



# Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

May 5, 2005

## Briefs . . .

### Harry Wurzbach gate closure

Harry Wurzbach East, which is adjacent to the Medical Museum, is closed due to construction of a new vehicle access control point. The project is scheduled for completion in January. During the closure, the Scott Road gate is open 24 hours, seven days a week. However, people who normally enter through Scott Road, which is one lane, should consider an alternate entrance to avoid delays.

### 232nd change of responsibility

The 232nd Medical Battalion change of responsibility is Friday at 8 a.m. on MacArthur Parade Field. Command Sgt. Maj. Gilberto Martinez-Torres will replace Command Sgt. Maj. Keith Seidler.

### Army mandates IA Training

In an effort to protect data from internal and external threats, the Army established a directive requiring all computer users Army-wide to complete information assurance training no later than June 4. Users can satisfy their IA training requirement by logging onto the Army e-Learning Program. For more information, log onto <http://usarmy.skillport.com>. You must have an AKO account to access the system.

### Vet vaccination clinic

The Fort Sam Houston Veterinary Treatment Facility will sponsor a vaccination clinic Saturday from 8 a.m. to noon by appointment only. Legal owners must be present with a valid Defense Enrollment Eligibility Reporting System ID card to receive services, or a designated agent must present a power of attorney and a copy of the owner's ID card. For more information, call 295-4260.

### Asian Pacific American Heritage

Fort Sam Houston major commands and Morale, Welfare and Recreation will sponsor a ceremony in honor of Asian Pacific American Heritage Month Tuesday at the Roadrunner Community Center from 11:30 a.m. to 1 p.m. The guest speaker is Postmaster Momi Lee, from Austin, Texas. The event also features an Asian Pacific American fashion show. Tickets are \$5, which includes lunch. For more information or tickets, contact a unit equal opportunity adviser.

### New Resident Center survey

A survey for the new Residents' Center was delivered to housing residents this week. To expedite planning for the center's design, surveys should be completed and submitted by May 12. Surveys can be placed in the drop box in front of Building 367 or given to a Lincoln Military Housing representative in Building 367. Residents can also post their comments on the Lincoln Military Housing Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com) (select Comment Card).

See BRIEFS on Page 3

## Trauma training



Photo by Maj. Brad West

Members of the 782nd Forward Surgical Team bring in a patient from a Miami-Dade rescue helicopter. See related story on page 17.

## Defense Department to resume anthrax vaccinations

WASHINGTON, D.C. — The Department of Defense will resume its Anthrax Vaccine Immunization Program, officials said Tuesday.

A memorandum signed Friday allows military commanders to resume the vaccination program using the emergency use authorization conditions issued by the Food and Drug Administration on Jan. 27, 2005.

The program requires commanders to follow EUA conditions very carefully, providing members of the armed services both education on the program and an option to refuse the vaccination without penalty.

This significant step allows the department to resume this vital protection measure for service members who are at increased risk of exposure to anthrax attack, said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

On April 6, the U.S. District Court for the District of Columbia granted the government's motion to modify the court's AVIP injunction against mandatory anthrax vaccination from Oct. 27, 2004.

Once vaccinations begin, DOD will provide an education and information program, including an FDA-approved brochure, to inform potential vaccine recipients and healthcare providers that FDA has authorized the emergency use of anthrax vaccine to prevent inhalation anthrax. People will also be informed about the vaccine's benefits and side effects before they are asked to decide about vaccination.

For the most part, vaccinations during the period of the EUA will be limited to military units designated for homeland bioterrorism defense and to U.S. forces assigned to the U.S. Central Command area of responsibility and Korea.

(Source: Department of Defense news release)

## TRICARE begins enrollment for new Reserve health care benefit

By Sgt. 1st Class Doug Sample  
American Forces Press Service

WASHINGTON, D.C. — Thousands of Reserve and Guard service members can now qualify to purchase more health care coverage for themselves and their families under a new TRICARE program that began April 26.

TRICARE, the military's health care provider, is now accepting enrollment for its new TRICARE Reserve Select health plan, said Steve Lillie, TRICARE's deputy chief of operations.

Congress authorized the new health care benefit for Reserve Component members under the fiscal 2005 National Defense Authorization Act as a way of providing health coverage to RC members burdened by the current war. Lillie said the premium-based

plan will be offered as an option to more than 400,000 eligible service members who may want to purchase health care coverage.

"This is pretty attractive for the kind of coverage that's offered under TRICARE," he said. "It's an excellent comprehensive health plan with comprehensive pharmacy coverage at a reasonable price. I think this will be attractive for many people compared to what they can get through employment."

Currently, RC members ordered to active duty for a period of more than 30 days are covered under one or more of several TRICARE programs. "Health coverage is also provided up to 90 days prior to activation for service members who receive a 'delayed-effective-date' order," he added.

For the most part, TRS helps make providing continuous health coverage a seamless process for service members.

Lillie explained that after a service member is released from active duty, the Transitional Assistance Management Program then picks up their health coverage for 180 days, and if purchased, TRS coverage begins immediately afterwards.

"Everything is seamless until you get to TRS because it's an optional program that requires premiums," Lillie said. "We can't make that completely seamless — there are steps that you have to follow to qualify and purchase coverage."

To be eligible for TRS, service members must have been called or ordered to active duty in support of a contingency operation since Sept. 11, 2001, and they must execute a "Service Agreement" through the Guard and Reserve Web Portal to serve in the Selected Reserves.

See TRICARE on Page 4

# Safety Day ceremony to deliver latest in safety gear, preventive measures

By **Maj. Gen. George W. Weightman**  
**AMEDDC&S and Fort Sam Houston commander**

To assist in preventing the loss of America's most valuable resources — its sons and daughters — and to conserve our material resources, the Army Medical Department Center and School will conduct a Safety Day Ceremony at the Roadrunner Community Center, Building 2797, May 24 from 10 to 11 a.m. This ceremony is designed to promote safe operations and practices by our military and civilian personnel and their families and is open to all AMEDDC&S, Fort Sam

Houston and tenant organizations.

Our Safety Day will be an excellent opportunity for leaders at all levels to gather the tools necessary to inform our personnel on the increased hazards during the 101 days of summer (Memorial Day through Labor Day). Vendors will be displaying the latest personal protective equipment and information on safety awareness, risk management, defensive driving, heat stress, boating safety, swimming safety, and other summer safety activity information will be readily available from 10 a.m. to 3 p.m.

Recently, two Fort Sam Houston Soldiers died in privately-owned vehicle and motor-

cycle accidents. Many of our accidents are preventable through leader visibility and personal involvement, and our Safety Day will serve to enhance our safety awareness.

Our future force demands leaders, Soldiers and civilians that are prepared. As leaders, we must set the example both on and off-duty. Require your personnel to do the right thing all the time and strive to continually improve your own safety programs. All of us must be ready to meet our future challenges with "SAFETY" as the watchword. See you there.



**Maj. Gen. George W. Weightman**

## Fort Sam Houston News Leader

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## Briefs cont. . . .

### Sexual harassment training

The Civilian Personnel Advisory Center will offer Prevention of Sexual Harassment training June 28 from 1 to 3 p.m. at the Equal Opportunity Office, Building 142, in the basement. People should submit their nominations for attendance no later than June 17 via e-mail to TRNG.FSHCPAC@samhouston.army.mil. Phone nominations will not be accepted. For more information, call Lena M. Boutelle, human resources assistant, at 221-0639.

### Volunteer recognition

The Installation Volunteer Advisory Council will host the annual Installation Volunteer Recognition Ceremony and Reception Wednesday from 10 a.m. to noon at the Sam Houston Club. For more information, call the installation volunteer coordinator at 221-2705 or 221-2418.

### Asian Pacific American Heritage Month events

**May 12** – Col. Rogert Eng will present an Asian Health Promotion lecture at 10 a.m. at Wood Auditorium.

**May 13** – Lt. Col. Philip Kahue will present a Kempo Martial Arts demonstration at noon at Wood Auditorium.

**May 24** – An Asian Prayer Breakfast will be at 6:30 a.m. at the Sam Houston Club.

**May 26** – A Medical Command Mini Culture Festival featuring vendor displays, music dance and a potluck will be at 11 a.m. at the rear of the Headquarters Medical Command building.

# World War II veteran receives recognition, medals 60 years later

By Phil Reidinger  
Fort Sam Houston Public Affairs Office

For most Soldiers, a wartime medal is an honor given several weeks, months or even years after the fact.

For one modest veteran, the road to a medal took decades.

Army veteran Roger White came to Fort Sam Houston for medical treatment at Brooke Army Medical Center Sept. 20, 1945, after his release as a Japanese prisoner of war. He had left the service June 6, had recently been promoted to staff sergeant and was happy to be home safely.

At the prompting of family members, 60 years later, the 86-year-old veteran visited the local office of U.S. Representative Lamar Smith from the 21st District to inquire whether he was eligible for the Purple Heart medal. After researching White's military records with the U.S. Army Human Resources Command, Smith's staff notified White that not only was he eligible for the Purple Heart medal, but also the Bronze Star and the Prisoner of War medals.

Recognizing White's military service connection to the Army and Fort Sam Houston, Smith asked installation commander, Maj. Gen. George W. Weightman, to assist him with officiating the awards ceremony.

April 25 at the Sam Houston Club, White stood proudly before his family and members of the Military Order of the Purple Heart and the Former Prisoners of War Association as Weightman and Smith acknowledged his World War II service with the three medals. Family members attending the ceremony included his sister, Shirley Mims; his niece, Karen Hummell; her husband, Jim; and family friends, J.L. Summers and Betty Keeling.

Smith said that it was an "unusually rewarding opportunity" to secure White the recognition he deserved for his military service.

White's unit, Battery B, 2nd Battalion, 131st Field Artillery Regiment assigned to the Texas National Guard's 36th Infantry Division was sent to Java, an Indonesian island, to help the Dutch defend against Japanese attacks. Unfortunately, White and his comrades were captured by the Japanese following a heroic defense against overwhelming forces and the surrender



Photo by Esther Garcia

Maj. Gen. George W. Weightman, Army Medical Department Center and School and Fort Sam Houston commander, and U.S. Representative Lamar Smith, District 21, present Army veteran Roger White with the Bronze Star, Purple Heart and Prisoner of War medals during a ceremony at the Sam Houston Club April 25.

of Dutch and American forces March 17, 1942.

White was among prisoners sent to Nagasaki to unload ships, repair damaged airfields and later to build ships for the Japanese. The veteran proudly explained that his expectation was that the ships they built as prisoners could not have floated well and leaked on the high seas due to their sabotage efforts. White recounted that they were treated badly by the Japanese, subjected to beatings, given very little food and no medical attention.

After presenting the awards to White, Weightman referred to his service to the nation as the finest example of the Army's core values and warrior ethos: mission first, never quit, never accept defeat and never leave a fallen comrade.

