



Fort Sam Houston

# News Leader®



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Fort Sam Houston — Home of Army Medicine

January 10, 2002

## Briefs

### ISD Board of Trustees to meet today

The Fort Sam Houston Independent School District Board of Trustees will meet today from 9 a.m. to noon for a Board Member Training workshop, and for a special board meeting for Superintendent Evaluation at 12:20 at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, San Antonio, Texas.

### Gen. Vogel Processing Center closed, Jan. 11

The General Vogel Processing Center, Bldg. 367, will be closed to the public tomorrow. Regular service will resume at 7:30 a.m., Jan. 14.

### Dr. Martin Luther King, Jr. Observance begins Jan. 16

A ceremony honoring the legacy of Dr. Martin Luther King, Jr. will be held Jan. 16, 10:30 to 11:30 a.m., Roadrunner Community Center, Bldg. 2797 on Stanley Road. Dr. George Henderson, University of Oklahoma's Director of Human Relations Advanced Programs will be the keynote speaker.

### Vehicle Registration notice

Due to temporary unavailability of DoD registration stickers, priority for issue of vehicle registration stickers will be for active duty military and civilian employees. Provost Marshal anticipates issue of more registration stickers in late January and will announce when stickers are available for open registration.



Photo by Esther Garcia

Sergeant Major of the Army Jack L. Tilley was on hand to meet the more than 300 Delayed Entry Program soldiers who joined the ranks in the stadium, as well as Advanced Initial Training soldiers assigned to the 232nd and the 187th Medical Bn., Center Brigade, the U.S. Army Medical Department Center and School during the U.S. Army All-American Bowl.

## West beats East in U.S. Army All-American Bowl

By Connie E. Dickey  
Special to the News Leader

Despite gray skies, blowing winds and a few rain drops, the West shone bright in its victory over the East Saturday with a score of 26-6 during the U.S. Army's All-American Bowl at Alamo Stadium.

More than 17,000 fans were on hand to cheer on the top 74 high school football players in the game. The game was carried live on ESPN2. Last year's game, held in Dallas, boasted only 7,000 spectators.

Local San Antonio players were Ra'Shawn Mosley from Southwest High School who scored one touchdown, Bryan Payne from Churchill High School, and

Anthony Arline from Madison High School who was sidelined due to a torn tendon.

Besides having star high school football players on the field, fans were also treated to stars in the stadium. Denzel Washington, whose son, J.D. Washington played during the game, was on hand to cheer him on. Denzel and his family chose to set with the San Antonio Battalion recruiters in the stadium. Washington starred in the movie, "Remember the Titans," about a coach who took his integrated high school football team to a state championship in the 1970s. That legendary coach, Herman Boone, the official spokesperson for the bowl game, was also there.

The U.S. Army's premier parachute team, the Golden Knights, jumped onto the field in front of the crowd and delivered the game ball to game officials. The 82nd Airborne Division Chorus performed during the pre-game show. Static Army displays featuring a tank, a Chinook helicopter, a HUMVEE, and a Patriot Missile System were set up in the parking lot prior to the game for viewing.

At the press conference following the game, Maj. Gen. Dennis D. Cavin, commander of the U.S. Army Recruiting Command, said "If I had to guess, I would say we're coming back to San Antonio this time next year for another Army-sponsored U.S. Army All-American Bowl game."



Photo by Edward Rivera

## Notice! Notice! Gate closure!

The Binz-Engleman Road Gate will be closed to incoming and outgoing traffic, Jan. 18 through 21. Anyone traveling from Fort Sam Houston to the Brooke Army Medical Center should use an alternate route during this time. Binz-Engleman Road will undergo pavement repairs and the addition of one and one-half lanes to expedite traffic. All other gates will remain open, and normal operations at the Binz-Engleman Gate will resume Jan. 22.

## Stop loss expands to include Reserves

By Staff Sgt. Marcia Triggs  
Army News Service

The "stop-loss" program implemented in November to stop soldiers in certain specialties from leaving active duty has been expanded to include Army Reserve and National Guard soldiers.

Previously, the stop-loss program retained soldiers in the fields of special operations and aviation. This second iteration of stop-loss also includes the fields of civil affairs, psychological operations and mortuary affairs.

"The Army's approach to stop-loss has been incremental with stop-loss 1 focused on active-duty soldiers," said Lt. Col. Bob Ortiz, Chief of Enlisted Professional Development for the Office of the Deputy Chief of Staff for Personnel. "Stop-loss 2

covers down on Reserve-component soldiers as the next logical increment in support of Operations Enduring Freedom and Noble Eagle."

The Army will re-evaluate stop-loss on a monthly basis and use it as a tool to maintain unit readiness, Ortiz said. Additional stop-loss actions for other officer, warrant officer, and enlisted specialties are also possible, he said.

The additional specialties now covered under stop-loss for active-duty commissioned officers and enlisted soldiers include career management field 39, psychological operations and military occupational specialties 37F, psychological operations and 92M, mortuary affairs.

Reserve commissioned officers  
See **Stop-Loss** on Page 4



# Government computers are reserved for official use

Commander's message to all soldiers, civilian and contract employees, U.S. Army Medical Department Center & School and Fort Sam Houston

I must remind you of the prohibitions on misuse of government communications systems. Our investment in computer technology has increased communications efficiencies and, through the availability of the internet, placed a world of resources at our fingertips.

Unfortunately, a few misuse this privilege by excessive or unsanctioned use. Duty time "surfing" the web is government time, paid for by American people who expect us to perform governmental functions and not satisfy our personal interests at their expense.

Even outside duty hours, it is never permissible to use government equipment to access certain types of materials, to include those that are sexually oriented, that demean others unlawfully, and those

of an extremist or terrorist nature. It doesn't matter if it's done after hours; it is absolutely prohibited at any time.

To help deter and identify for action such misuse, we have software in place that blocks access to all "adult material" websites and records the names of those who have attempted access.

Our software can also identify the amount of time spent surfing the web. This information is reported to me on a biweekly basis.

Unfortunately, since my last letter, while some have gotten the message, others have not. While I could take actions that would affect the many, I do not intend to do so. Instead, violators will be identified to their chain of command or supervisor for appropriate action.

If you reach a blocked site, a warning banner will appear. If you did not intend to reach a prohibited site and you get the warning banner, notify your supervisor

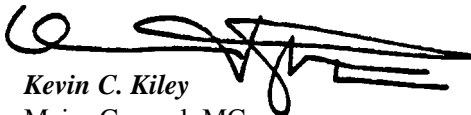
and ITBC immediately. No one has any interest in disciplining the unwary.

I take this step with great reluctance, but I am charged with the responsibility of making sure that government property is used properly.

I sincerely hope that this message gets through to those who didn't "get it" the first time: your activities will be monitored and reported.

Violations may result in the suspension or revocation of network access privileges as well as other appropriate administrative or disciplinary actions.

The American public provides us with computers to accomplish the mission. We need to use the equipment for that purpose and not our own.

  
**Kevin C. Kiley**  
Major General, MC  
Commanding



**Maj. Gen. Kevin C. Kiley**  
Commanding General

## Fort Sam Houston News Leader

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# Rumsfeld, Myers give update on U.S. anti-terror war effort

By Jim Garamone  
American Forces Press Service

On Jan. 3, in his first news conference of 2002, Defense Secretary Donald Rumsfeld said there is a lot left to do in Afghanistan, and the war on terrorism will be pursued wherever it leads.

Rumsfeld and Air Force Gen. Richard Myers, chairman of the Joint Chiefs of Staff, also told Pentagon reporters that Al Qaeda and Taliban detainees under U.S. control would be shipped to the U.S. Navy base at Guantanamo Bay, Cuba, as soon as facilities are ready. U.S. forces currently hold 248 detainees - 225 in Kandahar, 14 at Bagram air base, eight aboard the USS Bataan and one in Mazar-e Sharif.

In the operations in Afghanistan, U.S. personnel continue to try to find the Al Qaeda and Taliban leadership. Myers said that as the search continues, personnel have found intelligence in various pockets ... "some of which has been fruitful in stopping terrorist acts around the world." Security concerns stopped Myers from

giving any specifics.

Myers also said that the United States would close Camp Rhino - the forward base Marines established in southern Afghanistan in November. The former Taliban stronghold of Kandahar will become the hub of U.S. activity in the southern region.

The chairman said Navy and Air Force aircraft struck an Al Qaeda leadership compound in the province of Khost Jan. 3. He said the base camp also contained training facilities and some caves. B-1 bombers, F-18 aircraft and AC-130 gunships struck the compound. It was the same area struck in 1998 following the Al Qaeda bombings of the U.S. embassies in Kenya and Tanzania. "It's a place Al Qaeda goes to regroup," Myers said.

Rumsfeld spoke to criticism that not capturing Taliban leader Mullah Mohammad Omar or Al Qaeda's Osama bin Laden reflects badly on the United States. "The Taliban rule has ended," he said. "That's a good thing for the people of Afghanistan and a good thing for the people of the world that that country is no

longer harboring terrorists."

Omar and bin Laden are fugitives and while it remains a U.S. goal to bring these men to justice, as they are running it is more difficult for them to plan or execute more terrorist acts, Rumsfeld said.

"One has to appreciate the difficulty of tracking down a single human being anywhere," he said. He pointed to the difficulty the FBI has in tracking down those listed on its "10 Most Wanted" list.

Rumsfeld also said the United States would not be part of any deal that allows terrorists who should be punished to go free. "We will accept surrender," Rumsfeld said. "These people have killed a lot of people. They deserve to be out of there, they deserve to be punished. That is what we're there to do." He said the interim Afghan government knows the U.S. position on this question and that the two governments "are on the same sheet of music."

In the year ahead, Rumsfeld anticipates sitting down with coalition partners to discuss how to deal with terror groups



Donald Rumsfeld  
Secretary of Defense

operating in locations around the globe. Al Qaeda alone has cells in more than 60 countries, U.S. officials said. Finding ways to eliminate these cells will take cooperation, patience and commitment from these countries, Rumsfeld said.

# 20-year-high military pay raise averages 6.9 percent

By Sgt. 1st Class Kathleen T. Rhem, USA  
American Forces Press Service

Service members will see an average increase of 6.9 percent in their January pay.

"It's the largest pay increase in 20 years," Navy Capt. Chris Kopang, DoD director of compensation, said in a recent American Forces Information Service interview. In general, officers will see their pay increase 5 percent, he said, and enlisted service members get a 6 percent boost in their pay beginning Jan. 1.

Several pay grades will see significantly larger increases.

"We have chosen to target the pay raise to certain pay grades that we feel need an extra boost because of retention needs," Kopang said. For instance, officers in grades O-3 and O-4 will receive 6 and 6.5 percent increases respectively.

Non-commissioned officers are also receiving larger raises, Kopang said, with the highest increases — up to 10 percent — going to the highest enlisted grades. Enlisted members in grades E-5 and E-6 will see an average 7.5 percent increase, E-7s an average increase of 8.5 percent, and up to 10 percent for E-9s.

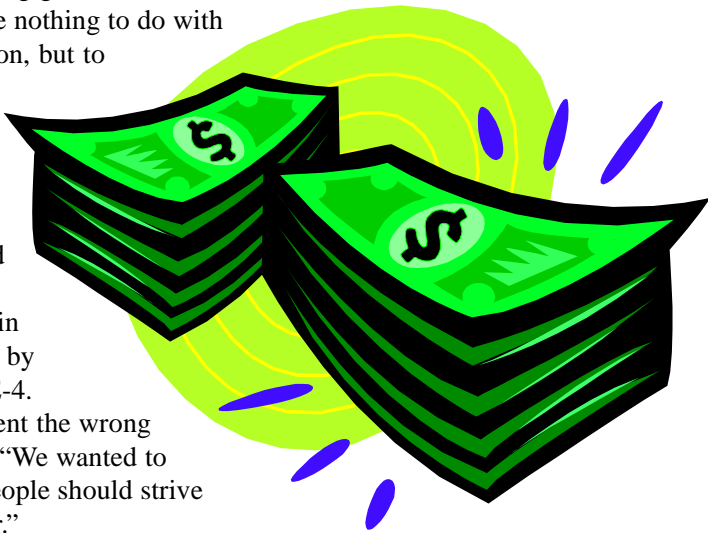
Certain lower-ranking grades also will see increases that have nothing to do with percentages or retention, but to fix inequities in the pay table, he said.

