

FORT SAM HOUSTON News Leader

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"HOME OF ARMY MEDICINE"

SFAC opens at Fort Sam

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

The Soldier and Family Assistance Center, a new one-stop support shop for Warriors in Transition and their Families, opened Jan. 2 in the lower level of Brooke Army Medical Center.

The post celebrated the opening with a ceremonial ribbon-cutting at the center Friday, attended most notably by the secretary and vice chief of staff of the Army, as well as post and community leaders.

"We ask so much of our Soldiers, and in turn, those Soldiers who get wounded, we ask even more of their Families," said Vice Chief of Staff of the Army Gen. Richard A. Cody at the ribbon-cutting. "This SFAC, and the others that we're standing up across our 35 different Warrior Transition Units, is about taking care of our Soldiers and their Families."

The SFAC here will serve more than 600 Warriors in Transition. The center comprises more than 20 on-site experts available to offer advice or, in some cases, on-the-spot solutions for everything from pay issues to money management, job hunting to child care.

See **SFAC P6**



Sgt. Larry Newkirk, his son William and Cpl. Jason Gifford cut the ribbon at the ceremony celebrating the opening of the Soldier and Family Assistance Center at Fort Sam Houston. Assisting with the ribbon-cutting are (from left) Army Vice Chief of Staff Gen. Richard A. Cody; Newkirk; Army Secretary Pete Geren; Installation Commander Maj. Gen. Russell Czerw; Gifford; William Newkirk; Brooke Army Medical Center Commander Brig. Gen. James Gilman; Kevin Newkirk; Jessica Newkirk; Diane Newkirk; U.S. Army Garrison Commander Col. Wendy Martinson; and Charles O'Leary, SFAC supervisor.

264th Med. Bn. names top warrior team

By Esther Garcia
Fort Sam Houston Public Affairs Office

A Company, 264th Medical Battalion was named the top warrior team in the battalion's first Warrior Challenge Competition held Dec. 15 at various locations on Fort Sam Houston.

"It was very challenging physically, but teaches us to stay together, and we communicated very well," said Pvt. Andrew Bautista, A Company, 264th Med. Bn.

The rigorous competition was organized to foster excellence, exceed standards and enhance esprit de corps within the battalion, according to battalion leaders.

Four companies or teams consisting of eight members and two alternates began the day's events with a physical fitness test at MacArthur Parade Field. Each team then road marched to each phase of the competition, executing a round-robin, non-stop effect.

The competition included

running a half mile before and after negotiating the rigorous NATO obstacle course while carrying a casualty on a litter; testing on weapons assembly and function; negotiating the litter obstacle course at Salado Park that involved receiving direct fire while maneuvering a casualty underneath barbed wire; climbing high and low walls; going down a steep hill; entering narrow areas and high water areas to reach the safe zone; and requesting medical evacuation.

Weapons qualification included the 9 mm pistol, M240B machine gun and the M16A4 rifle. For the land navigation competition, each team received a compass and a map and determined their location on the ground and navigated from one point to another. The competition culminated with a modified combatives tournament. Each of the above events represented a theme from the Warrior Ethos creed.

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Challenge
Competition

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NEW E-MAIL ADDRESS: NEWS.LEADER@CONUS.ARMY.MIL

Post breaks ground for first BRAC project

By Phil Reidinger
Fort Sam Houston Public Affairs Office

The Base Realignment and Closure 2005 legislation directed the creation of the Joint Center of Excellence for Battlefield Health and Trauma at Fort Sam Houston. The research center will be located with the Institute of Surgical Research near Brooke Army Medical Center.

Maj. Gen. George Weightman, commanding general, Medical Research and Materiel Command, parent com-

mand of the ISR, will host the official groundbreaking Friday at 2 p.m. to begin construction of the 103,600-square-foot research center that will cost approximately \$92 million and is scheduled for completion in September 2009. The groundbreaking will mark the first BRAC project at Fort Sam Houston.

The research center, able to accommodate a workforce estimated to be 264 personnel, will integrate all

See BRAC PROJECT P7



Courtesy picture

The groundbreaking for the Joint Center of Excellence for Battlefield Health and Trauma will take place Friday at 2 p.m. near Brooke Army Medical Center. The post's first Base Realignment and Closure project is scheduled for completion in September 2009.

BRAC construction begins, affects parking near BAMC

By Phil Reidinger
Fort Sam Houston Public Affairs Office

A section of Lot A at Brooke Army Medical Center will be closed during the construction of the Joint Center of Excellence for Battlefield Health and Trauma.

Because of the construction, a total of 324 parking spaces in Lot A will not be available. Staff parking spaces in Lot A

will be relocated to parking lots on George Beach Avenue in the vicinity of BAMC and adjacent parking space at the east side of the Navy and Marine Reserve Training Center which have sufficient capacity to replace parking spaces lost due to the construction.

The 103,000-square-foot facility will house the Department of Defense Combat Casualty Care Research, along with the U.S.

Army Institute of Surgical Research. Currently, ISR is located on the BAMC campus.

The construction of the BHT is the result of the Base Realignment and Closure 2005 legislation, and joins together the following services: Combat Casualty Care Research missions and functions of Walter Reed Army Institute of Research and the Combat Casualty Care Directorate of the Naval Medical Research

Center from Forest Glen, Md.; U.S. Army Dental and Trauma Research Detachment, Naval Institute for Dental and Biomedical Research, and Air Force Dental Evaluation and Consultation Service from Great Lakes, Ill.; and the U.S. Army Medical Research Detachment from Brooks City-Base in San Antonio.

Construction is expected to be completed in the fall of 2009.



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Top Army civilian visits BAMC



Brig. Gen. James Gilman, commander of Great Plains Regional Medical Command and Brooke Army Medical Center, shows Secretary of the Army Pete Geren the layout of the hospital and the many facilities present in support of wounded warriors Friday.



Photos by Jen Rodriguez

Secretary of the Army Pete Geren visits with wounded warrior 1st Lt. David Ahern Friday and asks about the overall care of Soldiers at Brooke Army Medical Center. Geren visited with wounded warriors prior to the ribbon-cutting ceremony for the new Soldier and Family Assistance Center in the lower level of BAMC.

Battlemind prepares Soldiers for combat, returning home

By Susan Huseman
USAG Stuttgart Public Affairs Office

STUTTGART, Germany — Today, every Soldier headed to Iraq and Afghanistan receives Battlemind training, but few know the science behind it.

Consequently, Dr. Amy Adler, a senior research psychologist with the U.S. Army Medical Research Unit-Europe, Walter Reed Army Institute of Research, in Heidelberg, Germany, visited Patch Barracks, breaking down the program, which is a system of support and intervention.

Not every Soldier who deploys downrange is at risk for mental health problems, she said. The main risk factor is the level of combat experienced. Adler explained to her audience, consisting predominantly of medical, mental health and family support professionals.

Army studies show the greater the combat exposure a Soldier encounters, the greater the risk for mental health problems, including post-traumatic stress disorder, depression, anger and relationship problems. When Soldiers first return home, they may not

notice any problems; sometimes it takes a few months for problems to develop.

For those in the medical community, "Our challenge was how to develop interventions that can get at all these things," Adler said. "How do you develop a mental health training of some sort that's going to prevent that eventual increase over time?"

