



Fort Sam Houston News Leader



Vol. 37, No. 9

Fort Sam Houston – Home of Army Medicine

March 3, 2005

Briefs . . .

Change of responsibility

NCO Academy will have a change of responsibility ceremony March 11 at 7:15 a.m. at MacArthur Field. Command Sgt. Maj. Howard R. Riles will assume responsibility from the outgoing academy commandant, Command Sgt. Maj. Paul H. Mathsen. For more information, call Sgt. 1st Class Chad Peltier at 221-4294. Inclement weather site is Blesse Auditorium, Willis Hall, Building 2841.

Gas pump closure

The Fort Sam Houston Car Care Center on Schofield Road is scheduled for maintenance and repairs on its gas pumps through Wednesday. During that time, all gasoline pumps will be closed. The facility will remain open for tires, oil changes and auto parts. Customers are asked to use the gas pumps at the Walters Street shoppette.

HQ move

The 187th Medical Battalion's A Company headquarters will move to Aabel Hall, Building 2840, Room 23. The grand opening is Monday at 4:30 p.m.

Housing resident guide

Lincoln Military Housing has hand delivered post residents a letter and new resident guide to help ease the transition to the new housing system. Each resident must sign and submit additional addendums outlined in the letter to the housing office, Building 367. Residents can drop the guide off after business hours in a box by the front door of the housing office. Fort Sam Houston Family Housing, LP, a partnership between Lincoln Military Housing and the Army, assumed control of post family housing operations Tuesday. For more information, call "Lincoln at Your Service" service request line at (888) 578-4141 or the housing office at 270-7638.

Skunk bait study

U.S. Department of Agriculture biologists will set approximately 50 live skunk traps on post primarily around buildings or trees and shrubs starting Saturday. The skunks will be baited with a sponge soaked in fish oil. The trapping should last about a week. This is a continuation of the skunk oral rabies placebo bait study initiated in January. For more information, call Jackie Schlatter, Natural and Cultural Resources chief, at 221-5093.

Hearts-a-part

A Hearts-a-part social and meeting is Saturday from 10 a.m. to noon at the Roadrunner Community Center. The group is for family members of deployed Soldiers who don't have a local Family Readiness Group. For more information, call Sue York or Chere Harper at 221-2075.

AUSA luncheon

The Association of the U.S. Army chapter luncheon is March 23 at 11:30 a.m. at the Sam Houston Club, 1395 Chaffee Road. The speaker will be Maj. Gen. John Gardner, U.S. Army South commander. The cost is \$10. For more information or tickets, call Master Sgt. Vargas at 221-2810 or 221-2385.

Ready for real world

Post tests its major accident response capabilities



Story and photo by Shadi May
Fort Sam Houston News Leader

Every military installation has requirements for quarterly and annual exercises, and Feb. 24 was Fort Sam Houston's turn to conduct its annual mass casualty exercise.

The purpose of this exercise is to evaluate the installation's readiness ability to respond to an emergency situation.

"The mass casualty exercise is a required training," said Floyd Williams, director, Plans Training and Mobilization Security and the installation's antiterrorism officer. "We do it at this time of the year before Fiesta to be prepared to respond during a major event and to make sure our training and procedures are up-to-date. It's a good capstone exercise to review all the emergency response actions at least once a year."

During such an exercise, an artificial scenario is presented by the Installation Operations Center. Responding agencies and units are assessed against four major objectives which are conducting emergency assessment, providing victim care, conducting incident command and providing emergency management.

"I sit back and say nothing," said Hank Sebastian, chief, Homeland Security Branch Army Medical Department Center and School and an exercise evaluator. "I look at a task book and see whether they have accomplished it or not and report my findings to the exercise director and coordinator. The idea is to get a very candid evaluation of what happened because people learn from that. HotWash is when I 'speak' and report the discrepancies."

HotWash is the term used for a post exercise meeting where all the findings by the observers and evaluators are brought to the attention of IOC.

Sam Ortega, an American Medical Response emergency worker, gets the vital signs of a fire department worker before entering the "hot zone."

See **RESPONSE** on Page 15

U.S. Surgeon General presents Purple Heart to OIF Soldier

By Norma Guerra
Brooke Army Medical Center Public Affairs

Vice Adm. Richard H. Carmona, the 17th surgeon general of the U.S. Public Health Service, joined Brig. Gen. C. William Fox, Jr., Brooke Army Medical Center commander, Feb. 24 to present a Purple Heart to a Soldier wounded in Iraq.

Carmona presented the Purple Heart to Spc. Edmond G. Martinez in an auditorium filled with fellow Soldiers and BAMC staff.

Carmona, sworn in Aug. 5, 2002, was a high school dropout who enlisted in the U. S. Army in 1967. While enlisted, he received his Army general equivalency diploma, joined the Army's Special Forces, ultimately becoming a combat-decorated Vietnam veteran, and began his career in medicine.

Carmona spoke to the audience about his fond memories of Fort Sam Houston.

"When I was here 37 years ago on my first tour, BAMC was

See **PURPLE HEART** on Page 4

New policy enables automatic promotion to sergeant

By Gary Sheffick
Army News Service

WASHINGTON, D.C. – A shortage of sergeants in some specialties has prompted a new Army policy in which corporals and specialists could be automatically promoted without a board.

Under the Army's semi-centralized promotion policy approved Feb. 23, all eligible specialists and corporals (with 48 months in service and a year in grade) will be placed on a promotion list. Then, if a military occu-

pational specialty falls beneath 100-percent strength at the E-5 level, some Soldiers on the list will be automatically promoted.

The new policy could potentially affect about 19,000 corporals and specialists currently in the active component, according to G1 personnel officials.

"Are we taking away a commander's authority? Absolutely not," said retired Sgt. Maj. Gerald Purcell, G1 personnel policy integrator for enlisted professional development.

Commanders will have the ability to remove a Soldier from the Sergeant

Recommended List, Purcell explained, if a Soldier is not trained or otherwise unqualified. There will be a 15-day window after the automatic promotion list is generated for commanders to remove names.

"If a Soldier should truly not be a sergeant," Purcell said, "then commanders should stop it."

But he went on to say that in units with E-5 shortages, many specialists are doing the job of a sergeant and deserve to receive the pay and recognition.

See **PROMOTION** on Page 4

Travel card info lost, no evidence of fraud or misuse

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. — About 900,000 Defense Department employees may be affected by Bank of America's loss and the possible compromise of government travel card information, Pentagon officials said Friday.

The General Services Administration and Bank of America notified DoD that GSA "SmartPay" travel cards are affected. Officials said Bank of America has been monitoring the affected accounts and there has been no evi-

dence of fraud or misuse of the accounts.

Bank of America is sending letters to affected employees. "Information regarding travel card program accounts for individual card holders has been lost, and it is possible that that information has been compromised, though we don't believe that is the case," said Teresa McKay, the Defense Department's deputy chief financial officer.

The U.S. Secret Service is conducting the investigation, with help from the Defense Criminal Investigative Service. Officials said that although there has been

no evidence of criminal activity, release of details on the circumstances of the loss could jeopardize the investigation.

"Indications right now are that it is an accidental event," McKay said.

The information is personal cardholder information — names, social security numbers, addresses and account numbers — on magnetic tape. The loss occurred in late December. GSA notified DoD Jan. 19. McKay said the delay was necessary to protect the integrity of the investigation.

"The bank is in the process of notifying cardholders of the situation," McKay said. "They will be given a special customer

service number that has been set up by the bank specifically for this purpose. If cardholders have any questions, they can contact the bank. If they would like, they may request that the bank cancel the card and reissue a card to them."

Bank of America has set up a hotline for those affected at (800) 493-8444. Cardholders who notice irregularities in their accounts should call the Bank of America at the 800 number printed on the back of their cards, McKay said. "If you are an affected cardholder, you may contact Bank of America for information on obtaining a free credit report," she added.

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Child Development Center practices evacuation procedures

Story and photos Phil Reidinger
Fort Sam Houston Public Affairs

Practice makes perfect for the Child Development Center staff when it comes to taking care of children at the center. The staff safely evacuated about 150 children of all ages under their care from the center to the bowling center in less than 20 minutes.