For instance, on the 2001 pay table an E-3 with under two years of service would make more money by going over two years in service as an E-3 than by getting promoted to E-4.

"We thought that sent the wrong signal," Kopang said. "We wanted to send the signal that people should strive for promotion quicker."

President Bush in February 2001 pledged an additional \$1.4 billion to go toward pay raises for service members. He signed the 2002 National Defense Authorization Act, which included the extra money, Dec. 28, 2001. Without this money, Kopang said, members would have gotten a 4.6 percent across-the-board increase at the New Year.

Higher raises for NCOs reflect the changing demographics of a more-educated force. Kopang explained the



military pay tables are based on the premise that enlisted members are high school graduates. Most of today's enlisted members have some college under their belts. The services strongly encourage members to further their education.

Kopang estimated that up to 40 percent of senior NCOs are college graduates. "We can't pay them as much as a college degree holder right now," he said of the senior enlisted grades. The idea, he said,

was to bring their earnings closer to civilian counterparts who are high school graduates with some college.

Housing allowance rates have increased as well. In 2001, military members not living in government-provided quarters paid an average 15 percent of their housing costs out of their own pockets. DoD is working to ensure the Basic Allowance for Housing covers all of a member's housing costs by 2005.

In 2002, for instance, members will pay 11.3 percent of their housing costs out of pocket on average. Housing allowances are tied to actual housing costs in a given geographic area, so some areas are getting larger rate increases than others.

No rates are going down, though. Kopang said DoD has implemented individual and geographic rate protection. Even if housing costs decrease in an area, the rates won't go down.

Members will not get a lower rate in 2002 than they did in 2001 as long as they stay at the same duty station, and members moving into an area won't get a lower rate than individuals who live there already, he said

# Green Beret killed in Afghan fighting

By Jim Garamone  
American Forces Press Service

Army Special Forces Sgt. 1st Class Nathan Ross Chapman, 31, of San Antonio, Texas, was killed in action in Afghanistan as the result of enemy fire. A Central Intelligence Agency employee was seriously wounded in the same incident and was evacuated by helicopter. CIA officials said his condition is serious, but he is expected to live.

The Green Beret was part of a team coordinating with local tribal elements in the vicinity of Gardez-Khost. He was to "facilitate cooperation between our forces in the region and the local tribal elements," Army Gen. Tommy Franks said during a news conference in Tampa, Fla., Jan. 4.

Details on the incident are not yet available. "What I know is there was an exchange of small arms fire and that this American serviceman was doing his job ... and I think anything else I say at this

point would be speculative," said Franks, commander of U.S. Central Command.

The general said the death of the soldier - the first military loss to hostile fire in the campaign - reminds him "of the cost that these great young people pay." Afghanistan is still a very dangerous area, he noted. "I am thankful every day that we have not lost more people than we have lost in this fight," he said. "I will tell you when we have lost someone, it touches my command and all of us very deeply."

A CIA employee — John Michael Spann — was killed during the Taliban prison uprising in November. Five U.S. service members were injured in a "friendly fire" incident near Mazar-e Sharif Nov. 25.

Three U.S. service members were killed and 19 injured in another friendly fire incident near Kandahar Dec. 5. Another U.S. soldier was wounded by gunfire Dec. 4. Two soldiers were also killed in a helicopter crash in Pakistan Oct. 19.



Sgt. 1st Class Nathan Ross Chapman

## Memorial Fund

A fund to support the family of Sgt. 1st Class Nathan Chapman was announced by Chapman's father in a press conference Monday.

Contributions can be sent to The Sergeant Nathan Chapman Children's Fund, Account Number 005772951233, P.O. Box 620020, Dallas, TX 75262-0020, or contributions can be made at any branch of the Bank of America, according to Will Chapman. This is the only fund authorized by the Chapman family.

Sgt. 1st Class Chapman, an Army Special Forces communications specialist assigned to 1st Special Forces Group, at Fort Lewis, Wash. was the first U.S. serviceman killed by hostile fire during operations in Afghanistan. His funeral will be held Friday at Fort Lewis with burial to follow in the Tahoma National Cemetery.

— Courtesy of Fort Lewis Public Affairs



# Army changes command selection process

Army Chief of Staff Gen. Eric K. Shinseki has approved 13 modifications to the process by which battalion and brigade commanders are selected. Changes to the Command Selection List process will reportedly increase the number of officers eligible to compete for command. Officers will also be able to decline command without prejudice, and compete again at a later date.

“These modifications are in response to issues concerning how we treat officers during the command selection process and those already selected,” said Lt. Col. Kent Burstein, chief of the Command Management Branch for U. S. Total Army Personnel Command. He said the changes stem from Army Four-Star Conference notes, Army Research Institute Well-Being survey results and issues raised by the Army Training and Leader Development Panel.

“I am positive that these changes will better serve the officer corps and improve the timeliness and efficiency of the CSL system,” Burstein said. “By opening the system up to more individual and command input, we can better serve officers by selecting and slating them into the right command category in the right command.”

Some modifications are internal to the PERSCOM selection and slating process, but most will be noticeable to the field, Berstein said. All but one will take effect immediately. Most will affect both

lieutenant colonel and colonel-level commands.

They are:

- Extending the Active Federal Commissioned Service requirements for command eligibility to expand the eligible population. This will take effect Aug. 1, 2002. Command eligibility will be extended up to three years before an officer’s mandatory retirement date from 26 to 27 years for colonel from 21 to 23 years of service for lieutenant colonel.
- Publish official results of command selection boards as soon as the results are approved to allow additional time for officers to consider their future options. The results will be published alphabetically by category.
- Requiring officers who request a deferment or decline command to obtain an endorsement from the first general officer in their chain of command to provide timely and proper counsel.
- Allowing officers to decline, without prejudice (officers remain eligible to compete for command in future years at their current grade level), up to 30 days after release of the command selection list. Officers can recompile for command in their next eligible year.
- Limiting officers and Major Commands to request command deferments within 60 days after official release of the command slating. If the deferment is approved, the officer will become a deferred principle. If received

after 60 days from slate release, officers will not become deferred principals, but will be allowed to recompile for command the next year.

- Extending the validation of the alternate list to the end of the respective fiscal year. The fiscal year 2002 alternate list will remain valid for any FY02 command vacancy and the fiscal year 2003 alternate list for any command vacancy in FY03.
- Officers on current alternate command lists will be removed from ‘alternate’ status if they are selected as a principal on a subsequent list.
- Alternates who are activated for command, then subsequently deferred from command, will not receive deferred principal status. However, they will be allowed to recompile for command in their next eligible year.
- Officers on the alternate list who are contacted in accordance with procedures for command activation and are determined to be unavailable for command will remain on the alternate list. However, if contacted a second time for command activation they must accept command or decline command with prejudice (officers lose their eligibility to compete for command at their current grade level).
- Officers will be allowed to remain on the command list pending the Command Review Board results. As most officers

are reinstated to the CSL after the CRB results are complete, they will remain on the list but they will not assume command until they receive a final favorable adjudication from the CRB.

- The Post Board Screening Process will be reviewed to reduce completion time and allow for an earlier release of the selection list and command slate.
- U.S. Army Recruiting and garrison commands will be separated within the Institutional command category for lieutenant-colonel Army Competitive Command boards. Officers will be able to compete in one or both subcategories to better match officer preference with command vacancies.
- An institutional generalist command category will be added (consisting of non-branch specific institutional commands) that allows all eligible colonels to compete for institutional generalist commands at the colonel ACC level. This will ensure all the most ‘experienced and qualified’ officers are able to compete for institutional category commands, officials said.

“These issues are important to all officers who desire to command,” Burstein said. “I believe that officer satisfaction will dramatically increase, and both the officer and the command will benefit.”

***Editor’s note:** Information obtained from U.S. Total Army Personnel Command Public Affairs*

# More schools to teach BNCOC, ANCOC common core

By Jim Caldwell  
Army News Service

More schools in The Army School System will begin teaching the stand-alone common core for basic and advanced NCO courses in a pilot program beginning in January.

“Expanding throughout TASS gives even more soldiers the opportunity to complete the common core phase of BNCOC and ANCOC at or near their home installations,” said Sgt. Maj. Steve Merrill, chief of the NCO branch for the Deputy Chief of Staff for Training at the Army’s Training and Doctrine Command.

The U.S. Army Reserve NCO Academy at Fort Lewis, Wash., and the South Carolina Army National Guard in Eastover, S.C., were to begin teaching the stand-alone common core in classes beginning Jan. 4. The 3747th USAR Multifunctional Training Brigade (Europe), Graffenwoehr, Germany, starts classes later in January.

In May the NCO Academy in Alaska and the 25th Infantry Division NCO Academy, Fort Shafter, Hawaii, will enter the pilot program and begin teaching the common core.

Branch-specific NCO academies began teaching common core basic leadership tasks as Phase 1 for both BNCOC and ANCOC courses last October. Soldiers must pass this Phase I before taking the MOS-specific Phase II in residence.

“NCOs selected by Personnel Command to attend BNCOC and ANCOC may take the stand-alone common core at any location that teaches it, regardless of military occupational specialty, as long as it’s within 50 miles of where they’re stationed,” Merrill said.

Soldiers will not be reimbursed for mileage if they elect to take the common core at or near their home installation.

“If I’m an infantry soldier stationed at Fort Huachuca, Ariz., I have the alternative to take the BNCOC or

ANCOC stand-alone common core at Fort Huachuca. Then I can go to my Phase II at Fort Benning, Ga.,” said Jeffrey Coliman, senior military analyst in DCST’s personnel proponent directory.

That means that it will be two less weeks a soldier must be away from the family, Colimon said. It will also be two less weeks for which the Army won’t have to pay temporary duty costs to send the soldier to his or her branch school.

To attend a branch school of another MOS on the same installation, an NCO must have been selected to attend ANCOC or BNCOC by Army Personnel Command, Army National Guard or Army Reserve personnel. The school also must have room in a class.

“The interesting aspect of the stand-alone common core training in Europe is that it will be done by distance learning,” Colimon said. “It will be broadcast through video teletraining from Graffenwoehr to several locations

in Germany and to other locations in Europe, such as Vicenza, Italy.”

Merrill also said active soldiers can only take the stand-alone common core at RC schools when the training is conducted as a two-week block of instruction. Active soldiers are not permitted to attend training that is done on scattered weekends, nights or during other reserve component training periods.

More TASS schools will be added each year so that by 2004 the stand-alone common core will be taught in schools convenient to nearly every soldier, TRADOC officials said.

“The Army School System is one system, one standard, so every soldier taking the stand-alone common core will receive identical training no matter which school he or she attends,” Merrill said.

***Editor’s note:** Jim Caldwell writes for the TRADOC News Service.*

# Army Reservists now subject to Stop-Loss

*Continued from **Stop-Loss** on Page 1*

affected by stop-loss will be those in CMF 18, Special Forces; CMF 38, civil affairs and CMF 39, psychological operations.