"We realized we needed to develop some kind of alternative," Adler said. "There was no existing mental-health training that made sense for these sets of questions. It's not like there was something off the shelf in civilian literature that would begin to address this."

Formerly, the Army simply conducted medical post-deployment health briefings for Soldiers. But it didn't specifically target Soldiers going into combat and coming back with adjustment challenges.

Therefore, researchers at the Walter Reed Army Institute of Research began to define their objectives for a mental health training program. Adler said the team needed to develop something that was "going to make sense for different phases of the

deployment cycle."

"For example," she said, "the existing mental health brief (at the time) was the same for pre- and post-deployment. That doesn't make sense. The challenges are different.

"Secondly," she continued, "we wanted to make sure it was integrated. If we tell somebody something at pre [deployment], we want to make sure whatever theme we're going for or concept we're trying to communicate, it's going to connect with the same information that we're going to talk about at post[deployment]."

The result? Battlemind, a term used to describe combat readiness. It was also a term the researchers felt was appropriate for the training they were designing. Adler called it a Soldier's inner strength to face fear and adversity in combat with courage, labeling it "resiliency."

The Battlemind system is built on findings from surveys and interviews given to Soldiers and Marines returning from Iraq and Afghanistan. In fact, many of the researchers themselves have deployed.



Photo by Sgt. Ben Brody

Soldiers who deploy in support of operations Iraqi Freedom or Enduring Freedom receive Battlemind training before departing and after returning home. The system includes separate training modules for Soldiers, unit leaders, health-care providers and spouses.

The research team gathered Soldiers' accounts of specific events and incidents, turning them into teaching tools that warriors can relate to. "Some of these stories tell more than any briefing ever could," Adler said.

The first Battlemind product was a mental health post-deployment briefing. It quickly became a training system supporting Soldiers and Families across the seven phases of the deployment cycle.

The Battlemind system

includes separate pre-deployment training modules for Soldiers, unit leaders, health-care providers and spouses. Psychological debriefings are given in theater and upon redeployment. There is also a post-deployment module for spouses and several post-deployment modules for Soldiers.

As part of her presentation, Adler discussed various challenges in developing a relevant pre-deployment mental

See BATTLEMIND P8

News Briefs

MLK March

The City of San Antonio 2008 MLK March and Commemorative Program will be held Jan. 21 at 10 a.m. The three-mile march will begin at the Eastside Boys and Girls Club at 3500 MLK Drive (MLK Freedom Bridge), and will end at Pittman-Sullivan Park at 1101 Iowa where the commemorative program and job fair will take place. People are invited to join the Fort Sam Houston Equal Employment Opportunity/Equal Opportunity Special Emphasis Program Committee in the march. Look for the banner: "Fort Sam Houston Celebrates Dr. Martin Luther King Jr. Holiday." For more information, call Master Sgt. Ricky Evans at 295-0561 or Sgt. 1st Class Rosalba Chambers at 221-4240.

Garrison Night at the Rodeo

U.S. Army Garrison Fort Sam Houston employees, Family members and friends are invited to the U.S. Army Garrison Fort Sam Houston Night at the San Antonio Rodeo Feb. 9 at 7:30 p.m. Featured entertainment will be Lynrd Skynrd. The cost is \$15 per ticket. For more information or to order tickets, call Loretta Belz at 221-9607, Robin Powell at 221-2632, or, at Camp Bullis, Paty Chavarria at 295-7611 by close of business Monday.

Women's History Month volunteers

The Great Plains Regional Medical Command, in support of the Installation Equal Opportunity Office, seeks volunteers, military or civilian, to serve as committee members for the Women's History Month observance in March. For more information, call Sgt. 1st Class Matthew Crown at 295-2353 or e-mail matthew.crown@amedd.army.mil.

San Antonio area BAH rates

The Fort Sam Houston Housing Services Office, under the Housing Division, Directorate of Public Works, is tasked with providing data that is used to determine the Basic Allowance for Housing by the Department of Defense. This ongoing data collection process involves providing ade-

quate and updated rental housing referral properties. In addition, the housing office is responsible for identifying unacceptable housing areas and ensuring that these areas are excluded from the data submission.

Due to the diligent efforts of the FSH Housing Services Office, the 2007 BAH sub-

mission reflected an increase of 200 percent for adequate rental properties over the previous year's submission. With the combined coordinated efforts of Fort Sam Houston, Lackland and Randolph Air Force Base housing offices, the San Antonio area BAH increased an average of 14 percent for 2008.

Without Dependents

Paygrade	2008	2007	Diff.
E-1	794	689	105
E-2	794	689	105
E-3	794	689	105
E-4	794	689	105
E-5	885	796	89
E-6	954	863	91
E-7	1067	962	105
E-8	1196	1065	131
E-9	1219	1070	149
W-1	1012	914	98
W-2	1195	1064	131
W-3	1221	1071	150
W-4	1276	1096	180
W-5	1353	1164	189
01E	1180	1061	119
02E	1214	1069	145
03E	1257	1079	178
0-1	937	848	89
0-2	1138	1024	114
0-3	1229	1073	156
0-4	1343	1154	189
0-5	1394	1200	194
0-6	1473	1269	204
0-7	1502	1294	208

With Dependents

Paygrade	2008	2007	Diff.
E-1	1059	955	104
E-2	1059	955	104
E-3	1059	955	104
E-4	1059	955	104
E-5	1180	1061	119
E-6	1257	1079	178
E-7	1335	1147	188
E-8	1420	1222	198
E-9	1507	1312	195
W-1	1258	1080	178
W-2	1370	1178	192
W-3	1473	1269	204
W-4	1521	1328	193
W-5	1575	1397	178
01E	1351	1162	189
02E	1457	1255	202
03E	1529	1339	190
0-1	1189	1063	126
0-2	1255	1079	176
0-3	1469	1266	203
0-4	1599	1426	173
0-5	1688	1538	150
0-6	1702	1551	151
0-7	1722	1569	153

TSGLI adds advisers at military treatment facilities

WASHINGTON, D.C. — Traumatic Servicemembers' Group Life Insurance, a Congressionally-mandated insurance program for members of the Armed Forces, is reaching out to more Soldiers and their Families through the addition of Soldier Family Support Specialists at 10 critical military treatment facilities across the country, to include Brooke Army Medical Center.

The program has been enhanced to provide consistent advice and assistance to all Soldiers and Family members so they can seamlessly file claims for traumatic injuries. The program, which is supported by Veterans Affairs, has provided \$152 million to traumatically injured Soldiers alone.

SFSSs are subject matter experts who demonstrate a wide breadth of knowledge about the TSGLI program and have gained expertise in briefing and assisting Soldiers and their Families with the claims process. They work closely with the Warrior Transition Units and the Soldier and Family Assistance Centers at the MTFs to provide their services. The addition of SFSSs will improve communication efforts, ultimately increasing the number of

SFSSs are subject matter experts who demonstrate a wide breadth of knowledge about the TSGLI program and have gained expertise in briefing and assisting Soldiers and their Families with the claims process.

awarded claims for TSGLI.

"SFSSs are vital liaisons between the Soldier and medical community, ensuring the timely and accurate submission and processing of TSGLI claims," said Col. John F. Sackett, who leads the TSGLI Branch under the Army's Human Resources Command in Alexandria, Va.

