and best practices

The U.S. Army Graduate Program in Anesthesia Nursing educates Army, Air

“Although this program is number two in the nation, the staff and faculty remind me all the time that they have the number one most important job in the nation, and that is caring for our American Soldiers on the battlefields and at home.”

*Col. Patricia Patrician  
Chief, Department of Nursing Science*

Force and Veterans Affairs registered nurses as certified registered nurse anesthetists. U.S. News and World Report magazine ranks it second best in the nation among such programs.

“Although this program is number two in the nation, the staff and faculty remind me all the time that they have the number one most important job in the nation, and that is

caring for our American Soldiers on the battlefields and at home,” said Col. Patricia Patrician, chief, department of nursing science. “They are rightfully proud of the work their colleagues and former students are doing. Our CRNA faculty is the absolute best in the world!”

See EXCALIBUR AWARD P7

E-MAIL NEWS LEADER AT: [NEWS.LEADER@CONUS.ARMY.MIL](mailto:NEWS.LEADER@CONUS.ARMY.MIL)

# Troops to receive retroactive pay next month

By John Kruzel  
American Forces Press Service

WASHINGTON — Active duty troops will receive retroactive earnings this month, followed weeks later by a supplemental payday for non-active personnel, a Pentagon official said.

The National Defense Authorization Act signed into law Jan. 28 by President Bush stipulates a 3.5 percent military pay raise. This hike is 0.5 percent higher than an executive order Bush signed Dec. 28 to increase pay by 3 percent, which took effect Jan. 1.

In mid-February, the Defense Finance and Accounting Service will pay active duty troops the extra 0.5 percent raise earned since the start of 2008. Non-active members will receive the supplement "a couple weeks later," said Bill Carr, deputy undersecretary for military personnel policy.

Carr said the Pentagon is "delighted" with the act and praised cooperation by Congress. Disagreement between the president and Congress over non-defense-related earmarks and controversial language about the Iraq war had delayed the bill's enactment.

"I think it's good news for everybody in uniform," Carr said. "This Congress has been terrific in working with us in terms of providing to the troops the things that they need."

Between 2000 and 2007, private-sector pay increased by 29 percent, while military pay jumped 42 percent during the same time, Carr said. Meanwhile, wages paid to noncommissioned officers, which includes corporals and all grades of sergeant and petty officer, spiked by about 52 percent.

"We've made considerable

"We've made considerable headway, in terms of increasing the value of military pay, to the point where we're now frankly in about the 70th or 80th percentile of similarly educated American earners."

**Bill Carr**  
Deputy undersecretary for military personnel policy

headway, in terms of increasing the value of military pay, to the point where we're now frankly in about the 70th or 80th percentile of similarly educated American earners," Carr said. He noted that the most recent raise, by virtue of exceeding the current inflation rate, will increase servicemember recipients' purchasing power.

Pentagon Press Secretary Geoff Morrell said the retroactive payments ensure "that our forces are compensated commensurate to their service and sacrifice." In a news conference at the Pentagon today, Morrell noted that troops will benefit in various ways by provisions codified in the act.

"It lets us resume offering bonuses to new recruits and re-enlisting troops," he said.

The act also includes funding to improve health care and benefits for wounded troops and veterans.

The bill became law just a week before the next budget cycle begins as Bush sends his fiscal 2009 request to Capitol Hill. That budget proposal, along with a request for \$70 billion in emergency war spending, was delivered to Congress Sunday.

## News Leader

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## News Briefs

### 2008 San Antonio Stock Show & Rodeo

#### Military Appreciation Days

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

#### Tax time

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

#### TSP workshops

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

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

#### National Prayer Breakfast

The Fort Sam Houston National Prayer Breakfast will be held Feb. 22 from 6:15 to 8 a.m. at the Sam Houston Club. The guest speaker will be Chaplain (Brig. Gen.) Donald Rutherford, Army deputy chief of chaplains. The cost is a \$2 donation. Tickets will be available starting Monday and can be purchased through a Unit Ministry Team.

#### Housing goes paperless

Lincoln Military Housing is going paperless and asks residents to provide the housing office with an

See NEWS BRIEFS P4

# U.S. Army South team responds to flooding in Bolivia

By Eric Atkisson  
U.S. Army South Public Affairs Office

U.S. Army South, headquartered at Fort Sam Houston, sent a Humanitarian Assistance Survey Team to Bolivia last week to survey the damage caused by recent flooding there.

The team consists of a civil affairs officer, an engineer officer, a medical officer and an aviation plans officer who will augment the U.S. embassy's military group and work with disaster-response personnel already in Bolivia from the U.S. Agency for International Development's Office of Foreign Disaster Assistance.

"A HAST team's primary purpose is to assess the overall situation in terms of humanitarian needs following a disaster," said Lt. Col. Kevin Charlton, the team leader and U.S. Army South officer in charge of civil affairs. "We go in and see where the damage is done, what kind of response can be delivered, and then forward that assessment up to the higher levels so they can make a judgment of whether we should or can provide more material support, or more logistical support, or whatever support they deem is appropriate."

The Bolivian government declared a national state of emergency Jan. 21 and has since requested assistance



Photo by Spc. Clayton Corey

Flooding in Bolivia last month came from rains similar to the El Nino storms last spring that caused this flooding in Trinidad, Bolivia, March 5. U.S. Army South sent a team to Bolivia to assess the humanitarian response needed to help displaced families.

from the international community. Government officials report that the flooding has killed 30 people, affected nearly 25,000 families, and caused more than \$30 million in damage.

In addition to directing the deployment of U.S. Army South's HAST, U.S. Southern Command in Miami has donated \$44,000 in relief supplies to affected communities in the Bolivian departments of Cochabamba, Santa Cruz, La Paz, Oruro and Potosi.

Bolivia's national weather service expects the rains to continue for several more weeks.

## USAMITC deploys new record system

By Shannon Carabajal  
U.S. Army Medical Information Technology Center

The U.S. Army Medical Information Technology Center at Fort Sam Houston will deploy a standardized in-patient electronic health record system in 2008, replacing manual charting and transforming the management of in-patient health care data.

The deployment began last month at Landstuhl Regional Medical Center, Germany, where the system is scheduled to go live March 17.

The clinical information system, a CliniComp International product called Essentris clinical suite, enables health care providers to collect, record, store and access in-patient data electronically. Supporting the President's goal for electronic health records by 2014, USAMITC will deploy the standard configuration of CIS to four more sites this year, including Evans U.S. Army Hospital

"Now, with the electronic chart, providers may access all of this information from a single computer either on the floor or even in their own office."

**Capt. Mike Stuparich**  
Essentris clinical champion at Landstuhl

at Fort Carson, Colo.; Eisenhower Army Medical Center at Fort Gordon, Ga.; Winn Army Community Hospital at Fort Stewart, Ga.; and Blanchfield Army Community Hospital at Fort Campbell, Ky.

Capt. Mike Stuparich, Essentris clinical champion at Landstuhl, said the biggest impact of the system is improved chart access. "Currently, information is kept not just in the chart. Vital signs are recorded and stored in different areas on each floor, medication lists and blood sugar recordings are behind locked doors. Now, with the electronic chart, providers may access all of this information from a single com-

puter either on the floor or even in their own office." Stuparich added that "once familiar, the system allows the user to improve the efficiency of documenting care," an important capability because "documentation itself is probably the biggest barrier to timely, regulation-compliant care."

James Hickey, USAMITC project director branch chief and project director for the AMEDD deployment, said the trip to Landstuhl included in-depth training for users, including physicians and nurses, as well as personnel in pastoral care, nutrition-

See RECORD SYSTEM P6

## News Briefs

from P3

e-mail address. Starting March 1, all announcements to include resident activities, community projects, and newsletters will be sent via e-mail only. Residents not wishing to receive e-mail announcements can call or stop by the housing office to receive information. Residents are encouraged to contact the housing office with their updated information at 270-7638 or e-mail [www.samhoustonlpc.com](http://www.samhoustonlpc.com).

### Security officers needed

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

### Service station closure

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

### Chicken product recall

Perdue Farms, Inc., an Accomac, Va., establishment, is recalling approximately 24,710 pounds of boneless, skinless chicken breast products because they may contain an undeclared allergen. The products contain an Italian seasoning which includes milk, a known allergen, which is not declared on the label. For more information, visit [http://www.fsis.usda.gov/News\\_Events/Recall\\_003\\_2008\\_Release/index.asp](http://www.fsis.usda.gov/News_Events/Recall_003_2008_Release/index.asp).

### ACS liaison

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

# Reservists aid Warriors in Transition through board process

By Elaine Wilson

Fort Sam Houston Public Information Office

Reservists from throughout the nation are lending their legal expertise to Warriors in Transition at Fort Sam Houston and other military installations around the world.