Reserve warrant officers affected by stop-loss include those in MOS 180A, Special Forces and aviation warrant officers with the following specialties:

- 152C, OH-6 Scout Pilot
- 153D, UH-60 Pilot
- 153E, MH-60 Pilot
- 154C, CH-47D Pilot
- 154E, MH-47 Pilot

The stop-loss will also affect all warrant officers with the following additional skill identifiers:

- K4, Special Operations Aviation
- K5, MH-60K Pilot
- K6, MH-47E Pilot

Reserve enlisted specialties affected include soldiers with the following MOSs:

- MOS 18B, Special Forces Weapons Sergeant
- MOS 18C, Special Forces Engineer Sergeant
- MOS 18D, Special Forces Medical Sergeant
- MOS 18E, Special Forces Communications Sergeant
- MOS 18F, Special Forces Assistant Operations and Intelligence Sergeant
- MOS 18Z, Special Forces Senior Sergeant
- MOS 00Z (only those with Career Management Field 18 background)
- MOS 67U, CH-47 Helicopter Repairer
- MOS 92M, Mortuary Affairs

- MOS 37F Psychological Operation
- MOS 38A Civil Affairs

The only National Guard commissioned officers affected by stop-loss are those in CMF 18, Special Forces.

National Guard warrant officers affected by stop-loss include those in specialty 180A, Special Forces and aviation warrant officers with the following specialties:

- 153D, UH-6 Scout Pilot
- 154C, CH-47D Pilot

National Guard enlisted specialties affected by stop-loss include:

- MOS 18B, Special Forces Weapons Sergeant
- MOS 18C, Special Forces Engineer Sergeant

- MOS 18D, Special Forces Medical Sergeant
- MOS 18E, Special Forces Communications Sergeant
- MOS 18F, Special Forces Assistant Operations and Intelligence Sergeant
- MOS 18Z, Special Forces Senior Sergeant
- MOS 00Z (only those with Career Management Field 18 background)
- MOS 67U, CH-47 Helicopter Repairer
- MOS 92M, Mortuary Affairs

No new requests for separation will be accepted from soldiers in categories affected by stop-loss, officials said. However, soldiers who have already started to transition out of the Army and have had their final out-processing will be allowed to separate, officials said.



# Caution: Kava may not be a safe herb

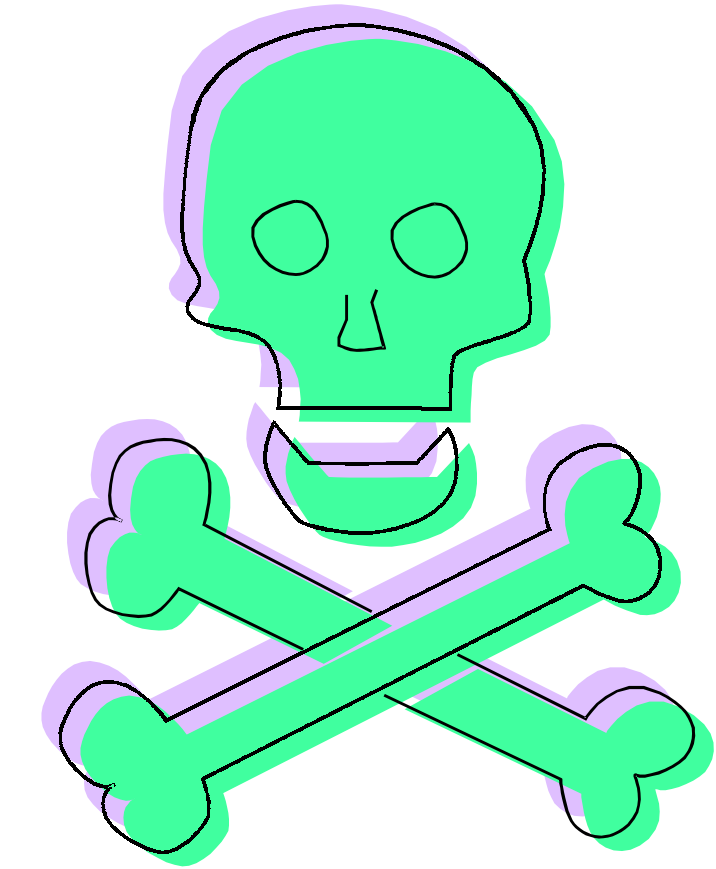
By Col. Allen Almquist

Alternative medicine, including the use of herbal remedies, has become quite popular among Americans. Estimates are that a third of the population now consumes some form of herbal supplement. While the vast majority of these supplements are basically safe, as with anything, both good and bad can result from their consumption.

This article’s focus is on the potential for adverse effects and drug interactions. Soldiers and their families, as well as commanders and first sergeants, must be informed how to use these products safely and/or to monitor their effects. Always keep your physician or pharmacist informed about any herbal products you may be taking.

Kava Kava has been used in folk medicine, in particular in the South Pacific, for hundreds of years. Also known as just Kava, or Kava Root, this popular herb contains substances known as Kava lactones, which appear to have various effects on the body but exactly how they work has not yet been established.

Its most popular uses center around relaxation, to treat such things as anxiety, stress and insomnia. It can cause euphoria and a feeling of happiness, and has been used as a social or ceremonial drink, sort of like a beer or glass of wine.



While the majority of Internet sites and health-food store claims tout it as a “superstar” or “elixir of the Pacific,” Kava’s use comes with cautions and warnings. It is a psychoactive herb that can impair motor reflexes. It should not be used when mental alertness is important, such as driving a car or operating a

chain saw. Kava is reported to cause stomach problems, headaches and skin problems (scaly rashes, yellow color). As abuse and use for longer than three months continues, more and more adverse effects become evident.

Kava’s drug interactions pertain primarily to medications with central-nervous-system effects. Kava should not be consumed if you are on anti-anxiety medications such as alprazolam or diazepam, as well as other drugs with sedative properties (antihistamines, for example).

Barbiturates and levodopa are also contraindicated. Any of these medications will only increase the chance of increased sedative effects and may even result in coma. Likewise, any other herbs with sedative properties, such as St. John’s wort, German chamomile, or capsicum should not be taken along with Kava.

Recently Kava has been associated with prolonging the effects of anesthetics and may reduce the ability of the body to “come out” of anesthesia after surgery. If you are planning any type of surgery, be sure to advise your physician.

One of the most concerning aspects of Kava is related to a product which was sold last year, claiming to contain Kava. Instead it contained gamma butyrolactone (sold as an industrial solvent), and one death is attributed to a patient who took it thinking it would help his insomnia.

The FDA repeatedly warns consumers that herbal products are not regulated. You have no idea what you are getting, and no idea of exactly how much you are taking.

Last, but not least, do not take Kava if you are pregnant or breastfeeding. And do not give Kava to children.

In many cases the use of herbal supplements and their benefits are questionable. Your pharmacist recommends prudent use of Kava Kava. Above all, talk to your pharmacist or health-care provider before taking any herbal product. Ask questions. Be informed. Don’t assume all herbs are safe for you.

**Note:** Reprinted from the Madigan Army Medical Center, Wash., Mountaineer



# Gift Chapel undergoes structural repairs to stabilize foundation

By Edward Rivera  
Fort Sam Houston Public Affairs

Since the dedication of the Gift Chapel by President William H. Taft October 17, 1909, the chapel has been a part of Fort Sam Houston's long history.

Throughout the years the chapel has seen its share of repairs and renovations. The chapel was recently closed to undergo major structural repairs in a yearlong renovation project.

Divided into four phases, the first two phases of repairs to the aging chapel will concentrate on structural repairs to the foundation in addition to repairing many cracks in the masonry caused by the shifting of the building. The final two phases will focus on interior cosmetic repairs and landscaping.

"Because of the age and the materials used in the building of the chapel, the wings are pulling

apart from the main structure," said Jack J. Hagans, architect and project manager. "It's a big project, first we have to dig around the chapel to the foundation and then insert 47 piers to stabilize and keep the foundation from further shifting."

Bricks and mortar used when the chapel was first built are softer and could not handle the shifting of the building's foundation. According to Hagans bricks weren't fired long enough then to make them tougher and today's mortar can handle from 2800-3000 pounds per square inch where as older mortar could only handle up to about 900 psi.

The stabilization of the foundation will take approximately four months for each wing to be completed. In total the project will cost between \$1.8 and \$1.9 million.

Named The Gift Chapel because garrison soldiers and San

Antonio citizens donated \$50,000 for its construction in 1907.

Construction of The Gift Chapel began in 1908, and was designed in a Neo-Classical style with modified Corinthian columns at the main entrance, complete with a copper dome over the central nave. Since it's formal dedication many minor and some major modifications have been made. Some of those past modifications have lead to current structural and cosmetic problems.

After being accepted by the Quartermaster as completed in 1911, the congregation's goal was to continuously improve the chapel. Between 1929 and 1938, stained glass windows were installed to commemorate various groups and individuals in addition to light fixtures, carpeting and a new entrance in the back, center of the chapel.

In 1940 the interior was redecorated with a new altar rail, new pulpits and dark wood gothic style panels. In 1955 the dark wood was replaced with fumed oak and the walls were repainted, and a 17-foot ornamental screen was installed.

1969 saw an addition of a new pipe organ and a memorialization program that enhanced the interior with a patriotic theme. In 1972 the stained glass was restored followed by the chapel being placed on the National Register of Historic Places in 1975.

One historic event held in The Gift Chapel was the courts-martial



Historical photos courtesy of the Fort Sam Houston Museum  
The Gift Chapel pictured in 1985.

of 118 enlisted men of I company, 3rd Battalion of the black 24th United States Infantry from November 1917 through March 1918 for participating in a mutiny and riot in Houston.

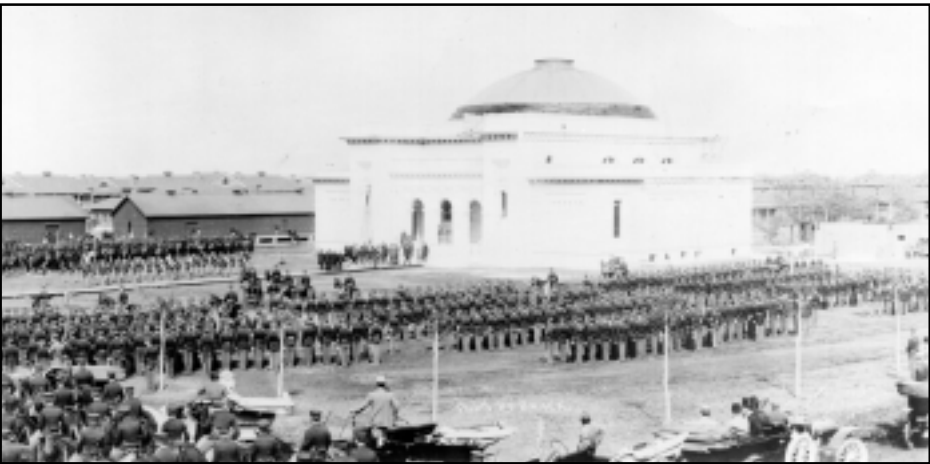
Between 1981 and 1993 The Gift Chapel saw repairs,

restoration of woodwork and new carpeting. Today's repairs continue to illustrate the dedication to maintaining the historic building not only for it's significant past but for the future soldiers and families who will worship within its walls.



Photo by Edward Rivera  
Contractors' work on inserting one of the 47 piers to stabilize the Gift Chapel's foundation





Dedication ceremony for the Gift Chapel was officiated by President William H. Taft.



President William H. Taft officiated the laying of cornerstone of the Fort Sam Houston Chapel on October 17, 1909.



Public works workers survey the foundation stabilization of the Gift Chapel.

Photo by Edward Rivera



The Gift Chapel's interior pictured sometime between 1940 and 1955.



# Soldier athletes make Olympic bobsled team

Three soldiers have qualified for the U.S. Olympic bobsled team and will slide for medals in Utah during the Winter Games Feb. 8-24. Active-duty soldier Spc. Doug Sharp and Virginia Guard soldier Spc. Mike Kohn are sled pushers on the men's squad and Utah Guard soldier Spc. Jill Bakken is one of two drivers for the women's squad. All three soldiers are with the Army's World Class Athlete Program.