"You lived them and it's your legacy," he said. Weightman's father, an Army sergeant, was captured by the Germans during the Battle of the Bulge but later escaped. "I know the sacrifices they made," he added.

# DoD warns about insurance, investment rip-offs

By Rudi Williams  
American Forces Press Service

WASHINGTON, D.C. – Defense Department officials are working to thwart insurance and investment marketing practices that exploit military personnel.

"You really have to be a little bit skeptical if somebody says if you invest a little bit of money with us today you'll have a great deal of money tomorrow," warned Air Force Col. Michael A. Pachuta, DoD's director of morale, welfare and recreation policy. "Also, you should shop (for investment opportunities) like you would for anything else. Don't buy the first thing that comes along. Make some comparisons."

Congress raised concerns last fall after press reports documented abusive insurance and investment sales practices at some military installations, including Camp Pendleton, Calif., and Fort Benning, Ga. This caused DoD to step up its efforts to improve oversight and enforcement of policies.

Brand-new service members are sometimes enticed to go off base to what they think are investment seminars that end up being insurance sales pitches, the colonel said.

"Unfortunately, our policies don't apply off the installation," he continued. "So we have to rely on financial education, which we've tried to improve at the first basic-training opportunities with our new service members."

Pachuta recommended that troops ensure there are no combat-exclusion clauses in life insurance that they buy. "We're going to be in harm's way, and it doesn't make any sense to have a policy that won't cover those kinds of events," Pachuta noted.

He encourages service members to seek counseling and advice for financial matters through base family support centers and legal offices.

Service members should be on the lookout for such things as something presented as a savings plan with an insurance component to it. That's a red flag, he said. Before buying insurance, service members should compare what the premium would be for a rate of coverage compared to the rate for the same amount of coverage through the Servicemen's Group Life Insurance program.

About 96 percent of service members have SGLI, and 92 percent of them have opted for full SGLI coverage of \$250,000. More than 160,000 service members have military pay allotments for supplemental commercial life insurance. The premiums they pay total over \$190 million per year, according to DoD statistics.

"SGLI, to a large extent, especially for single service members who have no dependents, should fulfill most of their insurance needs," Pachuta noted. "But a lot of times, our young service members are looking at putting away some money. And some of these insurance sales pitches are disguised as savings plans, although there's an insurance aspect to it that wasn't explained clearly when they signed up."

Pachuta suggests that service members who want to open a savings account should consider the Thrift Savings Plan. "It's a tax-deferred plan, and there are not many investments, other than tax-free bonds, that have the same kind of advantages that TSP has," he said.

DoD officials are rewriting parts of the department's commercial solicitation policy to enhance enforcement. This includes a requirement for installations that detect

policy violations to report them to their service headquarters, and from there to DoD. The aim is to keep a record of violations to have them available for installations to check when a new insurance agent wants to do business on the installation.

Pachuta said there are 14 prohibited practices in DoD's commercial-solicitation directive, such as soliciting without an appointment, soliciting door-to-door and soliciting individuals during duty hours at their work places.

"Those are the kinds of policies that limit where, when and how an insurance or investment solicitor can make contact and solicit someone on the installation," he said. "We've also been concerned about agents having access to allotment forms and having them there for the service member to sign on the spot, and even the agent taking those forms to finance to get them processed."

"We think that really steps over the line," Pachuta noted. "Pay is a personal decision that a members have to make, and they need to be the one to process any kind of allotment for an investment or insurance that goes through the military pay system."

He said financial education is the key to stopping service members from being ripped off by unscrupulous insurance agents and companies.

"The department kicked off a financial-readiness campaign about a year and a half ago with 28 federal and nonprofit private organizations that specialize in financial education, such as the Securities and Exchange Commission, Department of Treasury and National Association of Securities Dealers," Pachuta said. "These are large, reputable organizations that have good information. They have great Web

sites, great training tools and they provided us information we can use in our financial-education programs.

Pachuta said DoD policies apply to any military or civilian employees as long as the transaction takes place on a military installation. "That has been the problem," he said. "Some people have been enticed to go off the installation to carry out these business agreements. So we're interested in working with the federal and state regulatory agencies to broaden our oversight."

He pointed out that DoD policies cover insurance and investment agents who operate overseas, as well. The companies have to apply to DoD each year for permission to operate on U.S. military installations overseas.

Pachuta said he'd like to hear from individuals who have been taken advantage of by such unscrupulous practices. People can send comments to him at Michael.Pachuta@osd.mil no later than June 20.

He also recommended that anyone who has a problem with an insurance product contact the appropriate state regulatory agency. "They're the ones that have a strong hammer if there has been a legal or ethical violation," he said.

The Securities and Exchange Commission or the National Association of Securities Dealers are oversight bodies for investment products. "So if someone feels they've been taken advantage of in the financial investment arena, those are the agencies they should contact," Pachuta said.

The colonel said that, to his knowledge, no one has been targeting service members deploying to Iraq or Afghanistan. "The problems we've become aware of have been primarily in training environments," he said.

# Tax Assistance Center closes shop with honors

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

Fort Sam Houston Tax Assistance Center volunteers processed nearly \$5 million in refunds in less than four months, scoring the ninth spot Army wide for number of processed tax returns.

The center also ranked 26th out of 385 military tax centers worldwide.

To honor the achievement, Janice Foulk, from the Internal Revenue Service in Austin, Texas, traveled to Fort Sam Houston Tuesday to present the volunteers with certificates of appreciation and a community service award to the Office of the Staff Judge Advocate.

"Thanks for your hard work," Foulk said. "You not only had to

do your own taxes, but you had others trusting you with their finances."

Fifteen volunteers from throughout the post took a break from their normal jobs to become full-time tax preparers. They gave up their Saturdays and numerous hours of free time to assist the military community at the main tax center on post and the satellite office at Brooke Army Medical Center. Additionally, 26 unit tax advisers provided information and publicity to their units and dropped off student returns. One adviser, Sgt. 1st Class Brande Dietrich, from B Company, 187th Medical Battalion, even took the initiative to prepare returns on her own time for her unit, said Capt. John Gerhard, Tax Assistance Center officer in charge.

"The volunteers put in a huge number of hours," said Maj. Gen.

George Weightman, Army Medical Department Center and School and Fort Sam Houston commander. "You had a huge impact on this community and delivered a service that hits close to home for all of us."

To prepare for tax season, the full-time volunteers had a crash course in taxes over a two-week period, which included a week of training from the IRS to earn their Volunteer Income Tax Assistance certification.

"The volunteers did a great job considering their backgrounds include medical and intelligence," Gerhard said. "It was a big change to come to the tax center to learn something new and then excel in the work. They made a great team."

Col. Kenneth Lassus, installation Staff Judge Advocate, said



Volunteers from the Fort Sam Houston Tax Assistance Center receive certificates of appreciation from Janice Foulk, from the Internal Revenue Service in Austin, Texas, Tuesday at the Office of the Staff Judge Advocate.

the number of returns this year exceeded his expectations. "With electronic filing so readily avail-

able, it was a huge accomplishment to increase our numbers over last year," he said.

## 'Life Force' seeks members for elite blood donation team

While many members of the armed forces are currently deployed, one key component that supports all service members is being strengthened at home: Life Force.

Though you may not have heard the name, you might already be a member. By com-

mitting to donate blood to or provide support for the Armed Services Blood Program at Fort Sam Houston, you become part of an elite team whose mission is to save lives.

Akeroyd Blood Donor Center is looking for dedicated team members of all blood types to ful-

fill this mission. By donating regularly, Life Force members ensure their families, friends and neighbors have what they need when the unexpected occurs. The blood donated to the ASBP directly supports military members and their families at Brooke Army Medical Center and troops worldwide.

Joining is easy and, unlike many specialized units, no lengthy training or special skills are needed. All that is required is the desire to help the sick and injured members of your military family at home and throughout the world.

But Life Force isn't just about what you give; it is also about

what you get — the satisfaction of making a difference.

For more information about donating blood, call the Akeroyd Blood Donor Center at 295-4655 or visit the ASBP Web site at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

(Source: Akeroyd Blood Donor Center)

## TRICARE

Continued from Page 1

In addition, Guard members must have served "under an order from the president, not from their governor," Lillie explained. And they must have served continuously on active duty for 90 days or more under such an order, unless they were injured or became ill while activated.

He said service members may be eligible for one year of health coverage for every year of service commitment in the service agreement, up to a maximum of one year for every 90 days of prior service on active duty in support of a contingency operation.

The service agreement through the Guard-Reserve portal is a vital first step in qualifying to enter into continued service in the Selected Reserve. That is done through the member's Reserve unit. That service agreement must be executed between the member and the Reserve

component before the member can purchase TRICARE Reserve Select coverage.

Meanwhile, Lillie added, the cost for the plan is \$75 for TRS member-only coverage and \$233 for TRS member and family member coverage, which is reasonable compared to that of civilian health plans.

The annual cap for catastrophic illnesses is another good benefit. According to the plan, this cap limits out-of-pocket expenses to \$1,000 per year. "The typical private insurance program might have a catastrophic cap of \$4,000 or \$5,000," Lillie said.

In many aspects, TRS may even be better than some civilian health maintenance organization or preferred provider-type insurance plans, he said.

TRS provides access to any provider that treats TRICARE patients without referrals required, Lillie explained. "So it's broader; it provides more freedom of

choice than an HMO plan," he said.

For Reserve and Guard members, TRICARE Reserve Select health coverage will be much the same as the TRICARE Standard and Extra their families may have received while on active duty.

In addition to typical inpatient and outpatient care, TRICARE Reserve Select covers urgent and emergency care, and ambulance services; family healthcare; obstetrics, gynecology and maternity services; and clinical preventive services, including health screening and immunizations.

The plan also covers behavioral health care, annual eye examinations; ancillary services, such as laboratory and radiology; and prescription drug coverage.

"The principal difference between their coverage while on active duty and their TRICARE Reserve Select coverage is there is some cost sharing for the time when they go to the doctor or get hospital-

ized," Lillie pointed out. "It's comparable to a civilian health care plan, and it's identical to TRICARE Standard.

"The member and the family will pay a 20-percent cost share when they visit a non-network doctor," he said. "They also have a deductible to satisfy at the start of each federal fiscal year."

Lillie said the deductible for service members in the rank of E-4 and below is \$50 per individual or \$100 per family. The deductible for service members E-5 and above is \$150 per individual or \$300 per family.

"Our reservists and guardsmen who are called to duty and their families deserve this great new benefit for their service to their country," said Lillie. "We are glad that we can offer TRICARE Reserve Select to qualified members and their families. It is good for them and good for the Reserve and National Guard forces.

## Housing Qs&As

*Q: I just moved into Fort Sam Houston Family Housing. When is my rent due?*

A: If you move in after the first of the month, prorated rent for the month is due upon move-in. If you move-in on the first of the month, an allotment will be established for your rent. Rent is paid 30 days in arrears, which means the rent is paid the first day of the following month. For example, rent for March is paid April 1.