Representatives of the fire department, safety office, and Provost Marshal observed the evacuation exercise to determine whether the staff could safely move children out of the building to an alternate location under emergency response conditions.

Terry Davis, assistant fire chief, and fire inspectors Joseph Miyasaki and Thomas Taylor assisted Sherry Salone, post fire department exercise director, in evaluating the relocation with Guadalupe Gomez, post safety officer, Provost Marshal Lt. Col. Darrell Andrews, and fire chief Donald Hollis.

"Everything went very well with no problems," Salone observed.

Barbara George, acting Community Activities Business Center director, noted the orderly evacuation out of the building took less than seven minutes, with all children and their caregivers inside the bowling center within 20 minutes.

"This was a very orderly and safe evacuation using techniques for babies and toddlers approved by the safety office," she said. "The staff did very well to demonstrate for our parents a safe and stress-free relocation of the children we care for."



(Above) Staff members return children to the Child Development Center after successfully relocating children to the bowling center during a test of center evacuation procedures.



(Left) Fire inspectors Thomas Taylor and Joseph Miyasaki discuss their observations with exercise coordinator Sherry Salone following the CDC evacuation exercise.

ITT Web site offers easy access to work order submission, status

The Information Technology and Telecommunication work order management Web site allows ITT customers to submit new computer work orders and view the status of existing computer work orders.

People can access the site by going to the Fort Sam Houston Intranet site at <http://fsh-intranet.amedd.army.mil>.

The "ITT Work Order" page is for general computer work orders. People can submit a new work order with just their

computer name and a brief description of the problem. Additionally, people can submit a work order on behalf of another user by filling out the "alternate contact information" on the Web page. Although filling out the alternate contact information will create the work order in the submitter's name, the help desk agent will contact the identified alternate.

If there are existing work orders, people will see a list showing the status of each work order at the top of the page.

This will describe which work orders are currently being worked and will stay visible until the work order is closed by a help desk agent.

The "GAL Updates" page is reserved for Exchange e-mail updates. Currently, customers have the ability to update the rank and phone number of their Global Address List information without contacting the help desk with a standard work order. In the future, ITT will open up more customer self-management fields so peo-

ple can manage their own e-mail settings.

The Web site is available to all ITT customers, but contact information must be updated in the help desk database.

People who receive a warning to call the help desk when using the Web site should call the help desk at 221-4357.

In the near future, ITT will automate more of its help desk and acquisition services. Check back with the ITT Intranet page often for new announcements.

(Source: ITT)

Boot camp to bedside

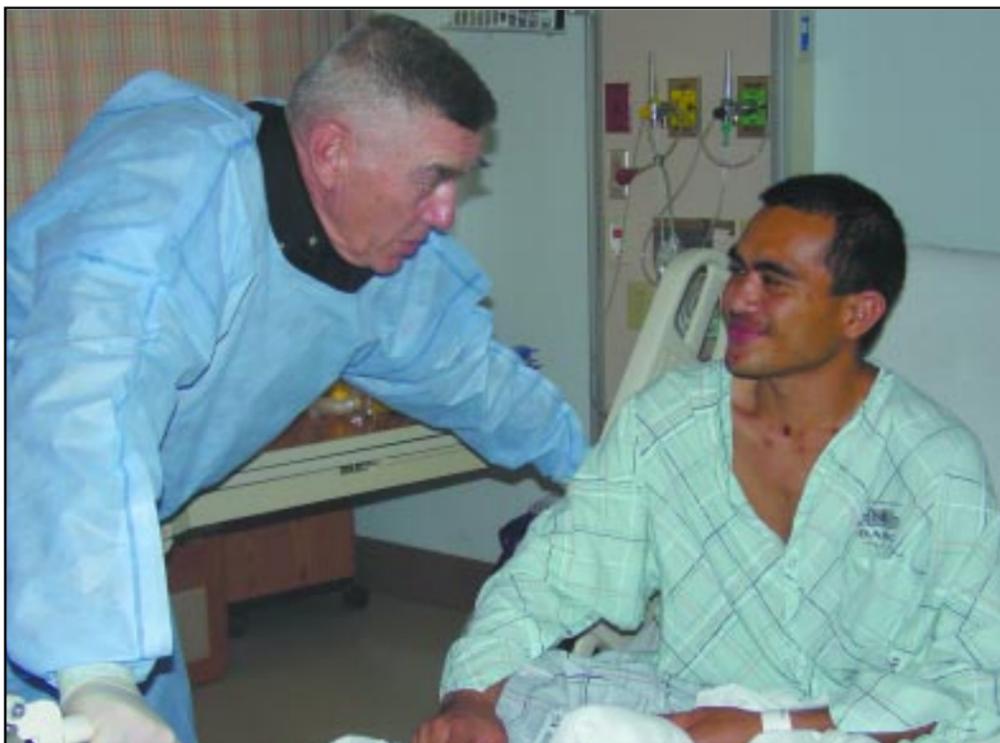


Photo by Norma Guerra

Honorary Marine Gunnery Sgt. R. Lee Ermey has a bedside chat Sunday with Seaman Bailey S. Ellie, a patient at Brooke Army Medical Center. Ermey traveled to San Antonio to visit with service members injured in the Global War on Terrorism. Ermey is known for his role in the History Channel's MailCall and his performance as a drill sergeant in the movie "Full Metal Jacket."

Akeroyd Blood Center urges donors to give "5 in '05"

The Akeroyd Blood Center challenges eligible blood donors to give five donations during 2005 during its "5 in '05" campaign.

Participating donors will receive a "5 in '05" card and be recognized at a special ceremony at the end of the year.

For more information on the "5 in '05" program, call the Akeroyd Blood Center at 295-4655 or 295-4989 or stop by the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays.



2005 Annual Ethics Training Schedule

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units has begun for 2005. The secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. You can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. Sessions for the hearing impaired will be scheduled and announced as required. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Date	Start Time	End Time	Location
March 23	9 a.m.	10 a.m.	Blesse Auditorium
April 4	9 a.m.	10 a.m.	Evans Auditorium
April 27	9 a.m.	10 a.m.	Blesse Auditorium
May 6	9 a.m.	10 a.m.	Evans Auditorium
May 19	9 a.m.	10 a.m.	Blesse Auditorium
June 1	9 a.m.	10 a.m.	Evans Auditorium
June 21	9 a.m.	10 a.m.	Blesse Auditorium
July 7	9 a.m.	10 a.m.	Evans Auditorium
July 29	9 a.m.	10 a.m.	Blesse Auditorium
Aug. 5	9 a.m.	10 a.m.	Evans Auditorium
Aug. 31	9 a.m.	10 a.m.	Blesse Auditorium
Sept. 8	9 a.m.	10 a.m.	Evans Auditorium
Sept. 21	2 p.m.	3 p.m.	Evans Auditorium
Oct. 3	9 a.m.	10 a.m.	Evans Auditorium
Oct. 17	2 p.m.	3 p.m.	Evans Auditorium
Nov. 1	9 a.m.	10 a.m.	Evans Auditorium
Nov. 18	2 p.m.	3 p.m.	Evans Auditorium
Dec. 1	9 a.m.	10 a.m.	Evans Auditorium

Blesse Auditorium is Building 2841, and Evans Auditorium is Building 1396.

Correction:

The photographer for the photograph that appeared on Page 1 of the Feb. 24 issue was misidentified. The person taking the picture was 1st Sgt. Scott Sjule of the 1st Cavalry Division's Horse Detachment, Fort Hood.

Purple Heart

Continued from Page 1



Vice Adm. Richard H. Carmona, U.S. Surgeon General, presents Spc. Edmond Martinez, from the 25th Infantry Division at Fort Lewis, Wash., with a Purple Heart Thursday for injuries sustained in Iraq.

Photo by Nelia Schrum

one of the pre-eminent institutions in burn and trauma care," he said. "Almost 40 years later it is still on the forefront in research and clinical care."

The surgeon general said the real reason for his visit to BAMC was to honor Martinez, who he thinks exemplifies what is best in our country today.