The 2002 games are the first for women's bobsled. Bakken, a team member since the U.S. National Team was created in 1994, said it's been a long road.

"As a kid I always wanted to go to the Olympics but I didn't ever think that I would come to bobsledding," the 24-year old said. "I went to Lake Placid (in 1994) and tried out and I loved it so I continued."

Bakken became the first National Guard athlete to earn a spot on the 2002 team by finishing second in the U.S. trials Dec. 23. She joins driver Jean Racine and pushers Gea Johnson and Vonetta Flowers on the Olympic team. Racine and Johnson were the winners in Olympic qualifying races here Dec. 21-22 with Bakken and Flowers second.

During Olympic qualifying trials Dec. 28-29, Sharp and Kohn were pushers for driver Brian Shimer. Their team, including former WCAP athlete Dan Steele, finished second to driver Todd Hays.

"I feel very relieved, said Kohn, 29, who has devoted most of the past decade to becoming one of the world's premier bobsled pushers. "This has been a long journey for me." Kohn has made the U.S. Olympic team for the first time.

"Now I feel like I can take my training to a new level," Kohn said. "I don't have

to worry about making the team anymore. It's going to be a matter of winning a medal from this point on."

Kohn, Steele and Sharp form the three-man push team for veteran civilian driver Brian Shimer who at 39 has made the U.S. Olympic team for the fifth time.

For Sharp, the Olympic dream began watching bobsled and men's hockey during the 1980 Games at Lake Placid, N.Y.

"I ran into the front yard, gathered all the neighborhood boys and built a bobsled run," Sharp said. "We took the hose out, flooded the yard, and accidentally let it run all night and flooded the whole street."

In the Olympics next month, both American teams will battle Germany and Switzerland in medal competition. "The Germans and the Swiss are always powerhouses. Todd (Hays) will be a force; it's going to be a dogfight," Kohn said of the Games. "Every once in a while someone sneaks in, we're hoping that'll be us. Home field advantage helps. Hopefully we can get better between now and then."

Shimer, making his fifth straight Olympic team, has been driving the U.S. Army bobsled for nearly two years as an Army contractor. He, Sharp, Kohn and Steele rode the black and gold Army sled during the trials last month.

The Shimer team secured its berth with two solid runs, hitting nearly 90 mph, during the Verizon Champion Series, the U.S. trials, on Dec. 28-29 down the twisting Utah Olympic Park track that drops 341 feet over eight tenths of a mile.

They were considered underdogs because of Shimer's age and his two knee operations and because Steele had signed on as the team's brakeman only about



Photo by Brian Lepley

The U.S. Army bobsled makes its final race of the Olympic trials Dec. 29. The sled's team, from right, pushers Spc. Doug Sharp, Dan Steele, Spc. Mike Kohn and Brian Shimer, are four of the ten-man American Olympic bobsled team that will compete in the Winter Games Feb. 8-24.

three weeks before the trials.

"Shimer is a great, great driver. I'd love for him to finally get an Olympic medal," said Steele, who replaced Shimer's previous brakeman when he suffered a back injury.

"We jelled right away. From the very first practice, the three of us had very good timing and our loads were right on the money," assessed Steele of the teamwork critical for pushing and jumping into the cramped, sleek sleds at the start of each run.

The idea of the National Guard athletes standing on the Olympic Medals Plaza podium when the bobsled competition is finished is not far-fetched, even though the United States has not won an Olympic bobsled medal since 1956.

The U.S. teams will have a home-ice advantage at the Park City venue because they will have charged down it many more times than their international competitors. The Army team's combined two-run time of 1 minute, 34.53 seconds during the trials was within six tenths of a second of the time recorded by leading World Cup driver Todd Hays, whose team captured the United States' other four-man spot.

Editor's note: This article was compiled from stories submitted by Brian Lepley of U.S. Army Alaska Public Affairs and Master Sgt. Bob Haskell and Sgt. 1st Class Paul Mouilleseaux from the National Guard Bureau Public Affairs Office.



# How to build your own home pharmacy

By Capt. Charlene Warren

To build a home pharmacy that meets the needs of your household, you should first ask yourself a few questions:

- What items do I want to keep in my kit?
- Will I need medications for adults and children?
- Does anyone in my home have any chronic medical conditions such as high blood pressure, diabetes or glaucoma?
- Does anyone in my home have any medication or food allergies?
- Where will I store all of the items for my kit?
- What items should you have in your kit?

The best way to determine which items you need is to make a list of the items commonly used in your home. If there is someone in your home who is actively involved in sports or outdoor activities, you should consider a pain reliever for muscle aches and pains. Ibuprofen, naproxen or acetaminophen can be helpful in these cases. These are also medications used in the treatment of fever. Ibuprofen and acetaminophen are available in a liquid form, so they can be given to children.

If someone in your home enjoys spending time outdoors, it would be a good idea to have medications for the treatment of poison ivy or an insect sting kit. Medications for the treatment of poison ivy include calamine lotion, hydrocortisone

cream and diphenhydramine or another antihistamine. Diphenhydramine is available as a capsule, a liquid and a cream. An insect sting kit requires a prescription.

Does anyone in your home enjoy bicycling or skating? If so, you should consider stocking an item for minor scrapes and cuts, such as hydrogen peroxide to clean the area and an antibiotic ointment to help ensure it does not become infected.

You should also consider seasonal items such as cough, cold and allergy products. Combination products are good if you have a combination of symptoms. If you only have a cough, try to take a product for that symptom only.

Be sure to read the labels on these products, because they cannot be used by everyone. Individuals who have high blood pressure, diabetes or glaucoma can worsen their conditions if they use some of these products without the advice of a medical professional. If you are in doubt, call your local pharmacist or health-care provider.

Make a list of any medication or food allergies for each person in your home. Use this list when you choose items for your home pharmacy.

Be sure that this list is kept in the same place as your kit. Inform others in your home about the list. Additionally, make a list of each medication, prescription and over-



the-counter drug that each individual in your home takes on a regular basis. This list will be helpful if questions arise about interactions among the different medications.

There are also several other items which would be useful to have in your home pharmacy. You might consider gauze pads and adhesive tape or bandages.

Syrup of ipecac is a product you should consider stocking in case someone swallows a poisonous substance. This medication is used to cause vomiting. It is wise to call a poison-control center before using the ipecac, especially if there are not directions available for the substance that was swallowed.

Once you have completed your list and collected all the items that you intend to keep in your home pharmacy, then what? Should you

place them in the medicine cabinet of the bathroom or in a kitchen cabinet on a high shelf?

No. The bathroom and the kitchen are not good choices because these areas are subject to extreme temperature and moisture changes. Extreme heat and exposure to moisture can decrease the effectiveness of medications. Some medications are also affected by light.

So where is the best place to store your kit? The best place to store your kit is in a linen or bedroom closet on a high shelf out of reach of small children. The temperature is relatively cool and stable in a closet, and there is usually little exposure to light.

If possible, place all the items together in a resealable plastic container large enough to hold everything but not too large to be easily handled.

Remember to check the expiration dates on your medications at least twice a year. Inform everyone in the home of the location of your home pharmacy and don't forget to tell the babysitter(s) or other houseguests.

First assess the needs of the individuals in your home, then make a list and gather together the items you need, and when you find the perfect storage place, your home pharmacy will be ready for its grand opening!

**Editors Note:** Reprinted from the Fort Leonard Wood, Mo., Guidon



Fort Sam Houston Independent School District  
Weekly Campus Activities  
January 14 - 19, 2002

Fort Sam Houston Elementary School

Wednesday, Jan. 16

- Public Hearing of School Report Card in elementary library at 4:30 p.m.

Thursday, Jan. 17

- Group Pictures

Friday, Jan. 18

- Spirit Day

Robert G. Cole Jr./Sr. High School

Monday, Jan. 14

- Public Hearing of School Report Card in Cole Library at 4:30 p.m.

Tuesday, Jan. 15

- Boys BB at Randolph - JV - 5 p.m./V - 8 p.m.
- Girls BB at Randolph - JV - 5 p.m./V - 6:30 p.m.
- Boys Soccer at McCollum -5 p.m.
- Girls Soccer vs Providence at Cole - 4:15 p.m.
- National German Exam - TBA

Wednesday, Jan. 16

- UIL District 24 4A Swim Meet, TBA

Thursday, Jan. 17

- UIL District 24 4A Swim Meet, TBA
- 2002 Regional Academic Decathlon Competition in Marfa, Texas

Friday, Jan. 18

- DECA District Meet at Seguin High School, all day
- Dual Swim Meet at San Antonio Natatorium, 5 p.m.
- Boys BB vs SA School of Excellence at Cole - 5 and 8 p.m.
- Girls V BB vs SASE - 6:30 p.m.
- Girls JV BB vs Antonian - 5 p.m.
- Boys Soccer vs Holly Cross at Cole - 4:15 p.m.
- 2002 Regional Academic Decathlon Competition in Marfa, Texas

Saturday, Jan. 19

- 2002 Regional Academic Decathlon Competition in Marfa, Texas

ISD Board meets today

The Fort Sam Houston Independent School District Board of Trustees will meet today from 9 a.m. to noon for a workshop and for a Special Board Meeting for Superintendent Evaluation at 12:30 p.m., at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, San Antonio, Texas.

TAAS testing dates announced

Robert G. Cole Jr./Sr. High School and Fort Sam Houston Elementary School students will join students across the state in taking the state-mandated Texas Assessment of Academic Skills (TAAS) competency tests beginning in the spring.

Students in grades three through eight, 10, 11 and 12 will be taking all or part of the section of TAAS this spring. Students in grades four, eight, 10, 11 and 12 will take the writing portion of TAAS Feb. 19. The math and reading portions of the TAAS will be administered to grades 10, 11, and 12 on Feb. 20 and 21. Grades three, four, five, six, seven and eight will take the math portion April 16 and reading portion on April 17.

The TAAS social studies and science portion will be administered to grade eight April 18 and 19.

Individuals who are not currently enrolled at

Cole, whose last school of attendance was Cole, and who have finished all requirements for graduation except passing all sections of the TAAS test and all individuals who wish to take the TEAMS test, may register to take the appropriate section at Cole.

To register to take the test, ex-students must call Julie Coffey at 368-8739 on or before Jan. 15.

State issues school report

The Texas Education Agency has issued the State of Texas 2000-01 School Report Cards for Fort Sam Houston Elementary School and Robert G. Cole Jr./Sr. High School. The reports provide information for each campus concerning student performance and information concerning expenditures and student / teacher ratios.

A public hearing will be held in the Robert G. Cole Jr./Sr. High School library Jan. 14 at 4:30 p.m. to discuss the school's report. A similar hearing at the Fort Sam Houston Elementary School will be held Jan. 16 at 4:30 p.m. in their library. The meetings will be conducted by the campus principals and members of the individual Campus Site-Based Decision-Making Teams. Parents and interested community members are invited to attend. In addition to the public hearings, parents will receive a copy of the School Report Card in the mail with their child's semester report card.

Sports Shorts

Intramural Racquet Ball

Letters of Intent due Feb 4. Coaches meeting will be held on Feb. 7 at 1 p.m., Jimmy Brought Fitness Center. League starts Feb. 19.

Intramural Volleyball

Letters of Intent due Feb. 4. Coaches meeting will be held on Feb. 6 at 1 p.m., Jimmy Brought Fitness Center. Season starts Feb. 11.

Intramural Spring Flag Football

Letters of Intent due Feb. 11. Coaches meeting will be held on Feb. 15 at 1 p.m., Jimmy Brought Fitness Center. League starts Feb. 25.

Men and women's varsity softball coaches wanted

Send resume to Jimmy Brought Fitness Center, Wilson Rd. Bldg. 320. Fort Sam Houston TX 78234, or call Earl Young at 221-1180 for more information.

Intramural Spring Softball

Letters of Intent due March 15. Coaches meeting will be held on March 25 at 1 p.m.,



Jimmy Brought Fitness Center. League starts April 8.

