

Therapy  
helps keep  
soldier safe



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LIFE'

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**News  
UPDATE**

**New traffic control gates**

Construction work on new traffic control gates has begun on the inbound and outbound lanes to Fort Gordon. Gate 1 will be the first affected, then construction will move to Gate 2, Gate 3 and finally to Gate 5.

Every effort will be made to start and end construction during non-peak traffic hours. However, all travelers need to be aware of the potential dangers of driving around heavy machinery and construction workers.

There will be certain periods when two lanes of traffic will be narrowed down to one lane. Plan your arrivals and departures to and from the installation accordingly.

For more information, call Fort Gordon Installation Operations Center at 791-9784/9747/3127.

**Quarterly awards**

The quarterly installation awards ceremony will be held **Jan. 30, 8:30 a.m.**, in Conrad Hall. The following individuals will be recognized: Service member of the 1st Qtr, FY03 - Pvt. 1st Class Sheldon J. Hansen, Headquarters and Company A, 551st Signal Battalion; Noncommissioned Officer of the 1st Qtr, FY03 - Sgt. Joshua M. Carr, 252nd Signal Company, 63rd Sig. Bn.; Instructor of the 1st Qtr, FY03 - Staff Sgt. Calmese Jordan Jr., Regimental Noncommissioned Officer Academy; Civilian of the 1st Qtr, FY03 - Linda J. Appletoft, 551st Sig. Bn.; Volunteer of the Month Oct. 02 - Sgt. Demetrius Dowell, Better Opportunities for Single Soldiers; Volunteer of the Month Nov 02 - Kathy Bryant, Army Community Service (and DCA); and Volunteer of the Month Dec 02 - Judy Pitts, Thrift Shop.

For more information, call Linda Means at 791-7003.

**Tax time is nearing**

The Tax Center is open. Hours of operation are Monday through Friday from 8 a.m. to 3 p.m. at the Staff Judge Advocate Office, Building 29718, on the first floor.

The center will be open for tax preparation on the following Saturdays and training holidays: **Feb. 1, Feb. 14, March 1, March 29 and April 5, 8 a.m.** to noon.

For more information, call your unit tax advisor or Sgt. Lisa Gary at 791-7883.

**January retirement ceremony set**

January retirement ceremony will be in Alexander Hall **Jan. 30** at 9:30 a.m.

For more information, call Staff Sgt. Gary McKnight at 791-9533.

# Gate 1: lane closes; barriers replaced



Photo by Spc. Zoe Morris

During an inspection by Directorate of Public Works, inspectors discovered erosion around a culvert that runs under the roadbed at Gate 1. As a safety measure, a lane is being closed while more dirt is hauled in to reinforce the roadbed.

**Gate 1 lane closure to begin Jan. 27**

Strategic Management Office

Many may remember when Gate 1 was closed in 1996 for over a year as the Georgia Department of Transportation constructed

the Jimmie Dyess Expressway. This work included dumping thousands and thousands of yards of dirt in order to elevate the existing roadbed by 35 feet.

During a routine inspection several months ago, the staff of the Directorate of Public Works and Johnson Controls noticed that erosion had begun to occur around the culvert that travels underneath the roadbed at

Gate 1. At the same time, the Central Savannah River Area had several severe rainstorms that caused the erosion to widen.

The Georgia Department of Transportation was contacted and a decision was made that the situation needed to be repaired before it deteriorated to the point that it could become a safety issue. Beginning Jan.

27, one of the right-hand turn lanes on the out-bound side of the gate will be closed for approximately three weeks. The guardrail in this area will need to be removed so that truckloads of dirt can be brought in. Blocking the lane will ensure the safety

See Gate 1, Page 2

*Barriers replaced*

Denise Allen  
Staff writer

It won't be long before those orange barriers at the gates will be no more.

"We're putting in permanent gates," said Terry Smith, deputy garrison commander. "Not only will the gate look more professional, it should improve traffic flow."

It will save time as well.

It takes about 30 minutes to move the barriers into place and fill them with water, according to Staff Sgt. John Pribyl, traffic NCOIC.

"If you happen to be passing through the gates at that time, you have to wait," said Smith.

In the event the gates needed to be locked down quickly, the new gates could be closed much faster.

"Fifteen minutes if even that," Pribyl said.

The new gates should be in place at Gates 1, 2 and 3 within the next week or two.

The new gate will not be installed at Gate 5 until the road construction is completed, he said.

There is another improvement at the gate that should also keep traffic flowing quickly. Pribyl said that all commercial vehicles must now enter via Gate 3.

## Eisenhower's Skylight camera unique to Army

Kathleen Haskell  
Special for The Signal

Eisenhower Army Medical Center has a new nuclear medicine camera called the Skylight, which is currently the only one in the Army.

"Unlike most gamma cameras that are in a circular configuration, the Skylight has two detector heads suspended from above-head tracts. These detectors can act independently of each other, in tandem with one another, or in synchronization with each other acting as a single camera to produce a 3-D image," nuclear medicine technologist Warner Wish stated.

How do nuclear medicine technologists use the radiation for imaging? "A radioactive material is injected into the body and pictures are taken of where gamma radiation goes. What part of the body needs imaging determines where the radioactive material needs to stick. For example, if a picture of a bone is desired then the radioactive material should attach to a bone agent such as calcium, magnesium, or phosphate," he continued.

"The bones are making new bone tissue all the time and will absorb the bone agents since they don't know they are radioactive," explained Wish.

The patient is then placed up against the camera and a picture is taken. The body already has a very small amount of radioactive material inside.

"People ask all the time if this radiation will cause them to glow in the dark, or turn into an incredible hulk," he said

with a grin. "But reality is, people get more radiation from the sun than as a patient in nuclear medicine."

It's reassuring to know the body doesn't store up radiation from nuclear medicine or x-rays.

"The material used to get the radiation to the imaged site is either used, or naturally filtered out, by the body. Since agents that our bodies typically produce, use, or need are utilized, patients don't have to worry about side effects. The biggest concern in nuclear medicine is pregnant women, since the developing fetus is very sensitive to radiation."

"Nuclear medicine has come a long way and the field is still changing rapidly. It's changing more rapidly than any other modality within radiology, to include ultrasound, magnetic resonance, computerized tomography, mammography, diagnostic imaging or radiation therapy," he said.

Wish described the benefits of having the different types of nuclear medicine working together.

"Nuclear medicine is able to 'see' differently from the other modalities. X-rays have the fine definition of a bone, but nuclear medicine can show what the bone is doing on the inside. When all the images from other modalities are combined, they form a very complete picture of the anatomy or any problems occurring in the body, for the doctor's use," he said.

"Today there is very little nuclear medicine can't image."

See Skylight, Page 2

## New installation logistics warehouse opened

Kathleen Haskell  
Special for The Signal

"It's my vision and the vision of Army logistics to consolidate ourselves and have an efficient operation to ensure we provide the mission support necessary for the installation," said Col. Mike DeBow during opening remarks at the ribbon cutting ceremony for the new logistics warehouse located at the corner of Barnes Avenue and 11th Street.

"We have been working in what I would term 'Napole-

onic-era' logistics forever. Big warehouses all over the place with lots of space, thinking larger was what was needed to maneuver in," he said.

"We challenged Johnson Controls as we put this project together to focus on how we could consolidate our operations from a much larger space into a smaller space, getting as much efficiency as possible and still effectively serving our customers."

"We moved from four warehouse buildings with about 360,000 cubic feet to

this one warehouse," he continued. "We moved material management, customer assistance, editing, classification and storage to this building."

The new warehouse is a 100,000 cubic foot structure costing approximately \$700,000, funded by an old warehouse demolition account. The warehouse stocks over 2,082 product lines with a dollar value of about \$455,590, which flows in and out every day to sup

See Warehouse, Page 2



Cutting the ribbon at the consolidated warehouse were Flash Gordon, Johnson Controls; Garrison Commander Col. Robert Henderson and Evelyn Bobo, chief of supply and Property Book Branch, Directorate of Public Works.



Photos by Kathleen Haskell



## Rocket, small arms fire aimed at Bagram Air Base

Kathleen T. Rhem  
American Forces Press Services

WASHINGTON, — Bagram Air Base, Afghanistan, came under attack twice early Jan. 22, a military spokesman there said.

A 107 mm rocket struck near the southwest perimeter of the base at about 12:30 a.m. local time. It caused no damage or injuries. Troops at the base called for close air support, but the aircrews reported no activity in the immediate area.

Fifteen minutes later, unknown individuals fired small-arms at an observation post on the base. American soldiers engaged the shooters and believe one of the attackers was hit, the spokesman said.

Two other observation posts on Bagram Air Base reported "suspicious personnel" near their posts. They also received small-arms fire.

In a separate incident shortly after noon Jan. 21, Special Forces soldiers stopped three individuals carrying AK-47 rifles, a shotgun and binoculars near the U.S. firebase at Shkin, in the southeastern corner of Afghanistan near the border with Pakistan. The soldiers detained two while the third fled north and escaped, the Bagram spokesman said.

Military health care providers treated more than 700 Afghan civilians in the town of Aroki, northeast of Kabul, Jan. 21 as part of a medical capabilities assistance visit.

The Americans were Special Forces soldiers and troops of the 82nd Airborne Division's Medical Task Force 44.

## Gate 1

Continued from Page 1

of the construction workers and our workforce.

The military police will be monitoring the area, but drivers are asked to exercise caution in this area and drive slower.

Drive safely as improvements are made to the gate.