Martinez, a mortarman assigned to CAV 25th Infantry Division, Fort Lewis, Wash., sustained injuries in Iraq Jan. 24 as a result of an anti-tank mine explosion while on convoy escort duty. Martinez sustained shrapnel fragments in his neck and lost his foot. Martinez is recovering from his injuries at BAMC.

Promotion

Continued from Page 1

Even under the new policy, Purcell said most promotions to sergeant will still go to those who appear before a promotion board.

"The only time anyone is automatically promoted is when all Soldiers who have gone through (board) procedures are promoted and the MOS is still not 100 percent for the E-5 grade," Purcell said.

The new promotion policy should eliminate specialties that historically have a shortage of sergeants, known as Star MOS's, Purcell said.

The Army currently has 31 Star MOS's, ranging from 13F (fire support specialist) to 98K (signal collection/identification specialist.) Career fields with STAR MOS's include field artillery, aviation, armor, engineer, communications and

information systems, signal, psychological operations, fire control, public affairs, maintenance, chemical, transportation, ordnance, supply and military intelligence.

The Army is currently short 1,549 sergeants in Star MOS's.

In recent months, the number of Soldiers recommended for promotion to sergeant has decreased to just above 10 percent of the eligible population, according to G1 stats. This compares to more than 30 percent of those eligible being recommended for promotion 10 years ago.

"It is the field's responsibility to grow our future leaders," Purcell said. He added that promotions should be based on potential, not just performance.

"We believe you should give a Soldier an opportunity to succeed after four years in the Army," Purcell said. "It's what's right for the Army."

32nd Medical Brigade focuses on medical, dental readiness

Story and photo by Phil Reidinger
Fort Sam Houston Public Affairs

The 32nd Medical Brigade staff converted several rooms on the second floor of Willis Hall as Soldier Readiness Processing operations cen-

ters to review medical and dental records and update immunizations.

The brigade is required to update the medical records of more than 1,350 staff members assigned to three battalions, including the staff and faculty of the Army Medical Department Center and School.

Operations director, John Seipp, the brigade force health protection manager, supervised the processing.

"We are required to validate the medical readiness for deployment of every assigned member of the brigade in accordance with AR600-8-101," Seipp said. "This includes current physical exams, immunizations, dental checks, blood and DNA lab work-ups. In June of this year, medical readiness will be a required unit status report item with immunizations and physical exams as added criteria."

Col. Bradley Freeman, 32nd Medical Brigade commander, and Command Sgt. Mahael Kelley observed the processing to evaluate medical data screening and data entries by the brigade staff. Brooke Army Medical Center assisted with laboratory sample collections and immunizations with support by the Directorate of Combat Medic Training.



Sgt. 1st Class Michael Haynes gets ready for immunizations following DNA and HIV blood draws.

The creation of new brigade combat teams and units of action are adding to the shortage of sergeants, Purcell said. He explained that new units require senior NCOs, accelerating the promotion of mid-grade NCOs, resulting in more E-5 vacancies.

"We need an E-5 promotion for every growth in the NCO structure," Purcell said.

In any case, Purcell said the new promotion policy should eliminate the shortages. He said it's a great tool not only to man the Army at the proper grade level, but also to motivate Soldiers.

Soldiers placed on the promotion list automatically, without participating in a promotion board, will only be given the minimum of 350 points. Purcell emphasized that these Soldiers will not be promoted to sergeant unless an MOS falls

below 100-percent operating strength and no other Soldiers with more points are available to promote.

Soldiers who want to receive promotion points based on their actual accomplishments need to go through the promotion board procedures and the processes outlined in AR 600-8-9, Purcell said.

For instance, Soldiers integrated onto the promotion list without a board appearance will not be awarded additional points based on the Airborne promotion advantage.

The Army's new promotion policy will actually help first sergeants and others in the chain of command to better manage their units, said Sgt. Maj. Reynald Domingo of the Army's Directorate of Personnel Management, G1.

"I'm just hoping that they're going to see the goodness in this," Domingo said.

Air Force cadets visit Army post



Photos by Esther Garcia

(Above) Sgt. 1st Class Andrew Kester, NCO in Charge of the radiology branch, provides a tour of the dark room to Air Force cadets from Sam Clemens High School. The dark room is used to develop X-ray films. The radiology branch provides students with the opportunity to learn radiographic skills and procedures.

(Left) Air Force cadets from Sam Clemens High School visit with Capt. Richard McNemee's critters at the entomology branch during a tour of Fort Sam Houston Feb. 25. The entomology branch provides training on all aspects of arthropod, vertebrate and plant pest management to include prevention of vector-borne diseases.

Reality check

Domestic violence can damage lives, ruin careers

By Angela M. Swain
 Army Community Service Family
 Advocacy Program Victim Advocate

Financial problems along with other life issues can lead to relationship stress and eventually aggressive behavior in families.

A general discussion can instantly move to an argument which can lead to a danger point. Aggressive behaviors can lead to fights which involve put downs, name calling, cursing and insults that are red flags for greater violence. Some people feel like they have to "walk on eggshells" or find themselves constantly trying to please their mate in an unhealthy way to keep matters from reaching a boiling point.

Marital conflicts are not strictly about money. They can involve children or different beliefs and values systems. Whatever the differences may be, they place fami-

lies at risk. These risk factors can be a few of the following: divorce, being a single parent, young married couples in the military, unhealthy jealousy, death of a parent, a history of abuse, having a special needs family member who can require a lot of attention or an unexpected pregnancy.

There are other factors that may increase stress and lead to violence. These may include deployment, social isolation, threats of divorce, humiliation, feelings of incompetence, unmet educational goals, substance abuse, limited extended family support and unemployment.

While a friend or family member may be in trouble, we may not be certain about the timing to help them. Some signs to observe may include unexplained injuries, very limited conversation about their life, noticeable timidity when the spouse is around, social isolation, verbal threats and

power and control dynamics with domineering attitudes, which may lead to outright fear.

Domestic violence is usually associated with women; however, there are sons, brothers and husbands who are victims of abuse and rarely seek help due to preconceived ideas as to how men should behave.

Domestic violence tends to focus on power and control dynamics. These control tactics occur through destructive criticism, emotional abandonment, manipulation, mind games, disrespect and threats to take the children. These tactics can eventually lead to attacks and possibly death.

Families need strong community support to help break the cycle of violence. The belief of hitting, slapping, shoving or pushing the people we say we love needs to change in order to stop the cycle of abuse.



Photo by Shadi May

The Army cares and wants to help families get the support they need. Three victim advocates are available at Fort Sam Houston to be "your voice" and provide information and referral services which help people understand the military

system. They can be reached at 221-2418. People can also call 221-2353 to reach a victim witness liaison officer, who can coordinate legal support. Social workers are also available at Brooke Army Medical Center at 916-3020.

2005 Brown Bag Series Calendar

April 6 Angela Swain
 11:30 a.m. Family Advocacy Victim Advocate
 Topic: Creative Anger
 Management Styles

Sessions are at the San Antonio Credit Union Training Room. For more information, call 221-9401 or 221-9356 or e-mail Maria.preda@sam-houston.army.mil. If reasonable accommodation is needed, call 221-9401 in advance.

U.S. Surgeon General calls obesity 'the terror within' at local symposium

By Will Sansom
The University of Texas Health Science Center at San Antonio

The U.S. Surgeon General visited The University of Texas Health Science Center at San Antonio for a Feb. 24 symposium on obesity in the Hispanic population.

Vice Adm. Richard H. Carmona suggested that if the public viewed the current epidemic of obesity with the same seriousness as potential acts of bioterrorism, the United States would take a solid and necessary step toward becoming a healthier nation.

"Obesity is the terror within," said Carmona, an Arizona trauma surgeon appointed by President Bush in 2002 to head the U.S. Public Health Service. "It is eroding our society. It will bring a disease burden we can't afford."

Nine million children are obese or overweight, which has "huge" workforce implications for the military and the country, Carmona said. Lack of health literacy compounds the problem.

"The average American can't read a food label or medicine dosage instructions," he said. "The best science we have is stuck here because we can't get it to the people who need it."