For more information on the above listed sports, contact Earl Young at the Jimmy Brought Fitness Center at 221-1180 or e-mail him at Earl.Young@cen.amedd.army.mil.

Aerobics classes offered Monday - Saturday

Classes include: Water Fitness, Senior Fitness, Salsa Plus, Kick-Box Boot Camp, Power Pump, Cardio Step, Kick/Step Combo, Step I, Low Impact Step and Body Sculpture and Abs. Classes are \$2 each or \$24 for 16. Call 221-1234 or stop by the Jimmy Brought Fitness Center for a complete schedule.



# Fort Freebies

*All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely 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. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: [news.leader@amedd.army.mil](mailto:news.leader@amedd.army.mil) or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.*

**For Sale:** New Canon BJC 1000 Bubble Jet color printer, never been out of the box. \$50 obo. Call 497-2626.

**For Sale:** 1986 Mazda B2000 pickup truck, runs good, \$2,000 obo, Weider weight set, complete with bench and various weights, \$50, GMC 26' ft. motor home, class C, sleeps six, \$3,000 obo. Call 223-2072.

**For Sale:** 1995 Kawasaki Vulcan 800A, \$5,000, 1999 Suzuki 250 \$3,000 obo. Call 658-5243.

**For Sale:** Sony cellular phone, \$30. AM/FM Radio with cassette and head set, \$18. GTE Phone beige (clock and alarm), \$15. BDU field jacket, size medium long, \$35. Sony Sprint PCS cellular phone, \$45. Call 526-0409.

**For Sale:** 1983 Jaguar XJ6, runs good, new tires and battery, \$2,200 obo. Refrigerator works good, \$125 obo. Big screen Mitsubishi

TV with remote control, \$ 1,550 (negotiable). Call 826-5660 or 828-2402.

**For Sale:** GE refrigerator, almond, \$100. Montgomery Wards washer, \$75, and Hotpoint heavy duty dryer, \$75 or \$125 for both. Call 590-3056 or 221-7338.

**For Sale:** 1985 International Travel Trailer, sleeps five, 25 ft. Call 824-0704 daytime or 828-2402 evenings.

**For Sale:** Glock 23 pistol with night sites, like-new with original box and accessories. Comes with leather holster, \$475. Call 831-5995 or 221-1595.

**For Sale:** Solar oven, new, still in original box. \$300. Call 659-6741.

**For Sale:** 1994 Blue Ranger XLT, extended cab, excellent condition, \$6,700 obo. Call 545-2906.

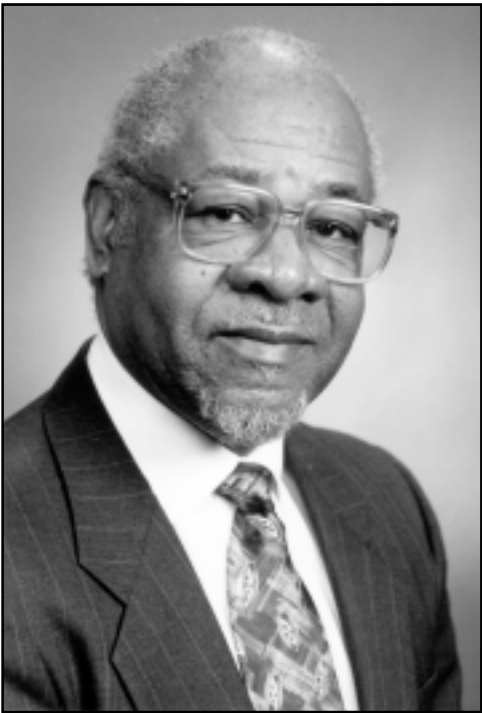


Courtesy photo

## A time for celebration

Members of Cloverleaf Communicators celebrated the year-end goals for 2001. They have set new goals for 2002. By reaching their goals the members also achieve success in their job performance, church and social activities and gain self-confidence. Cloverleaf Communicators meet on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month fro 11:30 a.m. to 1 p.m. at the San Antonio Credit Union conference room For more information, call Mariea Shelton at 916-3406 or Mary Flores at 341-4886.





**George Henderson, Ph.D**  
*Chairman, Human Relations  
Department*  
The University of Oklahoma

# Son of former slaves to speak at Martin Luther King, Jr. celebration

Dr. George Henderson, chairman of the human relations department at the University of Oklahoma, will be the keynote speaker during the Martin Luther King, Jr. Celebration 2002, Jan. 16, 10:30 to 11:30 a.m., Roadrunner Community Center, Bldg. 2797.

A pioneer among African-American university educators in Oklahoma, Professor George Henderson joined The University of Oklahoma faculty in 1967.

He is the first African-American distinguished professor at the University of Oklahoma. In 1969, he was appointed S.N. Goldman Professor of Human Relations. As the Goldman Professor, he designed the University's master's degree curriculum for the human relations program. In 1985, he was named a David

Ross Boyd Professor for excellence in teaching, guiding, and counseling students. In 1989, he was appointed a third distinguished professorship, University of Oklahoma Regent's Professor. The latter appointment is for "outstanding service to the University, to the academic community, and to an academic discipline through extraordinary achievement in academic administration."

Henderson is Dean of the college of Liberal Studies. He is the author and co-author of 25 books and more than 50 articles. His books include Cultural diversity in the Workplace (1994), Social Work Interventions: Helping People of Color (1994), Migrants, Immigrants, and Slaves (1995), and Human Relations Issues in Management (1996). In 1980-

81, he served as a distinguished visiting professor at the U.S. Air Force Academy. In 1969-70, he was a visiting professor of sociology lecturer at Wayne State University, Michigan State University, and University of Michigan. In addition, George Henderson has taught cultural diversity workshops and seminars throughout the United States, Germany, North Africa, Mexico, Guam, Japan, Okinawa, and Panama.

As a civil rights scholar and lecturer, Dr. Henderson has received numerous awards and served as a consultant to dozens of state and national organizations. He received his bachelor's and master's degrees in sociology and his doctoral degree in educational sociology from Wayne State University in Detroit.



## Fort Sam Houston

### Equal Employment Opportunity Office

### Awards Ceremony

**Jan. 17, 11 a.m. to 1 p.m.**  
**Roadrunner Community Center**  
**Bldg. 2797, 2010 Stanley Road**

**For reservations, call the EEO**  
**Office at 221-0218/2762/9194**

**Keynote Speaker is**  
**Luther Santiful**  
**Director, Department of Army**  
**Equal Employment Opportunity**

**Cake & Refreshments**



# DoD stresses “condition management approach” to obesity

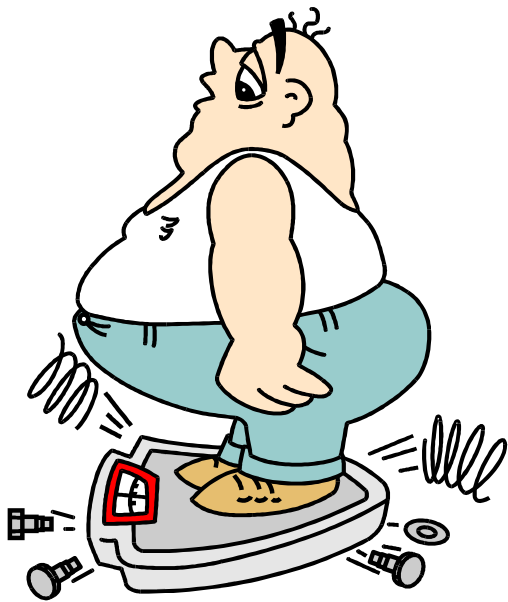
The average American gained about a pound on holiday goodies this year. That’s not much, but medical studies unfortunately show the years disappear, but the pounds don’t.

DoD wants service members and their families — especially children — retirees and civilian employees to enjoy lifelong health and fitness, said Air Force Col. (Dr.) Daniel L. Cohen, chief medical officer and deputy operations director in the Office of the Assistant Secretary of Defense for Health Affairs. Cohen said the military medical system today stresses a “condition management approach” to obesity. That means working with beneficiaries to prevent the problem rather than have to treat it. The approach marks a change in traditional thinking, one that requires a close partnership with beneficiaries.

It’s for their good, but also the military medical system’s, he noted. There’s a healthier population of beneficiaries — and also lower healthcare costs, he said.

All the services have body weight and conditioning standards. The Body Mass Index ratio developed by the National Institutes of Health in 1998 is one indicator. Its is the ratio of weight in kilograms to height in meters squared. A BMI of less than 25 is considered normal, 25 to 29.9 is overweight, and over 30 is obese.

About a thousand of service members are discharged each year because of their weight. That’s sad, Cohen said, but the active force’s problem is minor compared to family members, who mirror the general public. Using the BMI, he said, studies suggest 60 percent of Americans are overweight or obese.



About 15 percent to 20 percent of children are overweight or obese, he said. About 40 percent weigh over 80 percent of their ideal body weight.

The services’ elite forces are most effective at weight control, probably because of their culture, which stresses physical prowess, agility and team coordination, Cohen observed.

“My anecdotal experience is that you do not commonly see overweight and obesity in our elite forces, though I haven’t really studied that scientifically,” he said.

Whether or not his hunch is correct, he noted, one thing is certain for everyone: It’s easier to prevent overweight and obesity than to treat them. They’re illnesses, he said, but many overweight individuals don’t see themselves as sick or needing treatment.

“They do not recognize the steep and very slippery slope on which they sit,” Cohen said. Obesity is linked to higher rates of chronic illness and worse physical quality of life than lifelong smoking, problem drinking and poverty combined, in the United States, he contended. Overweight and obesity are clearly associated with type-2 diabetes, gall bladder disease, hypertension, coronary artery disease, depression and elevated cholesterol and triglyceride levels in the blood.

Considering that an overweight 25 year old might gain 10 to 20 pounds per decade, he continued, it’s not surprising nearly 30 percent of Americans at any given time are trying to lose weight. The cost is up to \$50 billion per year, and most of it’s wasted because it’s spent on foods, nutritional programs, supplements and remedies of dubious value, he said.

“Losing weight and keeping it off is not easy, ever!” Cohen warned. The hardly secret truth about weight control is that it means adopting a lifestyle that combines prudent dieting and a sustained exercise program. It’s the only way to prevent and to effectively treat overweight or obesity without resorting to medications, he said.

“Sustained exercise means 30 minutes of exercise, preferably vigorous, three or four times per week, and more often if one is inclined,” Cohen explained. “The benefits of frequent exercise are well documented. Even walking is helpful as long as it is sustained. One should feel at least a little tired at the end of it, in my opinion.”

A caution regarding children: Severely

limiting children’s caloric intake can adversely affect growth and development, especially during adolescence, when their needs increase, he said. The best ticket, he noted, is a balanced diet that’s neither excessive in calories nor excessively restrictive coupled with age-appropriate exercise. Children attempting to lose weight should do so only under the care of physicians or nurse health managers, he added. Embarking on this life change, one can hope to lose 1 or 2 pounds per month. Losing 12 to 20 pounds in a year is a real success story, he said.

A pound of fat contains about 3,500 calories. Vigorous exercise for 30 minutes may burn up to 350 calories, so even with daily exercise at this rate it would take 10 to 12 days to burn a pound of fat — assuming you’re eating only a normal complement of calories. An average adult requires 2,000 to 2,500 calories daily, so the goal should be to not exceed about 2,000, ever, Cohen said.

For more information on weight control problems and treatments, visit the Surgeon General’s Overweight and Obesity Web site at [www.surgeongeneral.gov/topics/obesity/](http://www.surgeongeneral.gov/topics/obesity/)

Also of possible interest, the National Institutes of Health has a discussion on drugs and weight loss at [www.hhs.gov/news/press/1996pres/961217.html](http://www.hhs.gov/news/press/1996pres/961217.html) and a forum summary on childhood obesity and diabetes at [www.hhs.gov/aspe/pic/9/pic6859.txt](http://www.hhs.gov/aspe/pic/9/pic6859.txt)

Source: Adapted from materials from the Office of the Assistant Secretary of Defense for Health Affairs.