*Q: If I am unable to pay my rent on the first, when will late charges start?*

A: Late charges will be assessed on the sixth of the following month.

*Q: If I receive my basic allowance for housing and my allotment did not start, do I have to pay my rent?*

A: Yes, you will need to contact Lincoln Military Housing and make your rental payment.

*Q: How do I activate my BAH entitlement?*

A: Contact your battalion Personnel Actions Center

to obtain a DA Form 5960; complete the form and return to your battalion PAC with a copy of your orders and new lease with Lincoln Military Housing. Processing should take at least two to three weeks.

*Q: Does each branch of the military have their own way of starting the BAH entitlement?*

A: Each branch has its own process for starting BAH. The key thing to remember when starting BAH is to contact your battalion personnel center.

*Q: What action should I take if my allotment for housing is greater than my BAH?*

A: If you ever have this problem, contact Lincoln Military Housing immediately. You will need to provide a copy of your current leave and earnings statement in order to verify an error and submit for correction.

*Q: Why would my housing allotment be more or less than my BAH?*

A: Receiving BAH at the incorrect rate is typically the main reason allotments and BAH amounts will not match. Always make sure your BAH rate is switched when being transferred from one installation to another.

**I am a service member married to another service member:**

*Q: Will a rent allotment be taken from both service members?*

A: No, Lincoln Military Housing will start an allotment on the senior member at the "With Dependent" rate.

*Q: If only one service member has an allotment, does the other service member qualify for the BAH entitlement?*

A: Yes, both service members need to activate their BAH.

*Q: I am the senior service member, but my BAH is at the "without" dependent rate. Why is LMH taking an allotment at the "with dependent" rate?*

A: Rent for on-post housing is equal to the senior service member's BAH at the "with dependent" rate. Since both service members are qualified to receive BAH, the BAH from the lower-ranking spouse will compensate for the allotment LMH is taking from the senior service member. LMH will only take one allotment from dual military families.

# Soldier medics learn about Holocaust

By Ben Paniagua  
Hacienda Recreation Center

The epitome of “man’s inhumanity toward man” was the main focus of “Days of Remembrance” held at the Hacienda Recreation Center to remember the Holocaust, a horrific event that was perpetrated by Hitler’s German Nazis during World War II.

Today is Holocaust Remembrance Day, a day set aside to remember the 6 million victims of the Holocaust.

Presented by the 32nd Medical

Brigade Equal Opportunity Office, the Hacienda Recreation Center and the United States Army Garrison EO Office, the event was an inspirational learning experience for the more than 100 Soldier medics from the 32nd Medical Brigade who attended.

The main speaker for the program was Benjamin Bolton, who was a member of the 45th Division, 180th Infantry Division, which liberated the Holocaust victims being held at Dachau, one of the most notorious Nazis concentration camps. Now 79, Bolton was 18 when he arrived

in Germany for this assignment, and he told, in vivid detail, of the horrors that his unit confronted upon their arrival at Dachau.

Another highlight of the evening was a dramatic presentation by Eva Laporte, an award winning actress from San Antonio who read from “The Diary of Anne Frank.” The book tells of a Jewish family of eight hid for three years in an attic in Amsterdam and was eventually captured by the Nazis. All but one of them was exterminated at one of the concentration camps.

At the conclusion, the Soldier medics

and Bolton had a question and answer session as they seemed eager to learn more.

“I enjoyed the program because it puts in perspective what the Army does to teach us about other people and their cultures,” said Pvt. Andrew Conico of A Company, 232nd Medical Battalion.

“It was very inspiring,” said Pfc. Armando Rivas, also of A Company. “It made me angry to see how some people can be so cruel to other people, especially what the Nazis did to these people. The Army does good by providing us with this information.”

## Radio messages connect families to front lines

The Army and Air Force Exchange Service recently introduced its Patriot Family Connection program to help connect deployed military members with their loved ones back home.

The new program offers family members, friends of deployed service members and AAFES associates a chance to record their greetings, words of support and thanks. Messages can be recorded 24 hours a day, free of charge, and are forwarded to American Forces Network Radio, which is heard at locations overseas including those in Operations Enduring Freedom and Iraqi Freedom.

“Recording the messages is just one small element of a larger AAFES Patriot Family marketing program that includes numerous initiatives,” said Mike Westphal, senior vice president of AAFES’ Marketing Directorate. “It started with the Patriot Family Tree in December. Now, we have the Patriot Family Connection and ‘We All Have a Hand in Securing Our Freedom’ hand trace banners we’ll be sending downrange. Soon we’ll be sending dozens of banners downrange for deployed troops to sign — then those banners will tour each AAFES region.”

The Patriot Family Connection is one of several initiatives AAFES is using to help bridge the distance between the home front and the front lines. This new program has already yielded messages from Americans expressing their support for troops serving downrange.

Doug Ford from Denton, N.C. called in his greeting, “I want to send all the best wishes to the troops. God bless ya’ll and thank ya’ll for everything you do.”

Another greeting, recorded by Jean Helen from Columbus, Ga., said, “I want to tell all the troops everywhere we’re with your families back here supporting them while you’re overseas. We love all you guys. Thank you for what you’re doing, and we appreciate your families and their bravery while they’re waiting on you.”

AAFES continues to show its commitment to the men and women who protect our freedom by offering programs like the Patriot Family Connection. Anyone can record a message by calling (800) 713-1302 and following the prompts. For more information, log on to [www.AAFES.com](http://www.AAFES.com) and click on the Patriot Family link.

(Source: AAFES)

## Antiterrorism Awareness

Army Medical Department Center and School and Fort Sam Houston Regulation 190-5 require that vehicle registration decals (DD Form 2220), Fort Sam Houston stickers and expiration tabs be completely removed from privately owned vehicles under the following conditions:

- Sale, transfer or disposal of the vehicle
- Windshield replacement
- PCS overseas or separations
- Civilian employment termination or transfer to another geographic area

Return remnants of vehicle registration decals, regardless of condition, to the Vehicle Registration Branch, Building 367, Monday through Friday from 7:30 a.m. to 3:45 p.m. (closed on federal holidays). For more information, call 221-2570 or 221-9205.

# MODS Web site delivers up-to-date info for 91Ws

Health care specialists, or 91Ws, are assigned a transitional Y2 Army skill identifier, which is removed after the medic meets certain technical and medical qualifications. The identifier ensures medics are fully trained to deliver adequate care.

For those who have now met or will soon meet the standards required for Y2 removal, the next step for remaining MOS-qualified is sustainment, which must be completed prior to re-registering for the National Registry for Emergency Medical Technicians.

All 91Ws should register at the Medical Operational Data Systems Web site at [www.mods.army.mil](http://www.mods.army.mil) to ensure their records and qualifications are up to date. Go to the 91W but-

ton, select a location (CONUS or Asia), and follow the instructions. At a minimum, the information in red must be completed. At the bottom of the page to the right, click on "view your own record," then "submit."

For more information, call the MODS Help Desk at (888) 849-4341, DSN 761-4976 or e-mail [mods-help@asmr.com](mailto:mods-help@asmr.com). For more information on the 91W transition, call Roger Opio, Army Medical Command, at 221-7030, or e-mail him at [Roger.Opio@amedd.army.mil](mailto:Roger.Opio@amedd.army.mil); or call J.L. Pearson, U.S. Army Human Resources Command, at (703) 325-3064, or e-mail him at [pearsoj2@hoffman.army.mil](mailto:pearsoj2@hoffman.army.mil).

(Source: Army Medical Department Center and School Knowledge Management Division)

## New 187th first sergeant



Photo by Esther Garcia

Incoming 1st Sgt. Robert Johnson stands ready to accept the guidon for B Company, 187th Medical Battalion, from Capt. Marc Raciti, B Company commander, during a change of responsibility ceremony held April 29. The first sergeant, also known as the "Father of the Company," is the wise counselor, the confidant and the sounding board for the enlisted Soldier corps.

## Retirees total 196 years of service



Photo by Ed Dixon

(From left) Chaplain (Lt. Col.) Michael Raymo, Col. Lee Briggs, 1st Sgt. Darryel Johnson, Sgt. 1st Class Luis Rosania, Sgt. 1st Class Douglas Vick, Master Sgt. Eugene Sutton, Maj. Desi Maes, and Chief Warrant Officer Mark Schlotfeldt are recognized for their selfless contributions to the nation Thursday during the awards and retirement ceremony at MacArthur Parade Field.

## May dates for Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are Friday at 9 a.m. in Evans Auditorium, Building 1396, and May 19 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. 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. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

# Army leaders learn about strategy, improvement, quality at conference

By Bob Britton  
Presidio of Monterey Public Affairs Office

**MONTEREY, Calif.** — Leading change and assessing performance captured the attention of participants in the first Army Performance Improvement Criteria, Army Communities of Excellence and Strategic Planning Conference held recently at the Presidio of Monterey, Calif.

Planners from the Installation Management Agency headquarters and the agency's Southwest Region attended the conference.

"The Southwest Region is the first of seven IMA regions to hold one of these conferences," said Bill Thresher, plans chief for the Southwest Region. "We're bringing our constituent garrisons together to familiarize them with the Army Performance Improvement Criteria, one way to apply common standards and management to installations."

Other regions will host similar conferences later this year.

Large and small installations should manage assets using the same basic guidelines for garrison base operation. These management revisions will improve the garrisons, and the Army, and will have a positive impact on the Soldier on the ground, Thresher said.

"We're working toward standardizing garrison organizations, funding and developing a common level of support based on Army baseline standards that we haven't had before," said Thresher.

Although installations of different sizes have different missions, all have similar support for base operations. Some installa-

tions support education and training, while others are identified as power projection platforms, preparing Soldiers as war fighters. Examples of base operations support include Morale, Welfare and Recreation programs and services such as child care centers, building and grounds maintenance, commissaries and post exchanges, and logistics.

"IMA has just entered its second year of managing its own budget, and really its third year of fledgling operations," said Thresher. "This (standardization) is a process, and we are on a journey. We've already seen significant improvements in the standardization and equitability of distributing resources and services."

## APIC and Strategic Planning

"APIC is the framework we use to deploy an organizational assessment. Strategic planning is a key aspect in that self-assessment process," said Rosye Faulk, program manager for Army Communities of Excellence. "The IMA strategic planning model is customized for garrisons and installations to support effective financial accounting and continuous improvement initiatives.

"The APIC, ACOE and Strategic Planning conference series give us the opportunity to develop knowledge of the criteria for the award program and to develop the skills needed to develop and deploy a strategic plan. It is also a great opportunity for us to spread uniform messages throughout the Army by including the Army National Guard and Army Reserves as conference participants," said Faulk.