Dr. Francisco G. Cigarroa, president of the Health Science Center, and Brig. Gen. C. William Fox Jr., commander of the Brooke Army Medical Center and the Great Plains Regional Medical Command, welcomed Carmona, whose address concluded the afternoon symposium held by the Southwest Research Consortium of San Antonio. The symposium featured a trio of

researchers who described scientific and intervention projects aimed at obesity and the disease it often precedes, type 2 diabetes.

Speaker Dr. Ralph DeFronzo said type 2 diabetes actually is two different diseases in that it affects the microvasculature, damaging blood vessels in the eyes, kidneys and feet, as well as the macrovasculature, resulting in heart attack and stroke. DeFronzo is professor of medicine and chief of the diabetes division at the Health Science Center, deputy director of the Texas Diabetes Institute and staff physician with the South Texas Veterans Health Care System.

Researchers are changing their concept of type 2 diabetes development to add "the fourth musketeer – the fat cell," DeFronzo said. "What has changed in the last 20 years? Not the genes, but the amount of fat in our bodies." The fat cell produces large amounts of inflammatory molecules that increase the risk of cardiovascular events in type 2 diabetics, he noted.

Dr. Anthony Comuzzie, scientist with the Southwest Foundation for Biomedical Research, discussed research in extended families to uncover genes that play a role in obesity and development of type 2 diabetes.

The University of Texas Health Science Center at San Antonio has a joint research partnership called the Southwest Research Consortium with several institutions to include Brooke Army Medical Center, Wilford Hall Medical Center at Lackland Air Force Base, University of Texas at San Antonio and the Audie L. Murphy Memorial Veterans Hospital in San Antonio.

Army seeks Soldiers for PA program

Soldiers are invited to an Army physician assistant recruitment briefing Friday at 5 p.m. at Blesse Auditorium, Army Medical Department Center and School.

Col. William Tozier, chief of Army physician assistants, and Col. Sherry Morrey, Army Physician Assistant branch chief, will answer questions about the profession, qualifications and application procedures.

Soldiers who can't attend the briefing can find more information at <http://www.cs.amedd.army.mil/ipap/>, or e-mail questions to Capt. Ronald Carden, IPAP Program director, at ipap@usarec.army.mil or Ronald.carden@usarec.army.mil.

For more information about the briefing or local recruitment, call Capt. James Jones at 221-8427 or e-mail james.jones4@amedd.army.mil.

Healthy lifestyle reduces risk of heart disease

By Ella Gordon
BAMC Health Promotions

Bill Clinton's bypass heart surgery was the focus of national headlines. Many people said, "He looked like the picture of health and runs to boot." But, looks can be deceiving.

This is the changing face of heart disease in our society. Coronary heart disease and stroke remain a prevalent public health problem, and are the first and third leading cause of death, respectively, in the United States. Research shows that smoking, high blood pressure, high cholesterol, sedentary lifestyle and lack of exercise are major risk factors for heart disease and stroke.

Heart health starts with you. Controlling risk factors is key to avoiding premature heart disease and stroke:

Stop smoking – According to the Centers for Disease Control and Prevention, 440,000 Americans die each year from smoking-related illnesses. Cigarette smokers are two to four times more likely to develop heart disease or have a heart attack than nonsmokers.

Control your blood pressure – Control of your blood pressure greatly reduces the risk of stroke and heart attack by slowing down the adherence of plaque that narrows the blood vessels everywhere in the body, especially the heart, brain, kidneys, eyes and legs. Awareness of blood pressure status is important because high blood pressure has no symptoms. It is called the "silent killer" because of the long-term negative effects on health and well-being.

New research has revealed that pre-hypertension – 121/81 to 139/89 – is a precursor to hypertension. It has been shown that people with blood pressures in the pre-hypertensive range usually progress to hypertension stage 1 and stage 2. Normal blood pressure is now less than 120/80.

Lose weight – Weight is the most difficult risk factor to control. Even with all the "miracle diets," the old formula still works best – less calories in and more calories out (burned). This involves eating less food and exercising to burn more calories. Exercise needs to be done regularly.

Exercising as little as 30 minutes a day three times a week is beneficial. Exercise can be done all at once or in 10 to 15 minute increments throughout the day. Just make sure you do exercise that you enjoy, and you will stick to it. Exercise shouldn't be exhausting and unpleasant.

Lower your cholesterol – Lowering your cholesterol, whether by diet or medication, is a very important step toward preventing heart disease. Cholesterol is a waxy, fat-like substance found in all cells of the body. It is made by the liver, and you get cholesterol from eating foods that contain cholesterol, such as meats, eggs and dairy products. Foods containing saturated fats also contribute to the amount of cholesterol in your blood. Your total cholesterol should be less than 200. Low-density lipoprotein is called "bad cholesterol." An LDL level below 100 mg/dl is considered optimal, especially if you have coronary heart disease or are at high risk of it. High-density lipoprotein is the "good cholesterol" because it moves cholesterol from the walls of your arteries and brings it back to your liver to be used, converted to bile acids or disposed of in bile. An HDL level over 60 mg/dl is recommended – the higher the better.

The bottom line in coronary heart disease and stroke prevention is choosing a healthy lifestyle to reduce your risk. If you smoke, stop. If you're overweight, make changes in your diet and exercise patterns to lose excess weight and control cholesterol.

National Nutrition Month

Dieticians focus on healthy eating habits in March

By 2nd Lt. Susan M. Stankorb
Brooke Army Medical Center

By March, people have settled into the new year and are looking forward to days of warmth. It's also a time when many of us forget promises made on New Year's Eve, such as "this year will be different" or "I'm going to get this holiday weight off and start eating better."

Fortunately, there are still 10 more months left to make a change. National Nutrition Month is a time to start that change.

National Nutrition Month is an American Dietetic Association-sponsored event encouraging registered dietitians to educate the public. Throughout March, dietitians at Brooke Army Medical Center will focus on the need to make informed food choices and form healthy activity habits.

This year, the ADA has developed five key areas to encourage people to "Get a Taste for Nutrition."

The first theme is "Be Adventurous," which urges us to step outside our comfort zone and try new foods we may not be familiar with, including new flavors, textures or colors. Many Americans may not realize it but many are in a food rut, consuming a diet based around the same 10 to 15 foods each day. It's time to expand horizons, try new tastes and be adventurous.

Another one of the themes this year is to "Treat your taste buds." This is good news, since it means people don't have to give up their favorite foods. The ADA encourages people to enjoy foods and choose how much and how often they indulge. Favorite foods are not the enemy; the enemy is the tendency to overconsume.

"Maintain a healthy weight" is the next focus of National Nutrition Month and, unfortunately, Americans struggle with their weight. By managing weight, people can ensure better long term health to include reducing the risk of cardiovascular disease, diabetes and certain cancers. However, we often forget it is not just what we eat but what we do, or, in America's case, do not do that affects our weight.

To maintain a healthy weight people shouldn't rely on fad diets but instead must "Balance food choices with your lifestyle" and "Be active." People must be active and remember that to maintain their weight, they have to use all the food or fuel they put in each day. Unlike our cars, people can overfill their body's fuel tank, and when they overfuel, they add fat. The American Heart Association recommends 30 minutes of moderate to vigorous aerobic activities most days of the week. Though it is optimal to do this activity at one time, it can also be accumulated throughout the day.

In support of National Nutrition Month, the dietitians at BAMC will sponsor several nutrition-related activities in March. Events include a free, noncompetitive 5K run/walk, nutrition and fitness classes at the Jimmy Brought Fitness Center and an aerob-a-thon. They will also highlight nutrition at dining facilities and give easy cooking demonstrations at the commissary. Dieticians will visit the elementary school to work with children on healthy habits.

For more information on National Nutrition Month, visit www.eatright.org. Upcoming events will be advertised in the News Leader.

Antiterrorism Awareness

Be vigilant and report suspicious activity.