The SFSSs perform a variety of duties including claims form assistance, medical documentation assistance, payment information and issue escalation to the TSGLI staff headquarters. SFSSs also pro-

vide guidance on the most difficult loss areas in the activities of daily living, which include eating, bathing, dressing, toileting, transferring and continence as they relate to the TSGLI claims process.

"Training SFSSs then deploying them to key MTFs makes them a permanent fixture to the TSGLI infrastructure and will expand our reach to the men and women of the Armed Forces," Sackett said. "Through this new initiative, we are demonstrating our ongoing and ever increasing commitment to help traumatically wounded or injured Soldiers and their Families in their time of need."

SFSSs have been deployed to the following MTFs: Walter Reed Army Medical Center, Washington, D.C.; BAMC; William Beaumont AMC, Fort Bliss, Texas; Darnall Army Hospital, Fort Hood, Texas; Womack Army Medical Center, Fort Bragg, N.C.; Schofield Army Medical Center, Schofield Barracks, Hawaii; Blanchfield Army Community Hospital, Fort Campbell, Ky.; Guthrie Ambulatory Army Medical Center, Fort Drum, N.Y.; Madigan Army Medical

See TSGLI P8

Tax refund anticipation loans: How much do they really cost?

By Capt. David Perrone
Office of the Staff Judge Advocate

Some private tax preparation firms offer tax refund anticipation loans, which are loans on expected tax refunds that permit servicemembers to borrow money against their tax refunds.

In exchange, they sign over a portion of their tax refund to the tax return preparation company or agree to repay the preparer with the refund the taxpayer receives.

There are drawbacks to refund anticipation loans. First, not everyone qualifies for them. People who have been denied a tax refund or have had other problems with tax refunds in the past because of accrued, past-due child support or past-due student loans may not qualify for the loans.

Additionally, there are maximum limits people can borrow and amounts for Earned Income Credit may not qualify for the loan amount.

But perhaps the biggest problem with these loans is the cost. Every year, the tax preparation services earn nearly \$1 billion in fees from these loans. In a recent study, the Department of Defense concluded that refund anticipation loans were "the second most prevalent high-cost loan used by servicemembers."

The study concluded that there are alternatives available to servicemembers at little or no cost.

Costs of tax preparation and refund anticipation loan fees vary between companies, but assume, hypothetically, that a person pays a private preparer \$125 to prepare taxes, and then pays an additional \$125

In a recent study, the Department of Defense concluded that refund anticipation loans were "the second most prevalent high-cost loan used by servicemembers."

for the refund anticipation loan fee to receive a \$2,500 loan on a refund. That's a 10 percent surcharge on the total amount of the refund.

Worse yet, if the tax refund is deposited to a bank account and it arrives in as few as eight days, then the borrower will have paid \$250 to receive a loan of \$2,500 for eight days. At an annualized rate of interest, the borrower is paying hundreds of percent in interest for an unnecessary loan.

In the past, private tax preparers have been sued for deceptive advertising and for charging interest rates above legal limits. As a result,

See TAX REFUND P8

Fort Sam Houston to open tax centers Jan. 22

Tax season is right around the corner, and Fort Sam Houston is ready for the rush for refunds. The post will open its two tax centers Jan. 22.

The primary tax center office will be located in Building 133, immediately behind the Office of the Staff Judge Advocate, and the satellite office will be located in Brooke Army Medical Center, in the hospital's lower level.

Each tax center will be staffed by servicemembers and civilians who have been trained to prepare taxes. Soldiers and civilians who serve in the tax centers will attend Internal Revenue Service training and must pass all required tests before they can prepare taxes.

The tax centers will offer free tax preparation to military members, retirees and their dependents. In most cases, returns can be signed and electronically filed with the IRS on the same day. There is no charge for electronic filing at military tax centers. For the most part, returns filed by a Thursday will be electronically deposited into a taxpayer's bank account as early as the following Friday; meaning people can have their refund back in as little as one week.

In the past, Fort Sam Houston tax centers have saved servicemembers thousands of dollars in tax preparation fees and helped them collect hundreds of thousands of dollars of refunds each year. (Source: Office of the Staff Judge Advocate)

SFAC from P1

Additionally, the center offers an array of conveniences, to include Internet access, printers, scanners and fax machines.

Most conveniently, the center is located within the hospital, just an elevator ride away for wounded warriors and their Families.

"The goal was to bring services close to Warriors in Transition so they don't have to travel to different locations for information or support," said Charles O'Leary, SFAC supervisor.

"The ability to provide a multiservice, one-stop facility for wounded warriors is a demonstration of our commitment to servicemembers and their Families," he added.

Maj. Gen. Russell Czerw, installation commander, described the SFAC as a "hub for orienting" Soldiers on governmental and nongovernmental entitlements, as well as a focal point for administrative and financial needs.

"Our Soldiers deserve the correct guidance and answers

the first time they ask that question," said Czerw at the ceremony. "The SFAC staff is committed to making that happen."

The center will enable Soldiers to focus on their new mission, the general said. "Your mission out there is to heal so that you can come back on active duty or that you can go to your community as a veteran and contribute to your community as you contributed to the nation."

Cody urged the SFAC staff to remember the importance of their job, pledging to allow them the latitude to make decisions. "We trust you to do the right thing."

When it comes to the staff dealing with young Families and Soldiers, "don't underestimate the power of you saying, 'don't worry about it, I'll take care of your paperwork, you go upstairs and take care of your Soldier,'" he said.

The SFAC marks another step in the Army's quest to improve support services for Warriors in Transition and their Families. Earlier in the year, the Army Medical Action Plan directed Installation



Photo by Esther Garcia

Sgt. Katherine Williams, of the U.S. Army Medical Command Band, sings the national anthem Friday during a ceremony celebrating the opening of the Soldier and Family Assistance Center at Fort Sam Houston. Attendees include (from left) Secretary of the Army Pete Geren, Army Vice Chief of Staff Gen. Richard A. Cody, Installation Commander Maj. Gen. Russell Czerw, Brooke Army Medical Center Commander Brig. Gen. James Gilman and U.S. Army Garrison Commander Col. Wendy Martinson.

Management Command to establish SFACs on installations in the continental U.S. that have military medical facilities and Warrior in Transition Units.

"Our Army and our Army leadership have realized that ... integral to the Army Medical Action Plan is the

implementation of the Soldier and Family Assistance Center," Czerw said.

"Our goal is to always provide professional services that are efficient, accessible and convenient," said U.S. Army Garrison Commander Col. Wendy Martinson. "Every aspect of our implementation

and execution of the AMAP at Fort Sam Houston was intended to care for and support the recuperation and rehabilitation of our Warriors in Transition."

The secretary of the Army put a historical perspective on

See SFAC P7

SFAC from P6

the event, tracing the military's commitment to its servicemembers back to the 1800s.

"Abraham Lincoln pledged our nation to take care of those who borne the battle, his widow and his orphan. In all the conflicts since that time, that commitment of our nation has posed different challenges," said Secretary of the Army Pete Geren. "There were times when the system was under great stress and had to respond quickly."