The Army activated 17 Soldiers from the 87th Legal Support Organization for a year as part of an Army Medical Action Plan initiative to aid Soldiers through the medical board process.

Of the 17 reservists who were mobilized in June, five were sent to Fort Sam Houston.

"We help Soldiers understand the medical board process and their options," said Lt. Col. Bruce Romanick, officer in charge, Soldier's Counsel. "We want to ensure they are satisfied with the outcome."

Romanick, a district judge from North Dakota, has become closely acquainted with the medical board process since arriving at Fort Sam Houston.

"Fort Sam Houston processes a large portion of the Army's boards, so we are glad to be of assistance," Romanick said.

The legal expertise is in demand as Warriors in Transition attempt to navigate a sometimes lengthy and complicated



Photo by Olivia Mendoza

Sgt. Jeff Bennett, an 87th Legal Support Organization paralegal from Provo, Utah, makes an appointment for a client. Bennett is at Fort Sam Houston for a year assisting Soldiers who are going through the medical board process.

ed medical board process.

The board process comprises two stages: the Medical Evaluation Board and the Physical Evaluation Board.

The MEB, conducted by physicians at a major medical installation, begins with a physical examination. The board then

makes a determination, based on regulation, as to whether the servicemember is deemed medically acceptable or unacceptable for service.

The PEB includes three members – a board president, who is a colonel; a physician; and a personnel management officer. The board takes the MEB's recommendation, reviews medical files, and decides if the servicemember is fit or unfit to serve based on the member's Military Occupational Specialty.

"If unfit to serve, the PEB determines the percentage of disability the servicemember will be assigned," Romanick said.

Thirty percent or above equates to a medical retirement.

Once a Soldier receives the rating, military attorneys explain the options and how to appeal a rating, if requested. "Some Soldiers are satisfied with their rating and others choose to appeal. If a Soldier chooses to have a formal hearing, we go with them in front of the board," Romanick said.

While the board process takes about 90 days on average, depending on the extent of injuries or illness, the process starting point can take days, months or even years depending on the injury.

See BOARD PROCESS P6

# E-mail inquiry can help recover lost mail

Military members who have deployed or redeployed overseas and are still waiting on their footlocker, duffel bag or parcel now have an e-mail address to inquire or claim mail that has yet to arrive and was sent more than 60 days from the date of mailing.

Military members and their Families can e-mail the Military Postal Service Agency at [mpsa-mrc@hqda.mil](mailto:mpsa-mrc@hqda.mil).

People should include the following details in their e-mail to MPSA: contact phone number; e-mail address; rank; first and last name; mailing address; return address; any insured, certified, registered or confirmation number (if applicable); date of mailing; type of

container used for mailing; a detailed description of the container contents; and any additional information that could be used to help identify an item such as distinctive marking.

Once the information is received, MPSA will contact the servicemember to positively identify the owner and ship the item to the recipient

"This is just one example of the Department of Defense doing what we can to better serve those that serve the American people — our Soldiers and Families. Help us help you by contacting the Military Postal Service Agency at [mpsa-mrc@hqda.mil](mailto:mpsa-mrc@hqda.mil)."

Col. David Ernst

Deputy director of the Military Postal Service Agency

should it be found.

"The best way to ensure your package is delivered, in the event the address label is lost or destroyed, would be to enclose the mailing address information on the inside of each parcel," said Tech. Sgt. Steven Bennett, mail recovery coordinator for MPSA.

Address information can be

typed or legibly written on a piece of 8 1/2 X 11 bond paper or a 3 x 5 index card, and must include the complete address information of the mailer and recipient. This will help postal employees determine who the article belongs to and provide them an address to forward items.

"This is just one example of the Department of Defense doing what we can to better serve those that serve the American people — our Soldiers and Families. Help us help you by contacting the Military Postal Service Agency at [mpsa-mrc@hqda.mil](mailto:mpsa-mrc@hqda.mil)," said Col. David Ernst, deputy director, MPSA.

(Source: MPSA)

# 187th Med. Bn. recognizes squad leaders

The 187th Medical Battalion's new squad leaders were presented "Green Tabs" for the first time Jan. 25.

"The purpose of the Green Tab ceremony is to formally recognize the crucial role of the squad leaders in our battalion formation," said Lt. Col. Michael Hershman, commander, 187th Medical Battalion.

The ceremony reinforces the service the squad leaders are doing, Hershman said. As part of a Training and Doctrine Command-mandated transition, NCOs assigned as academic instructors are now dual-hatted as both instructor and squad leader. The purpose of the transformation was to increase the leader-to-led ratio.

"Our squad leaders are a critical link in the NCO channel and within the 187th

Medical Battalion," Hershman said. "These NCOs work with their Soldiers every day and are the cornerstone of all training in the classroom and on the training fields."

First Sgt. Dwight Wafford, battalion command sergeant major, estimated that the average squad leader contributes 15 to 20 hours per week to their squad leader duties. This is above and beyond their academic responsibilities and time in the classroom.

"The impact of the squad leaders has been significant," Wafford said.

In addition to academic duties, the duties of the squad leaders include teaching individual and collective training, developing squad cohesion, fostering the Army values, and building spirit and confidence.

The squad leader evaluates performance-oriented training and through coaching and counseling, grooms young Soldiers for future positions of increased responsibility. Squad leaders teach everything from the making of sound and timely decisions to physical training to ethics and values.

(Source: 187th Med. Bn.)



Courtesy photo

Lt. Col. Michael Hershman, commander, 187th Medical Battalion, presents Staff Sgt. Liza Whitney, a 68S squad leader, a "Green Tab" prior to the Battalion Run Jan. 25.

**RECORD SYSTEM from P3**

al and support roles. "Across the board, everybody was enthusiastic and looking forward to using the system," Hickey said. He added that the program is very intuitive and super-users were given additional training so they can provide extra support when necessary.

According to Kathleen Sotello, USAMITC informatics nurse and project director, using a standardized configuration across the AMEDD will allow consistent care models, centralized management of regulatory requirements and consolidated contracting with the vendor.

Approximately 45 percent of military health system inpatient beds and 49 percent of AMEDD inpatient beds currently use a clinical

information system as their electronic medical record, Sotello said, but the databases holding the information differ from facility to facility. An enterprise-standard system will improve the transfer of information between facilities, providing a more robust capability to manage the information once it reaches its destination. This will ultimately benefit our warfighters, returning wounded, and veterans by providing them with consistent and compassionate care.

The long-term goal, according to Hickey, is a continuously updated electronic medical record from the point of injury or care in theater to military clinics and hospitals as the patient comes back to the United States, transferable electronically to the Veterans Health Administration.

**BOARD PROCESS from P4**

"The process does not begin until they have obtained optimum hospital improvement," Romanick said.

In other words, Soldiers are processed when it is determined they will not be able to return to duty, which can vary tremendously depending on each individual case.

The reservists keep busy at Fort Sam Houston, particularly since the post's PEB processes medical boards for nine states. "In January, we had more than 80 cases assigned," Romanick said.

The board process is com-

plicated and can be lengthy, but the goal of the attorneys is to have the Soldiers walk away, whether back to duty or on to civilian life, satisfied with the outcome.

"It's good when you can assure Soldiers they're being appropriately taken care of," said Sgt. Jeff Bennett, a Reserve paralegal from Provo, Utah. "It's wonderful when you can get Soldiers what they deserve out of the process."

To obtain legal assistance with the medical board process, call 295-0432 for an appointment; or stop by Building 140, which is behind Building 122 on Stanley Road.

**ICE**

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**Ticket donations for wounded warriors**

(Center) Pat Rainey, Military Segment Executive, Bank of America, Charlotte, N.C., presents Judith Markelz, coordinator, Warrior and Family Support Center, rodeo tickets for the military community. Also in attendance, (from left) is Kyle Caniglia, Bank of America; Staff Sgt. Juan Macias; Buster Horlen, Military Outreach, San Antonio Stock Show and Rodeo; Spc. Charles Dominguez; and Sgt. Danny McMahan.



Photos by Esther Garcia

Buster Horlen, military outreach program, San Antonio Stock Show and Rodeo, presents to Judith Markelz, coordinator, Warrior and Family Support Center, and to wounded warriors, rodeo tickets for the Fort Sam Houston military community at the Warrior and Family Support Center Jan. 29. Donations for the tickets are compliments of Eisenhower National Bank, Security Services and Military Order of the Purple Heart. "This is an opportunity to thank the military community for their service and also for them to enjoy," said Greg Oveland, president, Eisenhower Bank.

**EXCALIBUR AWARD from P1**

The USAGPAN set forth strategic goals that include: (1) develop and maintain a comprehensive performance improvement program to advance the quality of the program; (2) monitor and increase education and training in lessons learned; and (3) promote a scientifically sound research program.

The performance improvement program ensures compliance with accreditation guidelines, provides the mechanisms to monitor and improve program effectiveness, maintains equivalency of education across nine Phase 2 sites, and improves efficiency while providing the highest quality anesthesia nursing education.