Terrorists seek out "soft" targets that offer opportunity for attack with little risk of being caught and a high chance of success. You are the first line of defense against terrorism. Practice good individual antiterrorism measures by being alert to what is going on around you. Report any unusual or suspicious activity on and near Fort Sam Houston to the Military Police at 221-2222 or e-mail the Fort Sam Houston Installation Operations Center at fshioc2@samhouston.army.mil (global: FSHTX IOC). For more information, call Terri Stover, Fort Sam Houston Antiterrorism Office, at 295-0535.

SPORTS

Strike Force has record-breaking performance at powerlifting meet

Story and photo by Lt. Col. David Mullins
90th Command Readiness Team chief

“Great” Dane Harris represented the Fort Sam Houston Strike Force Powerlifting Team with an astounding 1,300-pound total at the Natural Athlete Strength Association’s Power Sports meet Feb. 13 and 14 in Oklahoma City.

Harris broke NASA’s American and world record in the deadlift and overall total.

Power Sports includes three “raw” events: strict curl, bench and deadlift. In a raw meet, the lifter uses only a weight belt for supportive equipment. Special shirts, lifting suits and wraps are not allowed.

This form of lifting pits brute strength and a strong will against heavy iron.

In the curl event, Harris slammed an easy 204 pounds from a dead hang to a full curl. Harris went for a record breaker of 220, but the bar was misloaded to almost 250 pounds and Harris missed his opportunity to capture the record. However, it was a good run, and he was the strongest curler out of the 11 lifters.

At the bench, Harris weighed in at a muscular 248 and hammered 440 like a toy. In the final event, Harris broke the American and world record deadlift with 656 pounds. His 1,300 total will go in the record books along with the distinct honor

of being ranked 3rd on the United States Powerlifting Federation Top Lifter 100 List.

Harris just received a direct appointment to second lieutenant and is assigned to the 350th Postal Unit in Grand Prairie, Texas. Harris will join forces with the rest of Strike Force at the United States Powerlifting Federation’s Texas State Championships April 23 at the Omni Austin Hotel at Southpark in Austin.



Harris starts his record-breaking deadlift of 656 pounds at the Natural Athlete Strength Association’s Power Sports meet Feb. 13 and 14 in Oklahoma City.

SPORTS BRIEFS . . .

Women only

The Central Post Gym, Building 961, will be reserved for women only Mondays, Wednesdays and Fridays from 8:30 to 11 a.m. and 5 to 7:30 p.m. Stop by and work out on the cardio equipment, free weights and resistance machines. The facility also has a basketball court, equipment issue room and locker room. For more information, call 221-3593.

All Army Men’s Basketball

Applications are being accepted through April 20 for All Army Men’s Basketball. The Trail Camp is June 21 to July 16. People can pick up applications from the Intramural and Varsity Sports

office at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180.

Basketball camp

The Ten Star All Star Summer Basketball Camp is accepting applications from 10- to 19-year-olds. Past participants include Michael Jordan, Tim Duncan and Vince Carter. College basketball scholarships are possible for players accepted to the All-American Team. For more information and camp locations, call (704) 373-0873.

Bench press contest

The next bench press contest is March

16. Weigh in is from 4:30 to 5:30 p.m.; start time is 6 p.m. The cost is \$20 and all participants receive a T-shirt. For a registration form, visit the Jimmy Brought Fitness Center or call 221-2020.

Intramural tennis

Letters of intent are due Monday. A coaches meeting is March 14 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts March 21. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural spring softball

Letters of intent are due Monday. A

coaches meeting is March 11 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts April 4. The tournament is July 18. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Basketball league

Three on three basketball league starts March 16. A letter of intent is due Monday and participants play Tuesdays and Thursdays from 11:15 a.m. to 1:30 p.m. at the 32nd Medical Brigade Gym, 1281 Garden Ave. To register a three to six player team, call 221-4893 or 221-3185 or e-mail leroy.williams3@samhouston.army.mil.

MWR

Recreation and fitness

A/C service

R-12 Freon will be available for the last time at the Auto Craft Shop. The Freon will be available on a first-come, first-served basis. Air conditioning services are \$30 plus the cost of Freon; R-12 Freon is \$3 per ounce. The shop is open Wednesdays to Fridays from 1 to 9 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m. For more information, call 221-3962.

Youth Horsemanship Camp

Youth ages 7 to 18 can learn proper riding form and horse care during the Youth Horsemanship Camp March 14 to 18 at the Fort Sam Houston Equestrian Center. The cost is \$160. For more information, call 221-7207.

Archery lessons

Individual and group archery lessons are available through the Outdoor Equipment Center. Instruction is given at your level of experience, from novice to expert. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Spurs Military Appreciation Night

Watch the Spurs take on the Atlanta Hawks March 25 at 7:30 p.m. at the SBC Center. The event will honor Soldiers who have served and are serving in the war on terrorism. People who purchase a ticket will receive the new Spurs Military Coin. Order forms are available at all Morale, Welfare and Recreation activities, including the Jimmy Brought Fitness Center, the Bowling Center and Army Community Service. For more information, call 221-2307 or 221-2926.

Red Cross Lifeguard Class

The Jimmy Brought Fitness Center will hold a Red Cross Lifeguard Class Saturday and Sunday and March 12 and 13 from 9 a.m. to 4 p.m. each day. Participants must be 15 years old and up and have a Department of Defense ID card. Cost is \$165 and includes course materials and AED training. For more information or to register, call 295-8861.

Tax time help

The library offers federal tax forms and instruction booklets. They can provide the main forms plus other frequently used forms. Visit the library at Building 1222, corner of Harney and Chaffee Road, Wednesday through Sunday from 11 a.m. to 8 p.m. For more information, call 221-4702 or 221-4387.

Trail rides

The Equestrian Center offers one-hour trail rides Saturdays and Sundays year round. People ages 7 and up are welcome; however, adults must accompany children. Cost is \$20 per person. Riding times are 8:30 to 9:30 a.m., 10 to 11 a.m., 12:30 to 1:30 p.m. and 2 to 3 p.m. Reservations are required and may be made by visiting the Equestrian Center at Building 3550, Hawkins Road, off Binz-Engleman, or by calling 224-7207. The center is open weekdays from 7 a.m. to 6 p.m. and Saturdays and Sundays from 7 a.m. to 5 p.m.

Equipment rentals

The Outdoor Equipment Center (Building 1111, Forage Road) offers a wide variety of recreational equipment for rent including fishing boats, travel trailers, camping equipment, large barbecue and smoker pits, canopies, tables, chairs, play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers, both open and covered, are also available. For more information, call 221-5224.

Cycling classes

The Jimmy Brought Fitness Center offers free cycling classes. Get your heart pumping with fast-paced rides set to music. Classes are Tuesdays and Thursdays from 11:45 a.m. to 12:30 p.m. and Mondays and Wednesdays from 4:45 to 5:30 p.m.

Riding lessons

Weekday riding lessons are available at the Equestrian Center. Lessons slots are Mondays, Tuesdays and Wednesdays from 10:30 a.m. to 4:30 p.m. for Western, English and Jumping. For more information, call 224-7207.

60 Days of Fitness

The program is a motivating fitness and weight loss program to help people safely lose 15 pounds in 60 days using a point system. This self-paced program requires people to work out 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. People will also attend two 30-minute weight loss classes. Cost for the program is \$20, which includes a T-shirt. For more information, call Lucian Kimble at 221-2020.

Dining and Entertainment

Sam Houston Club, 224-2721 Easter Sunday Brunch

The Club's Easter brunch is March 27 from 10:30 a.m. to 1:30 p.m. The cost is \$13.95 for members and \$15.95 for non-members.

Sunday Brunch

The Club features a brunch Sunday from 10:30 a.m. to 1:30 p.m. The cost is \$11.95 for members, \$13.95 for nonmembers, \$6.95 for children ages 7 to 11 and free for children 6 and under. Adult meals include a complimentary glass of champagne.

Big Bucks Bingo

Big Bucks Bingo is April 2. People can play bingo Thursdays and Fridays starting at 5 p.m. (6:50 p.m. - early bird start) and Saturdays (12:50 p.m. - early bird start). Children 10 and up may play when accompanied by an adult. There is \$10,000 ready to be given away and a free buffet for bingo players.