As the Army changes, so does its members' needs, Geren said. "We're an Army with over half of our Soldiers married and over 700,000 children who are part of Army Families," he said. "As the needs of the Families have changed, as the needs of Soldiers have changed, your Army has to change."



Photo by Elaine Wilson

Spc. James King, of the Warrior Transition Unit, creates a federal resume with help from Kim Goffar, Civilian Personnel Advisory Center federal employment coordinator, Jan. 3 at the new Soldier and Family Assistance Center located in the lower level of Brooke Army Medical Center.

Geren described the difficulties in implementing change in such a large organization. "It's hard to move a huge organization and make it respond to the needs of individuals and ... make the corrections that it needs to make," said Geren, attributing the credit for many recent changes made to the vice chief of staff of the Army.

Cody said it was simply a

moral obligation.

"We have a moral obligation in our Army to take care of our Soldiers, our civilians and our Family members, and that moral obligation is much stronger when we are a nation at war," the general said. "I'm very, very proud of what you're doing here, very, very proud of our Army, and I couldn't be prouder of what our Soldiers are doing."

BRAC PROJECT from P2

Defense Department combat casualty care research missions and functions in a multi-service, synergistic research facility with a clinic foundation. The center will provide permanent facilities for the consolidation of biomedical research and functions supporting Combat Casualty Care and dental and biomedical research currently conducted at Forest Glen Annex, Md.; Great Lakes Naval Station, Ill.; Brooks City-Base, Texas; and Fort Sam Houston.

Primary facilities include new medical research and vivarium facilities and alterations to the existing medical research lab and vivarium. Operation of the existing

vivarium must continue unimpeded while construction and alterations are under way due to ongoing research.

Included in the construction are building information systems, intrusion detection systems, energy monitoring and control systems, fire/smoke detection and alarm systems, connections to the installation central systems, and building and site antiterrorism measures. Supporting facilities include water, sewer, gas and electric utilities; exterior communications; site drainage; access drives; parking; sidewalks; and site work. Access for individuals with disabilities is also incorporated into the project.

(Source: Fort Worth Corps of Engineers)



TAX REFUND from P5

Congress passed restrictions on interest that can be charged to servicemembers. This year, the DoD implemented rules that limit the total amount of interest that may be charged to military members and their dependents.

The new rules place a 36 percent annual percentage rate of interest on a refund anticipation loan. The amount does not include the cost of tax preparation. This may mean that some tax services will no longer offer refund anticipa-

tion loans to servicemembers.

Incidentally, the regulations also place the same 36 percent annual rate of interest on pay day loans and vehicle title loans.

People who choose to file with a private tax preparer and receive a refund anticipation loan should make sure they know what they are paying and that their preparer follows the law.

For people who think they were charged an incorrect amount, contact the Legal Assistance office at 221-2353. And, consider using the military's free tax centers.

TSGLI from P4

Center, Fort Lewis, Wash.; and Eisenhower Army Medical Center, Fort Gordon, Ga.

While the SFSSs operate at these set locations, they will also provide assistance at other MTFs throughout the country. In addition, other MTFs are being identified for future SFSS deployments.

TSGLI is for Soldiers — active, Guard or Reserve —

who incur a qualifying traumatic injury at any time during their service commitment, whether on or off duty. It provides a one time, tax-free payment of up to \$100,000 per traumatic event, which can be used to help with unforeseen expenses or provide a financial start on life after recovery. The program began Dec. 1, 2005, and all Soldiers covered under SGLI are eligible. In addition, there is retroactive

coverage going back to Oct. 7, 2001, with slightly different eligibility requirements.

For more information about TSGLI, including detailed eligibility requirements and claim submission instructions, call the U.S. Army TSGLI service center at 1-800-237-1336, e-mail TSGLI@conus.army.mil or visit www.tsqli.army.mil.

(Source: U.S. Army Human Resources Command)

BATTLEMIND from P3

health briefing for Soldiers.

"You have 45 minutes, maybe an hour, to tell Soldiers, before they deploy to Iraq, something about mental health," she said. "What are you going to tell them? You don't want to sugar coat it, but you don't want to teach them a whole lot of new information right at a time when they are focused on the task ahead of them."

The researchers first chose to identify the reality of combat and deployment. It may sound rudimentary, but earlier research found that Soldiers were not telling other Soldiers what to expect. Soldiers didn't want to sound as if they were bragging, said Adler.

Pre-deployment Battlemind tells Soldiers what they are likely to see, to hear, to think and to feel while deployed — by describing the worst-case scenario.

For the post-deployment phase, Battlemind

addresses safety concerns, relationship issues, normalized combat-related mental health reactions and symptoms — along with teaching Soldiers when they should seek mental health support for themselves or for their buddies

The researchers realized that this post-deployment briefing, the original Battlemind, was not enough. The Soldiers they talked to were raw, edgy and angry. Accordingly, another training program, Battlemind II, was developed to be given three to six months into redeployment.

The system re-emphasizes the normal reactions and symptoms related to combat and what is called Battlemind checks: signs that indicate mental health support is needed.

To learn more about the Battlemind system, visit www.battlemind.org. All of the Battlemind products — training modules, brochures, debriefings and videos — are available on the Web site.

(Source: Army News Service)

Champion of civil rights

Martin Luther King Jr. left behind legacy of peace

Martin Luther King Jr. was born at home Jan. 15, 1929, in Atlanta. He was the eldest son of Alberta and Martin Luther King Sr., who was a Baptist minister. His father enlisted as a pastor of a large Atlanta church, Ebenezer Baptist, which was founded by Martin Luther King Jr.'s maternal grandfather.

King attended a segregated school, where he excelled. He then entered Morehouse College at age 15 and graduated with a bachelor's degree in sociology in 1948. He went on to graduate with honors from Crozer Theological Seminary in 1951 and enrolled in Boston University where he achieved a doctoral degree in systematic theology in 1955.

Throughout his education, King was exposed to influences that associated Christian theology to the struggles of oppressed people. At Boston University, he studied the teachings on non-violent protests of Indian leader Mohandas Gandhi. King also read and heard many statements from people protesting against American racism. Benjamin E. Mays, the president of Morehouse and a leader in the national community of racially liberal clergymen, was particularly important in modelling King's theological development.

Martin Luther King Jr. Day is a U.S. holiday marking the birth date of the Reverend Dr. Martin Luther King Jr. The holiday is observed on the third Monday of January each year, around the time of King's birthday.

While studying in Boston, King met his future wife, Coretta Scott, a music student and a native of Alabama. They were married in 1953 and went on to have four children. He then went on to accept his first pastorate at the Dexter Avenue Baptist Church in Montgomery, Ala., a church with an intelligent congregation that had been led by a minister who strongly protested against racial discrimination.

By the 1950s, Montgomery's blacks had begun contemplating a boycott, which would not end segregation but be an effort to gain better treatment for the black race. The Montgomery bus boycott lasted just over a year, demonstrating a new enthusiasm of

See CIVIL RIGHTS P13

U.S. Army South employee receives special gift

By Staff Sgt. Nicholas Lutton
U.S. Army South

The U.S. Army South holiday reception Dec. 14 was a special occasion for one of the command's longest-serving civilians.

Maj. Gen. Keith Huber, the U.S. Army South commander, presented Carol Husband with an American flag and certificate to congratulate her on becoming a U.S. citizen.