## Skylight

Continued from Page 1

From lachrymal (tear) ducts to infections within the soft tissues, or from blood flow in the heart to determine a heart attack or angina, everything can be examined. Nuclear medicine is non-invasive imaging with no long catheters, or dyes that can cause allergic reactions in some people. No 'holding one's breath' or changing clothes is necessary. New radio-pharmaceuticals are being developed all the time and the next generation of cameras are slowly coming on line." The human body is now more clearly revealed than ever before, without having a surgeon perform an operation to see inside.

# Tax Center open to assist

Spc. Zoe Morris  
News editor

The few months leading up to the tax deadline of April 15 can be intimidating for many people. Taxes, which have to be filed by anyone with employment or significant income, are one of the two things in life that you can count on, according to Benjamin Franklin. The other is death.

The Staff Judge Advocate legal office can help you make a will, and for taxes, you can go right down the hall to the Fort Gordon Tax Center, which opened Thursday for the 2002 tax season.

The center, located on the first floor of the SJA Office, Building 29718, Chamberlain Avenue, provides free tax service for dependents, retirees, military personnel at Fort Gordon temporarily, students and active duty military.

The Tax Center is staffed by volunteer soldiers and civilians from around post, who have taken a class on how to prepare taxes.

Volunteers can prepare and file the 1040EZ, 1040A and 1040 forms, Sgt. Lisa Gary, the

Noncommissioned Officer in Charge of the Tax Office and the Legal Assistance Office, said.

"They can do all the regular forms, but no business, farming or anything corporate," she said.

"Soldiers should bring their taxes to the center because, first of all, it's free of charge," Gary said. "Second, we work around your schedule. We know it can be hard to get in to do taxes. Third, we give quality service. If we don't know something, we'll look it up. We'll research the answer and even call the (Internal Revenue Service) if needed."

There are two systems in place, Gary said. Unit tax advisers take care of all student taxes. The advisers prepare the taxes, take them to the Tax Center to process and then return the forms to the students for a signature. The whole process takes a few days, Gary said.

Active duty and all others wanting to use the center are seen on a walk in basis. One can come in, sit with the adviser, get all the paperwork done and their taxes e-filed all in the same day, Gary said. This

gets refunds back even faster, which can be a big help for people with dependents or other expenses, she said.

The center is open Monday - Friday, 8 a.m. - 3 p.m. and 8 a.m. - noon the following Saturday's and training holidays: Feb. 1, March 1 and 29 and April 5.

The documents needed to prepare taxes are: your W2, any Power of Attorney paperwork needed, 1099 Forms for income received besides wages (interest from bank accounts, dividends from investments, etc., and miscellaneous earnings such as Bingo or Lottery winnings). 1099-Rs are also used to distribute wages from retirement accounts. A Social Security Card and documents for tax reductions and exemptions are also needed.

Units distribute W2s, or they may be obtained online at [www.dfas.army.mil](http://www.dfas.army.mil). Anyone who has not received a W2, Gary said, should contact their unit or obtain them on line. However, she said, if they have not received a copy of their W2s by Feb. 15, they can call the IRS at 800-829-1040.

## Army Community Services: a smorgas-

board

Spc. Zoe Morris  
News editor  
Fort Gordon's Army Community Service Program is a one-stop shop for anyone looking for information on the plethora of services offered here. ACS is the place to go for Army Emergency Relief, relocation information and financial counseling.

With everything offered, tracking down one piece of information could be overwhelming if it weren't for the Fort Gordon ACS web site, - [www.gordon.army.mil/acs](http://www.gordon.army.mil/acs)

[www.gordon.army.mil/acs](http://www.gordon.army.mil/acs) has links to anything and everything offered by ACS.

Employment, family advocacy, Exceptional Family Members Program, deployment, Better Opportunities for Single Servicemembers, an events calendar, staff directory, publications, newcomer info and volunteer information are all on the website.

You can look over military pay tables, get employment assistance, request a sponsor, print a Permanent Change of

Station guide, request a welcome packet and find worldwide relocation info.

Nine ACS programs and services will be highlighted in the upcoming weeks.

Fort Gordon's ACS is located in Darling Hall, Room 367. It is open from 7:30 a.m. to 4:30 p.m. Monday - Friday. The phone number is 791-3579, or toll-free at 877-310-5741. The Fax number is 791-7880 and the DSN prefix is 780-xxxx.

## Warehouse

Continued from Page 1

port post units. The estimated volume of traffic through the area is 200 customers per month.

"We have REMSTAR units, basically large boxes which are computer controlled shelving," DeBow said. "The dollar value of the REMSTAR equipment installed in this building is approximately \$235,000. Other material handling equipment is estimated at around \$92,300 in value."

This is a significant investment to provide efficient maintenance and carry parts to our customers. We have in place for them the capability to provide support needed to prepare, and go to war if necessary, DeBow

stated.

Having just returned from Korea, Jackie Cartagena was present at the ceremony as the new director of logistics and will oversee operation of the facility. Holman Construction and General Contractors, Fort Valley, Ga., took 15 months to complete the project.

"During the next few years in this area and along this road we're looking to add a couple more consolidated warehouses replacing large, older buildings, depending on demolition dollars available. It will be much more efficient and modern."

"Customers will be well served in the new facility," DeBow promised.

Recycle  
The Signal,  
pass it to a  
friend.

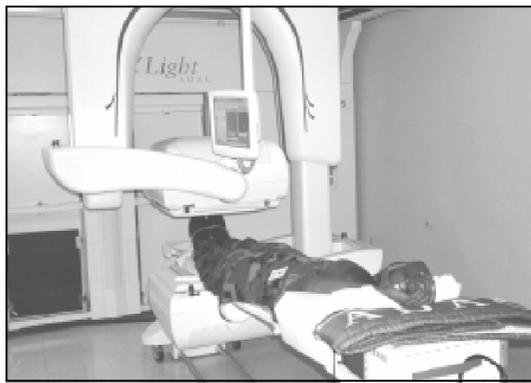


Photo by Kathleen Haskell  
A soldier lies still as the Skylight imaging machine operates at Eisenhower Army Medical Center.

# Barbara Poole: Civilian of the Year

Spc. Zoe Morris  
News editor

Two years ago, when Barbara Poole was diagnosed with breast cancer, she had 35 years at Fort Gordon as a civilian employee. She could have retired and fought her battle at home on her couch, but Poole decided to stay and give Fort Gordon two more great years. She was rewarded for her dedication, hard work and 'go get 'em' attitude in December, when she was named Fort Gordon's Civilian of the Year.

"It's quite an honor," Poole said, "but I'm sure there are people out there more deserving than I."

Lisa McCleave, the director of Information Management and the one who nominated Poole, doesn't think so.

"She's deserving," McCleave said. "She's an exceptional team player. When you give her a task, you consider it done already. She's definitely deserving - I wouldn't have nominated her if she wasn't."

Poole was selected Civilian of the Quarter in October, which entered her in the running for Civilian of the Year. Poole didn't know she had been nominated for any award, so when she won it for the quarter, it was a surprise, she said. But, she said, she didn't win on her own.

"There have been so many people who have not only mentored me, but encouraged me," Poole said. "My family has been so supportive of my whole time (at Fort Gordon). No one can do anything without good people around them.



Photo by Spc. Zoe Morris

**Barbara Poole, known for her 'hard work and go get 'em attitude' was named Civilian of the Year in December 2002. She said: "No one can do anything without good people around them."**

It's a collaborative effort."

But effort without hard work behind it won't do much good. Poole doesn't have that problem. She said she lives by the motto -

If it's worth doing, it's worth doing right.

"Always strive to learn more," Poole said. "Get out and do the research."

Poole, before her retirement on Jan. 3, was the chief of the Directorate of Information Management Center Help Desk and the acting chief of the telephone branch. The Information Center handles anything dealing with information technology on post. Personal computers, networking and e-mail accounts all fall under what the

center deals with. As chief of the center, Poole makes sure everything runs smoothly and there are no problems.

Poole came to Fort Gordon in 1966 and started out as a GS 2 clerk during the Vietnam War.

"I wanted a challenge. I had a business degree, but felt I was in a dead-end job. I wanted something more, and Fort Gordon presented that opportunity. Fort Gordon has been good to me," Poole said.

But now, after almost 37 years, Poole is saying goodbye. She will stay in the area with her "super husband and two wonderful kids." Poole said she plans on getting even more active in her church than ever and maybe going back to get

her bachelors degree.

"One thing I'd like to leave everyone with," Poole said, "is to make sure to get annual checkups and mammograms." Poole said she stressed this to those she knows because being diagnosed with breast cancer and what she had to do afterwards was one of the biggest challenges of her life. She could've never gone through it, she said without her wonderful family, job and co-workers.

"She will be missed," McCleave said. "She's working these last days as though they are the first of her career. She's all about accomplishing the mission."

## Nominations open for Army Knowledge Awards

Army News Service

WASHINGTON — The Army Knowledge Awards will be presented during the 3rd Annual Army Knowledge Symposium at Valley Forge, Pa., March 31 - April 4.

Nominations are being accepted through the Army Chief Information Office/G-6 community page on Army Knowledge Online at [www.us.army.mil](http://www.us.army.mil). The submission deadline is Feb. 28.

"The Army Knowledge Awards Program allows us to acknowledge and recognize Army initiatives, programs, and concepts that exploit Knowledge Management tools and principles," said Lt. Gen. Peter Cuvillo, chief information officer/G-6. "We want to

promote Armywide knowledge sharing and collaboration focused on enterprise solutions that improve situational awareness and organizational decision-making."

The goal of the awards program is to recognize KM-based initiatives that are focused on the enterprise — major commands, functional areas and Army as a whole — that incorporates process re-engineering. Also those that use technology to enable the process transformation and de-emphasize individual stove-pipe solutions to problems, said Col. Jane Maliszewski, chief of CIO/G-6 Outreach.