After soliciting feedback from CRNAs with combat experience in Iraq and Afghanistan, the program emphasized skills needed to support combat: trauma, emergency airway management, central line placement, fluid resuscitation, regional anesthesia and field anesthesia equipment. In addition, a trauma clinical rotation is now mandated for all anesthesia nursing students.

USAGPAN research includes investigation of commonly used herbal preparations, prevention of hypothermia, field anesthesia equipment, simulation as a teaching strategy, and admission facilitators and barriers for USAGPAN students. The faculty has five extramural

**USAGPAN strategic goals:**

- Develop and maintain a comprehensive performance improvement program to advance the quality of the program;
- Monitor and increase education and training in lessons learned; and
- Promote a scientifically sound research program.

research grants of more than \$1 million that support student research studies.

The USAGPAN recently contracted with Northeastern University to grant a master's degree to students and reduce projected tuition costs by more than \$825,000 over four years.

Other Excalibur Award winners include: Fort Benning, Ga., Medical Activity, for more efficient management; and the California Army National Guard for better health promotion for Soldiers.

Volunteer reviewers from across the Army Medical Department scored 33 submissions to select Excalibur Award winners based on eight criteria: system-wide replication potential, sustainability, increased productivity, multidisciplinary, process-oriented, increased efficiency, improved quality or standard and improved resource management.

# STRAC chosen as best trauma system in Texas

By Sue Campbell

59th Medical Wing Public Affairs

The Southwest Texas Regional Advisory Council won the 2007 Outstanding RAC of the Year Award during the 2007 Texas Emergency Medical Services Conference held in Houston, Texas.

The STRAC is an organization designed to facilitate the development, implementation and operation of a comprehensive trauma care system based on accepted standards of care to decrease morbidity and mortality. Its membership includes trauma centers and EMS agencies that serve 22 South Texas counties.

San Antonio's three Level I trauma centers at University Hospital, Wilford Hall Medical Center and Brooke Army Medical Center are part of the STRAC team.

The award was presented by the Texas Department of State Health Services. This is the second time in eight years that the STRAC was selected for this award which recognized the organization's significant regional influence of EMS providers and hospitals working collaboratively with each other to get the right patients to the right hospitals in the right amount of time.

"We are very honored to receive this important recognition," said Dr. Ronald Stewart, STRAC chairman and trauma medical director for University Hospital. "I believe this achievement demonstrates the success the STRAC staff has had in building trust and a sense of shared mission between every participant in our trauma system."

The trauma "chain of survival" begins with the

**"This award is reflective of the highest standards of trauma system and trauma care available anywhere in the U.S."**

**Col. (Dr.) Donald Jenkins  
STRAC vice-chair and  
chief of trauma at Wilford Hall Medical Center**

first 911 call from the scene of the automobile crash or other injury-causing event, so Stewart says structured cooperation and communication are critical through every patient "hand-off" - from the first responder to EMS, to San Antonio AirLife to one of the region's three Level I trauma centers.

The STRAC took its mission to a new level this year as it partnered with state agencies to coordinate a comprehensive trauma and disaster preparedness "systems-approach" to mobilizing medical resources as Hurricane Dean approached the Gulf of Mexico. It also coordinated regional medical responses to the April 2007 tornado in the Eagle Pass-Piedras Negras area in which 10 people were killed and dozens injured, and it coordinated responses to wildfires in both Kerr and Bexar Counties.

These activities were carried out through the STRAC's EMS-Hospital Disaster Group, a concept that exponentially expands the traditional role of RACs from not only architects of regional trauma systems, but also developers of regional disaster-emergency health care systems.

"This award is reflective of the highest standards of trauma system and trauma care available anywhere in the U.S.," said Col. (Dr.) Donald Jenkins, STRAC vice-chair and chief of trauma at Wilford Hall Medical Center. "We used the STRAC model when we set up the Balad Air Force theater hospital in Iraq. We called it the Del Rio model, as Del Rio is the furthest place from Level I trauma center care within STRAC, and the perfect example of providing the most timely and effective method of care as possible."

Two STRAC members won individual 2007 Texas EMS Awards. Jack Howley, EMS director for Val Verde and Del Rio, Texas, won EMS Person of the Year, which honors an EMS-certified person who has demonstrated uncommon leadership and courage in providing emergency medical service to the citizens of Texas. Dudley Wait, director of Schertz EMS and STRAC treasurer, won the Governor's EMS and Trauma Advisory Council Award, which is a visionary award for individuals moving forward in the development of trauma systems in Texas.

"The accomplishments of the STRAC are representative of the hard work and commitment of a dynamic group of people who share the same vision; a fully integrated trauma system providing quality trauma care to the region it serves," said Elizabeth Tracy, BAMC trauma program manager. "We come to the table representing not only the needs of our respective organizations, but also the needs of our communities; urban, rural, frontier, and military, and try to find mutually acceptable solutions that strengthen and support the mission of providing quality trauma care."

## Post Pulse

Friday was Go Red Day. The campaign to make people aware that the number one killer among women is heart disease.

**What do you do to keep your heart healthy?**

*"I'd like to tell you I eat well, but I don't. But I do work out by chasing after my 10-year-old."*

**Art Taylor**



*"I take my medication, exercise, watch my diet, and I am trying to lose weight."*

**Dawn Major**

*"I eat correctly and exercise when I can."*

**Shawna Silvas**



*"I diet and exercise by walking my dogs everyday. My wife watches what I eat and makes sure I eat healthy."*

**Micheal Garcia**

# BAMC raises awareness of heart disease in women

Story and photo by Jen Rodriguez  
Brooke Army Medical Center

The Brooke Army Medical Center medical staff, civilians and patients showed their colors Friday when they wore red in support of BAMC's "Go Red for Women" campaign.

Lisa Swan, a civilian at BAMC tumor registry, has worn red every year in support of Go Red Day.

"I love receiving the informational brochures," Swan said, who also wears red every Friday in support of the troops as her personal way of saying thank you for everything they do. She said the cholesterol handouts this year were especially helpful.

The main objective of the Go Red celebration is to raise awareness that heart disease is not only a man's disease, but it kills more American women

than all cancers combined.

According to the American Heart Association, one-in-four American women die of heart disease and most fail to make a connection between risk factors and heart disease.

"It is essential for all Americans to know their cardiac risk factor numbers," said BAMC's Stacey Dramiga, director of cardiopulmonary rehabilitation. "Risk factors are conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse."

Cardiac risks include high blood pressure, high blood cholesterol, diabetes, smoking, obesity and physical inactivity, which is the same for both men and women, Dramiga said.

During the Go Red celebration, handouts addressed the



Martha Conner, a Brooke Army Medical Center volunteer and heart disease survivor, pins a red ribbon on Karen Hudson during the Go Red Day celebration Friday at BAMC.

warning signs and symptoms of a heart attack; cardiac risk factors and how to reduce them; making good food choices; and getting physical.

Go Red supporters and participants were pinned with red ribbons, while the Army

Medical Command Band entertained the crowds with a melody of tunes. The day concluded with guest speaker Dr. Pamela Berlanga, a San Antonio peridontist.

See GO RED P10

### Lincoln Military Housing resident activities

Lincoln Military Housing will host several events for Valentines Day.

Join LMH in Building 367 for the Kiss and Tell Contest. The contest will continue through Feb. 14. Residents are asked to guess how many Hershey Kisses are in the jar to win a prize valued at \$25. Valentine's Day cards will be available for pick up for the first 100 residents and refreshments will be provided.

LMH will also hold a Kiss and Tell Contest at the Watkins Terrace Community Center. The grand prize winner will receive a dinner and a movie night for two. The deadline for counting the kisses is Tuesday and the winner will be notified Feb. 14. LMH will pass out Valentine cards, cookies and candy gift bags to the first 200 residents who stop by the Community Center Wednesday.

At the Harris Heights Community Center, LMH will

hold three contests: a coloring contest for children up to age 12; a poetry contest for ages 13 through 17 with loved ones, sweethearts, friends and Family as the subject; and a Kiss and Tell Contest for the adults. The winners will receive gift baskets and candy baskets. The deadline for all entries is Tuesday. Winners will be announced Wednesday from 3:30 to 4:30 pm. Fresh baked cookies and candy gift bags will also be provided to the residents who visit the Community Center Tuesday.

Lincoln Military Housing will host energy conservation meetings at the Community Centers. Residents will be notified of the times and dates.

For photos and upcoming activities, residents can log onto LMH's interactive Web site at [www.samhousing.com](http://www.samhousing.com). For more information, call 270-7638.