# DeCA business successes enhance service members’ quality of life

By Ron Kelly  
Special to the News Leader

When it comes to improving the quality of life for America’s military, the Defense Commissary Agency continues to play an important role.

Always considered one of the military’s top non-pay benefits, the commissary benefit has become even more valuable to service members and their families as a result of DeCA’s continued efforts and success in reducing costs and increasing savings and sales.

By changing its focus from a budget-based to a cost culture and employing fact-based business methods - moves that began more than a year ago - the agency has been able to control operational costs and at the same time increase customer savings to 30.4 percent over commercial supermarkets. In quality-of-life terms, this equates to annual savings worth more than \$2,400 for a family of four that shops regularly



at a commissary.

But that’s not all. Reducing and controlling costs helps DeCA deliver the same level of quality and service to its patrons no matter where they serve around the world. “By controlling costs and operating more efficiently — especially at large stores like Fort Belvoir — we gain the financial leverage we need to support smaller

operations at higher unit costs in remote and overseas areas - where quality of life takes on added importance,” said DeCA Director Air Force Maj. Gen. Robert J. Courter Jr. “The result is consistency and savings in all of our stores.”

Total commissary sales - an important factor in DeCA’s ability to continue to deliver greater patron savings -

have been solid as well, with more growth expected as stores strive to attract a greater share of their customer base while working toward achieving established sales targets. At the same time, DeCA has been giving its existing customers reasons to shop at their commissary more often by building new and bigger stores, renovating existing ones, improving convenience

and in-stock rates, and offering great produce, meat, bakery and deli departments.

These efforts, combined with aggressive merchandising, are expected to increase sales, adding even more value and consistency to this most-valued benefit. Courter explains: “When more people use their commissary more often, sales increase, and so do total customer savings - savings that supplement military pay and quality of life. Increased sales also lead to further savings, as our Marketing Business Unit is able to obtain better prices from vendors. And improved savings is the key - it’s the reason for the benefit!”

“Just as reduced unit costs improve our ability to deliver this premier quality-of-life benefit efficiently and effectively, ultimately, increased savings and sales strengthen the commissary benefit and improve the quality of life for all of our customers.”

## Community Information Exchanges features a myriad of post services

Attend the 2002 Community Information Exchange and find out what’s happening on Fort Sam Houston from the Garrison Command and Staff, AAFES, Commissary, Fort Sam Houston Independent School District, Volunteer Advisory Council, Fort Sam Houston Mayors, Private Organizations, Units, and Family Readiness Groups. Come and share your unit, agency, or private organization activities or special events. Stay informed and take home a

community events calendar. For information call the Army Community Service at 221-2705 or e-mail: [kim.miller@cen.amedd.army.mil](mailto:kim.miller@cen.amedd.army.mil)

The following schedule is announced for the 2002 Community Information Exchange from 9 to 10 a.m. at the Roadrunner Community Center, Bldg. 2729, 2010 Stanley Road: Jan. 28, Feb. 25, March 25, April 22, May 20, June 24, no event in July, Aug. 26, Sept. 23, Oct. 28, Nov. 25, no event in December.

## Family Readiness Group Leaders Workshop slated

Army Family Team Building is offering a workshop for Family Readiness Group leaders on Jan. 31. This workshop is for FRG leaders, if your group does not have a family member leader, the active duty soldier in that position may attend.

The FRG Workshop will be offered in the morning and again in the afternoon to accommodate everyone’s schedule. Topics covered will include everything you need to know to lead a successful Family Readiness Group. There will be tips on how to increase participation, how to work with the unit command group, how to make sure your FRG

is operating legally, how to raise funds and how to conduct FRG meetings. This workshop will be presented by AFTB Instructors and Master Trainers using official DA and AFTB materials, as well as personal Family Readiness Group experiences.

All participants must be registered to attend. Workshops will be held at the Roadrunner Community Center on Stanley Road. The hours for the workshops and agendas will be provided when that information is finalized. To register or for more information call Connie Fretwell at 221-2705.





Hector Torres a second grader won first place for his drawing.

# Young artists compete in post's annual contest

By Edward Rivera  
Fort Sam Houston Public Affairs

Students of military families in kindergarten through the sixth grade competed in Fort Sam Houston's 2nd Annual Armed Services YMCA Art Contest December 11, 2001 at the Road Runner Community Center.

This preliminary contest was held in order to gather artwork for submission to the Armed Services YMCA Art Contest 2002. Medals and ribbons were awarded to the young artists for first, second and third place in a ceremony held at the Road Runner Community Center Dec. 12.

The artwork depicting the theme "My Military Family" was displayed at the community center for more than a week before being forwarded to the YMCA sponsored contest. Fort Sam Houston artists will compete against artists from the four branches of the armed forces, Coast Guard and National Guard.

"The contest is a great way to see how creative children can be," said Kerry Dauphinee, contest coordinator. "Last year we only had four entrees, this year we got 14. I hope to see this annual event growing through the years."

The top military entries will be used on the 2002 Military Family Week poster. Six elementary school winners will be awarded a \$500 U.S. Savings Bond and

seven; second place winners will receive a \$100 savings bond.

Although the Fort Sam Houston contest is over, it is not too late to enter the YMCA contest. Deadline for submission is January 28. Drawings should be in color, although black and white drawings may be entered depicting the child's military family. Family members should not be identified in the drawings. Entries must be on 8.5 by 11-inch paper, oversized or three-dimensional entries will not be judged.

Submissions should also have the following information written on the back: child's full name, grade, age, full address including city state and zip code, parent's name and military affiliation (indicate if reserve) and rank, military installation, phone number (overseas entries should include country code) or e-mail a parent may be reached. If attending a Department of Defense school include school's name.

All entries are to be mailed to: Armed Service YMCA, Attn: Art Contest, 6225 Brandon Avenue, Suite 215, Springfield, VA 22150. All artwork becomes property of Armed Services YMCA and cannot be returned. For more information on the art contest or the Armed Services YMCA call (703) 866-1260 or visit their website at [www.asymca.org](http://www.asymca.org). Email questions can be set to [militaryfamilyweek@asymca.org](mailto:militaryfamilyweek@asymca.org).



Hector Torres



Angellette Sattiewhitte



First place drawing by fifth grader Dustin S. King



Sara Hendricks



Sixth Grader Sara Hendricks won first place for her military family drawing.



Fifth grader Angellette Sattiewhitte was awarded first place for her drawing.



# U.S. Army All-American Bowl draws 17,000 fans



West team coach, Larry Hill, accepts the game trophy from Maj. Gen. Dennis Cavin, commander, U.S. Army Recruiting Command, and Herman Boone, at right, honorary coach. Hill coaches Smithson Valley High School.



Denzel Washington flips the coin at the start of the U.S. Army All-American Bowl. Washington's son played as defensive back for the West team.



Photos by  
Nelia Schrum

**At left:** Ra'Sawn Mosley, a running back from Southwest High School, carries the ball for a first down during the U.S. Army All-American Bowl Saturday. **Below:** The 82<sup>nd</sup> Airborne Chorus performed before a crowd of 17,000 spectators at the U.S. Army All-American Bowl at Alamo Stadium on Saturday.





# Fort Sam Houston participates in All-American Bowl

Photo by Phil Reidinger  
Maj. General Kevin C. Kiley, commander, U.S. Army Medical Department Center and School and Fort Sam Houston, hosted a welcome dinner at the Fort Sam Houston Golf Course Clubhouse on Jan. 2 honoring the 2002 U.S. Army All-American Bowl football team.

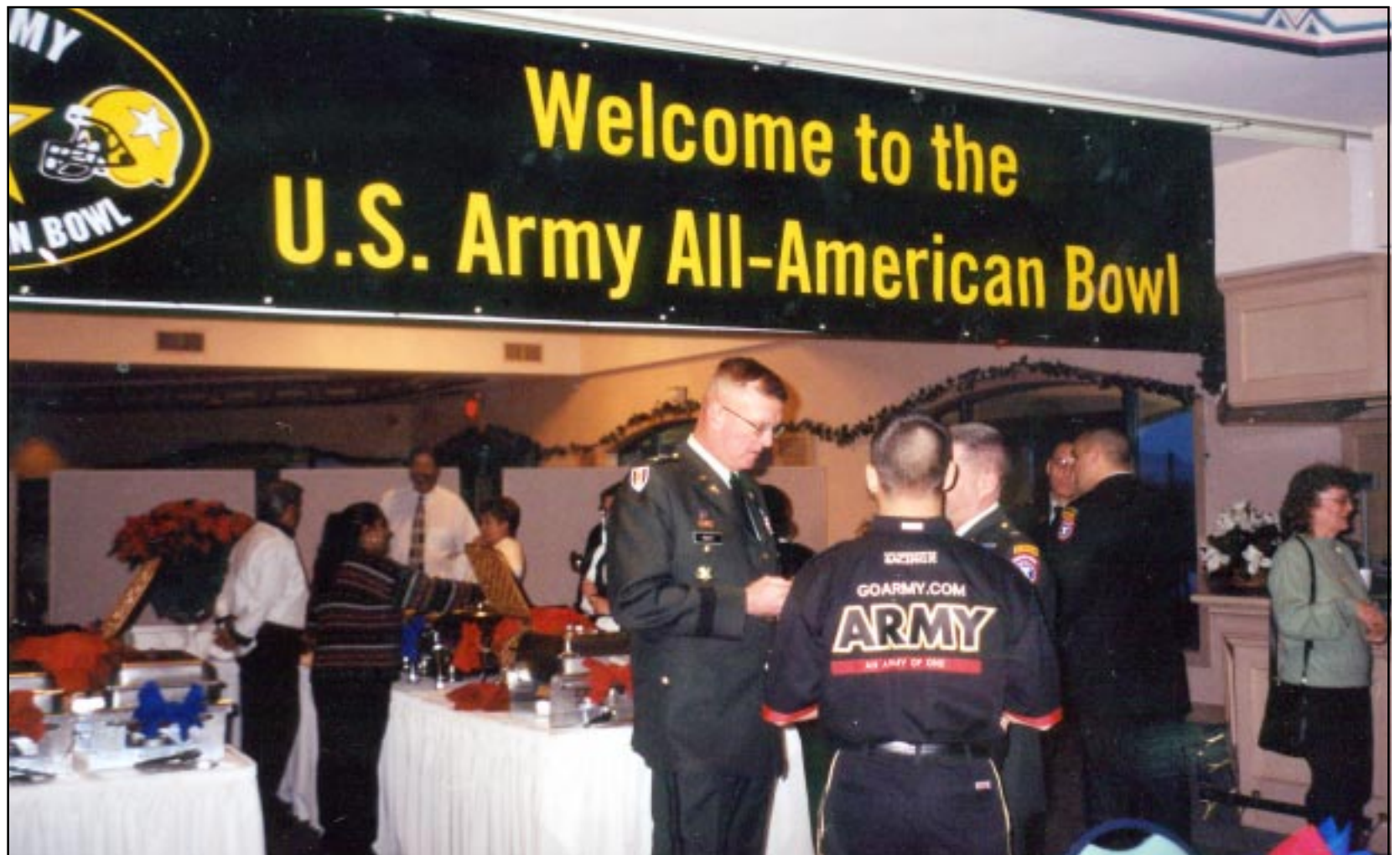


Photo by Esther Garcia  
Gerald Riggs, of Chattanooga, Tenn., who played for the East, presents Maj.Gen. Kevin C. Kiley, with an autographed football during the welcome dinner. Riggs was named "Mr. Football" for the state of Tennessee.