Army Knowledge Awards will be given for the best Army's Knowledge Transformation Initiative, Enterprise

Solution, Cross-Functional Solution, e-Army Initiative, Community of Practice, and e-Learning Initiative.

Selection criteria includes: Return on Value, Collaboration, Impact, Scalability, Transformation, Customer-focus, Streamlining, and E2E Integration, which incorporates cross-functional processes.

For questions about the Army Knowledge Awards Program, call 703-602-2398 or e-mail [ak.awards@us.army.mil](mailto:ak.awards@us.army.mil).

The 3rd Annual Army Knowledge Symposium, where the awards will be presented, will be in Valley Forge, near the greater Philadelphia area.

The symposium will be geared toward Army professionals tasked with transformation.

The theme of this year's symposium is "Decision Dominance: Mitigating Risk in an Unpredictable World," and will include sessions on increasing collaboration across Army organizations to support mission-critical goals, developing enterprise solutions that improve individual and organizational decision making, applying just-in-time learning to enhance training and readiness, and applying e-Army concepts to streamline processes and increase effectiveness.

Also scheduled prior to the symposium will be the

Army Knowledge On-line Configuration Control Board and the Community & Page Administrators Workshop.

The Symposium Web site is [www.armyknowledge-symposium.com](http://www.armyknowledge-symposium.com). The point of contact for the symposium is Lt. Col. Derek Harris at [Derek.Harris@us.army.mil](mailto:Derek.Harris@us.army.mil).

**Editor's note:** Information from the Chief Information Office releases.



Photo by Spc. Zoe Morris

### Aladdin Travel pulls special deals out of lamp

Staff Sgt. Pam Lyons, Public Affairs Office, looks over a brochure with Patty Burch, manager, Aladdin Travel Office located in Building 36200, 36th Street, (the same building as the bus station). Special cruise prices are now available for four day cruises. Sail dates are Jan. 26 and Feb. 2 and 9. Prices start at \$100 per person plus port charges and taxes for inside cabins, double occupancy. For more information, call 771-0089.

Safety is NO accident  
Safety is NO accident

## Army teams win Connelly food-service awards

Spc. Travis Edwards  
Army News Service

FORT BRAGG, N.C. — Soldiers from the 8th Ordnance Company, 1st Corps Support Command mobile kitchen team can now proudly call themselves the best field cooks in the United States Army.

That title comes from winning first place in the Phillip A. Connelly Awards Program in the active-Army field kitchen category.

Other winners include the 16th Corps Support Group Dining Facility of V Corps in Hanau, Germany, which took first place in the Phillip A. Connelly small garrison category. Headquarters and Headquarters Company, 1st Medical Brigade, 13th COSCOM at Fort Hood, Texas, was runner-up.

The large garrison winner was Headquarters and Headquarters Company, 3rd Infantry Brigade, 4th Infantry Division (Mechanized), at Fort Carson, Colo., and runner-up was the NCO Academy, Camp Jackson, Korea.

Runner-up for best field kitchen was Headquarters and Headquarters Company, 1st Brigade, 1st Armor Division/V Corps, Friedberg, Germany.

The U.S. Army Reserve winner was the 75th Combat Support Hospital in Tuscaloosa, Ala., and the runner-up was the 900th Quartermaster Company, El Paso, Texas.

The Army National Guard winner was the 995th Maintenance Company of the Kansas

Army National Guard, Smith Center, Kan., and the runner-up was Headquarters, 50th Personnel Service Battalion, New Jersey Army National Guard, Lawrenceville, N.J.

The Connelly Award is named in honor of the late Phillip A. Connelly, past president of the International Food Service Executives Association, highly regarded as the driving force behind obtaining IFSEA sponsorship for the Department of the Army's recognition of excellence in Army food service.

Fred D. Harris, Food Program Manager for Fort Bragg, served as an installation-level judge for the Connelly competition.

"As judges, we look at the overall layout of the food site and then we focus on food preparation. The preparation and serving of the meal is a major factor in the judging process," said Harris. "The overall teamwork of the unit is assessed the whole time we are at the site."

"The 8th Ordnance participants are very much a team in everything they do in and around the site," said Harris.

Harris also gives advice to winning units after the local competition to give them areas to improve on for the next level.

Civilian and military food service professionals from all across the country judge the Department of Defense food service programs.

**Editor's note:** Spc. Travis Edwards is a staff writer for the Fort Bragg Paraglide newspaper.

## Retiree Notes:

### New retirement services officer on board

Richard T. Lechnir  
Retirement Services Officer

There is a new Retirement Services officer serving the Fort Gordon community and responsible outlying areas. Richard T. Lechnir is a retired E-8 first sergeant with 22 years active military service. In combination with his civilian service, he has now been serving the military community for 29 years.

Lechnir retired from the military in June of 1995 and has since been serving soldiers and their family members in various ways, some of which include serving as a transition services specialist and retirement services officer in the European Theater.

Lechnir is excited about the opportunity to serve this community, and would like to let all retirees and their spouses know that he is committed to serving your needs to the best of his ability. He encourages each of you to visit, call the office, or email him with your concerns.

Lechnir will continue to post the *Monthly Retiree Newsletter* (to be published during the last week of each month) to the Fort Gordon Retiree's Web Site.

He will also email the newsletter to those retirees who have provided an email address. He has resources available to update the email database for retirees should the need to update or add an email address.

My office is located at Darling Hall, Building 33720, Second Floor, Room 237. Call Lechnir at 706-791-2654, or by

email at [lechnirr@gordon.army.mil](mailto:lechnirr@gordon.army.mil).

Lechnir wants to share one of many articles he has recently read on the Military Officers Association of America's website that he feels is of interest, and requires immediate attention:

The government has announced additional cutbacks in Medicare reimbursements of 4.4 percent, effective March 1, 2003.

These cuts, along with last year's decrease of 5.4 percent, are causing more and more providers to refuse to see Medicare and Tricare patients (Tricare rates are tied to Medicare).

Last year, the House took action and passed its version of a Medicare bill, but the Senate failed to act on similar legislation."

I urge everyone to let their voice be heard by sending a letter to your legislator(s) requesting to reverse these cuts before March 1, 2003. You may do this by drafting your own letter, and mailing it to your legislator, or by visiting MOAA's web site at [www.moaa.org](http://www.moaa.org) and clicking on the links that lead you to contact legislators. At this site you can find more links and instructions on how to use their pre-composed letter to send electronically to your legislators. Time is running out, so let your voice be heard.

Richard T. Lechnir  
Retirement Services Officer  
Fort Gordon, Georgia

# Talkin' around the station

## Fort Gordon Fire Department safety talk

### Smoke alarms

Fort Gordon Fire Department and  
Emergency Services

**What you need to know**  
**The impact of smoke alarms**

In the 1960s, the average U.S. citizen had never heard of a smoke alarm.

By 1995, an estimated 93 percent of all American homes - single - and multi- family, apartments, nursing homes, dormitories, etc. - were equipped with alarms.

By the mid 1980s, smoke alarm laws, requiring that alarms be placed in all new and existing residences - existed in 38 states and thousands of municipalities nationwide. And smoke alarm provisions have been adopted by all of the model building code organizations

Fire services across the country have played a major and influential public education role in alerting the public to the benefits of smoke alarms. Another key factor in this huge and rapid penetration of both the marketplace and the builder community has been the development and marketing of low cost alarms by commercial companies.

In the early 1970s, the cost of protecting a three bedroom home with professionally installed alarms was approximately \$1,000; today the cost of owner-installed alarms in the same house has come down to as little as \$10 per alarm, or less than \$50 for the entire home.

This cost structure, combined with effective public education (including key private-public partnerships), has caused a huge percentage of America's consumers, whether they are renting or buying, to demand smoke alarm protection.

The impact of smoke alarms on fire safety and protection is dramatic and can be simply stated. When fire breaks out, the smoke alarm, functioning as an early warning system, reduces the risk of dying by nearly 50 percent. Alarms are most people's first line of defense against fire.

In the event of a fire, properly installed and maintained smoke alarms will provide an early warning signal to your

household. This alarm could save your own life and those of your loved ones by providing the chance to escape.

**Why should my home have smoke alarms?**

In the event of a fire, a smoke alarm can save your life and those of your loved ones. They are the single most important means of preventing house and apartment fire fatalities by providing an early warning signal — so you and your family can escape. Smoke alarms are one of the best safety features you can buy and install to protect yourself, your family and your home.

**Okay, where do I put them?**

Install smoke alarms on every level of your home, including the basement. Many fatal fires begin late at night or in the early morning. For extra safety, install smoke alarms both inside and outside the sleeping area.

Also, smoke alarms should be installed on the ceiling or 6 to 8 inches below the ceiling on sidewalls. Since smoke and many deadly gases rise, installing your smoke alarms at the proper level will provide you with the earliest warning possible. Always follow the manufacturer's installation instructions.

**Where would I get smoke alarms?**

Many hardware, home supply or general merchandise stores carry smoke alarms. Make sure the alarm you buy is UL-listed. If you are unsure where to buy one in your community, call your local fire department (on a non-emergency telephone number) and they will provide you with some suggestions. Some fire departments offer smoke alarms for little or no cost.

**Are smoke alarms hard to install?**

Not a bit. In most cases, all you will need is a screwdriver. Many brands are self-adhesive and will automatically stick to the wall or ceiling where they are placed. However, be sure to follow the directions from the manufacturer because each brand is different.

If you are uncomfortable standing on a ladder, ask a relative or friend for help. Some

fire departments will actually install a smoke alarm in your home for you.

Call your local fire department (again, on a non-emergency telephone number) if you have problems installing a smoke alarm.

**How do I keep my smoke alarms working?**

Smoke alarms are very easy to take care of. There are two steps to remember.