(Source: Residential Communities Initiative)

### LMH neighborhood meetings

Lincoln Military Housing will host neighborhood meetings to update residents on the Resident Utility Program. The meetings are scheduled as follows: Harris Heights residents, Tuesday from 3 to 5 p.m.; Watkins Terrace and Patch Chaffee residents, Wednesday from 3 to 5 p.m.; and Wheaton Graham Dickman, Artillery Post, Infantry Post and Staff Post residents, date and time to be announced.

### December Survey of the Month

Balwinder Singh

### January Survey of the Month

Tonnette McLendon

### Yards of the month

2020 William Hardee

409 Dickman

681-B Infantry Post



Photo by Jen Rodriguez

Members of the U.S. Army Medical Command band perform during the Go Red celebration Friday at Brooke Army Medical Center.

### GO RED from P9

Martha Conner also donned red as a living testament. She's a survivor of heart disease.

In 1990, Conner suffered a heart attack. Since then, she's had five stents placed, and presently has two major blockages in her coronary arteries.

"My life slowed down somewhat," she said. "But it is still enjoyable. I have found new activities such as artwork and volunteering at

BAMC."

Conner attributes her recovery to healthy nutrition, exercise, medicine and the "finest doctors that have kept my heart disease manageable," she said.

"You can't just sit there. You have to exercise. It's a mental attitude. Lots of people give up. But, I like living," said Conner.

For more information on heart disease, visit the American Heart Association Web site at [www.americanheart.org](http://www.americanheart.org).

# Sports

### Race to the Top

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

### Intramural racquetball

Intramural racquetball begins Tuesday. A coaches/rules meeting will be held today at 1 p.m. at the 32nd Medical Brigade Gym. For more information, call 221-3185 or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil).

### Intramural volleyball

Intramural volleyball begins Feb. 18 for men's, women's and coed volleyball teams. For more information, call 221-3185 or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil).

### Intramural softball tryouts

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

### Varsity softball tryouts

The garrison varsity men and women's softball tryouts will be held through today at 6:30 p.m. The rain date for the tryouts will be Monday to Feb. 14. Men will practice at the Leadership Field and the women at the Lady Leadership Field. For more information, call 221-3185.

### Basketball Camp

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

### Intramural Basketball Standings

Jan. 31

TEAM	WIN	LOSS
1st MRTC Magicians	5	2
2nd East Recruiting	5	3
3rd USARSO	6	4
4th ISR	4	6
5th ARNORTH	4	6
6th NOSC Navy	2	3
7th ACA Hawks	2	6
8th WTB	2	7
9th Navy (Dropped)	7	3
10th West Recruiting (Dropped)	0	9



Photo by Ed Dixon

## Retirees honored

(From left) Col. Bradley Freeman, Lt. Col. Andres Ortegón, Sgt. 1st Class Jose Saucedo, Sgt. Michael Ohlinger and John Arreguin are recognized for their combined 133 years of outstanding service to the nation at the monthly retirement ceremony Jan. 31 at MacArthur Parade Field.

## Energy-saving tip

Inspect heating and cooling equipment annually, or as recommended by the manufacturer. Forced air furnace filters should be checked and replaced as needed, generally every one to two months, especially during periods of high usage. Have a professional check and clean heating and cooling units once a year.



If the unit is more than 15 years old, consider replacing it with one of the newer, energy-efficient units. A new unit may reduce energy consumption, especially if the existing unit is in poor condition.

Check duct work for dirt streaks near seams. This may indicate air leaks and should be sealed with a duct mastic. Insulate any ducts or pipes that travel through unheated spaces. An insulated R Value of six is the recommended minimum.

For more energy conservation tips, visit [www.eere.energy.gov](http://www.eere.energy.gov).

# Retirement not slowing down local doctor



Dr. Granville Coggs shares some of his fondest memories with the crowd gathered for his retirement ceremony Jan. 18 in Brooke Army Medical Center's auditorium. According to Coggs, his most memorable experience at BAMC was the program honoring his retirement.

Story and photo by Jen Rodriguez  
Brooke Army Medical Center

Anyone who knows Dr. Granville Coggs knows him by many titles: staff radiologist at Brooke Army Medical Center, gold medalist in the Senior Olympics, an original Tuskegee Airmen, and former professor. The one title that the 82-year-old retiring doctor wants fellow Brooke Army Medical Center staff and friends to remember him by is teacher.

Recently, the Pine Bluff, Ark. native bid farewell to gathered friends, fellow Tuskegee Airmen, family and colleagues at his retirement ceremony Jan. 18, held in the hospital's fourth floor auditorium. His wife Maud, of 43 years, daughter, Anita Coggs Roswell, and sisters Eloise and Nanette Coggs were also on hand to celebrate.

"We here aspire to become more like him," said Brig. Gen. James Gilman, commander of Great Plains Regional Medical Command and BAMC. "We're grateful for this life large achievement sphere, who has shared a smile, laugh, stories of running

from the outer edges of the parking lot."

Gilman said Coggs' achievements are larger than Army life for blazing trails and setting goals.

For the past four years, Coggs has worked as a staff radiologist and special adviser to the commanding general of diversity at BAMC. Before BAMC, he retired as a professor of radiology from the University of Texas Health Science Center in San Antonio in 1989, where he practiced for 14 years.

His first medical appointment following graduation in 1953 from Harvard Medical School was as a full-time general diagnostic radiologist in teaching hospitals.

A man of many firsts, Coggs was the first black physician and member of the staff at Kaiser Foundation Hospital in San Francisco. He established the first ultrasound division at the University of California in San Francisco. Also, he co-invented the precision breast lesion localizer and a biopsy system designed to locate suspicious breast lesions with greater precision and accuracy.

"What can you say about Dr.

Coggs?" asked San Antonio Express columnist Cary Clack, one of the guest speakers at Coggs' retirement, "... that he hasn't said about himself. He's enthusiastic with life. He wants to sprint, sing or save a life."

Clack said he asked Coggs, "What do you want to do after you retire?"

Coggs replied, "I want to write a book about being fit at 90, 100, 110, 140 and 160."

"I don't doubt that he can do it," said Clack. "My grandkids will be standing here where I am today talking about him."

And they'll have lots to talk about. As Coggs empties his desk and moves into the next phase of his life, he's got a full calendar of speaking engagements lined up for February spanning from the Boston Children's Hospital, Harvard Medical School and Texas Lutheran University in Seguin, to Texas A&M University in Corpus Christi and Dover Air Force Base in Delaware.

Not to mention, some of the other plans that he's considering.

Coggs wants to work part-time performing breast screening mammography and breast screening sonography in San Antonio. He's also going compete in the 1,500-meter and 400-meter events at the San Antonio Senior Games at Alamo Heights High School in April.

"You have to make the most out of the short time in this place," Coggs said. "Do the best you can everyday. I'm going to complete writing a book on 'How to be fit at 80' and become an inspirational speaker on fitness and healthy longevity."

Though Coggs has many accomplishments his first love remains teaching.

"I hope to work, part-time, as a substitute teacher in San Antonio," said Coggs. "I have not previously worked as a substitute teacher. Although three of my close friends have made this recommendation to me, feeling that I would do well in this role."

## Fort Sam Houston Fiesta & Fireworks T-Shirt Design Contest

**Calling all artists!**

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

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

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

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

Deadline: Feb. 29

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

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

## 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.



## Black History Month Trivia Contest

1. Who is quoted as saying, "I'm the first black baseball manager, only because I was born black?"

2. In 1962, by an executive order, President Kennedy banned discrimination related to what?

3. Which president signed the bill establishing Jan. 20 as a federal holiday in honor of Martin Luther King Jr.?

4. In what city is the United States' first and largest wax museum that is dedicated to black heritage?

5. In 1901, James Weldon and his partner composed what song that ultimately became known as the Black (Negro) National Anthem.

People should e-mail trivia contest answers to [Gayle.Ellis@cen.amedd.army.mil](mailto:Gayle.Ellis@cen.amedd.army.mil), no later than the Tuesday following the publication of the questions. The first person to submit the correct answers will win a prize and have their name published, along with the answers, in the next edition of the News Leader. For more information, call Ellis at 221-7709.

The Jan. 31 trivia answers were:

1. Eldridge Cleaver

2. Tony Dungy

3. It made blacks citizens of the United States

4. It was a black man along with a few crewmen who sailed the ship out of the Charleston harbor, avoiding suspicion and eventually turning the ship over to the Union forces. The intelligence they provided, along with the ship, was so significant, it allowed the Union forces to keep open the only Southern port with rail-way access.

5. It contained the first definite provisions for emancipating slaves in the rebellious states.

The winner of the Jan. 31 trivia contest is Don Robinson.

# Political dos and don'ts for servicemembers, DA civilians

Presidential primaries are in full swing, with Texas holding its primary March 4.

With politics so much in the forefront, it's important for servicemembers and Department of the Army civilian employees to be aware of what they can and cannot do in the political arena.