Super TGIF

Super TGIF is March 11; the bar opens at 4:30 p.m. Open buffet for everyone and no cover charge for members; nonmembers pay \$3.

Sams Sports Bar

Sams Sports Bar features SoundTraxx DJ Greg Norton March 11 and 25. The bar opens at 4:30 p.m.

Comedy Night

A comedy night is Friday. Doors open at 7:30 p.m. and showtime is 9 p.m. Tickets are \$12 in advance and \$15 at the door. Price includes a complimentary meal from 7:30 to 9 p.m.

Golf Club, 221-4388

Spring sale

For the Spring sale, all clothing at the Golf Club store is 20 percent off and drivers, fairway woods and edges are 10 percent off. Wilson dual and tour gloves are \$7 each and assorted balls are \$20 per dozen.

Golf lessons

Golf lessons offer private customized and personalized instruction to improve the fundamentals of your game.

Junior Camp 2005

Junior Camp 2005 is March 15 and 17 from 9 to 11 a.m. The cost is \$50. The class includes instruction on putting, chipping, etiquette, safety, irons, driver and fairway woods. For more information, call 222-9386.

Bowling Center, 221-3683

Bowling lessons

Bowling lessons are Tuesdays. The lessons are free to league bowlers and \$25 for non-league bowlers.

Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1. The special excludes birthday parties and cannot be combined with other special offers.

Soldier appreciation

Soldier appreciation day is Saturdays from 11 a.m. to 8 p.m. The center offers free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 8 to 10 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Harlequin Dinner Theatre

"Driving Miss Daisy," a play by Alfred Uhry, will be performed through April 2. Discounts are available for military members and students. For show times and tickets, call the box office at 222-9694.

MWR Ticket Office

The ticket office has Disney and Universal Studios tickets, along with 2005 season passes for Sea World and Fiesta Texas. Disney Line has special rates for military starting at \$349. Disney on Ice Presents "Finding Nemo." Tickets are available for March 24 to 27; price is \$12 for March 25 and 27. Tickets are \$8 for the April 22 and 23 Fiesta parades. Tickets are available for the Ebony Fashion Fair for \$35. For more information, call 226-1663.

RELIGIOUS HAPPENINGS . . .

National prayer breakfast

Fort Sam Houston's national prayer breakfast will take place March 10 at 6:45 a.m. at the Sam Houston Club. Maj. Gen. Dorian T. Anderson, commanding general, U.S. Total Army Personnel Command and commanding general, U.S. Army Human Resources Command, will be the guest speaker. Tickets can be purchased from unit ministry teams for a \$2 donation. For more information, call Chaplain James Benson at 221-2755.

Spiritual direction workshop

Fort Sam Houston will sponsor a workshop called "Peace in the Midst of the Storm – Training for those in search of spiritual direction" March 17 from 7:30 a.m. to 4:30 p.m. and March 18 from 7:30 to 11:30 a.m. at Dodd Field Chapel. A continental breakfast will be served both days and a lunch March 17. Childcare will be provided starting at 7 a.m.; a \$10 donation is recommended. The speaker is Reverend (Dr.) Keith Jones. For more information, call Chaplain (Lt. Col.) James A. Benson, deputy installation chaplain, at 221-2755.

OCF picnic

Instead of its regular meeting Friday, the Officer Christian Fellowship will host a picnic at Eberle Park at Randolph Air Force Base starting at 6 p.m. For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com. The OCF Bible study group will meet again March 11 at 6 p.m. at 1008 Gorgas Circle (near old Brooke Army Medical Center).

Positive moms group

The Protestant Women of the Chapel sponsor an enrichment class for Fort Sam Houston women seeking positive ways to deal with the complex job of being a mom. The class is Thursdays from 6:30 to 7:30 p.m. at the Dodd Field Chapel. The group will read and discuss, "The Power of a Positive Mom" by Karol Ladd over a 10-week period. Childcare for infants to 5-year-olds will be provided. For more information, call 829-4479.

Couples' retreat

A Dodd Field Chapel group will host a couples' retreat Saturday and Sunday. Free childcare will be provided for all attendees until 3 p.m. Attendees must provide their own childcare for the overnight. There is a suggested donation of \$30 per couple and \$15 per single. For more information, call Bonnie Miller at 822-6619 or e-mail bonniemiller68@yahoo.com, or Cindy Richardson at 262-9551 or e-mail zinzia@aol.com or visit www.samhouston.army.mil/chaplain.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45-5:15 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

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

Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010

or 221-5432

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

Bilingual Mass

Protestant Services:

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

Sundays

9:30-11:30 a.m. - Women's Bible Study

(PWOC) - Wednesdays, childcare is provided

AMEDD Regimental Chapel, Building 1398,

221-4362

Troop Catholic Mass:

Sundays: 10 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Gospel Services:

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Medical Bde. Soldiers

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

1:30 p.m. - Jumma - Fridays

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

Sundays

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

Thursdays

Brooke Army Medical Center Chapel,

Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11:15 a.m. - Mass - Sundays

11 a.m. - Mass - Weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

Evans Auditorium

221-5005 or 221-5007

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

Sundays

Web site:

www.samhouston.army.mil/chaplain

SCHOOL NEWS

Healthy smiles

Army Medical Department Center and School Academy students and Brooke Army Medical Center nutritional interns visited Fort Sam Houston Elementary students to emphasize the importance of dental health. The visit was coordinated by Dental Command in observation of Children's Dental Health Month in February.

"Children who are exposed to good dental habits early, like flossing, brushing and visiting the dentist, will be better able to take care of their teeth later in life," said Maggie Nuñez, registered hygienist and preventive dental officer.

(From left) 2nd Lts. Susan Stankorb, Kyle Peper, Jill Fowler, and James Barringer, nutritional interns from Brooke Army Medical Center, talk to Fort Sam Houston Elementary students about the importance of nutrition in good dental health.



Pvt. Nestor Correa and Spc. Sherrila Cunningham, preventive dental technicians, use puppets to tell Fort Sam Houston Elementary students about the Tree of Dental Knowledge during their visit for Children's Dental Health Month.

Cole sports update

Cougars win basketball championship

The Cougar boys' basketball team defeated Hitchcock High School last Friday night in an area playoff game. High scorers for the game were Josh Collins with 23 points, Sha Cameron with 15 and Shane Russe with 10. Cole controlled the rebounding with 17 offensive rebounds. "It was a strong defensive effort on the part of the Cougars," said Coach Herb More. "We look forward to winning the next game." Cole's next game is the regional quarterfinal game. The winner will advance to the state tournament in Austin.

Cole swimming season ends

Debesh West placed high at the state meet in Austin this past weekend despite having the flu. He came close to his personal best time and placed 12th in the state for the 4A Swimming Division with a time of 56.39 in the 100 butterfly. This ends the Cole Jr./Sr. High School swimming season. Joe Wyckoff, Cole science teacher, coached the 2004 to 2005 swimming team, which included Bethie Bagg, Jenny Bagg, Jessica Bagg, Katie Bruce, Ben Carter, Paul Crofts, Alexander Dochnal, Caitlin Gresenz, Brad Kelley, Lionel Lowery, Luis Maldonado, Caitlyn McCoole, William Molina, Jon Simpkins and West.

Cole's Newcomer pitches one-hitter

The Cole Cougars baseball team won their first game of the

season Feb. 22, defeating Saint Mary's Hall 10-0 in five innings. Matt Newcomer pitched a one-hitter while striking out seven for the win. Julio Burgos paced the offensive attack with a three-run homerun. The Cougars won again by beating San Antonio Christian 8-6 Friday to remain undefeated with a 2-0 record. James Raymond recorded his first victory of the season, while Newcomer pitched the final inning for his first save. Newcomer also hit a triple to ignite the Cougars' offense. Darrell Kurek, social studies teacher, coaches the baseball team.

Raymond excels in golf tournaments

The Cole High School golf team participated in the Pleasanton Eagle Golf Tournament Feb. 18 to 19. Junior James Raymond won top medalist with a 36-hole total of 154. Cole's golf team members competed against 22 other teams from bigger 4A and 5A high schools. "Our team total kept us from placing in the top three; however, all five team members did a good job considering the weather conditions last weekend," said Coach Jim Cox. Other players included Trea Cortinas, Daniel Heaney, William Molina and Jason West.