1. Simply replace the batteries at least once a year.

**Tip:** Pick a holiday or your birthday and replace the batteries each year on that day. Some smoke alarms now on the market come with a ten-year battery.

These alarms are designed to be replaced as a whole unit, thus avoiding the need for battery replacement. If your smoke alarm starts making a "chirping" noise, replace the batteries and reset it.

2. Keep them clean. Dust and debris can interfere with their operation, so vacuum over and around your smoke alarm regularly.

**What if the alarm goes off while I'm cooking?**

Then it's doing its job. Do not disable your smoke alarm if it alarms due to cooking or other non-fire causes. You may not remember to put the batteries back in the alarm after cooking. Instead, clear the air by waving a towel near the alarm, leaving the batteries in place. The alarm may have to be moved to a new location.

**How long will my smoke alarm last?**

About eight-to-ten years, after which it should be replaced. Like most electrical devices, smoke alarms wear out. You may want to write the purchase date with a marker on the inside of your unit. That way, you'll know when to replace it. Always follow the manufacturer's instructions for replacement.

**Anything else I should know?**

Some smoke alarms are considered to be "hard wired." This means they are connected to the household electrical system and may or may not have battery



back-up. It's important to test every smoke alarm monthly. And always use new batteries when replacing old ones.

Fort Gordon Fire and Emergency Services  
Building 32420  
791-2989

Feel welcome to call or stop by with questions or concerns.

We're here to serve, and proud to be a neighbor.

# Viewpoint

Information, Opinions, and Commentary

## CG's Corner

The Signal Center Inspector General recently shared with me the results of the November 2002 Command Climate Assessment of the Army Signal Center, 15th Regimental Signal Brigade, and Garrison Command.

There were many good things to report, and plenty of work to do, too, to improve the quality and efficiency of our workplaces and our installation.

First, many thanks to the IG, Maj.(P) Kimberly Carden, and her team for conducting an assessment that was comprehensive, fair, broad in scope, and relatively painless to complete.

Many thanks, too, to 1st Lt. John Holmes, of Headquarters and Headquarters Company, 15th Signal Brigade, for creating the web page and automating the assessment tool so we could gather information quickly, easily, anonymously, and without lots of administrative burden on either the IG shop or our offices across post.

Many thanks to the folks who took the 20-30 minutes to complete the assessment, too, because it's in feedback from the members of the command that we'll land on our best solutions. Running a post is a team sport! Almost 70 percent of the civilian workforce and a full 60 percent of the military workforce completed the assessment.

It tells me you care enough to spend the time responding, you want to be part of the solution, and you trust that someone will listen. That means a

great deal to me. I hope I can deliver, and I intend to, so that we see improvements in many areas and make our installation an even better place to live and work.

There are about three categories of general impressions I've pulled from the assessment results. They are "things we're already doing," "good ideas we need to consider, but aren't yet," "things I simply cannot do."

For example, in the first category, we received over 350 comments about improving the post gyms. Got it. Matter of fact, we spent precious end-of-year dollars last year to repair and spruce up the gyms, buy new equipment, and other things. The feedback has been fantastic.

I think the comments about fixing the gyms may have been a function of timing. That is, the assessment was conducted before the gym improvements were evident. So, bottom line is that I agree something need(ed) to be done, so we did it.

Another example would be increasing the number of places to eat on post. Last fall, we opened the new eateries in the Main Post Exchange and expanded the dining area. It appears to have been a huge success. We're also likely going to add a couple of other eateries fairly soon. We're already looking at this issue, and will vigorously pursue.

In the second category, "ideas we need to consider, but aren't yet," sponsorship jumps out as a glaring weak area. Comments came from across the command, regardless of unit, age, gen-

der, or rank.

We just have not been doing sponsorship well. There have been wonderful sponsors out there this year, of course, so please don't be offended if you were one of them, but in general our sponsorship processes and execution need a lot of work. I'm going to spend some time and energy on that right away.

Another area I'd like to focus on is advisory groups. Better Opportunities for Single Soldiers is an example, and an excellent one. Advisory groups watch certain aspects in a command, such as BOSS does, to ensure processes are correct, attention is being paid to the issues that affect that group, commanders are made aware of ideas for improvement, that kind of thing.

There are many groups already in existence, important groups, and I'm thinking about something like a Civilian Workforce Advisory Group or Civilian Employee Council to gather ideas and suggestions for improvements to workplace policies and procedures, workplace quality of life, and the like. I'll be discussing this with commanders, Union Representatives, IG, Staff Judge Advocate and others.

The best suggestions, however, will come from the civilian workforce, so your comments are welcome. For other areas of advisory groups, we're probably in pretty good shape, but will spend some time making sure of it.

Family programs are strong, I think.

The retiree programs are strong, too. We do need to start back up with our Town Hall Meetings, and the garrison commander is going to make those happen. Watch for an announcement in *The Signal*. Another area I will focus on is job counseling. Comments in the assessment survey indicate people are not getting the counseling they need, expect, and deserve. I've asked the IG to help me get some visibility in this area.

In the category of "things I cannot do," there were a few suggestions like increasing the pay structure, allowing people without ID cards into the Commissary and PX. These are things that fall outside of my power to influence, I'm afraid. If I can influence something, I'll try, but I admit there are things I cannot do. Instead, I'll focus on things I can improve, change, or fix.

I think having a regular CG's section in *The Signal* will be a good venue to keep you posted on how we're coming with initiatives, changes, and the like, so you can expect a column periodically to keep you informed. Again, thank you for making the Command Climate Assessment tool a valuable one that I can use to focus energy, time, and money. There were other things mentioned in the survey which I didn't highlight above. Doesn't mean we won't get to them. I ask for your patience, but above all, I ask for your ideas and your support.

**Brig. Gen. Jan Hicks**  
Commanding General

## Feedback

Cadet Cassidy Brown

### Why did you donate blood?



"They called for me to give blood and I saw it as an opportunity to give."

**Gene Jordan**

North Carolina National Guard



"Because I'm O positive, which is one of the blood types that everyone needs."

**Staff Sgt. Margaret**



"Because one day you are going to need to help your fellow soldier."

**Pvt. 1st Class Mathis Sanjurjo**



"Well, I'd like to help out a little bit."

**Debra Hobbs**  
Directorate of Combat Developments



"To help out, to help the cause."

**Sgt. 1st Class Raymond Freeman**

## Carbon monoxide: What you can't see *can* kill

The National Safety Council and its Georgia Chapter, warn that carbon monoxide can be deadly. Carbon monoxide is an odorless, colorless gas that interferes with the delivery of oxygen in the blood to the rest of the body. It is produced by the incomplete combustion of fuels.

### What are the major sources of CO?

Carbon monoxide is produced as a result of incomplete burning of carbon-containing fuels including coal, wood, charcoal, natural gas and fuel oil. It can be emitted by combustion sources such as unvented kerosene and gas space heaters, furnaces, woodstoves, gas stoves, fireplaces and water heaters, automobile exhaust from attached garages and tobacco smoke. Problems can arise as a result of improper installation, maintenance or inadequate ventilation.

### What are the health effects?

Carbon monoxide interferes with the distribution of oxygen in the blood to the rest of the body. Depending on the amount inhaled, this gas can impede coordination, worsen cardiovascular conditions, and produce fatigue, headache, weakness, confusion, disorientation, nausea and dizziness. Very high levels can cause death.

The symptoms are sometimes confused with the flu or food poisoning. Fetuses, infants, elderly, and people with heart and respiratory illnesses are particularly at high risk for the adverse health effects of carbon monoxide.

An estimated 1,000 people die each year as a result of carbon monoxide poisoning and thousands of others end up in hospital emergency rooms.

### What can be done to prevent CO poisoning?

- Ensure that appliances are properly adjusted and working to manufacturers' instructions and local building codes.
- Obtain annual inspections for heating system, chimneys, and flues and have them cleaned by a qualified technician.
- Open flues when fireplaces are in use.
- Use proper fuel in kerosene space heaters.
- Do not use ovens and gas ranges to heat your home.
- Do not burn charcoal inside a home, cabin, recreational vehicle, or camper.
- Make sure stoves and heaters are vented to the outside and that exhaust systems do not leak.
- Do not use unvented gas or kerosene space heaters in enclosed spaces.

- Never leave a car or lawn mower engine running in a shed or garage, or in any enclosed space.
- Make sure your furnace has adequate intake of outside air.

### What if I have carbon monoxide poisoning?

Don't ignore symptoms, especially if more than one person is feeling them. If you think you are suffering from carbon monoxide poisoning, you should

- Get fresh air immediately. Open doors and windows. Turn off combustion appliances and leave the house.
- Go to an emergency room. Be sure to tell the physician that you suspect CO poisoning.
- Be prepared to answer the following questions: Is anyone else in your household complaining of similar symptoms? Did everyone's symptoms appear about the same time? Are you using any fuel-burning appliances in the home? Has anyone inspected your appliances lately? Are you certain they are working properly?

### What about carbon monoxide detectors?

Carbon monoxide detectors can be used as a backup *but not as a replacement* for proper use and maintenance of your fuel-burning appliances. CO detector technology is still being developed and the detectors are not generally considered to be as reliable as the smoke detectors found in homes today. You should not choose a CO detector solely on the basis of cost; do some research on the different features available.

Carbon monoxide detectors should meet Underwriters Laboratories Inc. standards, have a long-term warranty, and be easily self-tested and reset to ensure proper functioning. For maximum effectiveness during sleeping hours, carbon monoxide detectors should be placed close to sleeping areas.