In accordance with Department of Defense Directive 1344.10, servicemembers and DA civilian employees may participate in political activities. The following paragraphs provide the extent of involvement:

### Servicemembers

- Servicemembers may register, vote, and express personal opinions; encourage other servicemembers to exercise voting rights; join a political club; attend political meetings and rallies as a spectator when not in uniform; make monetary contributions to a political organization; sign petitions for specific legislative action or place a candidate's name on the ballot; write letters to the editor expressing personal views (so

long as not a part of an organized letter-writing campaign); place a bumper sticker on their private vehicle; and participate in local nonpartisan political activities, so long as the servicemember

is not in uniform, does not use Government property or resources, activity does not interfere with duty, and there is no implied Government position or involvement.

- Servicemembers may not use official authority to influence or interfere; be a candidate for, hold, or exercise functions of a civil office; participate in partisan political campaigns, speeches, articles, TV/radio discussions; serve in an official capacity or sponsor a partisan political club; conduct a political opinion survey; use contemptuous words against certain civilian leaders; march or ride in partisan parades; participate in organized efforts to transport voters to polls; promote



### DA civilian employees

- DA civilian employees may be candidates for public office in nonpartisan elections; register and vote as they choose; assist in voter registration drives; express opinions about candidates and issues; contribute money to political organizations; attend political fundraising functions; attend and be active at political rallies and meetings; join and be an active member of a political party or club; sign nominating petitions; campaign for or against referendum questions, constitutional amendments and municipal ordinances; campaign for or against candidates in partisan elections; make campaign speeches for candidates in parti-

political dinners or fundraising events; attend partisan events as an official representative of the Armed Forces; or display large signs, banners or posters on private vehicles.

san elections; distribute campaign literature in partisan elections; and, hold office in political clubs or parties.

- DA civilian employees may not use official authority or influence to interfere with an election; solicit or discourage political activity of anyone with business before their agency; solicit or receive political contributions (may be done in certain limited situations by federal labor or other employee organizations); be candidates for public office in partisan elections; wear partisan political buttons on duty; or, engage in political activity while on duty, in a government office, while wearing an official uniform, or using a government vehicle.

There are definitive guidelines that must be followed by servicemembers and DA civilian employees when participating in political activities. Failure to follow these guidelines may result in disciplinary action. When in doubt, consult an ethics counselor.

For more information, call Capt. Ean White at 221-8400.

(Source: Office of the Staff Judge Advocate)

# Defense Department seeks civilian language corps volunteers

By John J. Krugel  
American Forces Press Service

WASHINGTON — Uncle Sam wants skilled speakers of Russian, Mandarin Chinese, Swahili or any other of 10 "critical languages," to join a Defense Department pilot program designed to build a cadre of trained linguists.

By 2010, the National Language Service Corps hopes to amass a pool of 1,000 civilian language experts, willing to volunteer their foreign tongues on behalf of the United States if an immediate national need arises.

"The concept of the language corps really appeared because there was a recognition that there's simply no way the federal government — or for that matter, state or local governments — can ever plan and program their work force to address all the language issues that might come up," said Robert O. Slater, director of the National Security Education Program, which administers NLSC.

"We've recognized in the past five to 10 years that language skills are a difficult commodity to find in the United States," he said. "The concept of a corps would be one that identifies this kind of expertise and warehouses it, because we never know when we'll

"By 2010, the National Language Service Corps hopes to amass a pool of 1,000 civilian language experts . . ."

need it; we never know what disaster will strike."

People in the Southeast remember Aug. 25, 2005, as the day Hurricane Katrina battered their homes, flooded cities and altered the course of their lives in a national crisis exacerbated by demolished phone lines, power outages and downed Internet networks. But in addition to a crippled communications infrastructure, a swath of the affected population was made incommunicado for another reason.

"We know from a lot of postmortems that have been done on Katrina that there were 50,000 to 100,000 displaced Vietnamese in families that needed a lot of support," Slater said. "It was difficult to find people — especially professionals — who understood the Vietnamese language and culture enough to guide the displaced populations through the maze of regulations and issues that would be required for them to deal with."

Had a cadre of critical linguists deployed as part of the Federal Emergency Management Agency

response, the population left culturally marooned might have recovered with greater fluency.

To shore up foreign language gaps within the U.S. government, the Defense Department will establish an elite community of speakers — known as the "dedicated pool" — and assign linguistic units to specific government agencies. In addition, the current U.S.-wide dearth of organized critical linguists would be filled by the "national pool," consisting of a broader array of talent to be called upon during times of need.

The Pentagon has begun working with Congress on establishing a budget for language corps recruiting, training and compensation disbursed to volunteers called to serve, Slater said.

"Long term, the department will need to work with Congress on establishing authorization and appropriation for the permanently established corps. That will be critical to the future of the corps," he added.

The NLSC program is a component of the Defense Department's comprehensive language roadmap and the National Security Language Initiative President Bush proposed a year ago.

For more information, call 1-888-Say-NLSC (729-6572) or visit the NLSC Web site at <http://www.nationallanguageservicecorps.org>.

## Fort Sam Houston Independent School District Weekly Calendar — Monday through Feb. 16

### Fort Sam Houston Elementary School

**Tuesday**  
Western day — parents invited to participate in square dancing during their child's PE class  
Fourth grade — Rooms 35, 36, 37 - 8:30 to 9:20 a.m.  
Second grade — Rooms 9, 10, 11 - 9:20 to 10:10 a.m.  
Third grade — Rooms 19, 20, 21 - 10:15 to 11:05 a.m.  
Pre-Kindergarten — Rooms 41, 44, 16 - 11:05 to 11:35 a.m.

First grade — Rooms 25, 26, 27 - 11:35 a.m. to 12:25 p.m.  
Kindergarten — Rooms 12, 13, 14 - 1:05 to 1:55 p.m.

### Wednesday

Progress report sent home  
Western day — parents invited to participate in square dancing during their child's PE class  
Fourth grade — Rooms 38, 59, 60 - 8:30 to 9:20 a.m.  
Second grade — Rooms 6, 7, 8 - 9:20 to 10:10 a.m.  
Third grade — Rooms 22, 23, 24 - 10:15 to 11:05 a.m.  
Pre-Kindergarten — Rooms 17, 18 - 11:05 to 11:35 a.m.

First grade — Rooms 28, 29 - 11:35 a.m. to 12:25 p.m.  
Kindergarten — Rooms 5, 15, 30 - 1:05 to 1:55 p.m.

### Feb. 14

Designated day for class party

### Feb. 15

Half day for students, dismissal time at 11 a.m.  
Spirit day

### Robert G. Cole Middle and High School

#### Monday

Cougar Pride Club in Media Center, 5 p.m.

Girls' golf to Eagle Tournament in Pleasanton 18 hole

#### Tuesday

Boys' basketball vs. Dilley at Cole, 6 and 7:30 p.m.

Boys' baseball vs. San Anthony at Cole (scrimmage), 4:30 p.m.

#### Feb. 15

Middle School Valentine's dance, 7 to 10 p.m.

# Students clean up along Salado Creek

By Megan Daknis  
Sixth grader, Cole Middle School

Fifteen children, seven adults and one assistant principal volunteered to pick up trash on Holbrook Road along Salado Creek Jan. 26 for the Cole Middle School sixth grade clean-up.

The area was littered with various objects left behind as Salado Creek's waters subsided. Also part of the litter was the result of passing motorists.

Beginning at 8 a.m. the volunteers pitched in, worked hard, and gathered 37 bags of trash, four tires and other large pieces of junk, all over the course of four hours.

Sixth grader Morgen Lewis even found a small stone gargoyle.

Faamanu Lefti said she "loved coming together to help the world."

Erikka Gaines said, "It was really fun!"

Several nearby residents came by to personally thank



Courtesy photo  
Sixth grade students from Cole Middle School clean up litter along Salado Creek Jan. 26.

the students for their hard work.

Council members attended a week-long leadership camp last summer and are required to perform various tasks and projects throughout the year to maintain membership on the council.

# Cole academic decathletes score well at region

By retired Lt. Col. Robert Hoffmann  
Robert G. Cole High School

The Robert G. Cole High School team brought in a total of 34 medals while placing fourth overall in a regional academic decathlon competition held Jan. 18 and 19 in Somerset, Texas.

The team came away from the meet with 14 individual medals: six gold, four silver and four bronze. Senior Megan Heard received a fourth-place medal in over-all ranking; and the team placed third (bronze) over-all in Super Quiz. The theme this year was the Civil War.

The Academic Decathlon program provides high school students with an opportunity to experience rigorous academic competition. Each school forms a team to include students of three academic levels. Each nine-member team consists of three "A" students, three "B" students and three "C" students.

"We are very proud of our students' performance at the regional Academic Decathlon meet. Cole has a rich tradition of students' successful participation in this very rigorous academic competition. Barabara Lien, head coach and Cole drama teacher, does a superb job preparing students for this event," said principal, Roland Rios.