Husband, an event coordinator in the U.S. Army South Visitor's Bureau, became a U.S. citizen Dec. 13. Originally from Panama, Husband has worked in the command for 27 years, moving with it from Panama to Puerto Rico in 1999, and again to San Antonio in 2003.

"I think it is a wonderful privilege and an honor to work for U.S. Army South," said Husband. "It has given me the opportunity to enhance my skills, talent, and a chance to really develop. I am grateful for that."

The process for Husband to become a citizen began with an application, followed by an investigation, interview and test after she had lived in the country for five years. She was notified the day after Thanksgiving that she would be granted citizenship in a ceremony at the Cultural Museum in downtown San Antonio.

"I just want to say thank you to U.S. Army South for being there, supporting me and giving me this opportunity," said Husband.



Courtesy photo

Maj. Gen. Keith Huber (left), U.S. Army South commander, and Command Sgt. Maj. Armando Ramirez present Carol Husband, an event coordinator for U.S. Army South, with an American flag in honor of her becoming a U.S. citizen during the command's holiday reception Dec. 14.

Texas group embraces wounded troops

By Samantha L. Quigley
American Forces Press Service

WASHINGTON —A group of Texans is offering a warm embrace to make sure wounded servicemembers aren't forgotten.

A three-person team from Operation Military Embrace

has been making weekly visits to servicemembers recovering at Brooke Army Medical Center and their Families since December 2005.

"Operation Military Embrace ... has visited the inpatients on a Sunday while setting up and serving breakfast to the outpatients in the day room of the

'med hold' barracks on the (following) Monday morning," said Jerry Reed, a former Marine and the organization's president and executive director. The group also sets up a "free PX" that provides simple necessities, he added.

The group's efforts also include outings that take

recovering servicemembers to local restaurants. Those who are able can participate in Operation Military Embrace-organized hunting and fishing trips, as well.

"Brenda Kaiser offers her ranch to BAMC warriors in transition and their Families for quiet, peaceful weekends away (from the hospital), where they can hunt and fish and relax with their Families in ... solitude," Reed said. Kaiser is the group's vice president.

The group doesn't stop with morale-boosting activities for servicemembers; however, it also helps take care of practical needs through finan-

cial grants and financing of legal assistance.

Operation Military Embrace recently became a supporter of America Supports You, a Defense Department program connecting citizens and corporations with military personnel and their Family members serving at home and abroad.

"We expect to benefit (from the affiliation) by gaining exposure nationally and by being able to share with others what we are doing to help our men and women in uniform," Reed said.

Reed and his wife, Debbie, are the parents of a Marine veteran and an active-duty Marine.

Post Pulse

Servicemembers received a 3 percent pay raise and General Schedule federal employees received a 2.5 percent base pay increase effective Jan. 1. We asked around to find out: What will you do with your pay raise?

"I'm going to use it to help with my son's and daughter's college expenses."



Specialist 4th Class
Donald W. Evans

Sgt. 1st Class James Jordan
Office of the Staff Judge Advocate



Chief Warrant Officer 2 Daryl
Okamuro
Office of the Staff Judge Advocate

"I'm going to roll mine into the Thrift Savings Plan."



"I'm going to save money so I can buy my husband a gift for Valentine's Day."
Pfc. Heather Castro
C Company, 264th Medical Battalion

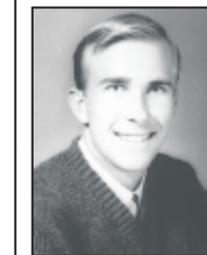


Andrea Nichols
Directorate of Morale, Welfare and Recreation

"I'm going to catch up on Christmas debt."

"I'm going to pay off bills."
Pfc. Casen Crowley
C Company, 264th Medical Battalion

Did you know?



Specialist 4th Class
Donald W. Evans

Donald W. Evans, who was posthumously awarded the Medal of Honor. Evans, a graduate of the U.S. Army Medical Training Center at Fort Sam Houston, served with the 2nd Battalion 12th Infantry, 4th Infantry Division in Vietnam. The building was redesignated Evans Auditorium in 1997 to reflect its current use.

For more information on Fort Sam Houston history, call the Fort Sam Houston Museum at 221-1886 or the U.S. Army Medical Department Museum at 221-6358.



Evans Auditorium, on Garden Avenue, was built in 1972 as a 500-seat motion picture theatre for the Army and Air Force Motion Picture Service. The building was designated Evans Theater by Fort Sam Houston General Order #65, May 22, 1972. It was named for Specialist 4th Class



Courtesy photo

Countdown to baby

LACKLAND AIR FORCE BASE, Texas — Staff Sgt. James West and wife, Megan, of Fort Sam Houston, hold their new son, Treysen, in the Wilford Hall Medical Center Birthing Center Jan. 1. Treysen was the first baby born at Lackland Air Force Base, Texas, in 2008, arriving at 12:37 a.m. (From left) Birthing Center nurses Laura Galvan and Christina Scallion and Capt. (Dr.) Darren Pittard assisted in Treysen's birth. West is assigned to the Brooke Army Medical Center Warrior Transition Unit. He and his wife, Megan, received a congratulatory gift basket from Wilford Hall Volunteer Services.



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

All-American visitors



Photos by Jen Rodriguez

(Above) Wounded warrior Sgt. Jesse Slotte talks football with "Remember the Titans" coaches Herman Boone and Bill Yoast during their visit to Brooke Army Medical Center Jan. 3 as part of the U.S. Army All-American Bowl events. The All-American-Bowl, played Saturday in the Alamodome, included more than 90 of the best high school athletes in the nation who battled in an East vs. West contest in front of a nationally televised audience and 36,534 stadium fans, the highest attendance in the eight-year history of the Army-sponsored game. This year, the East team won the game 33-23.

(Above, left) Visiting U.S. Army All-American Bowl coaches congratulate wounded warriors Staff Sgt. Michael Hardin, U.S. Air Force Tech Sgt. Israel Del Toro and Marine Capt. Ryan Voltin following a Warrior Panel during which the servicemembers told personal stories of their injuries Friday at the Center for the Intrepid.

Athletes shine at indoor triathlon

The Jimmy Brought Fitness Center held an indoor triathlon Sunday. The winner was Jon Thibedeau with a time of 34:59, while Sgt. 1st Class Michael Hammond finished second with a time of 35:29. The remaining top five men's finishers were Eddie Frazier, Mike LaDuke and Eric Corbett. The top female finisher was fitness center employee Amanda Jeter with a time of 38:56. In second place was volunteer aerobics instructor Nan Hill. Bobby Villarreal, Gloria Navarro and Rebecca Rendon were also in the top five for female competitors. The race also included five competitors under age 15. Villarreal was the junior female winner with a time of 43:07 seconds while 10-year-old Ty Jeter was the fastest junior boy with a time of 49:02 seconds. The next indoor triathlon will be held Feb. 3. For more information or to schedule a start time, call 221-1234.