APIC is the Army's version of the

Baldrige National Quality Program, administered by the National Institute of Standards and Technology to improve competitiveness, quality and productivity of U.S. organizations. Conducting an APIC self-assessment is required for all installations that compete for the ACOE award. Trained examiners use a vigorous validation process of these installation self-assessments to come up with the best-of-the-best Army installations.

APIC analyzes organizational strengths and identifies areas for improvement. Since APIC is a continuous improvement tool, commanders implement improvement actions, then return to the assessment process for re-evaluation.

"Everything we do in APIC is subject to review and refinement," Faulk said. "This IMA APIC, ACOE and Strategic Planning conference is truly a cultural change, and APIC itself is a framework to achieve excellence. IMA embraces the concept of change in order to be the best. We only want the best for Soldiers and their families."

## Army Communities of Excellence Award

ACOE recognizes installation achievement among installations of all sizes. As a strategic planning tool, the APIC program helps planning coordination with the ACOE program. The same set of standards applies to every IMA region when recommending and awarding ACOE and monetary awards for winning installations.

"The ACOE award is eligible to all garrisons," said Faulk.

"Beyond the recognition at the post level, ACOE's first place recipient can

become the Commander-in-Chief Award winner, the president's recognition for installation excellence among all military services," said Faulk.

ACOE winners in first through third places receive a monetary award — often millions of dollars — for the winning garrisons to use to support improvement initiatives that may not be otherwise funded. Garrison commanders can apply the award funds to any initiative that supports the well being of the Army community at the installation.

## Funding

Like other military services, the Army and its installations are funded through Congressional appropriations approved by the president. Funding becomes more complex as the Army makes internal allocations.

"We just learned that earlier this week, the Army leadership decided that our installations deserved to be funded to the level that our Soldiers and their families expect," said Gentry. "This includes funding for both base operations and sustainment for installation infrastructure. That's really a victory for the Installation Management Agency because for the first time, somebody at a higher level realizes that our installations are not funded where they needed to be."

For more information on APIC or ACOE, e-mail Faulk at Rosye.Faulk@hqda.army.mil. For information on IMA's Strategic Planning model, e-mail Annette Mann at Annette.Mann@us.army.mil or Philip Jessup at Philip.Jessup@hqda.army.mil.

## Post Pulse: Mother's Day is Sunday. How can you make your mother feel special?



*"I would treat my mother to breakfast and spend some quality time with her because it would mean more to her than material things."*

Linda Mixon  
U.S. Army Garrison



*"I'd surprise her with a trio to serenade her on Mother's Day."*

Efren Sarabia  
Staff Judge  
Advocate Office



*"I would fly to Tennessee to visit my mom and surprise her."*

Carol E. Bass  
Financial  
Management  
Division



*"I would buy her some flowers and a box of chocolate candies."*

Spc. Alton  
Stripling  
Special Troops  
Battalion

# Blue Star mothers recognize families of fallen Soldiers

By Kris Peche  
Blue Star Mothers of America San Antonio

The Blue Star Mothers of America, San Antonio Chapter, gathered recently to present gold star banners to local family members whose sons were killed in combat supporting operations Iraqi Freedom and Enduring Freedom.

The history of the blue star banner began during World War I and continued during World War II when family members, especially the mothers of service members, handcrafted banners for display in their homes to acknowledge that one of their family members was serving in a combat theater. One banner was displayed for each serving family member.

As both World War I and World War II progressed and men were wounded or killed in combat, or died of wounds and disease, the gold star became a symbol of the ultimate sacrifice of a family. A gold star was superimposed upon the blue star so the blue star was entirely covered. The gold star represented the honor and glory accorded to the service members for their supreme sacrifice for their country. It also represented the pride of the service member's family and the last full measure of devotion to the country.

Today, the Blue Star Mothers of America continue the tradition within the San Antonio and South Texas communities.



Photos by Phil Reidinger  
(Above) Members of the Blue Star Mothers of America San Antonio Chapter prepare to present gold star banners to families who lost sons during combat operations.

(Left) Col. Bradley Freeman, 32nd Medical Brigade commander, who represented the Fort Sam Houston military community at a recent gold star presentation by the Blue Star Mothers of America, talks to retired Col. Harold Fleisher, whose son Jacob was killed during an Operation Iraqi Freedom combat mission.



Kris Peche, Blue Star Mothers of America San Antonio chapter coordinator, introduces Kim Smith, whose son Pfc. Robbie Franz was killed in Iraq.

# TROOP SALUTE



## 232nd Medical Battalion



### Junior Leader of the Week

**Name:** Pfc. Thor Farmsworth  
**MOS:** 91W, combat medic  
**Hometown:** Mays Landing, N.J.  
**Time in service:** 10 months  
**Future goals:** Graduate 91W with honors, 300 PT score, finish college with a bachelor's degree in chemical engineering with the University of Medicine and Dentistry in New Jersey  
**Why did you volunteer for service?** For the experience, financial aid, attain discipline and love for my country. "Hooah!"

## 187th Medical Battalion



### Officer of the Week

**Name:** 1st Lt. Michael J. Neill  
**AOC:** 66F, nurse anesthesia  
**Hometown:** Irvine, Calif.  
**Time in service:** One year  
**Future goals:** Ph.D. in nurse anesthesia and teach at the Academy of Health Science.  
**Why did you volunteer for service?** I wanted to attend the nurse anesthesia training.  
**Latest accomplishment:** Passing the cumulative pharmacology final and being selected as the Best Student Leader.



### Soldier of the Week

**Name:** Spc. Jerome Montoya  
**MOS:** 63B, light-wheel vehicle mechanic, reclassing to 91S, preventive medicine specialist  
**Hometown:** Golden, Colo.  
**Future goals:** Get a college degree  
**Why did you volunteer for service?** To serve my country and obtain college assistance.  
**Latest accomplishment:** Winning Soldier of the Month board.

## Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 1 to 3:30 p.m., Monday through Friday. Normal walk-ins are from 7:30 to 11 a.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



## Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader. To submit a story or idea or for more information, call 221-0615, e-mail [news.leader@sam-houston.army.mil](mailto:news.leader@sam-houston.army.mil) or stop by the office in Building 124 (second floor).

# SPORTS

## SPORTS BRIEFS . . .

### 'For the Soldier' Golf Tournament

The Alamo Chapter of the Association of the United States Army will sponsor its eighth annual "For the Soldier" Golf Tournament June 27 at the Fort Sam Houston Golf Course. Cost is \$75 for non-club members and \$55 for members. Soft spikes are required. All proceeds will be used to benefit Soldiers and their families. For more information, call (830) 228-5482 or e-mail director@alamochapterausa.org or go to www.alamochapterausa.org.

### Fisher House golf tournament

The 5th Annual Fisher House Charity Golf Tournament will be May 12 at the Fort Sam Houston Golf Course on Harry Wurzbach Road. The event is four-player scramble. Registration is at 11 a.m. with a 1 p.m. shotgun start. The \$65 entry fee includes a casual dinner and awards ceremony immediately following the tournament. The awards dinner is \$13 per person. For more information, call Nikki Hendrickson at 862-3972 or Kim Taylor at 241-2475. Entry forms can be picked up at the Golf Course, Jimmy Brought Fitness Center or in the Brooke Army Medical Center Medical Mall across from the pharmacy.

### Track and field registration

The Fort Sam Houston Amateur Athletic Union Track and Field Club registration will continue through May 20. Registration is open from 10 a.m. to 7 p.m. at the Youth Center, Building 1630, for 5- to 18-year-olds. Fees are \$75 for military, retirees and Department of Defense personnel, and \$85 for civilians. Uniforms will be provided. Practice days are Mondays, Wednesdays and Thursdays from 5:30 to 7 p.m. at the Cole High School track. Military and DoD personnel must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513, or Coach Avery Chester at 279-4366.

### Basketball camp

The Ten Star All-Star Summer Basketball Camp is accepting final applications from 10 to 19-year-olds through July. 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.

## 'Basic course' in winning



Photo by Capt. James Jones

A Company, 187th Medical Battalion sponsored an officer sports day Saturday for 160 Officer Basic Course and Captain Career Course students at the Jimmy Brought Fitness Center. The students competed in volleyball, basketball, push up and sit up events, sprints, and a talent competition. The CCC students dominated the volleyball matches, but OBC easily won the other events. The fourth platoon of OBC, Class 05-202, won the championship for the class after winning two of the sporting events and the talent competition. One member of each team competed to be "A Company's Army Idol" as a solo singer, and another team member competed in a dance competition.

## Intramural golf standings as of Sunday

Team	Points	Team	Points
BAMC #1	161	BAMC TRP COMMAND	114
Garrison #2	147.5	Bunker Busters	113.5
Academy Bn. #1	145	SWRO Duffers	105.5
Garrison #1	143	5TH Recruiting Bde.	104.5
DENTAC	138.5	USAISR	103
USARSO Dawgpound	136	DENCOM Extractors	66
MEDCOM #1	135	Academy Bn. #2	61
GPRMC	126	SWRO Scramblers	53.5
MISFITS	123	Enforcers	24
MEDCOM #2	122.5	SWRO Woodhackers	0

## Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings."

Health Promotion Center  
Room L31-9v, Brooke  
Army Medical Center  
916-3352 or 916-5538



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

The Akeroyd Blood Center challenges eligible blood donors to give five donations in 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.

To donate, call the Akeroyd Blood Center at 295-4655 or 295-4989 or visit the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays.

## WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

### IT CAN HAPPEN.

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



# 'Silent killer'

## High blood pressure can lead to disability, death

By Ella Stiles  
Brooke Army Medical Center Health Promotions

One of several health observances for the month of May is National High Blood Pressure Education Month. High blood pressure often is not given the serious attention it deserves. It is one of the leading causes of disability or death due to stroke, heart attack, heart failure and kidney failure when left untreated.

The good news is that disability and death resulting from high blood pressure can be avoided by keeping it low.

High blood pressure is defined as increased pressure in your arteries that continues on a persistent basis. It is often called the "silent killer" because it doesn't produce any signs or symptoms. The person can feel fine and still be affected. Some people often think that headaches, dizziness or nosebleeds are common warning signs of high blood pressure. A few may experience these symptoms, but most people don't. If you do experience any of these symptoms, you should see your physician or health care provider. You may have another health condition that is causing these symptoms.

Some of the factors that put people at risk for high blood pressure are age, gender and family history. Lifestyle choices also can place people at risk for high blood pressure or hypertension. These choices can be controlled. In fact, healthy behaviors can help prevent high blood pressure before it starts and can reduce blood pressure levels once hypertension has been diagnosed.

The seventh report of the National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure provides the following guide for classification of blood pressure for adults:

BP Classification	Systolic BP, mm Hg	and	Diastolic BP, mm Hg
Normal	<120	and	<80
Prehypertension	120 to 139	or	80 to 89
Stage 1 hypertension	140 to 159	or	90 to 99
Stage 2 hypertension	>160	or	>100

To lower and control your blood pressure, the following lifestyle changes are recommended:

**Quit smoking** – Smoking causes the heart to pump faster, which damages the walls of blood vessels and increases the risk for blood clots.