Individual winners included:  
**Gold Medals:** Evonne Marcum, top individual team score (varsity) division; Kelsey Charlton, top individual team score and math, and Jennifer Sees, essay (scholastic division); Megan Heard, top individual team score and math (honors division).

**Silver Medals:** Evonne Marcum, language and literature, and Taylor Richardson, essay (varsity division); Megan Renz, economics, and Megan Heard (honors division).

**Bronze Medals:** Evonne Marcum, art, and Taylor Richardson, economics (varsity division); Megan Heard, economics (honors division).

# Robert G. Cole Middle and High School Honor Roll

Many of the Robert G. Cole students have attained academic success for the second nine weeks of the 2007/2008 school year. To qualify for the two honor rolls, students must earn the following grades: A Honor Roll — a grade of 90 or higher in all classes; A/B Honor Roll — a grade of 80 or higher in all classes with at least one grade of 90 or higher.

### A Honor Roll

#### 2nd Nine Weeks

##### Sixth Grade

Daknis, Megan  
Gonzalez Carrero, Luis  
Howell, Carter  
Kelly, Connor  
Michna, Valeri  
Newcomer, Gretchen  
Renz, Megan  
Rigsbee, Katrina  
Tallent, Shelby

##### 10th Grade

Bradley, Joseph  
Prasek, Matthew  
Schell, Zachary  
Ston, Christopher  
Wessies, Amber

##### 11th Grade

None

##### 12th Grade

Graham, Darius  
Heaney, Daniel  
Lavender, Wesley  
Newcomer, Patrick  
Riera, Ricardo  
Sees, Jennifer

### A/B Honor Roll

#### 2nd Nine Weeks

##### Sixth Grade

Anderson, Abby  
Ballares, Uelle  
Bell, Chalci  
Brooks, Hannah  
Rodriguez, Andrew  
Sauer, Megan  
Sausser, Devyn  
Simon, Donte  
Strob, Nicholas  
Urena, Eric  
Ware, Grace  
Webster, Sarah  
Whiteley, Ethan  
Williams, David

##### Seventh Grade

Brown, Destiny  
Budjenska, Georgia  
Leblanc, Elizabeth  
Lefti, Faamanu  
Lewis, Morgan  
Lunkenheimer, Kevin  
Maner, Rebekah  
Martinez, Annette

##### 11th Grade

Mathews, Austin  
Merritt, Morgan  
Nichols, Alexandra  
Ochoa, Lucas  
Ota, Rose-Marie  
Pappas, Joseph  
Plummer, Jasmine  
Rodriguez, Andrew  
Sauer, Megan  
Sausser, Devyn  
Simon, Donte  
Strob, Nicholas  
Urena, Eric  
Ware, Grace  
Webster, Sarah  
Whiteley, Ethan  
Williams, David

##### 12th Grade

Mathews, Austin  
Merritt, Morgan  
Nichols, Alexandra  
Ochoa, Lucas  
Ota, Rose-Marie  
Pappas, Joseph  
Plummer, Jasmine  
Rodriguez, Andrew  
Sauer, Megan  
Sausser, Devyn  
Simon, Donte  
Strob, Nicholas  
Urena, Eric  
Ware, Grace  
Webster, Sarah  
Whiteley, Ethan  
Williams, David

### A Honor Roll

#### 2nd Nine Weeks

Garcia-Sanchez, Eileen  
Griggs, Dawntae  
Guerrero, Andrew  
Hagan, Dana  
Hallstrom, Kayla  
Hernandez-Rivera, Daneily  
Horner, Hannah  
Jeffalone, Ashley  
Johnson, James  
Livecchi, Brianna  
Medellin, Lauren  
Prothero, Calvin  
Rodriguez, Elizabeth  
Sallilata, Erika  
Scott, Jaida  
Smith-Douglas, Mikayla  
Williams, William  
Strunk, Reba  
Wafford, Grace  
White, Rashad

##### 11th Grade

Abrego, Genesis  
Baggerly, Savannah  
Bailey, Tiffany  
Bauman, Zachary  
Baxter, Jar-Mon

##### 12th Grade

Mathews, Austin  
Merritt, Morgan  
Nichols, Alexandra  
Ochoa, Lucas  
Ota, Rose-Marie  
Pappas, Joseph  
Plummer, Jasmine  
Rodriguez, Andrew  
Sauer, Megan  
Sausser, Devyn  
Simon, Donte  
Strob, Nicholas  
Urena, Eric  
Ware, Grace  
Webster, Sarah  
Whiteley, Ethan  
Williams, David

### A Honor Roll

#### 2nd Nine Weeks

Bennett, Alexius  
Boothe, Jasmine  
Butler, Jade  
Cate, Makayla  
Cavazos, Christopher  
Charlton, Connor  
Cosey, Isaiah  
Dochnal, Aidan  
Finley-Marshall, Kelly  
Garcia, Meagan  
Gonzales, Amanda  
Hadley, Alyssa  
Hall, Amanda  
Hendrickson, Kala  
Jenkins, Terrence  
Kennedy, John  
Nagies, Thomas  
Pecko, Matthew  
Potts, Taylor  
Price, Darius  
Sanburn, Samantha  
Sisk, Hannah  
Taliaferro, William  
Aviles, Stephanie  
Bell, Jordan

##### 11th Grade

Berrios-Miranda, Jose  
Edmonds, Dominique  
Erickson, Ashley  
Hallstrom, Tyler  
Hogan, Carlton  
Kane, Taylor  
Lavender, Rebecca  
Mapu, Luamalea  
Meyers, Portia  
Quick, Sarah  
Rush, Meagan  
Starnes, Mollie  
Strunk, Rebekah  
Terrell, Devante  
Wade, Kayanna  
Williams, Taylor  
Yates, Joshua

##### 12th Grade

Berrios-Miranda, Jose  
Edmonds, Dominique  
Erickson, Ashley  
Hallstrom, Tyler  
Hogan, Carlton  
Kane, Taylor  
Lavender, Rebecca  
Mapu, Luamalea  
Meyers, Portia  
Quick, Sarah  
Rush, Meagan  
Starnes, Mollie  
Strunk, Rebekah  
Terrell, Devante  
Wade, Kayanna  
Williams, Taylor  
Yates, Joshua

### A Honor Roll

#### 2nd Nine Weeks

Berrios-Miranda, Jose  
Edmonds, Dominique  
Erickson, Ashley  
Hallstrom, Tyler  
Hogan, Carlton  
Kane, Taylor  
Lavender, Rebecca  
Mapu, Luamalea  
Meyers, Portia  
Quick, Sarah  
Rush, Meagan  
Starnes, Mollie  
Strunk, Rebekah  
Terrell, Devante  
Wade, Kayanna  
Williams, Taylor  
Yates, Joshua

##### 11th Grade

Berrios-Miranda, Jose  
Edmonds, Dominique  
Erickson, Ashley  
Hallstrom, Tyler  
Hogan, Carlton  
Kane, Taylor  
Lavender, Rebecca  
Mapu, Luamalea  
Meyers, Portia  
Quick, Sarah  
Rush, Meagan  
Starnes, Mollie  
Strunk, Rebekah  
Terrell, Devante  
Wade, Kayanna  
Williams, Taylor  
Yates, Joshua

##### 12th Grade

Berrios-Miranda, Jose  
Edmonds, Dominique  
Erickson, Ashley  
Hallstrom, Tyler  
Hogan, Carlton  
Kane, Taylor  
Lavender, Rebecca  
Mapu, Luamalea  
Meyers, Portia  
Quick, Sarah  
Rush, Meagan  
Starnes, Mollie  
Strunk, Rebekah  
Terrell, Devante  
Wade, Kayanna  
Williams, Taylor  
Yates, Joshua

### A Honor Roll

#### 2nd Nine Weeks

Prothero, Juliette  
Reyes, Javier  
Richardson, Trevor  
Strunk, Rachel  
Summers, Milena  
Townsend, Melissa

##### 11th Grade

Andrews, Breanna  
Brock, Ryan  
Costello, Samantha  
Garrott, Lauren  
Gresenz, Casey  
Kirk, William  
Lagutchik, Daniel  
Mahon, Kathleen  
Register, Colby  
Rodey, Jerika  
Vasquez, Kaitlan

##### 12th Grade

Bagg, Jessica  
Benson, Samantha  
Blanchard, Danielle  
Crabb, Quinton  
Fletcher, Tabitha  
Fletcher, Timothy  
Gibson, Jennifer

### A Honor Roll

#### 2nd Nine Weeks

Gilman, Emily  
Griffin, Daniel  
Guerrero, Benjamin  
Hatton, Lindsey  
Jordan, Jessica  
Lougee, Madeleine  
Luckie, Lorenzo  
Maney, Jordan  
Moore, Jaybren  
Reitstetter, Benjamin  
Reitstetter, Dustin  
Gresenz, Casey  
Kirk, William  
Lagutchik, Daniel  
Mahon, Kathleen  
Register, Colby  
Rodey, Jerika  
Vasquez, Kaitlan

##### 11th Grade

Andrews, Breanna  
Brock, Ryan  
Costello, Samantha  
Garrott, Lauren  
Gresenz, Casey  
Kirk, William  
Lagutchik, Daniel  
Mahon, Kathleen  
Register, Colby  
Rodey, Jerika  
Vasquez, Kaitlan

##### 12th Grade

Andrews, Breanna  
Brock, Ryan  
Costello, Samantha  
Garrott, Lauren  
Gresenz, Casey  
Kirk, William  
Lagutchik, Daniel  
Mahon, Kathleen  
Register, Colby  
Rodey, Jerika  
Vasquez, Kaitlan



# MWR

Morale Welfare & Recreation

## Recreation and Leisure

### Win a Flip Video camcorder

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

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

### Outdoor Equipment Center hours

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

### Valentine's Day mixer

The Fort Sam Houston Better Opportunities for Single Soldiers Program will host a BOSS Valentines Day Mixer at the Sam Houston Club Feb.