Photo by Phil Reidinger  
South San Independent School District Junior ROTC Cadets prepare to enter Alamo Stadium holding the 50 state flags and territorial flags prior to the U.S. Army All-American Bowl game on Saturday.



Photo by Esther Garcia  
Civic leader Barbara Banker welcomes Tony Schumacher, "The Sarge," one of the hottest drivers in drag racing and guest speaker during the welcome dinner held at the Fort Sam Houston Golf Course Clubhouse.



Photo by Phil Reidinger  
Maj. Gen. Kevin C. Kiley gives a thumbs up following Tony Schumacher's speech at the welcome dinner honoring the U.S. Army All-American Bowl teams.



# NAF Outlet Auction

**Friday, January 25, 2002**

**Building 1157 (Former Auto Skills Center)**

Sale starts at 10 a.m.,

View items from 9 to 9:30 a.m.

**Items include:** Vehicles, boats, lawn mowers, industrial refrigerators & freezers, deep fat fryers, commercial kilns with accessories, chairs, tables, lamps, pictures, silk screen equipment & supplies and a large variety of tools and automotive shop equipment. ....plus numerous other items.

**Point of Contact:**

Capt. James Rumbley,  
536-8059



# Career Clips

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.*



**Legal Secretary.** San Antonio. Northeast company is looking for someone with experience dealing with SEC documents or as a Legal Secretary. Employee will work with MSWord or Wordperfect, and will also assist in the accounting department with filing and admin work.

**OLAP Developer.** San Antonio. Position for an experienced Data Warehouse Front-end OLAP report developer to join its Knowledge Management team is open with a major south Texas retailer. Requires Bachelors degree in Computer Science and extensive development or implementation experience.

**Assistant Branch Manager.** San Antonio. Local credit union seeking a professional candidate with 1 to 2 years of operations, sales, lending, supervisory and member experience in a branch of credit union or banking environment.

**Polysomnography technician.** San Antonio. Requires knowledge of professional polysomnographic principals, practices, concepts, theories and techniques, sufficient to develop and establish procedures for polysomnographic determinations.





# THE OFFICERS' CLUB

\$5.95/\$4.95 for Club Members

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 **Happy New Year!**

2

3

4

**CLUB CLOSED**  
Will Resume Normal Operating Hours 6 January 2002

7

Lasagna

Grilled Pork  
Chops w/Apple  
Sauce

*Chef's Special*

8

**GOLDEN FRIED CHICKEN**

Beef Tips &  
Noodles

*Chef's Special*

9

Texas  
BBQ Ribs

Roast Turkey  
w/Dressing

*Chef's Special*

10

**MEXICAN FOODS**

Cheese  
Enchiladas  
Chicken Pot Pie

**Joe's Beans**

11

**Fish Fry**

Southern Fried Fish  
Tangy Teriyaki  
Wings

*Chef's Special*

14

Country Fried  
Steak  
Meat Loaf  
w/Mushroom  
Gravy

*Chef's Special*

15

**GOLDEN FRIED CHICKEN**

Bratwurst  
w/Red  
Cabbage  
Gravy

*Chef's Special*

16

Texas  
BBQ Ribs

Swedish  
Meatballs

*Chef's Special*

17

**MEXICAN FOODS**

Beef Tacos  
King Ranch  
Chicken

**Joe's Beans**

18

**Fish Fry**

Southern Fried Fish  
Burger Bar

*Chef's Special*

21

**CLUB CLOSED**

22

**GOLDEN FRIED CHICKEN**

Smothered  
Steak

*Chef's Special*

23

Texas  
BBQ Ribs

Swedish  
Meatballs

*Chef's Special*

24

**MEXICAN FOODS**

Beef  
Enchiladas  
Schnitzel/Fried  
Potatoes

**Joe's Beans**

25

**Fish Fry**

Southern Fried Fish  
Baked Chicken

*Chef's Special*

28

Stuffed Bell  
Peppers  
Country Fried  
Steak

*Chef's Special*

29

**GOLDEN FRIED CHICKEN**

Beef &  
Broccoli

*Chef's Special*

30

Texas  
BBQ Ribs

Brisket

*Chef's Special*

31

**MEXICAN FOODS**

Chicken Fajitas  
Eggrolls/Fried Rice

**Joe's Beans**

Lunch is  
served from  
11:00 A.M.  
TO 1:00 P.M.

224-4211



# TRICARE Dental Premium rates have changed

TRICARE Dental Program (TDP) members will notice a slight increase in their monthly premiums beginning January 2002. The new rates are effective on February 2002; however, since premiums are collected one month in advance, TDP members will notice the change with their January 2002 billing statement, payroll allotment or deduction.

Effective February 1st, TDP premiums will increase by about 3.5 percent or a little less than the annual increase in the dental services component of the Consumer Price Index.

The new monthly premium rate for active duty family members and members of the Selected Reserve, Individual Ready Reserve (Special Mobilization Category) and family members of reservists who are on active duty for more than 30 consecutive days is \$7.90 for a single enrollment and \$19.74 for a family enrollment. Members of the Individual Ready Reserve (Other than Special Mobilization Category) and their family members and the family

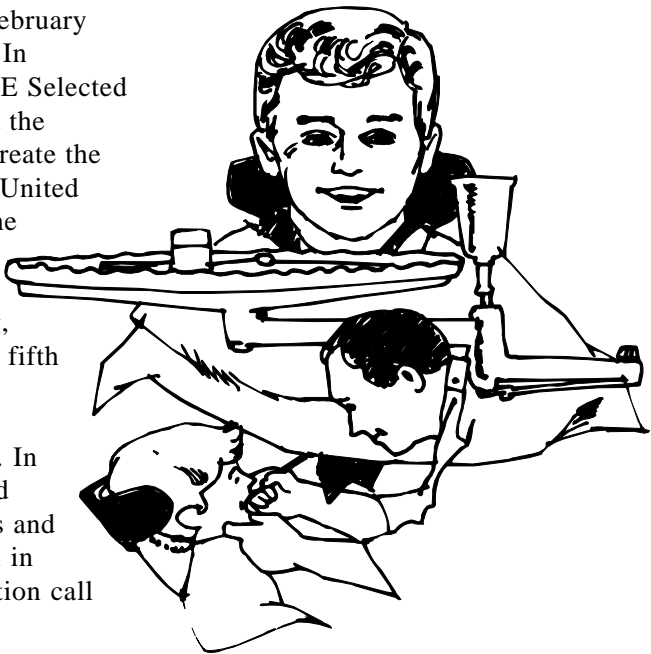
members of the Selected Reserve will pay a new monthly rate of \$19.75 for a single enrollment and \$49.36 for a family enrollment. (See chart below for monthly premium rates applicable to each type of enrollee).

“Since the government will continue to pay 60 percent of the total monthly premium for most categories of TDP enrollees, the actual increase for the majority of TDP members will be fairly small - 27 cents a month for a single enrollment and 66 cents a month for a family enrollment,” said Tom Harbold, Senior Vice President for the TDP at United Concordia Companies, Inc.

While the TDP premium increases are due primarily to increases in the cost of dental services, part of the increase is the result of enhancing the general anesthesia benefit. Effective February 1, 2002, the requirement that general anesthesia be performed by a provider other than the surgeon, assistant surgeon or treating doctor is eliminated.

United Concordia Companies, Inc. administered the TRICARE Family

Member Dental Plan from February 1996 through January 2001. In February 2001, the TRICARE Selected Reserve Dental Program and the TFMDP were combined to create the TRICARE Dental Program. United Concordia was selected by the Department of Defense to administer the TDP. Headquartered in Harrisburg, Pa., United Concordia is the fifth largest dental insurer in the country with more than six million members worldwide. In 2000, the company processed more than 9.3 million claims and paid more than \$781 million in dental benefits. For information call 1-888-622-2256.



TDP Monthly Premiums (Feb. 2002 — Jan. 2003)		
Shared Premium:	Single	Family
Active Duty Family Members	\$7.90	\$19.74
Selected Reserve		
IRR - Special Mobilization Category		
Full Premium:	Single	Family
IRR - Other than Special Mobilization Category	\$19.75	\$49.36
SELRES & IRR Family Members		

Source: United Concordia web site at <http://www.ucci.com/tdp/tdp.html>

# Moving soon? Take TRICARE Prime with you!

Are you a TRICARE Prime member who will be:

- Moving out of town?
- Going away for the winter?
- Changing Stations?
- Sending a child off to college?
- Retiring?

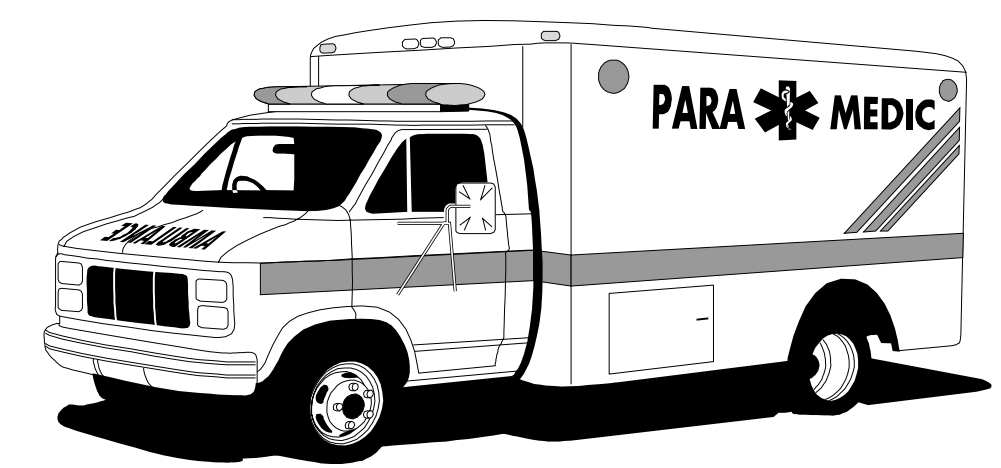
Take TRICARE Prime with you! Called “enrollment portability,” this feature of Prime allows you to continue your enrollment without interruption when you relocate from one Prime region to another.

## Benefits for Active Duty Family Members

Enrollment portability will help you whether your move is short-term or long-term. There is no limit to the number of transfers for active duty family members (Active Duty Family Members do not pay an enrollment fee).

## Benefits for Retirees and Non-Active Duty Family Members

Retirees may transfer enrollment twice during an enrollment year, as long as the second transfer is back to the original



region of enrollment. Retirees, their families and survivors never pay more than the family enrollment fee of \$460, no matter how many family members enroll. In order to transfer enrollment, fees must be current. Your enrollment fees transfer with you (but are non-refundable) when you move. Family members who live apart can enroll together and pay only one family enrollment fee. This saves you money if

your children attend colleges in other states, or if your children live with your former spouse out of your area.

**How to Use Portability**  
Before you move, stop by your local TRICARE Service Center or call (800) 406-2832 for advice about transferring your enrollment. Not all areas offer TRICARE Prime, so check with your local TRICARE Service Center to see what options you will have in your new area.

Don’t disenroll before you leave. Transfer your TRICARE Prime enrollment when you arrive at your new home. If you need health care coverage while you are moving, call the Health Care Finder at (800) 406-2832 for an authorization so you won’t get billed under the more expensive Point-of-Service option. Once you reach your new location, contact the nearest TRICARE Service Center or Military Treatment Facility to select a new Primary Care Manager and to complete an enrollment application. This way, there will be no break in your health care coverage when you move. Your Primary Care Manager provides your health care and arranges for specialty care as needed.

For more information about enrollment portability, call (800) 406-2832, pick up a portability brochure at your nearest TRICARE Service Center or Beneficiary Services Office or visit our Website at [www.healthnetfederalservices.com](http://www.healthnetfederalservices.com) for more information on this subject and more.

# Don’t delay update your DEERS record today

By Carole W. Butler  
Special to the News Leader

Did you know that you or a family member could lose medical benefits if you do not update your information on the Defense Eligibility Enrollment Reporting System (DEERS)?