### If your CO detector goes off, you should:

- Make sure it is the CO detector and not the smoke alarm.
- Check to see if any member of your household is experiencing symptoms.
- If they are, get them out of the house immediately and seek medical attention.
- If no one is feeling symptoms, ventilate the home with fresh air and turn off all potential sources of CO.
- Have a qualified technician inspect your fuel-burning appliances and chimneys to make sure they are operating correctly.

**Editor's note:** The above information was compiled from the following website: <http://www.nsc.org/library/facts/carbmono.htm>.

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# 212 ways to be a Soldier

## A day in the life of a ...95B (military police - traffic patrol)

**Note:** This is the 24th MOS featured in the series describing all of the 212 Army careers. This is part four of seven featuring this MOS, with the others to come in following weeks.

**Spc. Ryan Matson**  
Staff writer

"People always ask me, what do you do for me?" Sgt. John Konter, 35th Military Police Detachment, here at Fort Gordon, said. "That kind of bothers me, because by doing our job, we help keep other soldiers alive."

Konter works in the traffic enforcement division, and wanted to make it clear that by doing his job, he is not hassling other soldiers, but ensuring they can travel on post safely.

"Mainly we handle any type of traffic accidents, and we're the ones who deal with all the speeders," Konter said. "We give out an outrageous number of tickets a week, hundreds of tickets."

Though that may seem like a lot of tickets, Konter said the majority of these drivers were traveling well over five miles an hour over the limit.

"I wait until I see someone 10 or 11 miles over the speed limit, and I'm still giving out all these tickets," Konter said. "Yesterday I got a guy at 50 in a 35 with a loaded gun in his vehicle without a permit."

So what happens if a soldier gets a ticket on post? There are two different regulations that apply to speeding on post Konter said. These regulations are Army Regulation 190-5 and Fort Gordon Regulation 210-3.

Fort Gordon Regulation 210-3 is a bit more strict than the Army regulation, Konter said, and that is the one that applies to speeders on post.

"Driving privileges will be suspended for six months for traffic violations or offenses with six points," Konter read from the regulation.

Konter said that while soldiers do not get a monetary fine for traffic tickets, but rather a warning ticket which goes to the soldier's commanding officer. It is up to the commander's

discretion whether or not to choose disciplinary action at that point, Konter said, but the driver will still be assessed points based on the regulation.

Currently, as of Dec. 27, when Konter was interviewed, 138 soldiers had exceeded the 6 point limit and were suspended from driving on post.

"Speeding will get you pretty quick," Konter said, noting that four points are assessed for a speeding violation on post.

Sometimes, if a driver is speeding excessively, the suspension is automatic, Konter said.

"You will be suspended for driving ten miles an hour or more over the posted speed limit on Chamberlain, Barnes and Brainard Avenues, between 19th Street and Rice Road, in the vicinity of the hospital or the housing area," Konter said, citing the Fort Gordon regulation again. He said that since Chamberlain, Barnes and Brainard Avenues are considered troop zones, the suspension is automatic.

The traffic enforcement portion of the 95B, or military police MOS, is one of three additional skill identifiers a military police can acquire with additional schooling, Konter said (the other two ASIs are military police investigator and K-9 policeman.)

Konter, who has been an MP nine and a half years, and a traffic policeman for all but six months of this time, attained his Q-9 traffic ASI at Lackland Air Force Base in Texas, near San Antonio. The training spanned 133 hours, or 27 days, he said, and covered numerous topics. Some of these included how to determine the speed a vehicle was traveling based on skid marks near an accident site and light bulb examinations which reveal whether or not a vehicle's lights were on when it was involved in an accident.

"If there's an accident at night and someone claims they didn't have their lights on, we can do an examination to reveal whether the lights were turned on before the accident, after, or they were not on at all," Konter said.

He said this can be determined because the filaments in the bulbs



Photo by Spc. Ryan Matson



Photo by Spc. Ryan Matson



Photo courtesy of Sgt. John Konter

(Top) Sgt. John Konter, 35th Military Police Detachment, stares down a radar gun to catch possible speeders on post.

(Above left) Konter, who has been a military policeman for nine and a half years, all but six months of which he's spent in the traffic division, puts on his bullet proof vest. "I love everything about it," Konter said.

(Above right) The result of too much speed on post.

burn at such a high temperature that if the bulb is to break and oxygen hits it, it will become discolored or the filament will become distorted.

Other speed determination techniques Konter learned was to judge the speed a driver who hit a pedestrian was traveling based on the distance the body is projected, or by how far a spare tire flew out of the back of a pickup

truck, he said.

"We'll ticket you for speeding after the accident then, because we know how fast you were going," Konter said. "I've got a picture of a car who was in an accident on post going over 80 miles an hour."

Devices known as drag sleds which simulate tire treads can also be dragged across different surfaces to calculate a vehicle's speed on that road, Konter said.

tion of the road surface, and that will tell you how fast that surface will slow a vehicle down," Konter said.

Since his job is so specialized - "all we handle are accidents and speeders," Konter said - he said he will often work with patrol cars in

# Community Events

## Tax time

The Tax Center on post is open. Hours of operation are Monday through Friday from 8 a.m. to 3 p.m. at the Staff Judge Advocate Office, Building 29718 on the first floor.

The center will be for tax preparation on the following Saturdays and training holidays: **Feb. 1, Feb. 14, March 1, March 29 and April 5**, 8 a.m. to noon.

Documents required are W2s, power of attorney, 1099 (INT, DIV, MISC etc.), Social Security Cards and documents for tax reductions and exemptions.

For more information, call your unit tax advisor or Sgt. Lisa Gary at 791-7883.

## AFAP conference planned

Fort Gordon will host an installation-wide Army Family Action Plan conference **Feb. 26 and 27** at the Reserve Center. The two day conference will provide delegates (active duty, national guard, reserve, retired, DA civilians, contract employees and family members) with an opportunity to address quality of life issues concerning the installation specifically and the Army as a whole.

Training for the conference as follows:

**Feb. 4** Facilitator, Recorder, Transcriber and Subject Matter Expert training

**Feb. 5** Delegate training

We are currently recruiting for delegates, facilitators, recorders and transcribers.

For more information, call Lynn C. Harshman, Community Readiness director, 791-2820.

## Education center

Effective **Feb. 3** the operating hours of the Education and Career Development Division will be Monday, Tuesday, Thursday and Friday 7 a.m. - 5:30 p.m. and Wednesday 7 a.m. - 12:30 p.m.

For more information, call Jim Zills at 791-7797.

## "Sweetheart Ball"

Fort Gordon Sergeants Major Association will hold its annual Valentine's Day Sweetheart Ball **Feb. 14**, in the Gordon Club at 6:30 p.m.

Ticket cost for E- 6 and below is \$20 per person, E- 7 and above and civilians will be \$25 per person.

Dress is semi-formal and the general public is invited.

For more information or tickets, call your command sergeant major for tickets or one of the following: Sgt. Maj. Donna Thames at [thamesd@gordon.army.mil](mailto:thamesd@gordon.army.mil) or 791-1574; Sgt. Maj. Alfred Simmons at [simmons@gordon.army.mil](mailto:simmons@gordon.army.mil) or 791-7985; or Sgt. Maj. Bobbie Ramthal at [ramtahab@gordon.army.mil](mailto:ramtahab@gordon.army.mil) or 791-3111.

## ACAP

Army Career and Alumni Program is helping Tech USA. They are seeking 40 separating military personnel for immediate employment as electronic technicians installing explosion detection machines in airports across the nation. The project is part of Nation Wide Homeland Security effort to prevent terrorist attacks in all of the major airports.

Specific requirements are needed for those interested in applying for the positions. For more information, call Shaun Cooper at 888-700-3300

## AFTB

Family members new to military life are invited to attend the Army Family Team Building Level One spouse seminar. Level One training will be offered with Part I scheduled from 9 a.m. until noon on **Feb. 12** and Part II on **Feb. 13** in Building 40705.

Pre-registration is required.

Part I topics will include Family and Military Expectations, Impact of the Mission on Family Life, Introduction to Military and Civilian Community Resources, Benefits, Entitlements and Compensation, and Supporting Your Children's Education.

Part II topics include Military Terms, Acronyms, Customs and Courtesies, Chain of Command and Chain of Concern, and Basic Problem Solving.

For more information or registration, call 791-3880 or 791-3579 or email Lynn Harshman at [harshmal@gordon.army.mil](mailto:harshmal@gordon.army.mil).

## Retirement ceremony

January retirement ceremony will be in Alexander Hall **Jan. 30** at 9:30 a.m.

For more information, call Staff Sgt. Gary McKnight at 791-9533.

## Term II registration

Central Michigan University's College of Extended Learning at Fort Gordon offers a Master of Science in Administration degree with concentrations in information resource management, health services administration and human resource administration.

Registration for classes starting in February (Term II) will be held until **Jan. 31**. Classes being offered are: computer information systems; financial management; and communication and change: diffusion of ideas and information.

For additional information, call 798-5739 or visit the CMU office in the Fort Gordon Education Center, Building. 21606, Barnes Avenue.

## Black History Month

African-American Black History Month is **Feb. 1 - 28** and will recognize the accomplishments and achievements of African-Americans.

This year's theme is "The Souls of Black Folk: Centennial Reflections". The program will be held in Alexander Hall, **Feb. 24** at 1:30 p.m.

For more information, call Sgt 1st Class Gregory Pair at 791-2014/6657.

## Retention training

The Department of the Army Mobile Retention Training Team from Fort Jackson, will conduct retention training for company and battalion level retention noncommissioned officers **Feb. 18 - 21**. The training will be conducted each day from 8:30 a.m. - 4:30 p.m. at the Gordon Club.

Attendance is mandatory for all company and battalion reenlistment noncommissioned officers. All brigade, battalion and group career counselors are points of contact for their units.