**Manage your weight** – People who are overweight or obese place unnecessary strain on their heart and blood vessels and boost their risk for high blood pressure and stroke. To control your weight, follow a healthful low-fat, low-sodium diet. Several studies have shown that moderate weight loss (around 5 percent) and maintained weight loss have a positive effect on blood pressure values in those at high risk of developing hypertension.

**Stay active** – Inactivity contributes to high blood pressure. Try to be active for at least 30 minutes on most days of the week. Work fitness into your day by taking walks, using stairs instead of elevators, doing household chores or yard work, exercising or playing sports.

**Control diabetes** – People with diabetes are at increased risk for stroke, particularly if they have high blood pressure, unhealthy cholesterol levels or are overweight. Managing the disease helps reduce risk.

**Limit sodium** – Too much sodium in a diet boosts a person's risk for high blood pressure. Read all labels carefully. Choose products with the lowest Percent Daily Value for sodium. By limiting sodium intake and carrying out other lifestyle changes, people can bring down their blood pressure and keep it down.

**Take medications** – Often, lifestyle adjustments are enough to bring down high blood pressure. But if your physician prescribes medications for hypertension, use them. They will not help if you forget to take them. Also, be sure to refill prescriptions in a timely manner.

Health Promotions offers a Hypertension Management Program the third Wednesday of each month to help people get their blood pressure under control and maintain it. For more information, call 916-3352.

## Health Promotion May Class Schedule

CLASS	DATE	TIME
Weigh to Health	Friday	12 to 1:30 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Adult Asthma	Friday	2 to 3:30 p.m.
Tobacco Cessation "Readiness to Change"	Monday	11 a.m. to 1 p.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Diabetes Foot Care	Monday	1 to 2:30 p.m.
Tobacco Cessation "Readiness to Change"	Monday	3 to 5 p.m.
Colonoscopy	Tuesday	10:30 to 11:30 a.m.
Diabetes Education	Tuesday	12:45 to 4:30 p.m.
Stress Management	Tuesday	1 to 2:30 p.m.
Breast and GYN Cancer Support Group	Wednesday	9:30 to 11 a.m.
Office Yoga	Wednesday	12 to 1 p.m.
Breastfeeding Support Group	13	1 to 2:30 p.m.
Pediatric Asthma	13	2 to 3:30 p.m.
Cholesterol	16	9 to 11:30 a.m.
Diabetes Education	16	12:45 to 4:30 p.m.
Arthritis	17	9:30 to 11 a.m.
Colonoscopy	17	10:30 to 11:30 a.m.
Diabetes Education	17	12:45 to 4:30 p.m.
Tobacco Cessation "Readiness to Change"	17	5 to 7 p.m.
High Blood Pressure	18	9 a.m. to 12 p.m.
Office Yoga	18	12 to 1 p.m.
Breast and GYN Cancer Support Group	19	1:30 to 3 p.m.
Tobacco Cessation "Readiness to Change"	19	3 to 5 p.m.
Body Fat Testing	20	8 to 11 a.m.
Weigh for Health	20	12 to 1:30 p.m.
Breastfeeding Support Group	20	1 to 2:30 p.m.
Adult Asthma	20	2 to 3:30 p.m.
Diabetes Education	23	12:45 to 4:30 p.m.
Colonoscopy	24	10:30 to 11:30 a.m.
Diabetes Education	24	12:45 to 4:30 p.m.
Office Yoga	25	12 to 1 p.m.
Colonoscopy	31	10:30 to 11:30 a.m.

Schedule Diabetes Education through the Internal Medicine Clinic at 916-0794. Schedule Way to Stay and Weigh for Health through Nutrition Care Division at 916-5525. Colonoscopy requires a consult from your PCM to Gastroenterology Clinic.

## Retiring National Guard, Reserve members may waive waiting time for dental benefits

Some National Guard and Reserve members can now skip the 12-month waiting period for full family dental benefits when they retire, as long as they enroll in the TRICARE Retiree Dental Plan within 120 days of their retirement date.

Effective Feb. 1, the 12-month waiver offer is retroactive to Feb. 1, 2004.

A National Guard or Reserve member who retired on Feb. 1, 2004 and enrolled in TRDP within 120 days of their retirement date, for example, may provide a copy of their retirement orders showing that their TRDP enrollment was effected within the first 120 days of their retirement effective date. Once the documentation has been submitted, they may submit claims for any additional covered dental services provided to eligible family members during the waived period.

Additional TRDP benefits available for both adults and children during the 12-month period covered by the waiver include cast crowns, cast

restorations, bridges, dentures and orthodontics. Diagnostic and preventive services, basic restorative services, periodontics, endodontics, oral surgery, dental emergencies and a separate dental accident benefit were already available to newly retired National Guard and Reserve members without a waiting period.

Retroactive waiver requests require a copy of the beneficiary's retirement orders be sent to Delta Dental of California, Federal Services, P.O. Box 537007, Sacramento, CA, 95853-7007.

Gray-area retired reservists who are entitled to retiree pay but will not receive it until age 60 are also eligible to receive full dental benefits early. They must submit the waiver within 120 days of their retirement effective date, not the date that they turn 60. For more information and customer assistance, visit the TRDP Web site at [www.trdp.org](http://www.trdp.org) or call, toll-free, (888) 838-8737.

(Source: TRICARE Management Activity Office)

## Army Community Service

### Family Advocacy Program Class Schedule – May 2005

Class	Dates	Time
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, 17, 24 and 31	9 to 11 a.m.
Truth or Consequences?	Tuesday and 17	4:30 to 5:30 p.m.
Girl Talk! Ages 9 to 10	18	3 to 4 p.m.
Stress Management I and II	today and 12	1 to 2:30 p.m.
Teen Talk	today, 12, 19 and 26	4 to 5 p.m.
Building Effective Anger	today, 12, 19 and 26	11 a.m. to 12:30 p.m.
Management Skills Series (5 to 6) Child Safety	Monday	1 to 2:30 p.m.
S.T.E.P. Program for Parents of School Age Children	Tuesday, 17 and 24	1 to 3:30 p.m.
Parenting with Love and Logic (Teens)	Wednesday, 18 and 25	1 to 3 p.m.
You and Your Baby	Wednesday and 25	8 to 12 p.m.
Boys Only!		
Ages 6 to 8	Wednesday	3 to 4 p.m.
Ages 9 to 10	25	3 to 4 p.m.
Healthy Pregnancy	16	12 to 3 p.m.
Basics of Breastfeeding	18	10 to 11:30 a.m.
Getting Ready for Childbirth 1 and 2	19 and 26	9 a.m. to 12 p.m.
Saturday Marathon	21	9 a.m. to 5 p.m.
Anger Management Awareness	23	11 a.m. to 12:30 p.m.
Commanders Training	26	8 to 9:30 a.m.

To sign up for classes or for more information, call the ACS Family Advocacy Program at 221-0349 or 221-2418.

# MWR

## Recreation and fitness

### MWR activities

Check out MWR's Web site at [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com) for various fun activities throughout the post.

### Garage sale

Clean out your closets for the MWR garage sale Saturday from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost; however, participants must pre-register. MWR provides a space in the parking lot; participants must bring their own tables or rent one at the Outdoor Equipment Center by calling 221-5224. For more information or to pre-register, call 221-2926 or 221-2307.

### National physical fitness month

The Jimmy Brought Fitness Center will honor the National Physical Fitness Month by offering several special events. A natural body building show will be May 11; weigh in is from 4:30 to 5:30 p.m. and start is at 6 p.m. The cost is \$25. An aerobathon is scheduled for May 14 from 9 a.m. to 12 p.m. in the aerobics room. The aerobathon includes step aerobics, kick boxing and low impact and stretching. The cost is \$10. A free 5K Fun Run and Walk will be May 28 at 10 a.m. outside the Jimmy Brought Fitness Center. For more information, call 221-2020 or 221-1234.

### Youth horsemanship camp

Students ages 7 through 18 can learn proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available from June to August. The cost is \$175. For registration information, call 224-7207.

### Aquatic Center opens

The Aquatic Center opens for summer May 27. The 50-meter Olympic size swimming pool will be open daily from noon to 8 p.m. The center has three amusement park

style water slides, a kiddie pool and locker rooms with showers. For more information, call the Jimmy Brought Fitness Center at 295-8861.

### Swimming lessons

Swimming lessons will be available at the Aquatic Center this summer from June 6 to 17, June 20 to July 1, July 11 to 22 and July 25 to Aug. 5. For more information, call the Jimmy Brought Fitness Center at 295-8861 or visit [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com) under the recreation link.

### Catfish pond at Camp Bullis

The catfish pond is open Saturdays and Sundays from noon to 6 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

### Archery lessons

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

### AC service at the Auto Craft Shop

Get ready for summer with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com) for a \$5 off coupon. For more information, call 221-3962.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Mother's Day brunch

The Mother's Day brunch will be Sunday from 10 a.m. to 1:30 p.m. and is \$13.95 for members, \$15.95 for nonmembers. The buffet includes a complimentary glass of champagne. Reservations are recommended.

#### Comedy night

Comedy night will be Friday at 9 p.m. Doors open at 7:30 p.m. Advance tickets are \$12, \$15 at the door. Ticket include a complimentary meal from 7:30 to 9 p.m.

#### Bingo

Come play bingo Thursday and Friday nights and Saturday afternoons. Free buffet is available for bingo players.

### Bowling Center, 221-3683

#### Rock-n-bowl

Bowl and dance to the live music of San Antonio's hottest DJ June 11 from 7 to 9 p.m. The cost is \$10 per person.

#### Unit bowling

Unit bowling is Wednesday from 3:30 to 5 p.m. and Thursday from 12:30 to 5 p.m. Active duty bowlers pay \$3 per person for unlimited bowling, with up to eight Soldiers per lane.

#### 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.

#### Soldier appreciation

Soldier appreciation day is Saturday 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 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

### Golf Club, 221-4388

#### Summer Junior Camp at Golf Club

Instruction on putting, chipping, etiquette, safety, irons, driver, fairway and woods are available at the Golf Club. The cost is \$110 and includes new set of clubs.

#### Golf lessons

Private customized and personalized instruction are offered at the golf course.

#### Pro Shop sale

Assorted bags will be 75 percent off, and assorted golf balls will be \$5 per sleeve or \$20 per dozen.

### Harlequin Dinner Theatre

The Harlequin Dinner Theatre will perform "The Nerd," a comedy by Larry Shue, Wednesday through Saturday evenings through May 14. Discounts are available for military and students. For show times and tickets, call the box office at 222-9694.

### MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m., and closed Sundays and Mondays. For more information, call 226-1663 or visit [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com).