DEERS stores medical benefit data for military personnel, retirees, and eligible family members. Service members and retirees are the sponsors for their family members’ medical benefits and are responsible for the accuracy of the DEERS information. Correct, up-to-date DEERS information is essential, since this data define your medical benefits.

When an eligible family member receives a uniformed services identification and privilege card, or ID card, that information is deposited in DEERS. However, the sponsor must ensure the information is correct. If you marry or re-marry, move, have a new

baby, have an old baby that becomes an adult, you must make sure that DEERS data reflect those changes, as well as any others. If you marry but neglect to register your spouse in DEERS, that person is not eligible for medical benefits until the sponsor updates the information.

If you move but don’t submit the current address of each family member to DEERS, your family may not receive essential messages regarding medical benefits, such as information about the mail-order pharmacy (and TRICARE For Life program). If you forget to register a newborn in DEERS, after 365 days the child is not eligible for medical benefits until you complete the registration in DEERS. In addition, newborns can lose eligibility for TRICARE Prime medical coverage after 120 days. In this case, you must enroll the child in TRICARE Prime, as well as register the child in DEERS.

## How to Update DEERS

Making changes to DEERS is easy to do. You can make changes through your military support office, the same office that assists you with your ID card. And, if you are making changes, it’s a good idea to take documentation with you, such as a marriage certificate or birth certificate.

You can locate your nearest military support office at the RAPIDS Site Locator on the Web at <http://www.dmdc.osd.mil/rs/> (Call ahead for hours of operation, and for instructions if you are updating a record for someone who is housebound.) To make address changes or to verify data online, log on to the Defense Manpower Data Center web site at <https://www.dmdc.osd.mil/swg/owa/webguard.login?appl=9012&rule=02>

Changes could not be easier to make, so do not delay. Update DEERS today.

## Other ways to update your DEERS address:

- Call the Defense Manpower Data

Center Support Office (DSO) Telephone Center at 800-538-9552. The best time to call the Telephone Center is between 0900 - 1500 (Pacific Time) Wednesday through Friday to avoid delays.

- Fax address changes to 831-655-8317.

- Mail the change information to the DSO, ATTN: COA, 400 Gigling Road, Seaside, CA, 93955-6771.

For additional questions regarding your DEERS record, call the DSO Telephone Center at 800-538-9552. The hours of operation are 0600 - 1530 (Pacific Time) Monday - Friday (excluding federal holidays).

Source: Extracted from the Navy Lifelines web site at <http://www.lifelines2000.org/services/articles/20011203/121614.asp?RootID=569> and the TRICARE web site at <http://www.tricare.osd.mil/DEERSAddress/>





## Community events

**The Harlequin Dinner Theatre presents “Towards Zero,” now through Feb. 9**  
The Agatha Christie mystery “Towards Zero” is being presented now through Feb. 9 at the Harlequin Dinner Theatre, Bldg. 2652 Harney Road, Fort Sam Houston. For ticket information and reservations, call 222-9694.

**Old Crows monthly luncheon, Jan. 11**  
The Billy Mitchell Chapter-Association of the Old Crows and the Alamo Chapter, AFCEA will hold their monthly speaker luncheon on Jan. 11 at Dave’s and Buster’s restaurant, Loop 410 and I-10 by the Cross Roads Mall. Guest speaker is Dr. Kenneth A. Lysiak, Southwest Research Institute. For reservations call Marsha Ocain at 732-7697 or visit [www.bmcaoc.org](http://www.bmcaoc.org) web site.

**Martin Luther King, Jr. Birthday Storytime, Jan. 14**  
The Oakwell Branch Library invites children ages 4 to 8 and their accompanying adults to the Martin Luther King, Jr. Birthday Storytime on Jan. 14 from 6:30 to 7 p.m. The program will feature a short biography of Dr. King and stories highlighting the joyous diversity of the world’s children. The event is free and the no registration is required. The Oakwell Branch Library is located at 4134 Harry Wurzbach Road. For information call 828-2569.

**Officers’ Civilian Spouses Club luncheon, Jan. 15**  
Joint the members of the Officers’ Civilian Spouses Club White Elephant Silent Auction on Jan. 15. The auction will take place Prior to the regular program during the OCS Club luncheon, which begins at 11 a.m. at the Officers’ Club. Everyone is asked to donate one item. Donations can be given to any board member 8 or may be dropped off at the OCSC board meeting on Jan. 8. To make your luncheon reservations call Brenda Hebron at 444-0259 or Karen Cole at 499-1047 no later than Jan. 11.

**Comptrollers to hold monthly luncheon, Jan. 16**  
The Alamo City Chapter of the American Society of Military Comptrollers will hold a monthly luncheon on Jan. 16 from 11 a.m. to 1 p.m. at the Little Red Barn, 1836 S. Hackberry. John Kauth, CPA, will be the guest speaker and will discuss “Stock Market Performance in the Wake of Turbulent Times” and “A Way to Finance Your Child’s Education Tax-Free”. The local charity will be the ALS Association. For reservations or more information, call Maj. Stephen Kent, 221-2870.

**Change of Responsibility for the AMEDD NCO Academy, Jan. 30**  
A Change of Responsibility ceremony will be held Jan. 30 at 7:45 a.m. at MacArthur Field. Outgoing commandant is Command Sgt. Maj. Zulma Santiago. Incoming commandant is Command Sgt. Maj. Paul Mathsen.

**Technology Expo at Officers’ Club, Jan. 31**  
The Fort Sam Houston Technology Expo will take place from 10 a.m. to 2 p.m. Jan. 31 in the Persian Room at the Officers’ Club. The no-cost Expo is open to all Fort Sam Houston personnel and contractors. There will be more than 20 different industry leading manufacturers, developers and systems integrators exhibiting the latest in Knowledge Management Solutions, Data Warehousing, Network Operations Services, Web and Enterprise Content Management,

## ¿Que Pasa?

Information Assurance and Security, Mobile Computing Solutions, Wireless Networking/Computing, Collaboration Tools, Hardware, Software and More. The Expo is hosted by Information Technology Business Center for more information call (301) 596-8899 extension 230.

**Annual MOPH, Chapter 1836 dinner, Feb. 15**  
The annual Founder’s Day and General Washington Birthday Dinner for members of Chapter 1836, Military Order of the Purple Heart, will be held Feb. 15, 6 to 10 p.m. at the Fort Sam Houston Officer’s Club.  
The guest speaker will be retired Air Force Brig. Gen. Robinson Risner, a noted author, Korean War and Vietnam veteran, and Purple Heart medal recipient. For reservations and more details, call Col. Garland (Pete) Bishop, 497-3029.

## Volunteers needed

**Calling all single soldiers to join BOSS**  
The Better Opportunities for Single Soldiers Meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee is established at an installation to furnish soldier input to the commander, who uses committee recommendations as the basis for improving single soldier MWR programs and enhancing the quality of life.  
All single soldiers are welcome to attend the first meeting of the month. The second meeting is reserved for duty appointed representatives. For more information, please contact the current BOSS president Spc. Jeffrey Briere at 637-2229 or Sgt. Lorna Lewis 916-3344.

**American Red Cross volunteers needed**  
The American people rely on the American Red Cross and its Armed Forces Emergency Services (AFES) to stay in touch with those in the serving in the military. The San Antonio Red Cross is meeting the challenge of increased AFES cases by training volunteers to help with emergency communications between military personnel and their families. The commitment for a volunteer is a minimum of four hours per week for the next six months. For information about classes in AFES case work, call 224-5151 extension 273.

**More Child Advocates volunteers needed**  
Child Advocates San Antonio is looking for volunteers to train as advocates for abused children. Training classes begin Feb. 26. Deadline to register is Feb. 15. For information, call 22-7070.  
Training will be held at the CASA office, 406 San Pedro, from 5:30 to 6:30 p.m. on Jan. 9 and 23, and 28 and Feb. 6. Applicants must be 21 years or older, pass a background and reference check and be interviewed by a CASA advocate supervisor. CASA, a United Way agency, served 645 abused children in Bexar County last year.

**Basketball stars sought for summer camp**  
Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp 2002. The camp is for boys and girls ages 10 through 19. Past participants include Michael Jordan, Tim Duncan, Vince Carter and more. College Basketball Scholarships are possible for players selected to the All-American Team. The Camp is by invitation only. For a free brochure, call (704) 568-6801.

**Job skills training for family members**  
Family Member Employment Assistance provides resume and job search assistance with one-on-one counseling tailored to the needs of the individual. Training is computer and video-based allowing individuals to learn at their own pace. For an appointment, call Pat Fory at 221-0516. Openings exist for morning and afternoon training sessions.

## In the classroom

**Learn more about benefits**  
Soldiers whose Date Initially Entered Military Service (DIEMS) is on or after August 1, 1986, should attend a briefing on the Career Status Bonus, Reduced Retirement

Plan and Thrift Savings Plan.  
Transition Services offers monthly briefings in Bldg. 2267 at 9 a.m. on the following dates: Jan. 15, Feb. 12, Mar. 12, Apr 16, May 14, June 11, July 16, Aug. 13 and Sept. 17, 2002.  
To attend a briefing or obtain more information, call 221-2467 or 221-0936.

**TSP now available to soldiers.**  
Soldiers have an opportunity to enroll in the Thrift Savings Plan. The plan allows soldiers to invest their own money and offers tax deferral advantages similar to those in a 401(K). TSP participation is voluntary and not automatic. Open season for those soldiers currently on active duty and who meet eligibility requirements is now through January 31, 2002. Call 1-877-276-9287 for information.

**English as a Second Language classes**  
ESL classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. Classes are sponsored by the Army Community Service Relocation Assistance Program, and the Region 20 Education Center. To register call 221-2418.

**Visit Child and Youth Services library**  
The Fort Sam Houston community is invited to visit the Child and Youth Services Community Resource Library located in Bldg. 2797. The library has an array of educational and developmentally age appropriate resource materials for loan. Home schooling parents in the community are encouraged to utilize our library. For additional information call Judith Williford at 221-9658.

**National Softball Association Umpire Clinic, Feb 2**  
The National Softball Association will conduct an Umpire Clinic on Feb. 2 at 1 p.m. at the Holiday Inn, 135 and Splashtown. The clinic will certify umpires to participate in NSA sanctioned events. For more information contact the Texas Umpire-in-Chief at 874-4604.

## Otras Cosas

**Apply for a TROA scholarship**  
Military children of active duty service members are eligible to apply for The Retired Officers Association Scholarship program. Students must be under age 24 and working their first undergraduate degree. Grants are based on scholastic merit and leadership qualities, not financial need. To apply visit the web site: [www.troa.org](http://www.troa.org)., look for “Educational Aid” on the opening page of the TROA web site. Deadline for submission is midnight of March 1, 2002.

**Happy New Year from Thrift Shop**  
The staff and volunteers of the Thrift Shop would like to wish all its patrons a Happy New Year. The Thrift Shop will be open this Saturday, January 12, from 9 a.m. until 2 p.m., with consignments being taken from 9 a.m. until noon. Come on in and see what new items we have, and there is always a bargain to be had in our budget shop. The Thrift Shop is located in Building 231, Liscum Road, behind the Quadrangle. Our hours are 9 a.m. until 2 p.m., Wednesdays, Thursdays and the second Saturday of each month. Call 225-4682 for more information.

**Join the Teen Book Club**  
The Oakwell Library is starting a Teen Book Club, open to Middle and High School students. The first meeting is scheduled for Jan. 26 at 10 a.m. To register, call 828-2569. The library is located at 4134 Harry Wurzbach.

**Texas Rangers sign autographs at Main PX**  
Texas Rangers players will sign autographs at the Main Post Exchange, Jan. 17, from 2 to 3 p.m. Players include pitchers Rob Bell, Todd Van Poppel and Jeff Zimmerman.