(Source: Jimmy Brought Fitness Center)

Sports

Red Cross lifeguard classes

People interested in being a lifeguard can attend Red Cross lifeguard classes through May at the Jimmy Brought Fitness Center. A four-day class will be held Saturday, Sunday, Jan. 19 and 20 from 8 a.m. to 5 p.m. The Red Cross lifeguard class is a minimum requirement for employment as a lifeguard. To register, people must be at least 16 years or older and pass a pre-test that involves a 300-meter swim and a 20-yard swim holding a 10-pound object. The \$160 fee includes all books, first-aid instruction, cardiopulmonary resuscitation mask and CPR automatic external defibrillator for infants, children and adults. Payment is due after passing the pre-test. For more information or to register, call 221-1234.

Pedometer Challenge

Are you ready to step? Stop by the Jimmy Brought Fitness Center through Tuesday to register for the 2008 Pedometer Challenge. The competition gauges how far each person walks between Jan. 23 and Feb. 27. Registration is \$25 and includes a free pedometer. For more information, call 221-1180.

Race to the Top

Stop by the Jimmy Brought Fitness Center Monday through Jan. 18 to prove you've got what it takes to make it to the top. The goal is to reach the top of the Washington Monument, a total of 897 steps on the stepmill machines at the fitness center. The competition is free; T-shirts are \$10. For more information, call 221-1234 or 221-2020.

Indoor triathlon

The Jimmy Brought Fitness Center will hold an indoor triathlon Feb. 3. There is no fee for sign-up and the triathlon is open to people 10 years and older. The triathlon features a 400-meter swim, five-mile stationary bike ride and two-mile treadmill run. For more information, call 221-1234.

CIVIL RIGHTS from P9

protest among Southern blacks. King's serious demeanor and assiduous appeal to Christian brotherhood and American idealism made an incontestable perception on whites outside the South. Although positive consequences came from the protests, negative consequences came along as well, to include many violent incidents against the protesters and the bombing of King's home.

King made strategic alliances with Northern whites that later accelerated his success at influencing public opinion in the United States. During the anti-segregation marches in Birmingham, Ala., King was arrested and sent to jail. This is when he wrote the famous letter, "Letter from Birmingham jail," which argued that individuals had

the moral right and responsibility to disobey laws they found unjust.

King built up support for black civil rights and led to him making one of the most famous speeches in American history, "I have a dream." The speech resulted in the segregation laws to change. The Civil Rights Act of 1964 was established, which prohibited segregation in public accommodations, as well as discrimination in education and employment. As a result, King received his Nobel Prize for peace.

King then went on to enforce equal voting rights. He did this by congregating a 20,000-person rally, which marched from Selma, Ala., to Montgomery in the hope of

drawing attention to the struggle for black voting rights. The Voting Rights Act of 1965 was introduced due to

the march, which suspended the use of literacy tests and other voter qualifications tests that had been used to deter blacks from voting.

King was assassinated April 4, 1968, in Memphis by a sniper during a protest to help black garbage workers. King became a symbol that represents black courage and achievement, high moral leadership, and the ability of Americans to address and overcome racial discrimination.

Martin Luther King Jr. Day is a U.S. holiday marking the birth date of the Reverend Dr. Martin Luther King Jr. The holiday is observed on the third Monday of January each year, around the time of King's birthday.

It is one of four U.S. federal holidays to commemorate an individual person.

(Source: Fort Sam Houston Equal Opportunity Office)

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Working as a team, Soldiers help one of their teammates as he walks across a beam while carrying a 10-pound box of ammunition at the NATO obstacle course during the Warrior Challenge competition.



Each event during the Warrior Challenge competition represented a Warrior Ethos theme. Professional skill, expertise, teamwork, and never quitting when faced with obstacles were reinforced during events such as the litter carry at the NATO obstacle.

A Company, 264th Medical Battalion, was named the top warrior team following the Warrior Challenge Dec. 15. The winning team receives the battalion commander's trophy and a streamer. Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, presented first, second and third place medals to members of the teams.



Photos by Esther Garcia
Pfc. Merari Calo, A Company, 264th Medical Battalion, pins her opponent during the combative tournament competition of the first Warrior Challenge Dec. 15 held at various sites on the installation.



Sgt. 1st Class Eric Galvan, C Company, 264th Medical Battalion, grades Spc. Jonathan Jordan while he conducts a medical evacuation request during the litter obstacle course at Salado Creek Park. Jordan received the Battalion Commander's Impact Award, an Achievement Medal, in recognition of his outstanding performance during the Warrior Challenge competition.



Soldiers maneuver a casualty under a barbed wire during the litter obstacle course at Salado Creek Park. Competitors maneuvered eight obstacles while carrying a 185-pound litter load.



A Soldier adjusts his M240B machine gun during the weapons qualification. Weapons qualification included the 9 mm pistol, the M240B machine gun and the M16A4 rifle.



Competing as a team, Soldiers review their map to determine the next checkpoint during the land navigation competition of the Warrior Challenge event.

WARRIOR TEAM from P1

The team with the most points earned was named top warrior team.

"It was very challenging, but I have to work on my speed," said Pfc. Kimberly Miranda, after she completed the litter obstacle course at Salado Park.

"I have to learn to be stronger," said Pfc. Merari Cayo.

"This competition is a test of their medical skills and warrior tasks," said Sgt. 1st Class Alejandro Pereyra, C Company, 264th Med. Bn. and NCO in charge for the litter obstacle course.

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, and Capt. William LaChance, commander, 264th Med. Bn., presented each member of the team with first, second and third place medals at the awards ceremony held at Evans Auditorium in a room full of cheering warriors assigned to the battalion. The commander's first-ever warrior trophy also was unveiled. The first place company received a streamer, which LaChance attached to the company's guidon.

"What is this competition about? — guts, will, courage, ability to overcome fear, physical stamina, being a Soldier," said LaChance.

"The true mark of a warrior is the willingness to engage the enemy, and sometimes the enemy may be you, your own self-confidence. Today they overcame all of that, and today we celebrate them," said LaChance.

"This warrior competition is indeed about what is within you and how far you can push yourself. This was a challenge today, a challenge among each of you that participated," said Czerw. "Whether you finished first or last, you have gained something in this competition."

Czerw then encouraged each warrior to take the opportunity to educate themselves, whether online or in a small class, and thanked everyone for doing what they do, being part of 1 million protecting a nation of 3 million.

The final event of the day was the most relaxing. Soldiers gathered for a viewing of the action movie "300" at Evans Auditorium.

MWR

Morale Welfare & Recreation

Recreation and Leisure

Warriors Monthly Scramble Golf Tournament

Register up to four players to participate in the Warriors Monthly Scramble Golf Tournament held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be Feb. 1. with a shotgun start at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and a social following the scramble. Participants must be in an authorized pass-or-leave status. For more information or to register, call the Golf Club Pro Shop at 222-9386.

Equestrian Center trail rides

One-hour trail rides are offered at the Equestrian Center Saturdays and Sundays to individuals 7 years and older. A parent must accompany children younger than 12 years old. The cost is \$20 per person. The first trail ride

begins at 8:30 a.m. The last ride is at 2 p.m. For more information, call 224-7207.