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

### Trail rides

One-hour trail rides are offered at the Equestrian Center Saturdays and Sundays to individuals 7 years and

older. A parent must accompany children younger than 12 years old. The cost is \$20 per person. The first trail ride begins at 8:30 a.m. and the last ride is at 2 p.m. For more information, call 224-7207.

## Dining and Entertainment

### MWR Ticket Office

The MWR ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are available for local attractions, as well as theme parks like Disney World and Universal Studios. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-1663 or 224-2721.

### Sam Houston Club

#### MWR, BOSS present: Texas Hold 'Em

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

#### Karaoke Fridays

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

### Harlequin Dinner Theatre

#### 'Appointment with Death'

The Agatha Christie mystery, "Appointment with Death," is playing through Feb. 16 at the Harlequin Dinner Theatre. Tickets are \$28

Wednesdays and Thursdays and \$31 Fridays and Saturdays. Doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

### Auditions for 'The Star-Spangled Girl'

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

## Army Community Service

### Couple's enrichment

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

### 'Precious Minds'

This eight-week parenting education program focuses on giving parents, grandparents, expectant parents and caregivers insight into seeing the world through the eyes of

See MWR P17

## Family Advocacy Program Classes

Monday - B.E.A.M.S. class No. 5: 11 a.m. to 12:30 p.m.  
 Tuesday - H.U.G.S. Playgroup: 9 to 11 a.m.  
 Stress Management: 11 a.m. to 12:30 p.m.  
 B.E.A.M.S. class No. 6: 4:30 to 6 p.m.  
 Precious Minds class No. 2: 6 to 8 p.m.  
 Wednesday - You and Your Baby class No. 1: 8 a.m. to 12 p.m.  
 Feb. 14 - Sibling Rivalry: 11 a.m. to 12:30 p.m.  
 S.T.E.P. class No. 2 - School Age Children: 1 to 2:30 p.m.

For more information or to register, call 221-0349 or 221-2055.

## MWR from P16

children. Participants learn interesting topics focusing on the development of children from birth through 48 months. Refreshments will be provided, as well as free child care. Classes are Tuesday, Feb. 19 and 26 from 6 to 8 p.m. For more information, call 221-2705.

### Commanders' training

A mandatory Family Advocacy Program training will be held Feb. 28 from 8 to 10 a.m. The IAW AR 608-18 training is required for commanders, first sergeants and senior leaders within 45 days following assumption of command. It provides a FAP overview and insight about the command role in reporting domestic violence. The training examines leadership roles, how to report abuse, and how to prepare for the Case Review Committee to support Soldiers and their Family members. For more information, call 221-2720.

## Child and Youth Services

### Parent Advisory Council

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

### Saturdays at School Age Services

School Age Services will be opened the second and fourth Saturdays of every month from 2 to 6 p.m. Children from first to fifth grades will have a fun-filled afternoon at the School Age Services, Building 1705, Winans Road. Saturday marks the start of the new hours with contests, Family bingo, valentine craft activities with music and computer activities. SAS will be open again Feb. 23 with more interactive activities. For more information, call 221-4466.

### Baseball Registration

Youth baseball registration will be held Monday through March 28. Patrons need to be registered with Child and Youth Services. To register, patrons need to have a current sport physical (valid for the entire season), \$45 activity fee, two local emergency fees, the child's Social Security number and updated shots record. For more information, call Central

Registration at 221-4871 or 221-1723.

### Youth talent show

The 2008 Youth Services Talent Show will be held Feb. 23 from 7 to 9 p.m. at the Roadrunner Community Center, Building 2797. Come out and cheer on the variety of performers, including comedians, dancers, models, steppers, poets, speakers, singers and musicians. For more information, call 221-4871 or 221-1723.

### Undergraduate scholarships

Completed applications for the National Oceanic and Atmospheric Administration Undergraduate Scholarship must be received by Friday. Participants may receive up to \$8,000 in assistance per school year for full-time study. For more information, call School Liaison Services at 221-2214 or 295-4806.

### CYS needs instructors

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

### Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide current shot records (kindergarten through fifth grade), two local emergency designees, a health assessment/sport physical within the last year (sport physicals must be valid for the entire sports season), child's Social Security number, sponsor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

### FCC providers

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

### SKIES Unlimited Classes

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

# FCC providers recognized for outstanding work

By Donna Williams  
Family Child Care

Tabitha Fix, Tomecia Robbins and Ernestine Rockward of Fort Sam Houston were awarded Child Development Associate credentials in recognition of outstanding work with young children. The credential was awarded by the Council for Early Childhood Professional Recognition in Washington, D.C., which represents the Early Childhood Profession.

Fix, Robbins and Rockward join several other Family Child Care providers as recipients of the CDA at Fort Sam Houston. The CDA is the only major national effort to improve childcare by evaluating and

recognizing the skills of individuals providing care. The majority of the states plus the District of Columbia include CDA in childcare licensing regulations.

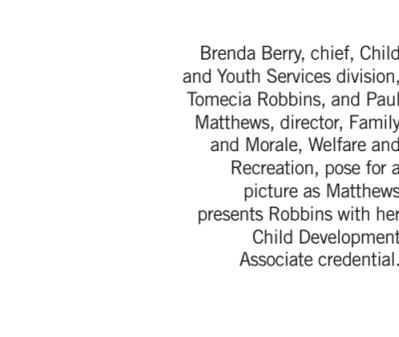
Every candidate for the CDA credential is observed working with young children and is evaluated by a team, which includes early childhood experts and parents. The candidate must demonstrate the ability to work with families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.

For more information on becoming an FCC provider, call 221-3828 or stop by the FCC office located at 1630-A Sultan Road (behind the Youth Center).



Photos by Ruth Mitchell

Brenda Berry, chief, Child and Youth Services division, Tabitha Fix, and Paul Matthews, director, Family and Morale, Welfare and Recreation, pose for a picture as Matthews presents Fix with her Child Development Associate credential.



Brenda Berry, chief, Child and Youth Services division, Tomecia Robbins, and Paul Matthews, director, Family and Morale, Welfare and Recreation, pose for a picture as Matthews presents Robbins with her Child Development Associate credential.



Brenda Berry, chief, Child and Youth Services division, Ernestine Rockward, and Paul Matthews, director, Family and Morale, Welfare and Recreation, pose for a picture as Matthews presents Rockward with her Child Development Associate credential.



# Community

## Events

### Harris Heights game night

A parent game night will be held Saturday at 7 p.m. in the Harris Heights Community Center. Bring a favorite snack or beverage and play board and card games. Children are welcome and movies and activities will be provided for them. For more information, call Jenny Koranyi at 437-2788 or e-mail jennykor@aol.com.

### LMH neighborhood meetings

Lincoln Military Housing will host neighborhood meetings to update residents on the Resident Utility Program. The meetings are scheduled as follows: Harris Heights residents, Tuesday from 3 to 5 p.m.; Watkins Terrace and Patch Chaffee residents, Wednesday from 3 to 5 p.m.; and Wheaton Graham Dickman, Artillery Post, Infantry Post and Staff Post residents, date and time to be announced.

### Black Employment Program workshop

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

### Multiple Sclerosis walk

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

### NAF job fair

The Civilian Personnel Advisory Center Non-appropriated Funds division will hold a job fair March 1 from 9

a.m. to 3 p.m. at the Sam Houston Club. Positions available include recreation aids, custodial workers, child and youth program assistants, summer hire positions and much more. Participating organizations will conduct on-the-spot job interviews. For more information, call the NAF human resources office at 221-1600 or 221-9058.