The post retention office is available for any units that do not have access to a career counselor and can be reached at 791-7387/4725.

## OWC scholarship

The Officers' Wives' Club is offering scholarships for those eligible. Applications are available for all those holding a military I.D. card.

Applications have been sent to counselors at all high schools and colleges and may also be picked up at the Education Center, Community Life Center and Thrift Shop.

Deadline for submission is **March 1**.

For more information, call Diana Plowman at 228-4271.

## Oratorical Contest

Scholarships and awards are being offered by Blacks In Government to young people who compete in a nationwide contest enhancing their communications skills.

Students will compete locally,

regionally and nationally to present the best oration on the topic, "Web Enabling the African American Community."

The contest is open to students in grades nine through twelve. Schools, community and fraternal groups are urged to provide contestants.

Applications are available in the Guidance Office of all area high schools.

Deadline for applications is **Feb. 14**.

For more information call the Greater Augusta Area Chapter Blacks in Government Contest Chairperson, Thomas A. Brown Jr. at 706-736-0778.

## Life learning classes

Several classes are offered at the Life Learning Center. Classes are open to veterans and the general public at no cost.

**Feb. 13** at 2:30 p.m. - "Pain Treatment-Part 2, the MAN approach: movement, aromatherapy, nutraceuticals." Class will cover non-drug approaches to pain management. It will discuss movement, activity, exercise and essential oils (in the air, on the body, taken internally). Minerals, vitamins and herbs in treating pain will also be covered.

**Feb. 27** at 2:30 p.m. - "Defeating Self-defeating Thoughts." Class will look at feelings, thoughts (self-talk) and behavior. You will be able to identify your own self-defeating thoughts.

For more information, location or to register for any of these classes, call 731-7275, Ext. 7989.

## Kettle Creek

The Georgia Society and the Samuel Elbert Chapter, Sons of the American Revolution will celebrate the 224th anniversary of the Revolutionary War Battle of Kettle Creek on **Feb. 8**.

The service will begin at 2 p.m. and will feature the 434th U.S. Army Band, an Honor Guard from the Ceremonial Detachment, Fort Gordon, Greene County High School Air Force JROTC unit, and the award winning Georgia Society, Sons of the American Revolution

Color Guard, dressed in Revolutionary War uniforms.

For more information, call Col. George Thurmond at 770-475-1463.

## Recognition

Fort Gordon Public Affairs office is looking for service members and civilian employees to feature in the *Augusta Chronicle's* weekly supplement, "Fort Gordon Neighbors."

The individual will be featured in the Fort Profile section of the paper, which consists of a photo and information about the person and their contributions to the post.

Nominations can come from the commander, executive officer or command sergeant major of a battalion or its equivalent. Candidates can be a company's soldier of the month, quarter, etc. or anyone deemed worthy.

Duty section submissions should come from the individual's supervisor. If the individual is in the military, the battalion commander or executive officer must approve the submission.

Tenant units on post should submit through their Public Affairs office or representative.

Submission deadline is close of business, **Feb. 11**. Photo and interview session with the *Augusta Chronicle* will be held **Feb. 13** at 8 a.m. in the Signal Corps Museum, Conrad Hall, Building 29807.

Nominations can be sent by email to: [holmesw@gordon.army.mil](mailto:holmesw@gordon.army.mil), fax at 791-2061 or through distribution.

For more information, call Henry Holmes at 791-5139.

## U-DO-IT Program

The Fort Gordon Base Support Contractor, Johnson Controls World Services Inc. provides staff training and customer service for the installation U-DO-IT program.

Fill out the customer satisfaction survey on line at <http://jciweb.gordon.army.mil> or you may complete a survey form when attending training or visiting the U-DO-IT Store.

Customer service hours are 10 a.m.- 5 p.m., Tuesday - Friday, and 8 a.m. - noon, Saturday in Building 41104 (Brems Barracks). The store is closed on Sunday, Mondays and federal holidays. If a holiday is celebrated on Monday, the store will be closed on Tuesday.

For information, call Warren Hodge at 791-7683/3942.

## Warrant officer recruiting

The Army's warrant officer recruiting team from Headquarters, U.S. Army Recruiting Command, Fort Knox will present briefings on opportunities to become warrant officers.

The briefings will be in Olmstead Hall on **Feb. 18** at 10:30 a.m. and 1:30 p.m., and **Feb. 19** at 9 a.m. and 11 a.m.

For more information visit [www.usarec.army.mil/hq/warrant/warrant.htm](http://www.usarec.army.mil/hq/warrant/warrant.htm). or call Chief Warrant Officer 5 Hewitt at 791-5771.

## NCOA job fair

The Noncommissioned Officers Association will be sponsoring a job fair **today** at Columbia Sheraton, 2100 Bush River Road, Columbia, from 9 a.m. until 3 p.m.

All services, military personnel, veterans, officer and enlisted are invited to attend. An NCOA Mini Resume will

be required for admittance and can be obtained at the fair or off the NCOA web site at [www.ncoausa.org](http://www.ncoausa.org).

For more information visit, [ncoavea@ncoausa.org](mailto:ncoavea@ncoausa.org) or call NCOA Veterans Employment Office at 210-653-6161 ext. 222.

## Civilian of the quarter nominations

Nominations for the Fort Gordon Civilian of the Quarter for the quarter ending March 31 must be submitted by close of business **March 17**.

The narrative should not exceed two pages. Nominations will be for GS 5-8, NA 8-15, NL 8-13, NS 6-11, WG 5-7, WL 4-6, WS 1-2, and NF 2-3.

Send the nomination to DHR, via e-mail, [reidm@gordon.army.mil](mailto:reidm@gordon.army.mil).

For more information, call Mary Reid at 791-3840.

**Scholarships!  
Scholarships! and  
more Scholarships!**

Scholarship season is here! Visit the school liaison services web site for information on scholarships available for military dependent students at [www.gordon.army.mil/liasvc](http://www.gordon.army.mil/liasvc).

If you have any questions, call Staci Hill-Good at 791-7270 or email [hillgooa@gordon.army.mil](mailto:hillgooa@gordon.army.mil).

## Fort Gordon Report

The first edition of the Fort Gordon Report of 2003 will be broadcast on *Channel 13*, both on post and for other *Charter Cable TV* customers, and on *Comcast Cable Channel 66* elsewhere in the Augusta Area on **Jan. 27** including stories about:

- Smallpox vaccinations
- Tax advice
- Master hypnotist show at the Dinner Theater

Mondays and Thursdays at 7:30 a.m., 12:30 p.m., 5:30 p.m., 8 p.m. and 10:30 p.m., Tuesdays and Fridays at 7 a.m., 12 p.m., 5 p.m., 8 p.m. and 10:30 p.m., Wednesdays at 6:30 a.m., 11:30 a.m., 4:30 p.m., 8 p.m. and 10:30 p.m., and Saturdays and Sundays at 8 a.m. and 4:30 p.m.

You can always catch the newest "Fort Gordon Report" on *Comcast Cable Channel 66* at these times: Mondays, Thursdays, Saturdays and Sundays at 9:00 p.m., Tuesdays, Wednesdays and Fridays at 8:30 a.m.

The "Fort Gordon Report" is the Signal Center's official television news program and is produced on post by the Fort Gordon Public Affairs Office and the Training and Support Center.

Watch the "Fort Gordon Report" for the stories that matter in your community and throughout your Army!

## Smallpox vaccinations to begin for line troops

Kevin Larson and Spc. Jacob W. Boyer  
Army News Service

WASHINGTON — Forces Command soldiers will start lining up this month for their mandatory smallpox shots, and so will troops in Kuwait, Army officials said.

More than 400 health-care workers at Walter Reed Army Medical Center have already received the vaccination this past month, officials said, without any serious reactions, and only a couple episodes of nausea.

Every member of the 3rd Infantry Division (Mech.) deployed to Kuwait will be administered the smallpox vaccine sometime in the middle of January, said Lt. Col. William Corr, division surgeon.

"It's important for those serving here to get the smallpox vaccination because it can be used as a weapon," he said. "In its aerosolized form, smallpox can be an effective weapon."

The disease is highly contagious and spreads easily from person to person, he said. It could spread through a camp in 24 hours. Because of that, he said it is important that all soldiers in Kuwait receive the vaccine as soon as possible.

"All (service members) who will be in a high-threat area for more than 15 days need to get the smallpox vaccine," Corr said. "We plan to get everybody here vaccinated in one day."

Although some soldiers may have been vaccinated in their childhood or earlier in their military careers, they need to be inoculated again, Corr said.

"The effectiveness of the vaccine wanes after five years, and after 20, its effects are negligible," he said.

Unlike the Anthrax vaccine, which requires six shots and an annual booster, Dryvax — the smallpox vaccine — only needs to be administered once, Corr said. A two-pronged needle is dipped in the vaccine and punctured one-sixteenth of an inch into the receiver's skin 15 times.

With the threat of smallpox being used as a bio-weapon against military forces, President George W. Bush ordered all Department of Defense military personnel to get the smallpox vaccination.

"Everybody reads the papers, everybody watches CNN," said Col. Phil Stikes, FORSCOM preventive medicine officer. "It's pretty obvious why we need it. We think potential enemies might have it (smallpox)."

A limited number of DoD civilians who have been designated emergency essential will be asked to get a smallpox vaccination also, officials said.

People with compromised immune systems, who have had eczema or atopic dermatitis or other skin conditions that have

not yet cleared up and who are pregnant or breastfeeding should not get the smallpox vaccination, Stikes said. Also, if they live with anyone who meets those conditions they should not get vaccinated.

If soldiers meet these medical exclusions and do not get the smallpox vaccination, they are still deployable, Stikes said. If there were a smallpox outbreak medically excluded soldiers would have to roll up their sleeves and take the shot.