## Use your head . . .

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



# CHILD AND YOUTH SERVICES



## Youth Happenings

### Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th grades at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There will be a variety of camps offered this year to include sports camp, culinary arts and computer camp. Camp will run from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost will range from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call Youth Services at 221-3502.

### YS shuttle unavailable

Beginning Saturday, Youth Services will not have a shuttle to pick up or take children home. Parents of school age children will need to bring them to the Youth Center and sign them in and will need to pick them up and sign them out before 8 p.m. every Saturday. YS will continue to pick up youth from school Monday through Friday.

### Youth Services volunteers

YS is always looking for volunteers to assist with youth programs such as golf experts, roller hockey enthusiasts, tennis players, sports coaches, computer skilled people and craft experts. Clerical experts are also needed. For more information, call the Youth Center at 221-3502.

### Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make lemon pie.

### Free after school program

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

### Youth sports registration

There are still openings for the spring baseball, softball and T-ball season. Youth Services will be open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost will be \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. Children must be registered with Child and Youth Services and bring a birth certificate and proof of a physical. The cost for 3- and 4-year-olds first step T-ball is \$30 per child. For more information, call 221-3502 or 221-5513.

### Youth cheer clinic

The Youth Services Cheer Clinic is ongoing at the Youth Center, and the School Age Services, Building 1705, will hold a weekly cheer clinic. There will be two different age groups: 5- to 8-year-olds who will meet Wednesday from 6 to 7 p.m. and 8- to 12-year-olds who will meet Mondays from 6 to 7 p.m. The cost will be \$30 per month per child. All participants must be registered with Child

and Youth Services. For more information, call 221-3502 or 221-5513.

### Saturday open recreation

Open recreation for first through 12th graders is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Children must be registered with Child and Youth Services to participate. For more information, call 221-3502

### Open recreation

School Age Services offers 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.

### Instructional classes

Tae Kwon Do, quarterly babysitter training or gymnastics classes are offered through the Youth Center. For more information, call 221-4882, 221-4871 or 221-1723.

## Parent News

### ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call CYS Central Registrations 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.

### Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

### CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

### PAC meeting

CYS Parent Advisory Council meeting will be May 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns. A Family Advocacy representative will speak on child abuse prevention.

### Check wait list

Patrons 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 or 221-1723.

## Red Cross volunteer opportunities

Youth ages 14 to 17 can help their community by volunteering for the American Red Cross at Brooke Army Medical Center. Orientation sessions will be May 31 or June 15 from 7:30 a.m. to noon at the BAMC Bed Tower 7 West. Parental consent and volunteer packets are available at the Office of Volunteer Services, fifth floor at BAMC; the post's ARC Station House, corner of Harney and Patch Roads; or the ARC Chapter office, 3642 E. Houston Street down from the SBC Center. For more information, call Jessica Veilleux or Laura Hansbrough at 916-5083 or Carrie Leighty at Red Cross at 582-1925.

# RELIGIOUS HAPPENINGS . . .

## **OCF Bible study**

The next Officers' Christian Fellowship Bible study will be May 13 at 1008 Gorgas Circle near the old Brooke Army Medical Center. Dinner is at 6 p.m., and class is at 7 p.m. Retired Lt. Gen. Bruce Fister, OCF's executive director, will be the guest speaker. Fister flew 220 combat missions in the C-123 aircraft during the Vietnam War and held key command positions during Operations Urgent Fury in Grenada and Just Cause in Panama. For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

## **Single Soldiers retreat**

There will be a free retreat (transportation, meals and lodging provided) for single Soldiers May 20 to 22 at the Ramada Inn Bayfront in Corpus Christi, Texas. Participants need to meet at the Dodd Field Chapel May 20 at 5 p.m. Registration is required, and the deadline is May 11. Call Chaplain Broedel at 221-1698 or Brian Merry at 221-5007.

## **Wives of warriors**

Deployed Spouses Support Group in affiliation with Protestant Women of the Chapel meet every second and fourth Wednesday of the month at the Dodd Field Chapel at noon for worship, fellowship and support. For more information, call Wendy at 559-3497 or e-mail her at whfeagler@yahoo.com.

# INTERFAITH CALENDAR . . .

**Sunday:** Mother's Day - Ecumenical

**May 15:** Pentecost - Christian observation of the day when God the Holy Spirit came to the disciples in the forms of tongues of fire and rushing wind. It is a traditional day for baptism and confirmation of new Christians.

**May 22:** Trinity - Catholic Christian — Christians believe in three distinct persons in one God.

**May 23:** Declaration of the Bab \* - Baha'i recognition of the declaration in 1844 by Ali Muhammed that he is the anticipated "Coming One" of all religions. Work is suspended.

**May 24:** Buddha Day - Visakha Puja \*\* - Buddhists celebrate the birthday of Buddha.

**May 29:** Corpus Christi - Catholic Christian — Christian (Roman Catholic) celebration in recognition of the Eucharist - the Blessed Sacrament of the Body and Blood of Christ. The real presence of the body and blood of Jesus is honored.

**May 29:** Ascension of Baha'u'llah - Baha'i recollection of the death of Baha'u'llah, the founder; observed by prayers and readings. Work is suspended.

\* Usually begins at sundown the day before this date.

\*\* Local customs may vary on this date.

# Local Marine reservists return from duty in Iraq

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

A detachment of seven Marine reservists from the 4th Reconnaissance Battalion in San Antonio returned home April 20 after a nine-month activation.

Family and friends welcomed the Marines home at the Naval and Marine Corps Reserve Training Center at Fort Sam Houston and some posted welcome home posters on the wall for their loved ones.

The returning Marines, who are from the 2nd Reconnaissance Detachment, are Staff Sgts. Fredrick Jackson and Carlos Flores; Sgt. Henry Idar III; and Lance Cpls. Chad Docekal, John McGilvray, George Martinez and Tommy McElroy.

"I am so thankful that he is back and not hurt," said Carolyn McElroy, mother of McElroy. "I am very proud of what he had to do, and he did it well," said his father, Tony McElroy. "I have said more Hail Mary's in the last six months than I have in the last 20 years."

The Marines augmented the 2nd Reconnaissance Battalion from Camp Lejeune, N.C., along with Marines from B Company, 4th Reconnaissance Battalion from Billings, Mont. They conducted various combat operations in Iraq in support of the nation's war on terrorism, including sweeping enemy caches for weapons and explosive materials, and locating and apprehending enemy insurgents.

Marines assigned to the 4th Reconnaissance Battalion are the eyes and ears of infantry ground combat commanders. They insert via air, sea and land, and operate primarily behind enemy lines, reporting enemy activity in their assigned areas.



Family members greet Staff Sgt. Carlos Flores at the welcome home ceremony for Marines from the 2nd Reconnaissance Detachment at the Navy and Marine Reserve Training Center.



Lance Cpls. Chad Docekal, Tommy McElroy, George Martinez and John McGilvray, from the 2nd Reconnaissance Detachment in San Antonio, walk toward the Navy and Marine Reserve Training Center where their families await their return. The Marines returned home April 20 after a nine-month deployment to Iraq.



Lance Cpl. Tommy McElroy embraces a loved one at the Navy and Marine Reserve Training Center homecoming April 20.



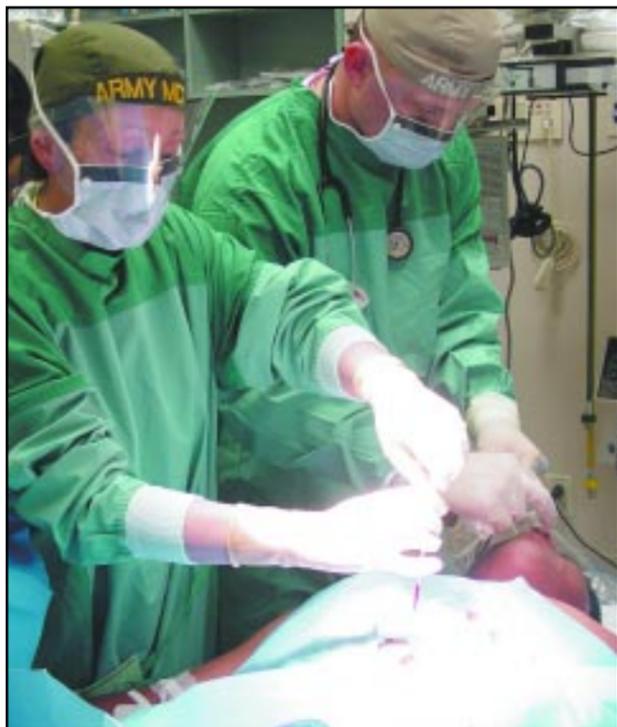
Lance Cpl. Chad Docekal visits with his niece at the welcome home ceremony.



Laura Flores tapes a welcome home sign for her father, Staff Sgt. Carlos Flores, at the Navy and Marine Reserve Training Center.



Carolyn and Tommy McElroy, parents of Lance Cpl. Tommy McElroy, happily join their son at the Navy and Marine Reserve Training Center homecoming April 20. The Marines presented their families with a bouquet of flowers.



Maj. Elizabeth Franco, surgeon, performs a diagnostic peritoneal lavage to determine if the patient needs exploratory surgery.



Photos by Maj. Brad West

Maj. Sean Montgomery, a general surgeon, places a femoral central line when no other IV access was available.



Staff Sgt. David Douglas, a 91W combat medic, draws blood from the femoral artery for lab tests.



(From left) Capt. Chris Haese, nurse; Staff Sgt. David Dougals, 91W combat medic; Pfc. Mike Walker and Sgt. 1st Class Rod Ringstaff, surgical team staff; and Maj. Elizabeth Franco, surgeon, logroll a patient to inspect his posterior for injuries.

## 782nd Forward Surgical Team trains for wartime missions at U.S. Army Trauma Training Center

By 1st Lt. Cori Champan  
U.S. Army Trauma Training Center

As a medical aircraft approaches a treatment facility, medics and surgeons stand by to assess the patient. They quickly pull the injured off the aircraft and place the patient on a gurney. They roll him into the facility for immediate surgical resuscitative care.

The Soldier medics start cutting the clothes off the patient, and the surgeon examines the patient from head to toe to find any deformities and injuries that might be life threatening. The nurse initiates an IV for fluids and obtains vital signs.

This is all a part of Army Medical Department Center and School's real-life training at the U.S. Army Trauma Training Center in Miami, Fla. The training program falls under the department of medical sciences and is one of AMEDD's 10 training programs. The technicians and doctors are all initially trained at Fort Sam Houston with follow-on training and assignments at various locations.

Working as a team is vital to the success of patient care on the battlefield. Although the 782nd Forward Surgical Team, from Fort Bragg, N.C., has deployed to both Operations Enduring

Freedom and Iraqi Freedom in 2003 and 2004, half of its recent combat veterans are still with the team, and the new members are anxiously waiting to support the Global War on Terrorism.