The golf team participated in the 2005 AA Regional Preview held at Quail Creek Country Club Monday in San Marcos. Cole came in 5th overall in the tournament out of 15 teams. Cole's team score was 366, with Raymond earning top medalist with an 18-hole total of 74.

FSH Independent School District Weekly Campus Activities Monday to March 12, 2005

Texas Public Schools Week

Fort Sam Houston Elementary School

Monday
Sixth grade parent meeting at Cole High School, 6 p.m.
Wednesday
Science fair projects due, 11 a.m.
March 10
Public viewing of Science Fair, 4 to 6 p.m.
Announce winners of Science Fair, 6 p.m.
March 11
Spirit Day

Robert G. Cole Jr./Sr. High School

Monday
Golf team tourney at Randolph, 7:30 a.m.
Winter "C" awards in Moseley Gym, 6 p.m.
Tuesday
Third nine weeks tests: math and electives
Baseball at Poth, 5 p.m.
"Mr. Cole Pageant" at gym, 7 p.m.
Wednesday
Third nine weeks tests: science and social studies
Cheerleader tryouts parent meeting in mall area, 5:45 p.m.
March 10
Third nine weeks tests: English
UIL Lincoln-Douglass debate at Blanco, all day
Junior varsity/varsity track meet at Comfort High School, finals only half day
March 11
Third nine weeks (48 days)
Third nine weeks tests: all make-up tests
For grades seven to 12, choice slips are due to teachers
Baseball vs. St. Gerard at Cole, 4:15 p.m.
March 12
UIL One Act Play rehearsal in Moseley Gym, 1 to 5 p.m.

Cole observes Black History Month

In observance of Black History Month, Cole High School students participated in the annual Black History Essay Competition. In their essays, students answered the question: "Has the NAACP accomplished its original mission to establish full political, civil and social rights for African Americans?"

Winning essays were submitted by the following students: Kaitlan Vasquez, eighth grade; Antonio James II, ninth grade; Ricky Parker and Marcus McKnight, 10th grade; Hailey Wiseley, 11th grade; and ChanNa Sok, 12th grade. Science teacher Rudeen Ramcharan was the sponsor. Each winner received a \$25 gift certificate.

CHILD AND YOUTH SERVICES

Youth Happenings

Babysitter course

Child and Youth Services Outreach Services will sponsor a Red Cross Certified Babysitter Training Course March 14 from 9 a.m. to 5 p.m. at Building 1630 A Watkins. The course is for children 11 years old and up; however, children must be 13 years old to babysit on post. The cost is \$15. Attendees can bring a sack lunch, or parents can pick up their children for lunch. For more information or to register, call Central Registration at 221-4871 or 221-1723. Space is limited.

Instructional classes

People interested in instructional classes such as Tae Kwon Do, quarterly babysitter training or gymnastics can call 221-4882, 221-4871 or 221-1723.

Boredom remedy

Youth Services offers after school and weekend opportunities for sixth through 12th graders. For more information, call Youth Services at 221-4882 or Child and Youth Services central registration at 221-4871.

Open recreation

School Age Services offers after school, weekend open recreation and after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call central registration at 221-4871 or 221-1723.

Free after school program

Youth Services offers an after school program for sixth through

ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary or high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the program is free. For more information, call 221-3502.

Saturday open recreation

First through 12th graders can participate in open recreation at the Youth Center Saturdays. First through fifth graders meet from 3 to 8 p.m., sixth through eighth graders from 3 to 10 p.m. and ninth through 12th graders from 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Children must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Youth opportunities

Sixth through 12th graders seeking after school and weekend opportunities can call Youth Services at 221-4882 or Child and Youth Services Central Registration at 221-4871.

Parent News

Home-based child care

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

FCC providers

Family Child Care is looking for family members interested in

becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

PAC meeting

The Child and Youth Services Parent Advisory Council will meet March 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. This is an opportunity for parents to learn of upcoming events, meet staff and address concerns.

Check wait list

People on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call central registration at 221-4871.

Full-time day care

If you need full-time day care for children 3 to 5 years old, call central registration at 221-4871.



Sgt. Sabrina Bacon and Pfc. Clifton Riggins, both with Alpha Company, Special Troops Battalion, and exercise role players, help each other fold their chemical protection suits. Photos by Shadi May

An emergency response worker, Sgt. Zakery Larsen, in the decontamination tent.



Sgt. Zakery Larsen goes through the disrobing tent while an emergency worker puts a chemical protection suit on him.



(Above) Sgt. 1st Class Harold Larvins, 32nd Medical Brigade Force Protection and Safety officer, and an exercise controller, counts the number of victims in the "warm zone" awaiting transportation to Brooke Army Medical Center.



(Right) Staff. Sgt. Daniel Dechenne, military police desk sergeant supervisor, provides an update on the exercise to the agency representatives in the Installation Operations Center briefing room.



eam member rinses off chemical agents from Sgt. ontamination tent.



(Above) Patients await the arrival of the emergency response team members in the "hot zone."



(Left) A patient receives a hand from a Fort Sam Houston Fire Department worker to be moved from the hot zone to the decontamination tents.



Response

Continued from Page 1

A key task during such a scenario is to assess the risk to the installation and the surrounding community. For the purposes of this exercise, this task is the job of Fifth Army's nuclear, biological and chemical experts.

"Our decisions are based in part by the information we receive from the incident site," said Maj. Sheila Campbell, Fifth Army NBC officer. "When the responders make that determination based on the symptoms in the field, we will determine whether we need to evacuate people or have them shelter in place."

The agent's persistency is also an important factor.

"We also make a determination on the persistency of the agent," added Campbell. "The persistency tells us whether the agent is going to dissipate quickly or linger. Several factors must be considered when determining how an agent will react, most specifically the weather."

The weather is very important as certain agents have even a quicker chance of spreading on humid days, and days when it's drizzling rain.

"After assessing the situations, we make our recommendations to the installation commander on how to protect Fort Sam Houston," Campbell said. "We can make a determination if we need to request support from outside the post and notify other emergency response teams."

Assessing the risks could be a lengthy process as it depends on the type of agents used during the attack.

"Nothing in a biological attack is immediate," Campbell said. "A biological attack's assessment is worse because you won't know. You are looking at hours to days to observe symptoms."

During the whole scenario, leaders keep close watch on the situation and communicate with key members at the incident site.

"We are here at IOC to piece the exercise together, making sure we have a concerted effort for the command and that we have appropriate reactions for this type of situation," said Arthur Hastings, IOC chief.

Among the units contributing to the success of the exercise is the post's staff judge advocate.

"SJA needs to be here because there is a possibility that our resources may be exhausted," added Hastings. "They are here to ensure the mutual aid agreement we have with local and state authorities allows us to call on them. We rely on SJA for legal opinions on matters concerning procedures and cost."

Observers and evaluators work hand-in-hand with con-

trollers at the incident site to execute the scenario and emergency responses.

"We keep the exercise going," said Sgt. 1st Class Harold Larvins, 32nd Medical Brigade Force Protection and Safety officer and an exercise controller. "We provide key data to the exercise players."

The controllers give the script to the participants and with the assistance of NBC experts, they make sure the injuries are depicted based on the type of incident. They try to make the situation as real as possible by using aids such as Alka Seltzer tablets to simulate foaming out of the mouth as a symptom of a nerve agent attack or by using Vicks to simulate tearing of the eyes as a symptom of a chemical agent attack.

"We come up with the scenario and pick certain objectives from the Office of Domestic Preparedness hand guide," Larvins said.

The participants simulate symptoms in the field to make the exercise as realistic as possible.

"For this exercise, we have 44 patients who all need to go through a decontamination process before going to Brooke Army Medical Center for further treatment," said Kenneth E. Bouldin Jr., a paramedic field training officer with American Medical Response and an exercise evaluator. "When you have a chemical attack, you have to figure out what you are dealing with quickly so that you can decontaminate injured patients and protect everybody else."