"In the event of a smallpox outbreak, their vaccination status would be re-evaluated," Stikes said.

For soldiers who do not meet the exclusion criteria, refusal is not an option. If soldiers refuse the vaccination, the first step will be to educate them on the risks of smallpox, Stikes said. Since this is a force health-protection issue, continued refusal will most likely be considered failure to follow a lawful order.

Side effects for the smallpox vaccine are usually mild, according to Stikes. They include sore arm, fever, headache, body ache and fatigue and peak after eight to 12 days following vaccination.

If soldiers have any concerns or experience any discomfort or side effects beyond those normally expected with the smallpox vaccination, then they should seek medical advice, Stikes said.

"It's better to be safe than sorry," he said.

Soldiers can tell if their vaccination was successful if they see a red, itchy bump form at the vaccination site.

"In the first week, the bump becomes a pus-filled blister," Stikes said. "Then, in the second week, a scab forms. The scab falls off in week three and leaves a small scar."

Although rare, there are some serious side effects possible from the vaccine, Stikes said. Out of one million people, 1,000 will have serious but not life-threatening reactions, 14 to 52 people will have serious skin reactions or brain inflammation, and one or two people may die.

"If it's one in a million for the general population, it will be one in a million for us," he said. "We're a subset of the population."

A thorough and careful screening process, though, will be in place to ensure those at increased risk will not receive the vaccination, Stikes said. The process is still being refined at this time and streamlining it is also in the works.

The vaccine contains a live virus, but it is not smallpox. Instead, the vaccine is made from another pox virus, one closely related to smallpox. But because the vaccine is made from a live, actively growing virus, there are certain key points to remember, Stikes said.

"Key points to remember after being vaccinated are

don't touch the spot where the needle was stuck and don't let other people touch it," he said. "If the vaccination spot does get touched, wash your hands right away."

Touching the vaccination site can cause the vaccine to not take or spread the pox used in the vaccine to other areas of the body, according to Stikes. That can cause serious problems, especially near eyes or other moist areas of the body.

The vaccination site will be bandaged following the shot but the bandage can be taken off when the bleeding stops, Stikes said. Disposing the bandage is easy. Just put it in a plastic bag with some bleach and throw it away.

When in close contact with others, though, it is best to keep a bandage over the vaccination site, Stikes said. It's also okay to exercise after being vaccinated, he said, just make sure you bring your own towels for showering. That towel and any other clothes that touch the vaccination site will then have to be washed in hot water with soap and bleach.

And as for the potency of the vaccine to be used, storage duration has had no ill effects, Stikes said.

"It's been freeze-dried," he said. "The vaccine has been tested for potency. Smallpox vaccine lasts a really long time."

The last time the vaccine was used to protect against naturally occurring smallpox was 1977 in Somalia. After that outbreak, the wild, naturally-occurring strains of smallpox were eradicated.

Wild or man-made, smallpox disease symptoms are the same. Smallpox symptoms begin with high fever, head and body aches and possibly vomiting, according to Stikes. A bumpy rash follows. The bumps crust, scab, and fall off after a few weeks, leaving scars.

Following exposure to smallpox, the risk of death is high. Thirty percent of infected people die. For some survivors, there is the risk of blindness.

"It's a bad disease," Stikes said. "Don't get it."

Smallpox is commonly spread by face-to-face contact with an infected person, especially one who is coughing. The virus travels in the cough's droplets of moisture.

**Editor's note:** Kevin Larson is from FORSCOM News Service. Spc. Jacob W. Boyer is with the 3rd ID in Kuwait. Their reports were combined for this article. In addition, a report from Brett McMillan at Walter Reed also contributed to this article.

## The hardest duty

Chaplain (Capt.) Michael Zell

551st Signal Battalion

*Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves.*

- Romans 13:1-2 (NIV)

You know the situation. You have been there many times over in your career. The NCO or officer in your chain of command makes a call that you find, well, not exactly the way that you would do things.

You ask yourself why, maybe even shake your head in disbelief.

Despite your misgivings, and trying to hide an attitude of frustration or disagreement, you move on and work to complete the objective.

One of the hardest things to do is submit to authority, especially when you may

not agree with the process or intent of the person who is over you.

In the passage above we are reminded that *everyone must submit himself to the governing authorities*. I have been looking for a clause or exemption to the word *everyone*, but deep down inside I realize that this verse was meant for me as well.

To make things worse, the scripture is clear that all authorities that exist have been established by God (hint: this includes your chain of command).

By offering resistance, we place ourselves on a collision course with those we serve, as well as the Lord.

For the soldier of faith, this verse has lasting implications and serves as a foundation, not only for life in the Army, but for life.

As men and women of faith we are called to be submissive and obedient, even when it hurts. The scripture even goes one step further.

In Colossians 3:23-24, we read, *"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you*

*know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."*

We are called to carry out every duty with the pride and passion normally reserved for our favorite activity.

Are you shuffling through mountains of paperwork? Passion is your duty.

Are you cleaning your barracks? Give it the extra shine that makes it stand out. Are you locked into marathon meetings? Listen intently and look for opportunities to demonstrate your service.

If we truly believe what the scriptures say, we must realize that every tasking time we fall in line with command, we are demonstrating our spiritual service and commitment to faith. Everything we do, every detail, can sing the praise of obedience and submission.

The next time you are faced with that hard choice, to do *or* to do with passion, make the choice that will bring you not only a temporary reward, but an inheritance.

### Marriage Workshop offered

The Marriage Workshop entitled *"More Than I've Ever Wanted in a Marriage"* is a day of ambiance and romance with an educational swing.

The workshop focuses on communication for couples and families, utilizing materials from John Gottman, Ph.D., and the Prevention and Relationship Enhancement Program. Chaplain (Maj.) Richard J. Bendorf, director, Chaplain Family Life Center, facilitates this interesting one-day workshop.

The workshop is FREE. Come join us for the workshop and lunch (pay as you go through the lunch line).

**Make a date with us:**

**Feb. 25  
9 a.m. - 4 p.m.  
Magnolia  
Room  
Gordon Club**

For more information and RSVP by Feb. 21, call 791-3579.

Sponsored by the Army Community Service

### John Smoltz to speak at prayer breakfast

Religious Information Center

Fort Gordon's observance of the National Prayer Breakfast will be Feb. 5, 6:30 a.m., at the Gordon Club.

The speaker for this event will be John Smoltz, pitcher, representing the Atlanta Braves National League Baseball Club.

Tickets are available from each unit's Unit Ministry Team. There is no set admission charge, though recommended donations are \$3 for sergeant and below, and \$5 for all others.

For more information, call the Installation Chaplain's Office at 791-4683.



Atlanta Braves Pitcher John Smoltz will speak at prayer breakfast Feb. 5.



Photo by Sgt. Robert D. White

### Hooah! EAMC wife administers oath to husband

(Right) 1Lt. Jennifer Robinson, Department of Nursing, administers the Oath of Enlistment for the first time since she was commissioned — to her husband, Sgt. 1st Class Anthony Robinson. The Robinsons have a combined time in service of 27 years.

# Sports & Leisure

## Sports UPDATE

### Blue Angel Marathon

Naval Air Station Pensacola will host the 20th annual Blue Angel Marathon and 5K Run, **Feb. 22**. The marathon serves as a qualifier for the 2003 Boston Marathon and will begin at 7 a.m. followed by the Half-Marathon and 5K run.

The "official marathon" of the U.S. Navy is open to military and civilian individuals and teams. The course is 26.2 miles of flat to rolling terrain, clearly marked with aid stations every two miles.

For 24-hour on-line registration, access: [www.sign-me-up.sports.com](http://www.sign-me-up.sports.com). To download an application access: [www.mwr-pcola.navy.mil](http://www.mwr-pcola.navy.mil)

For more information, contact NAS Pensacola, Morale, Welfare and Recreation Department at 850-452-3806, ext 340.

### Advance tickets required for Smoltz appearance

Atlanta Braves pitcher John Smoltz is the speaker for the National Prayer Breakfast at Fort Gordon on **Feb. 5** at the Gordon Club on 19th Street at 6:30 a.m.

Seating capacity is very limited. Advance tickets are required for admission with a recommended donation of \$5. Tickets cannot be purchased at the door.

For ticket and other information, call 791-4683 or 791-5364.

### Lacrosse club

The Aiken-Augusta lacrosse club is looking for men and women athletes for the spring season. Practice and games are scheduled on Sunday and the season is from February through May.

Experience is not required and some team equipment is available. For more information, call 733-4271 or 854-1908.

### Ladies golf schedule

**Thursdays** are ladies golf days at Gordon Lakes Golf Course. Tee time is 9:30 a.m.

For more information, call Pauline Blandeburgo at 863-3747.

### Rowers wanted

The Augusta Rowing Club is looking for new members.

Rowers can participate on one, two, four or eight-person crews. Male, female and co-ed crews are available.

The club practices **Tuesdays** and **Thursdays** at 6 p.m. and **Saturdays** at 8 a.m. No rowing experience is necessary, as "Learn to row" classes are offered.

For more information, call Tim Jannik at 803-278-0003.

### Paintball games

Paintball enthusiasts can enjoy paintball every **Saturday** and **Sunday** from 10 a.m. to 6 p.m. at the Fort Gordon Paintball Field on the Old Center Golf Course.

The cost to play is \$10 per person, which includes safety gear, paintball gun and 100 rounds of paintballs. Long pants, long sleeve shirts and sturdy shoes must be worn at all times.

For more information, call Rory Calhoun of Flying Colors Paintball at 294-8677.

## A good rub-

## down

Staff writer Ryan Matson  
Do you have aching muscles? Or perhaps you're sore from working out? Well, there's something new on post that might be able to help you out.