"Because our turnover is so high since the deployment, this is an excellent opportunity to get the new guys exposure to what the combat veterans have seen on the battlefield," said Sgt. Leonel Cubias, operating room technician.

To train the team for future deployments, the members participated in an intense, 14-day program that improves teamwork as well as clinical skills at the ATTC.

The FST comprises 20 health care professionals, including a commander, executive officer, detachment sergeant, surgeons and nurse anesthetists. FSTs play an integral role in saving lives by providing emergency resuscitative surgery on the battlefield for up to 30 critical patients in a 72-hour period before requiring reconstitution of medical supplies.

Because the 782nd FST is a part of the 82nd Airborne Division's Rapid Strategic Response Force, the team constantly remains tactically and technically proficient at home station by conducting airborne operations, live surgery training exercises and extensive training at Womack Army

Medical Center in Fort Bragg, N.C.

Since 2002, ATTC, in cooperation with Jackson Memorial Hospital's Ryder Trauma Center in Miami, Fla., has functioned as a national training center for Army FSTs. The 782nd FST is the 33rd to rotate through its program.

Although Fort Sam Houston is a long distance from Florida, the Army chose the Miami-based Ryder Trauma Center, one of three stand-alone trauma centers in the United States, as the ATTC site because it offers AMEDD personnel exposure to a high volume of traumatic injuries that closely mimic those seen on the battlefield. The center performs more than 3,600 trauma resuscitations per year. The ultimate goal of the ATTC is to "Train Teams to be a Team."

When the team arrived in Miami, they were immediately faced with a simulated mass casualty exercise to point out the team's strengths and weaknesses as well as setting the tone of the training to follow.

The faculty focuses on maintaining a high level of stress during the MASCAL, with limited supplies and external support, simulating real-world situations the team will face while deployed. By day three, the team was integrated into each of the following trauma center departments:

trauma resuscitative unit, the operating room and the trauma intensive care units. The team participated in various classroom instructions, and hands-on training with each specialty field of the FST, represented by a faculty advisor, conducting specialized training based on scenarios faced in Operations Enduring Freedom and Iraqi Freedom. With the combined efforts of the 782nd FST and the Army medical faculty and Ryder staff, the team saved more than 50 Florida casualties.

"After training for seven months, I finally get to interface through real-life practice," said Pfc. Michael Walker, a 91W combat medic.

The rotation culminates with a 24-hour capstone exercise where the unit essentially takes over operations of the RTC and provides patient care with the resources available. The grueling 24-hour exercise taxes each individual, but demonstrates the value of the training.

"A team that works together toward a common goal will outshine those who do not," said Maj. Andrew Baxter, chief intensive care unit nurse.

The training has brought the 782nd to a new level of unity and teamwork, further demonstrating the unit's readiness to deploy on a moment's notice.

# Home cleaning products could harm children

By Candi Ash  
Army Medical Department Center and School

It's almost a sure bet that the average household, school and workplace has some type of cleaning product at any given time. We all buy these products without thinking twice about it. What we don't think about is the hidden dangers that lie within either the products themselves or the way these products are packaged.

According to the National Institute on Drug Abuse, "inhalants" are breathable chemical vapors that produce psychoactive (mind-altering) effects. Very few people would consider such products as drugs, but that's just what they are if not used for their original intent. Young children and adolescents can easily obtain

them and are among those most likely to abuse these extremely toxic substances. The habit is becoming more popular with adults as well. Inhalants are often the first drug children use because they are so easy to obtain. Every year we send our children off to school with glue, markers and possibly liquid paper for school supplies.

Inhalants may fall into four categories: solvents, aerosols, gases and nitrites. For the most part, these products are easily found around the house, inexpensive and used quite often. When these chemicals are inhaled, they are considered as drugs. Inhalation can be accomplished by direct inhalation of the fumes from the containers, by breathing through a chemical soaked cloth, or by inhaling them from a bag or balloon.

Continuous inhalant abuse results in serious medical consequences. Nearly all abused inhalants produce short-term effects similar to anesthetics. Mild cases may cause a head rush and a high that only lasts for a few minutes. Because of this temporary high, abusers often continue to breathe the fumes for longer periods to stay high. Affects are similar to those of alcohol drunkenness.

When users use inhalants for several hours, more serious consequences may include heart palpitations, suffocation, asphyxiation, choking and temporarily blacking out. Chronic abuse of solvents can cause severe, long-term damage to the brain, liver, kidneys and heart. Many times the damage is irreversible and may lead to hearing loss, blindness, learning disabilities, limb spasms, central nervous system or brain

damage. The ultimate consequence is death.

"Sudden Sniffing Death" can result from a single session of inhalant use by sniffing highly concentrated amounts of butane, propane and aerosol chemicals which can induce heart failure and death within minutes of a session of repeated inhalations.

Studies have shown that initial use of inhalants often starts as early as the fourth grade. Inhalants may be used by young people as a substitute for alcohol. Research also suggests that chronic or long-term inhalant abusers are among the most difficult drug abuse patients to treat. Professional intervention is necessary to control the drug abuse.

For more information, contact the National Institute on Drug Abuse at <http://www.nida.nih.gov>.

## SCHOOL NEWS

### FSH Independent School District Weekly Campus Activities Monday to May 14

**Fort Sam Houston Elementary School**  
**May 12**  
Fifth and sixth grade field day at Cole, all day  
**May 13**  
All library books due  
Teacher appreciation lunch  
Spirit Day

**Robert G. Cole Jr./Sr. High School**  
**Tuesday**  
AP chemistry exam in rifle range, 8 a.m.  
Art show in Moseley Gym, 7 to 8:30 p.m.  
**Wednesday**  
AP art history exam in rifle range, 8 a.m.  
**May 12**  
Intermediate and beginners' band spring concert at Evans Auditorium, 7 p.m.  
**May 13**  
AP Spanish exam in rifle range, 8 a.m.  
State track meet at University of Texas at Austin, TBA  
**May 14**  
State track meet at UT at Austin, TBA

### Outstanding students



(Left) (From left) Troy Griffith, seventh grade, Kathryn Rarig, eighth grade, and Anne Cenney, 10th grade, are the recipients of the Cole Jr./Sr. High School "C" Award for Scholarship and Academics, which is awarded for outstanding dedication to excellence in academics and behavior. Caitlin Mester, ninth grade, and Caitlin Gresenz, 11th grade, not shown in the picture, are also "C" Award recipients.

(Right) Three students from Cole Jr./Sr. High School were honored Monday during the "C" Awards ceremony for their excellence in athletics. They are (from left) J.R. Simmons, who received the United States Marine Corp Distinguished Athlete Award, Joie Jolivet, Cole Female Athlete of the Year, and Josh Collins, Cole Male Athlete of the Year. The awards ceremony recognized outstanding students in academics and athletics.



Photos by Dr. Gloria Davila

## Cole wins in University Interscholastic League competitions

Students from Cole Jr./Sr. High School competed in the 27-2A District Academic Meet held last week. The competition included UIL debate, one-act play, journalism and literary events. Out of 47 students, 18 earned medals in 13 different categories. The following students placed in the competition:

**Accounting:** Israel Tovar, first place  
**Computer Applications:** John Millnik, second place; Josh Heaney, fourth place  
**Editorial Writing:** Amy Rarig, third place

**Feature Writing:** Amy Jackson, fourth place; Anne Cenney, sixth place

**Headline Writing:** Chaquille Hicks, second place

**Informative Speaking:** Kayla Terry, sixth place

**Mathematics:** Scott Gibson, second place; John Millnik, third place; Jon Simpson, sixth place; First place District team — Scott Gibson, John Millnik, Jon Simpson and Roy Aviles

**Number Sense:** Patrick Newcomer, third place; Scott Gibson, fifth place

**One Act Play:** Amy Jackson, Honorable Mention All Star Cast

**Persuasive Speaking:** John Millnik, sixth place

**Ready Writing:** Ben Carter, third place

**Social Studies:** Caitlin Gresenz, fourth place

**Spelling and Vocabulary:** ChanNa Sok, second place; Jaimie Siegle, third place; Justin Maas, sixth place; First place District Team — ChanNa Sok, Jaimie Siegle, Justin Maas and Kelly Bills

## Sports update

### Cole's baseball season ends

The Cole baseball team finished the season on a high note by defeating Comfort 6-2 last Saturday. Matt Newcomer (6-1) pitched a complete game and gave up only four hits in the victory. Julio Burgos hit his fifth home run of the season, while Doug Raymond rounded out the offensive effort with three hits. The Cougars ended the season with an 11-7 record. Darrell Kurek was the 2005 season coach.

### Cole golf student qualifies for state tournament

Cole junior James Raymond is on his way to the Texas State Golf Tournament

in Austin. He qualified by winning the regional tournament in a sudden death playoff. Raymond had a first day total of 74 and a 78 on the second day. He tied with Todd Leist of Yorktown, Texas, and had to go to the second hole for a win. Raymond has made school history for being the first golfer from Cole Jr./Sr. High School to advance past the regional level. Coach Jim Cox is the coach for the 2005 season.

### Cole's track season ends in San Marcos

The Cole girls' track team participated in two meets last week. In the District 27-2A Track Meet at Randolph High School, the varsity and junior varsity teams earned 19 medals. The winners included the following:

### Junior Varsity:

Jazmin Huling - First place in discus, second place in the 110 hurdles

Chaquille Hicks - First place in shot put  
Lisa Nieves - Fifth place in 110 hurdles, fourth place in 300 hurdles

Chelsea Woodard - Sixth place in the 100 sprint, fifth place in the 200 sprint

Deanza Cordova - Eighth place in the 100 spring

Chelsea Woodard, Deanza Cordova, Jazmin Huling and Lisa Nieves - second place in 4 by 200 relay

The junior varsity placed fourth overall in the meet.

### Varsity:

Martha Brown - Third place in the 2-mile run; fifth place in the 800 run

Meghan Rinehart - Fourth place in the 2-mile run

Nicole Ham - Sixth place in shot put

Michelle McClendon - Seventh place in the long jump; fourth place in the 100 sprint

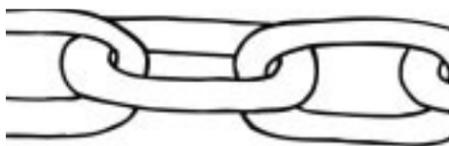
Brittany Maas - Eighth place in the 300 hurdles

Michelle McClendon, Jaimie Siegle, Christina Gonzales and Brittany Maas - Fifth place in 2 by 400 relay

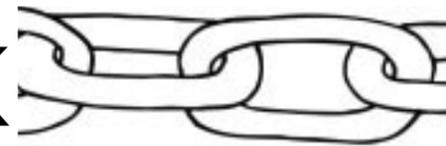
Jaimie Siegle, Brittany Maas, Meghan Rinehart and Martha Brown - Fourth place in mile relay

Martha Brown and Michelle McClendon qualified for the Regional 4-A track meet held at Texas State University in San Marcos, but did not place in the events.