### Women's Healthcare Forum

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

### Cowboys for Heroes

The Third Annual "Cowboys for Heroes" will host a celebration April 11 from 6 to 9 p.m. and April 12 from 9 a.m. to 6 p.m. at the Fort Sam Houston Equestrian Center. There will be live music, entertainment, family activities, food and an opportunity to meet professional rodeo cowboys. The event is free and open to the public. The Equestrian Center is located off Binz Engleman; turn after the railroad tracks and before the gate to post.

### Wilford Hall Neurology Clinic moves

The Neurology clinic at Wilford Hall Medical Center will move from the hospital's third floor to the sixth floor as part of the Base Realignment and Closure process. The clinic phones and computer systems will be down for up to 48 hours secondary to the move and will hopefully have a minimal impact on patient access. However, patients requiring immediate refills or care should call their primary care physician for assistance. Patients will check in on the sixth floor beginning Monday.

See COMMUNITY P19

## COMMUNITY from P18

### Wilford Hall Podiatry Clinic moves

The podiatry clinic at Wilford Hall Medical Center has moved from the hospital's second floor to the basement. The clinic provides comprehensive medical and surgical treatment of a wide variety of foot and ankle disorders such as arthritis, achilles tendon disorders, heel pain, bone spurs, bunions, flat/high arched feet, ankle pain/sprain, tendonitis, hammertoes, neuromas and recurrent ingrown nails. The clinic also provides lower-extremity evaluation for custom and over-the-counter orthotics. Patients now check in at Room BA92. For more information, call 292-4122.

## Volunteer

### Dental training program seeks patients

The periodontics department of the Comprehensive Dentistry Residency at Dunn Dental Clinic on Lackland Air Force Base is currently screening patients for dental care limited to surgical treatment of periodontal (gum) diseases and defects. All eligible Department of Defense beneficiary categories will be

screened for potential treatment as teaching cases, including dependents of active duty and retirees. Patients who have been informed by a general dentist that they require periodontal therapy (gum treatment) are eligible for evaluation. To schedule an evaluation appointment, call 292-6364 or have your general dentist fax a consultation to the periodontics department at 292-3338.

### American Red Cross seeks volunteers

The American Red Cross seeks volunteers for Caremobile drivers at Brooke Army Medical Center and the American Red Cross Fort Sam Houston office needs volunteers for positions such as computer data entry, administrative help and Military Entrance Process Station volunteers. People must be 18 years or older. For more information, call 224-5151 or visit the Red Cross Office, Fort Sam Houston, Building 2650, on the corner of Patch and Harney Roads, Monday through Friday from 8 a.m. to 4 p.m.

### Wilford Hall seeks volunteer workers

Wilford Hall Medical Center seeks volunteers for "step saver" cart drivers or administrative duties in the hospital clinics. Volunteers

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

## Meetings

### Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will host a meeting Feb. 18 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel (near Loop 410). All active

duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 295-6596 or e-mail [juan.gomez@us.army.mil](mailto:juan.gomez@us.army.mil), or Suzan Farrell at 378-0422 or e-mail [suzan.farrell@us.army.mil](mailto:suzan.farrell@us.army.mil).

### Spouses' Club

The Spouses' Club will host a Bingo luncheon Feb. 19 at 11 a.m. at the Sam Houston Club. There will be a baked potato bar with spring salad. Cost of the luncheon buffet will be \$14. For more information or to reserve by Feb. 15, call Sigrid

Reistetter at 226-8806 or e-mail [Sigrid.reistetter@us.army.mil](mailto:Sigrid.reistetter@us.army.mil).

## Training

### American Red Cross classes

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



## Carpoolers wanted

A registered nurse/case manager is seeking someone to carpool with three to five times a week, from the Highway 281 and Bitters/Jones Maltsberger area. He works at Brooke Army Medical Center Monday through Friday from 7:30 a.m. to 4:30 p.m. If interested or for more information, call Lt. Col. Jerry Gonzales at 916-6812 or page 513-0460 or e-mail jerry.gonzales@amedd.army.mil.

## Religion

### National Prayer Breakfast

The Fort Sam Houston National Prayer Breakfast, hosted by the Installation Chaplain's office, will be held Feb. 22 from 6:15 to 8 a.m. at the Sam Houston Club. Guest speaker for the event will be Chaplain (Brig. Gen.) Donald Rutherford, Army deputy chief of chaplains. Tickets will be available Monday through Unit Ministry Teams for a \$2 donation. For more information, call Chaplain (Lt. Col.) James Benson at 221-2755.

## Post Worship Schedule

### Main Post Chapel, Building 2200, 221-2754

**Catholic Services:**  
4:45 to 5:15 p.m. - Confessions - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8 a.m. - Traditional Protestant  
11 a.m. - Traditional Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

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

**Catholic 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:** 8:30 a.m. - Sundays

### Brooke Army Medical Center Chapel, Building 3600, 916-1105

**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11 a.m. - Mass - Sundays  
11 a.m. - Mass - weekdays

**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
12 p.m. - Worship - Wednesdays  
**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

### Center for the Intrepid, first floor, 916-1105

**Christ for the Intrepid services:**  
5:30 p.m. - Contemporary worship - Sundays

### AMEDD Regimental Chapel, Building 1398, 221-4362

**Catholic Mass:** 8 a.m. - Sundays  
**Protestant Service:** 9 a.m. - Sundays  
**Christian education:** 10 a.m. - Sundays  
**Gospel Service:** 11 a.m. - Sundays  
**Church of Jesus Christ of Latter Day Saints:**  
9:30 a.m. - Sundays at Evans Auditorium  
**FSH Mosque, Building 607A, 221-5005 or 221-5007**  
10:30 a.m. - Children's Religious Education - Sundays  
1:30 p.m. - Muslim Jumma - Fridays  
7:30 p.m. - Adult Religious Education - Thursdays

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

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

## For Sale Fort Freebies

**For Sale:** Oak dining room set with two center leafs, eight chairs and china hutch, \$800 obo. Call Tony at 859-0337.

**For Sale:** Small antique dresser, \$75; antique floor lamp, \$35. Call 654-9617.

**For Sale:** White wicker queen-size headboard, \$75; white wicker desk, \$75; white wicker rocker, \$70; queen-size mattress set and frame, \$175. Call 295-5934.

**For Sale:** 2003 Honda Odyssey EX-L, V-6, automatic, low miles, super clean, light blue exterior, gray leather interior, electric side doors and more, \$10,500. Call 673-9649 or 630-3936.

**For Sale:** Solid oak full-size bedroom set, mattress and box springs, \$650; wrap-around bookcase entertainment center, three pieces, white and pine, glass doors, \$400; 19-inch color television and stand, \$50. Call 314-5775 or 253-278-6810.

**For Sale:** 1997 Cadillac 32V Northstar SLS, pearl, clean, runs like new, \$7,500. Call 650-4007.

**For Sale:** King-size oak lighted headboard with two side pieces and two shelves on top, built in night stand and two drawers on bottom of both side pieces, includes king-size bed frame, \$450; cherry rocking chair, \$75. Call 490-5240 or 213-2182.

**For Sale:** Jeep Urban Terrain three-wheel stroller, fully reclines, one-handed collapse feature, speaker system for CD or MP3, rubber tires with pump, snack tray and activity tray, great condition, \$50. Call 408-835-3834.

**For Sale:** Handmade solid cherry heirloom cradle, \$500; small antique oak rocker, \$150; antique oak dresser and buffet, \$350; antique Waterbury Hillsdale oak, shelf clock, \$295. Call 370-3123.

**For Sale:** Harley Davidson Sportster 1200 cc, 2,500 miles, custom pipes and super charger with lots of chrome, \$ 1,200 obo. Call Philip at 393-1099.

**For Sale:** 2001 Isuzu Rodeo, 54K miles, good condition, \$7,000. Call 295-6177.

### Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

**For Sale:** Dog kennel, 8 feet by 6 feet, \$75; utility trailer, 5 feet by 8 feet, \$250. Call 507-2612.

**For Sale:** Safety First, Winnie the Pooh stroller and car seat travel system, blue, \$70. Call 896-8563.

**For Sale:** Warming tray, tools, fishing gear, table with six chairs and golf equipment. Call 646-6563.

**For Sale:** Hewlett Packard com-

puter with 19-inch LCD and HP printer, copier, scanner and fax, \$350; dresser, \$160; big office chair, \$29; two bar chairs, \$129, cocktail table, \$80. Call 829-4741, leave message.

**For Sale:** Bunk bed with desk, dresser, shelves and ladder, \$150 obo; banquet table with folding legs, 6 feet long, \$25; computer desk,

\$15; Singer sewing machine in wood cabinet, \$50 obo; girls medium-size bike, \$25 obo. Call 651-9046.

**For Sale:** Pug/Apso mix puppy, \$225; bookcase/entertainment center, \$95; exercise equipment, \$195; Cosco toddler car seat with attachment for growing child, \$35; Volvo dash mat, fits 1990 to 1999 models, \$30. Call 633-3859.