Dining and Entertainment

MWR Ticket Office

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

Harlequin Dinner Theatre

'Appointment with Death'

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

Sam Houston Club

Karaoke Fridays

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

Army Community Service

AFAP conference

Make your voice heard to Army leadership at all levels. Fort Sam Houston is hosting the annual Army Family Action Plan conference Jan. 23 and 24 from 9 a.m. to 4:30 p.m. at the Sam Houston Club. The AFAP process identifies well-being issues for Soldiers, Department of Army civilians, retirees and their Family members for Army leadership. Issue submission forms are available on the Fort Sam Houston MWR Web site at www.portsamhoustonmwr.com or at Army Community Service, Building 2797. For more information or to register as a delegate, call ACS at 221-9821.

Financial planning

The Financial Readiness Program will offer a financial planning class today and Jan. 31

from 2 to 4 p.m. at Army Community Service, Building 2797. The class provides important information on savings, credit and establishing a budget. Seating is limited. For more information or to register, call 221-1612.

Identity theft prevention

The Financial Readiness Program will offer an identity theft prevention class Jan. 24 from 2 to 4 p.m. at Army Community Service, Building 2797. The class provides information on how to avoid becoming a victim, how to recognize signs and what to do if you become a victim. Seating is limited. For more information or to register, call 221-1612.

Personal financial management

The Financial Readiness Program will offer a personal financial management class Tuesday and Jan. 29 from 2 to 4 p.m. at Army Community Service, Building 2797. The class provides information on credit reports, maintaining budgets and effective savings plans. Seating is limited. For more information or to register, call 221-1612.

Understanding your credit report

The Financial Readiness Program will offer an understanding your credit report class Jan. 22 from 2 to 4 p.m. at Army Community Service, Building 2797. The class provides information on how to obtain, review, correct and update an individual's credit report. Seating is limited. For more information or to register, call 221-1612.

Mandatory checkbook maintenance

The Financial Readiness Program will hold a mandatory checkbook maintenance class Jan. 17 from 2 to 4 p.m. at Army Community Service, Building 2797. The class is for personnel referred by the command for abusing or misusing check-cashing privileges. All personnel can attend this class. Seating is limited. For more information or to register, call 221-1612.

Child and Youth Services

Parent Advisory Council

Child and Youth Services will hold a Parent Advisory Council meeting Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center. All CYS patrons are encouraged to attend. Lunch is provided. This is an opportunity for patrons to meet staff, attend parent workshops and learn about upcoming events.

See MWR P17

MWR from P16

PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

Youth talent show

Sign-up for the 2008 Youth Services Talent Show Feb. 23. Comedians, dancers, models, steppers, poets, speakers, singers and musicians are needed. Stop by any Child and Youth Services facility through Jan. 25 to sign-up. Applicants must be between the ages of 3 and 18. For more information, call 221-4871 or 221-1723.

Undergraduate scholarships

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

CYS needs instructors

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

Central Registration

Central Registration is open Monday

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

FCC providers

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

SKIES Unlimited Classes

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

Operation Turkey Drop



Courtesy photo

Bank of America partnered with several local organizations for the 27th annual Operation Turkey Drop. Bank representatives and military members donated and delivered insulated gift bags containing frozen turkeys, hams and gift cards Dec. 19 to 31 to Army families on Fort Sam Houston and 134 families in the Government Hill neighborhood. "This is a great way to reach out to those in need of some assistance this time of year," said Dawn Bannwolf, 2007 Operation Turkey Drop project manager. The Turkey Drop delivery crew included (from left) Sgt. 1st Class Michael Knott, U.S. Army North; Bannwolf; Master Sgt. John Morales, Army North; Jeanette Harbage; Denise Brooks; Kathy Barlow; Command Sgt. Maj. George Nieves, Army North; and Rudy Sanchez, of the San Antonio Food Bank.

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@conus.army.mil or stop by the office in Building 124 (second floor).

Positive reinforcement motivates elementary physical education classes

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Elementary physical education teachers Amy Cichon and Ann Boelens have developed a special incentive called the "Physical Education Class of the Day" designed to encourage students to be more active and motivated to participate in class activities.

The idea evolved over a concern for the current health of students and the desire to

establish healthy habits early in life.

"Some students do not see physical education as an exciting, necessary part of their life.

When students arrive in class, ready to participate and learn, we can make a difference, teaching students the importance of making healthy choices and staying active," said Boelens.

Boelens and Cichon base their decisions on the physical education expectations and

requirements set forth in the personal responsibility agreement signed by every student. Students are observed following expected behaviors, activity rules and physical activity dress guidelines.

The competition is fierce as 26 classes each day strive to earn this highly coveted award.

The "Physical Education Class of the Day" is announced on the intercom during the morning program. Cheers can be heard all over the campus

when winners are announced. A certificate is printed and presented to the classroom representative in the gym.

At the close of each quarter, a special award goes to the class with the greatest number of "Physical Education Class of the Day" awards. That class then receives the "Physical Education Class of the

Quarter" award. Students from the winning classroom select the physical education activities for the day.

"Since we initiated this recognition program, physical education classes have a higher level of participation and we have fewer problems with behavior that interfere with instruction," Cichon said.

Fort Sam Houston Independent School District Weekly Calendar - Monday to Jan. 21

Fort Sam Houston Elementary	Wednesday
Gifted and Talented Explorations Testing all week	Semester exams periods 6 and 7 Poetry slam, 6:30 p.m.
Jan. 17	Jan. 17
Observation/Tour Day	Early student release, 1:30 p.m.
Jan. 18	Semester exams periods 3 and 8
Spirit Day	Girls' soccer vs. Incarnate Word at Cole, 4:30 p.m.
End of second nine weeks	Jan. 18
End of first semester	Early student release, 1:30 p.m.
Robert G. Cole Middle/High School	Semester exams periods 4 and 5
Monday	Academic Decathlon Competition at Somerset
Cougar Pride Club meeting	Girls' basketball at Dilley, 5 and 6:30 p.m.
Girls' soccer vs. Antonian at Cole, 4:30 p.m.	Boys' basketball at Dilley, 5 and 8 p.m.
Boys' soccer vs. Antonian at Cole, 6 p.m.	Boys' soccer vs. TMI at Cole, 5 p.m.
Tuesday	Jan. 19
Semester exams periods 1 and 2	DECA District Competition at Madison High School
Boys' varsity basketball at Cotulla, 6:30 p.m.	Academic Decathlon Competition at Somerset
Girls' basketball vs. Cotulla at Cole, 5 and 6:30 p.m.	

Religion

PWOC spring kickoff

Protestant Women of the Chapel will hold its spring kickoff Wednesday from 9:30 to 11:30 a.m. and Jan. 17 at 6:30pm. at Dodd Field

Chapel. Come join us for fellowship, worship and a bible study. Childcare is provided. For more information, call 210-462-7676.

New worship services

A Christ for the Intrepid contemporary worship service will be held Sunday nights at 5:30 p.m. followed by a service at 6 p.m. at the Center for the Intrepid Coffee House, on the

first floor of the CFI. For more information, call Chaplain (Maj.) Jim Duke or Chaplain (Capt.) Jim Combs at 916-1105.

An Episcopal/Lutheran Rite traditional worship service will be held Thursdays at 12:30 p.m. at the Brooke Army Medical Center Chapel. For more information, call Chaplain (Capt.) Phil Kochenberger at 916-1105.

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

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

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

Catholic Service: 12:30 p.m. - Mass - Sundays

Protestant Services:

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

9:30 to 11:30 a.m. - Women's Bible Study (PWOC) -

Wednesdays, child care is provided.