"The track team members should be proud of their hard work and dedication to the 2005 season," said Coach Joella Allen. "We are looking forward to a great season in 2006."



# COMMUNITY LINK



## Happenings

### **Cole Cougar Pride Club fun run**

The parents of the 2005 Senior Class of Robert G. Cole High School will sponsor a 5K fun run to raise funds for the Robert G. Cole May 27 drug-free graduation party. The fun run will be Saturday from 8:30 to 10:30 a.m. starting at the Jimmy Brought Fitness Center. For registration and more information, call Martin or Diana Morris at 223-8009 or 221-7676.

### **Classic cruise along the Corridor**

Alamo Area Council of Car Clubs will depart from the San Antonio Botanical Gardens' parking lot on their journey down the historic Alamo-La Bahia Corridor Saturday between 8 and 9:30 a.m. New electric hybrid cars will be on display at the garden. Music and refreshments will be provided. For more information, call 362-5220 or visit [www.aacog.com/tourism](http://www.aacog.com/tourism).

### **Annual Run for the Hills**

The sixth annual Run for the Hills 5K run and walk will be May 14 from 8 a.m. to noon at Bulverde Senior Center. The entry fee is \$15, and there will be an awards ceremony following the race. For more information, call (830) 438-3111.

### **Memorial Day ride**

The Twin Elm guest ranch in historic Bandera, Texas, will host a Memorial Day weekend trail ride which will include fun, friendship and trail riding May 27 to 30. Activities include swimming and tubing in the Medina River, and shopping at arts and crafts areas. For prices and directions, call (903) 856-3691 or visit [www.banderaregulars.org](http://www.banderaregulars.org). All proceeds from the ride will be donated to the Soldier and Family Assistance Center.

### **Kraft youth essay contest**

Kraft Foods, under its "Salute to Military Families" program, will sponsor a youth essay awarding three \$1,000 U.S. Savings Bonds. The contest is to write a paper, not to exceed 1,000 words, written by a military child on "The Person I Admire." The essay should be postmarked before Aug. 1 and mailed to San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, TX, 78277.

### **Bat boy opportunity**

Kraft Foods will honor military children with its bat boy program. The honorary bat boys will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games on Friday, Saturday or Sunday. To register for bat boy, send a post card to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277.

### **Disc golf tournament**

The Randolph Metrocom Chamber of Commerce and City of Live Oak will host the sixth annual Disc Golf Tournament June 4 at 10 a.m. at Live Oak Park. For more information, call 653-9140, extension 212.

### **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](http://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](http://www.herosalute.com).

## Volunteer

### **UFE procedure available at WHMC**

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

### **WHMC periodontics seeks patients**

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

### **Sports foundation seeks volunteers**

The San Antonio Sports Foundation seeks volunteers for U.S. Junior Olympics Taekwondo Championship at the Alamodome June 21 to 25. For more information, call 820-2191 or e-mail [dbrowne@sanantonioports.org](mailto:dbrowne@sanantonioports.org). Applications can be submitted online at [www.sanantonioports.org](http://www.sanantonioports.org).

### **BAMC needs volunteers**

Brooke Army Medical Center needs drivers for its caremobiles which transport patients from the BAMC parking lot to the clinic entrance. The hospital also needs volunteers for its patient library to distribute materials to clinics and patients. For more information, call Laura Hansbrough at 916-5083 or Jessica Veilluex at 916-3862.

### **Student exchange program**

Families interested in sponsoring foreign exchange high school students for the coming 2005-2006 fall semester can call the program coordinator, Yvette Coffman, at (800) 941-3738 or e-mail [ycoffman@share-southwest.org](mailto:ycoffman@share-southwest.org).

## Professional Development

### **Overseas relocation workshop**

The Relocation Assistance Program will conduct an overseas orientation Wednesday at the Roadrunner Community Center at 10 a.m. and 5 p.m. The orientations are targeted to destinations such as Korea, Germany, Japan, Italy and others. They will include entitlements, reimbursements, household goods shipments, employment, education, non-command sponsored tours and reunion tours. Overseas videotapes are also shown. For

more information, call Army Community Service at 221-2418.

### **FRG workshop**

There will be a Family Readiness Group leadership team workshop May 20 at the Roadrunner Community Center. It is open to all units on the installation. The purpose of the workshop is to provide standardized training to unit commanders, first sergeants, family member FRG leaders and any other unit representative with an interest in family readiness. For more information or to register, call Army Community Service at 221-2705.

### **Free suicide prevention training**

The installation chaplain's office will offer a "Suicide First-Responder" training called "Assist." Assist is designed to help students become prepared caregivers and be more ready, willing and able to help persons at risk. The two-day class will be May 12 and 13, and is limited to 15 students. Go to [www.samhouston.army.mil/chaplain/suicide](http://www.samhouston.army.mil/chaplain/suicide) to register. For more information, call Robb Wood at 221-5428.

### **Principle-based shift work scheduling workshop**

There will be a workshop July 12 at the Sam Houston Club from 8:30 a.m. to noon to present nine shift work scheduling principles and their rationale. A Department of Defense-developed, browser-based, shift work scheduling wizard will be used in the last hour. Graduates of the workshop should be able to design, and to help others design, optimal shift work schedules that produce measurable, positive changes when applied in settings with poor shift work schedules. The cost is \$25. To register, visit [http://www.brooks.af.mil/AFRL/HEP/HEPF/Shift\\_work\\_Workshop](http://www.brooks.af.mil/AFRL/HEP/HEPF/Shift_work_Workshop).

### **Free computer training**

Family members of active duty military personnel may receive computer training to prepare for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instruction is also available in Spanish. For more information, call Katja Lunsford at 221-0427.

### **Warrant officers needed**

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms and documents required to apply, visit the Web site: [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is (800) 223-3735, ext. 6 and the last four of the phone number.

## Meetings

### **Comptrollers luncheon**

The Alamo Chapter of the American Society of Military Comptrollers invites all members and nonmembers to attend May's luncheon hosted by Headquarters Air Intelligence Agency Judge Advocate at Lackland Gateway Club Tuesday from 11 a.m. to 1 p.m. Guest speaker will be Col. Charles Williamson of AIA/JA. Topic will

be "Ethics Enforcement and Investigations." For more information, call Wayne Wanner at 221-7029.

### **USAWOA Lone Star Chapter**

The Lone Star Chapter of the United States Army Warrant Officers Association will meet at 7 p.m. on the third Monday of each month at VFW Post #8541, 2222 Austin Highway (between Rittiman and Eisenhower). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail [matthew.watterson@amedd.army.mil](mailto:matthew.watterson@amedd.army.mil).

### **AUSA symposium**

The Army Medical Department in cooperation with Association of the U.S. Army invite the Army medical community to attend the 2005 AUSA Medical Symposium at the Henry B. Gonzalez Convention Center in San Antonio from June 27 to 30. This year's theme is "Army Medical Department: At War and Transforming." For symposium information and registration, visit [www.ause.org](http://www.ause.org). Reservations should be made as soon as possible. For all other inquiries, to include breakout session or military exhibitors, call Capt. Stephanie Wolf, AUSA project officer at 221-7124 or e-mail [ause.medcom@amedd.army.mil](mailto:ause.medcom@amedd.army.mil).

### **SMA seeks new members**

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

### **Helicopter pilot association**

The Combat Helicopter Pilots Association is incorporated in Washington, D.C., to establish a legacy organization designed to forge links among past, present and future rated U.S. military helicopter aviators and to celebrate their unique, common and evolving combat heritage. CHPA will draw from a worldwide veteran and deployed membership base in all U.S. service branches. Several other membership categories related to combat aviation also exist. For more information, visit [www.CHPA-US.org](http://www.CHPA-US.org) or contact its president, Steve Reilly, at (800) 832-5144 or e-mail him at [President@chpa-us.org](mailto:President@chpa-us.org).

### **Association seeks members**

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

### **BOSS seeks single Soldiers**

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

# 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 more information, call 221-1031.*



**Free:** Piano, needs work; you haul. Call 222-9940.

**Free:** Firewood, chinaberry tree; you load; you haul. Call 573-8970.

**For Sale:** White Whirlpool refrigerator, 18 cubic feet, \$75; Samsung 19-inch computer CRT monitor, \$30; small frame Fuji hybrid bike, \$30; BOSE 301 speakers with stands, \$60 a pair; classic 20-year-old Peugeot 10-speed bike, \$30. Call 224-7541.

**For Sale:** One ladies platinum engagement ring with .63 carats of round and baguette shape diamonds in the band with a .55-carat princess cut diamond, paid \$3,500, sell for \$2,700. For more information and pictures, e-mail ry3lamp@gmail.com.

**For Sale:** Computer desk, \$20; aquarium, 55-gallon, \$250; race car bed (twin size), \$100; baby dresser, \$50; entertainment center, \$25. Call Denise at 382-0766.

**For Sale:** 1995 Dodge Neon Sport, power steering, power brakes, a/c, AM/FM stereo and cassette, five-speed manual, new tires, 65K miles, needs clutch cable work, \$650. Call 223-4030 or 367-0442.

**For Sale:** 2002 burgundy Cadillac Deville, taupe leather interior, all options, CD player, in immaculate condition, non-smoking owner, garaged, 55K miles, can view on base, \$18,000. Call Lyle at (509) 879-1191.

**For Sale:** 1993 Dodge Intrepid, as is, \$400. Call 223-9196.

**For Sale:** Sofa, \$75; loveseat, \$40; rocker/recliner, \$35. Call 481-3609.

**For Sale:** Thomas the Train "Bridge and Tunnel" set, Roundhouse, Cranky the Crane, twin size bedding set, T-shirt, and at least 15 of Thomas' friends, still have receipts with lifetime guarantee, paid at least \$900, asking \$600 for everything. Call Gina at 595-6863.

**For Sale:** Spanish wrought iron and wood dining table and four chairs, \$75 obo; light oak roll top desk with nine drawers, \$250 obo. Call 643-0795.

**For Sale:** Chain link fence, 150 feet, 4-inches high with gate, paid \$475, asking \$200 obo; toddler wood bed with crib mattress, \$35. Call 271-3016.

**For Sale:** Weider home gym, full weight set with bench, weights, bars and safety system, excellent condition, \$250; Don Stivers print "Silet Tribute," beautifully framed with blue matting, \$200; all books for CGSC ILE Phase I, make an offer. Call 385-4859.

**For Sale:** 1996 Jayco Eagle, 22 foot, fifth wheel travel trailer, excellent condition, owned by non-smokers. Call Lloyd or Mary at 655-7667.

**For Sale:** German shrunk, 11-feet long, 7-feet high, comes in six sections, easy for moving and relocating, \$3,000 obo. Call Bob at 661-5628 or 317-5900 for appointment to see.