IOC and incident command post representatives work closely with BAMC officials to coordinate proper victim care and transportation. In the meantime, fire department workers along with AMR officials work on proper triage and decontaminating everyone in the "hot zone," the area with the most affected victims. The emergency workers then move the victims to the "warm zone," the area between the hot zone and where patients await transportation to BAMC.

At the end of the exercise, all participants meet for the HotWash to capture immediate findings and impressions. They are provided a common format on how to complete their after action review and are given a date to submit their reports to IOC. The IOC will meet with all key commanders and garrison staff to discuss the after action review and will determine deficiencies and decide on what procedures to sustain and on what procedures they need improvement.

They will then prepare a corrective action plan to present to both the garrison commander and the AMEDDC&S commander.



COMMUNITY LINK



Happenings

Academy day

San Antonio high school students interested in attending a military service academy can attend a session sponsored by four Texas congressmen Sunday from 2 to 4 p.m. at the USAA auditorium, 9800 Fredricksburg Road. Midshipmen and cadets from all service academies will be on hand to meet with prospective students and their families. Information on the nomination process will also be available. Student ID or driver's license is required to enter the facility. For more information, call Karen Frey at 821-5024.

Historic Fort Sam tour

The Fort Sam Houston Officer and Civilian Spouses' Club will sponsor a Tour of Homes on historic Fort Sam Houston April 1 from 10 a.m. to 2 p.m. Advanced tickets may be purchased today for \$10 in front of the PX. Tickets may be purchased the day of the tour for \$12 at the Stilwell House. For more information, call Betty Kotoriy at 545-0815.

WWII anniversary ceremony

The Department of Defense World War II Veterans Commemoration

Committee will present a tribute to veterans April 3 at 2 p.m. at San Antonio's Villita Assembly Building, 401 Villita. The event is open to public with priority for World War II veterans and their guests. For more information, call (877) 868-2058 or visit www.60wwii.mil.

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at www.herosalute.com or in the entrance plaza of participating parks, and must show a Department of Defense issued photo ID. For more information, visit www.herosalute.com.

AFTB offers military 101

The Army Family Team Building will offer a familiarization course to the Army life, terms and rules. It covers topics such as expectations and impact of the mission on

family life, military acronyms and terms, the chain of command, introduction to military customs and courtesies and introduction to family financial management. The course will be March 10 from 8:45 a.m. to 3:30 p.m. at the Roadrunner Community Center. For reservations, call 221-2705 or 221-2418.

Scholarships offered

The Fort Sam Houston Officer and Civilian Spouses' Club will be awarding scholarships to family members of active duty, active Guard and Reserve, and retired or deceased Army personnel who reside in the San Antonio area. There are two categories – a graduating high school senior and an adult continuing education. Applications must be postmarked no later than April 11. Interested applicants may obtain a copy of the application by seeing their high school counselor or contacting Janie Gamez at 212-6951.

Professional Development

Warrant officers wanted

The Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 41 active duty warrant officer specialties. Applicants with less than 12 years of active federal service are encouraged to apply. For more information visit

www.usarec.army.mil/warrant, or call DSN 536-0328/0466/0271/1860/0458/0484. The toll free number is (800) 223-3735, extension 6 and the last four of the phone number.

TSU degrees

Texas State University offers a variety of degree plans to include teacher's certification for vocational subjects. The programs offer evening and Internet classes. For more information, call 659-0954, stop by the education center, Building 2248, Room 206 or e-mail SS01@txstate.edu.

Build a second career

A free career lecture will be offered March 17 from 9 to 11:30 a.m. in Evans auditorium, Building 1396. Retired Army Col. Dick Crampton will conduct the lecture and share his extensive experience in transitioning to civilian life as well as techniques on how to be marketable for a career in the civilian sector. The session is for officers and senior NCOs who will retire in the next five years. Spouses are welcome. For more information, call Russ Lane at 221-9255.

Job fair

The semi-annual San Antonio Military Community Job Fair will be March 23 from 9:30 a.m. to 3 p.m. at Live Oak Civic Center, 8101 Pat Booker Road. More than 100 employers will be represented. People should bring several copies of their

resume to provide to potential employers. For a list of participating employers, go to <http://www.taonline.com> and follow prompts to job fairs. For more information, call the Fort Sam Houston Army Career and Alumni Program at 221-1213.

Resume, interview workshops

Family employment readiness program will offer a resume writing workshop Wednesday from 9 a.m. to 12 p.m. and a job interview skills workshop March 16 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. Reservations are requested. A valid military family member ID card is required. For more information, call Katja Lunsford at 221-0427.

Meetings

Joint Services luncheon

The Fort Sam Houston Officer and Civilian Spouses' Club will host an annual Joint Services luncheon at the Sam Houston Club March 22. The social hour will begin at 11 a.m. The entertainment will be provided by the Texas Children's Choir. Cost is \$14.50 and reservations are required by March 16. Mail reservations to Sigrid Reitstetter at 426 Graham Road, San Antonio, Texas, 78234.

Feb. 24 Black History Month trivia answers

1. Charles Drew
2. Carole Moseley-Braun
3. Harlem Hellfighters
4. Alexander Miles
5. The "gas mask" or protective mask

The winner of the Feb. 24 Black history trivia contest was Capt. Rachel Wienke, B Company, 232nd Med. Bn. commander.

FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry.



For Sale: Brand new in box without UPC, Hewlett Packard Deskjet 3845 color printer, photo printing quality with photo software included, 18 pages per minute black and 14 ppm color printing, paid \$80, asking \$40 obo. Call Melanie at 568-3883 or e-mail Love2Teach@satx.rr.com.

For Sale: Set of four Goodyear Eagle GT-II RWL tires, size P-255/60-R15, never mounted, \$300; one Goodyear Eagle RH RWL tire, used as spare for 100 miles, \$50. Call Fred at 221-2701 during the day or 494-8401 in the evenings.

For Sale: 2000 tan Jeep Cherokee Laredo, excellent condition, 104K miles, automatic, a/c, Pioneer CD, new tires, new

brakes, \$8,500. Call Clevester Douglas at 221-7944 or 661-9929.

For Sale: Adult size catchers mask and shin guards, \$50 for both. Call 223-2197.

For Sale: Huggies mega packs of diapers, \$8 each; Huggies Pull-ups training pants girls and boys, \$6 each; GoodNites Pull-ups girls and boys small and medium, \$6 each; Depend undergarments, \$6 each. Call 277-1657 between 6 and 9 p.m.

For Sale: Two ball pythons, male 3 and 1/2 feet, female, 4 feet, come with 4 feet by 2 and 1/2 feet by 2 and 1/2 feet mesh cage with accessories, \$250. Call Shaun at 590-2126.

For Sale: 1984 Cadillac Seville, restored and in excellent condition, \$2,000

obo. Call 599-2006.

For Sale: Ceramic lamp, no shade, beige, \$10; dress blues uniform, 40-inch jacket, trousers 30 inch or 32 inch by 31 inch (has about 2-inch hem), \$100; semi-sheers, champagne color, six panels, each 80 inches by 60 inches, \$50. Call 697-9261.

For Sale: Dagger Delta recreational kayak (great for beginners), spray squirt, extra large life jacket and 230 cm paddle, \$450. Call Ann Carr at 916-2725 or 590-4171.

For Sale: Wood, portable, fold-out style beverage bar, can also be used for other types of storage, originally \$379, asking \$40. Call 648-8290.

For Sale: Queen white painted oak four poster bed with mattresses, \$50; white chest of drawers, \$15; gold leaf mirror, 86 inch by 33 inch, \$30; 60-inch oval table and two ice cream table chairs, \$20; antique sewing machine based table with pecan veneer top, \$15. Call Ann at 590-4171.

For Sale: In-Step double jogger stroller, very gently used, \$100; electric baby swing \$10. Call 413-6419.

Free: Six grown rabbits, five (two females, three males) in one homemade cage that is also for the taking, the sixth "papa" rabbit in separate cage. Call 599-9030 after 5 p.m. or 295-9174 between 7 a.m. and 4 p.m. or leave a message at either number.