Samoan Protestant Service: 8:30 a.m. - Sundays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Catholic Mass: 8 a.m. - Sundays

Protestant Service: 9 a.m. - Sundays

Christian education: 10 a.m. -Sundays

Gospel Service: 11 a.m. - Sundays

Church of Jesus Christ of Latter Day Saints:

9:30 a.m. - Sundays at Evans Auditorium

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

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

Sundays

1:30 p.m. - Muslim Jumma - Fridays

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

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

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

Web site: www.samhouston.army.mil/chaplain

For Sale Fort Freebies

For Sale: Big office chair, \$29; two bar chairs, new, \$129; leather sofa and matching recliner with insurance, \$750. Call 829-4741, leave message.

For Sale: Graco Duo Glider double stroller, \$100; Graco Snug Ride infant car seat, \$30; Graco extra base infant car seat, \$25; Graco Pack-n-Play square play yard, \$65. Call 262-2947 or 262-9386.

For Sale: Ashley three-piece living room set, \$375; glass dining table with six chairs and bakers rack, \$295; Maytag gas dryer, \$225; coffee table and two end tables, \$75; two lamps, \$40. Call 535-2249, 493-2910 or e-mail getmysale@yahoo.com.

For Sale: Set of four XON 20-inch truck rims, fits Chevy or GMC, \$500. Call 945-7627.

For Sale: Sure Step electric power chair, new, \$1,500; medical lift or hoist with bath and daily sling, \$300; go-cart, 4.0 horsepower, blue, runs great, \$275; trampoline,

14 feet, \$60. Call 290-8472 or 337-353-9591.

For Sale: Bookcase/entertainment center, 5 feet high by 36 inches wide, \$95; brown cowboy boots, size 10.5 EE, \$25; Resistol brown hat, 21-inch oval, \$45; musical baby swing, \$40; cockerpool, 12 months old, \$75. Call 633-3859.

For Sale: Dining room table with four covered chairs, 71 inches long by 38 inches wide, \$400 obo; couch, 7 feet long, \$50; free boxes, all sizes. Call 226-2108 or 618-531-8122.

For Sale: Twin bed with matching dresser/mirror and night stand, \$200 obo; four-piece red apple canister set, \$20; 11-piece Vitrex cookware set, red, \$40; ladies formals and suits, size 10/12, \$25 each; five-gallon plastic aquarium with accessories, no heat lamp, \$15. Call 826-0882 or 542-3283.

For Sale: Solid wood sewing cabinet and cupboard, \$149; adjustable functional drafting table with chair

Submission guidelines:

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

and lamp, \$49; 1992 Ford Deluxe Magnum conversion van, loaded, new tires and starter, \$2,998; blue cloth recliner, \$49. Call 659-6741.

For Sale: Reversible king comforter set with sheets, plus bathroom accessories, palm tree design, \$75; white wicker fainting couch with cushion, excellent condition, \$90;

Nintendo game cube, one controller and Game Boy adapter, \$50; games for Game Cube, \$10 each; Bagboy push golf cart, \$75. Call 697-9261 or 363-4056.

For Sale: Bowflex tread climber, new, \$2,000. Call 320-4993.

Free: Institutional-style steel

case office desk. Call 267-1030.

Free to Good Home: Cat, one year old, spayed, shots up-to-date, fun, loving and playful. Call Becky at 254-9803 or 608-359-5115.

Free to Good Home: Female kitten, found abandoned. Call 566-8292 or 849-5595.

Community

Events

Scholarships for military children

The Defense Commissary Agency is accepting applications for the 2008 Scholarships for Military Children Program. The \$1,500 scholarships are available for children under age 21 (or 23, if enrolled in school) of military active-duty, retired, and Guard and Reserve service-members. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall of 2008 or enrolled in a program of studies designed to transfer directly into a four-year program. Applicants must submit an essay arguing for or against the following statement: "Every able-bodied citizen should be required to serve a two-year period of time in the military. Why or why not?" Applications must be turned in to a commissary by Feb. 20. For more information, call 804-734-8061 or visit www.militaryscholar.org.

RecruitMilitary career fair

The military-to-civilian recruiting firm, RecruitMilitary, will hold a free hiring event Jan. 24 from 11 a.m. to 3 p.m. at the Frank Erwin Center in Austin, Texas. RecruitMilitary

urges job seekers with military backgrounds to attend, including veterans who already have civilian work experience, men and women who are transitioning from active duty to civilian life, members of the National Guard and Reserve and military spouses. For more information, call Kendall Nelson at 254-371-8225 or e-mail kendell@recruitmilitary.com.

NAF job fair

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

Training

Training for first-term Soldiers

The Financial Readiness First-Term Soldier On-Line Training is mandatory for all first-term Soldiers. It is an eight-hour course containing tools and information on money matters, basic money management, savings and investments, insurance, major purchases and many other informative topics dealing with money. The Education Center is available for Soldiers to take the class. Army Community Service will provide an instructor every Wednesday from 12 to 4 p.m. For more information, visit <https://www.myarmylife-too.com> and select Money Matters to register.

Meetings

Spouses' Club luncheon

The Spouses' Club will host a "Mad Hatter Tea and Trivia" luncheon Tuesday at 11 a.m. at the Sam Houston Club. Club members may wear a crazy or fun hat and be ready to prove they are smarter than a fifth grader. New members are welcome at half the membership fee. The cost for lunch is \$14. For more information or reservations, call Sigrid Reistetter at 226-8806 or e-mail Sigrid.reistetter@us.army.mil. Reservations are due by Friday.

Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will host a meeting Jan. 21 at 7 p.m. at Chacho's and Chulucci's, 8614 Perrin Beitel Road (near Loop 410). All active duty, retired, Reserve and National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 295-6596 or e-mail juan.gomez@us.army.mil; or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

MOAA luncheon

The Military Officers Association of America - Alamo Chapter will host a luncheon Jan. 24 at 11 a.m. at the Air Force Village II. The speaker will be Col. Kerry Green, U.S. Air Force retiree and executive director for corporate affairs for the Air Force Villages. The cost of the luncheon is \$16. For more information or reservations, call the chapter office at 228-9955 or e-mail moaa-ac@sbcglobal.net.

Reservation deadline is Jan. 21 at 12 p.m.

NCO Wives' Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. For more information, call Angie Luna at 333-0821 or 386-8265.

Volunteer

Kelly Dental Clinic needs patients

The Kelly Dental Clinic at Lackland Air Force Base currently seeks patients who are Family members or retirees and are not on the United Concordia Dental Insurance Program. Each patient must have had a current examination, a current health history, X-rays and in need of routine oral prophylaxis (every six months) for healthy dentition. The clinic will not accept patients with periodontal conditions. Members must have a record or copy of their record with this information. Interested patients should call the Kelly Dental Clinic at 925-1846 and leave a full name and phone number or e-mail. Patients will be handled on a first-come, first-served basis.

Seeking rugby players

The San Antonio Rugby Association is holding open registration for all high school males interested in playing this ancient sport that is growing in popularity. Practices are Mondays and Wednesdays at 7 p.m. at Olmos Basin Park. For more information or to register, call 493-1049, e-mail andrew@ellielance.com or visit www.sanantoniorugby.com.



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