Tucked away in the corner of Gym 6 is a racquetball court which has been converted into a two-table massage clinic. The name of this new business is Therapeutic Massage.

Two friends, Stacey Breckel and Alicia Stokes, both military spouses of soldiers here at Fort Gordon, started and operate the massage clinic. The pair are both certified massage therapists who met while learning the art of massage at the Augusta School of Massage, where they completed over 550 hours of training. They are also both nationally certified, meaning they passed a 250-question national board examination.

Having certified massage therapists is a huge factor in a massage clinic being a reputable business, Stokes and Breckel said. Breckel pointed out that in the state of Georgia, no license is required for someone to start a massage clinic, so the therapists may not always know what they're doing. When dealing with someone sore or injured, she said this could prove to be a bad situation.

"We want the people who come in to have a certain level of comfort," Stokes said. "We want them to know we're a legitimate place to get a massage."

The clinic opened its doors for business at the end of November. Since that time, Breckel said the clinic has given over 20 massages, mostly to repeat customers, and more to soldiers than civilians. She said most of these massages have been arranged by appointment, although walk-ins are still welcome. Because both Breckel and Stokes work other jobs, she said there are instances when neither of them will be in the parlor during the hours of operation at Gym 6, but she said they try to be there as much as possible. To set up an appointment for a massage, call 951-3142.

One thing someone who gets a massage at Therapeutic Massage will not have to worry about is their privacy, Breckel and Stokes said. They said clients are kept confidential, and privacy is maintained while the massage is being conducted. Partitions divide the two massage tables, as well.

Stokes said the new massage clinic offers a variety of massages, each with their own special purpose. If a soldier or client goes to Therapeutic Massage, Stokes said the massage will be tailored to the areas of the soldiers body which are sore, tense, or otherwise agi-

tated or injured.

"We use whatever techniques are necessary, and best for the client," Stokes said. "That's where the word therapeutic comes in. If someone has specific injuries, we'll address them."

Among the different massages one can get at Therapeutic Massage are the Swedish massage, a light, low-pressure massage tailored toward relieving stress and relaxing a person.

"We learned in school that many injuries within the human body are caused as a result of stress," Breckel said. "Stress wears down and weakens your body, so if you are more relaxed, more at ease, more peaceful, I don't think you're going to get sick as often or have the tensions, headaches and strains."

"I usually start a session with a Swedish massage to warm up the muscle tissues, and get the person to relax," Stokes said.

Deep tissue massages are another massage technique the two therapists said they use. In this massage, more pressure is extracted on the body, Stokes said.

"Most people like some pressure and that's where you go into deep tissue," Stokes said. "It gets down deep into the muscle tissue as opposed to going down by layers, as with a Swedish massage."

She said in this massage, the body feels like it is being rolled because the therapist uses their elbow and forearm to apply pressure to the client's body.

Breckel said massages can take a lot of energy to give.

"I'm usually good for about four massages in a day," she said. "After that, I'm worried the quality of the massage I'm giving will go down."

Besides Swedish and deep tissue massages, Breckel and Stokes said the clinic also offers myofascial release massages, orthopedic/sports massages, prenatal and perinatal massages, senior massages and salt glows to rejuvenate the skin.

The two said soldiers in particular can benefit from a massage.

"By the nature of the things they do, soldiers are going to get injuries," Breckel said. "We see a lot of things like shin splints from running."

Stokes and Breckel said a massage can help make shin splints feel less severe.

"We work our way down beside the shin bone, and make sure the muscle is not attached to the bone," Breckel said.

"You're making a space in there so that when the muscle contracts, there's room in there for the muscle to expand and it's not compressing on any nerves which can cause more pain," Stokes added.

Breckel said a client rarely receives strictly one type of

massage when visiting the clinic, unless they specify that is what they want.

Although Breckel said when a client comes to a therapist with a physical problem or injury, since they are not physicians, they cannot diagnose the problem. However, she said she is able to "feel" problems within a client's body, such as tightness, and then work on that area.

"They can come to you and tell you their symptoms and what is going on, and you can usually figure out what the problem is and help them," Breckel said. "You have to know your anatomy, pathology and muscle structure - the medical side of it, if you're going to help somebody get better."

Depending on the type of massage they are giving, Stokes and Breckel said creams or lotions may be used.

For a relaxation massage, creams such as Bio-Tone massage cream, or lotion may be used, Breckel said. She said for a sports massage, a liquid which heats the body when rubbed in and has less glide and applies more traction, will be used.

Stokes said knowing when not to massage a person is also important.

"Massage is very powerful and you can't mess with certain conditions," she said.

She said among these conditions are women in their first trimester of pregnancy, blood clots, systemic viral infections, and sometimes people with high blood pressure, although Stokes said massage can help lower a person's blood pressure if the condition is not too severe.

Both Breckel and Stokes said they enjoy what they do.

"I like to give a massage because I like to help people feel better," Breckel said. "I also always liked medical things and medicine and didn't want to go to school to be a doctor because it takes too long. This is a way of helping people feel better, learning a lot about the body and the muscles in it and how they work, as well as learning something new."

The cost of receiving a standard, hour-long massage at Therapeutic Massage is \$50, Breckel said, although currently the parlor is running a Valentine's Day holiday special. Up until Valentines Day, Breckel said the cost of an hour-long massage at the clinic will be \$40. She said these prices are more than competitive with clinics downtown.

"The going price for an hour massage in the community, on average, is \$60," Breckel said. "We always offer at least \$50 for an hour, so that's a bonus. Also a percentage of the profits from our massage go back to the Morale, Welfare and Recreation department, which helps bring new activities to the post for soldiers."

At some massage clinics, clients are also required to pay based on what type of massage technique they receive, Stokes said.

Though Therapeutic Massage is still a relatively new business, both Stokes and Breckel have huge aspirations for it.

"I know there's a lot of massage places on other forts," Stokes said. "Stacey was in Hawaii and they have one there.

Whenever our husbands go to a new duty assignment, we move with them, and we would like to see a massage clinic started on every post. We'll start here by giving the military community a good place to get massages."



Photo by Spc. Ryan Matson

(above) Stacey Breckel, a certified massage therapist, gives a lower-back massage to a client at her new business, Therapeutic Massage, located in Gym 6.

(below) Breckel works on a tight calf muscle.



### 2003 Softball Statistics

#### RED DIVISION

1st - 235 7-0  
1st - HHC-447 7-0  
2nd - HHC-63 4-2  
3rd - A-63 5-3  
4th - HHC-67 4-3  
4th - 518 4-3  
5th - B-67 4-5  
6th - HHC-93 3-5  
7th - B-63 2-7  
7th - A-67 2-7  
8th - C-67 0-7

#### WHITE DIVISION

1st - HQ/A-551 10-2  
1st - B-EAMC 10-2  
2nd - DENTAC 9-2  
3rd - 252 8-4  
4th - ANCOC 6-5  
4th - NMCRC 6-5  
5th - HHD-116 6-6  
6th - 31IS (2) 4-7

#### BLUE DIVISION

1st - BNCOC 12-0  
2nd - NSGA 8-2  
3rd - 249 7-2  
4th - USAG 9-3  
5th - 31IS 5-5  
6th - HQ-A-442 5-6  
7th - 338 4-5  
8th - A-447 3-6  
9th - HHC-206 2-8

#### WOMEN'S DIVISION

1st - USAG 8-0  
2nd - D-447 11-1  
3rd - GRSOC 8-1  
4th - HQ/A-442 9-2  
5th - DDEAMC 8-3  
6th - E-369 5-6  
MORNING DIVISION

1st - D-447 8-1  
2nd - C-369 7-1  
3rd - C-447 8-3  
4th - E-447 5-3  
5th - B-447 5-4  
6th - E-369 3-4  
7th - B-551 3-7  
8th - D-551 2-7

#### GREEN DIVISION

1st - B-551 11-0  
2nd - B-73 8-3  
2nd - C-369 8-3  
2nd - D-447 8-3  
3rd - E-369 5-5  
4th - B-447 5-6  
5th - C-447 5-7  
6th - E-447 3-7  
7th - D-369 3-8

## At the Movies

The Signal Theater is open Thursday-Sunday. All shows begin at 6:30 p.m. The late show on Saturday begins at 9:30 p.m. Children 12 and over and all adults are \$3. Children 6-11 are \$1.50. Children under 5 are free. For movie listings and times, call 791-3982.

**Jan. 24 - 26**  
**Friday - Die Another Day (R)**  
**Saturday - Treasure Planet (PG)**  
**Late show - Die Another Day (R)**  
**Sunday - Treasure Planet (G)**

Note: Attendance at Fort Gordon's movie theater is strictly limited to authorized Post Exchange patrons.

# Spectrum

## We want your **Blood**

### Youth Challenge takes part in Signal Towers National Blood Donor Month blood drive

**Youth Challenge Academy  
Cadet Josh Pieczynski**  
*Special to The Signal*

The Youth Challenge Academy played a small, but vital role in the Signal Towers blood drive held Jan. 16 from 5 a.m. to 1 p.m. in the Towers basement.

Eleven of the 160 cadets took time out of their training schedule to participate in the drive, where five cadets each donated a pint of blood to a good cause. Additionally, 73 potential donors signed in to contribute a total of 50 units of blood.

Cadets Landry Minix, Allecia Williams, Christopher Griffin, Jeremy Lockard and Troy Coker were the YCA donors.

January is National Blood Donor Month, which means all month long hospitals, health care centers and military installations will be accepting donors. To donate blood on post, call the Kendrick Memorial Blood Center at 787-1014.

Soldiers and civilians throughout the post participated in the drive. U.S. Army Signal Center and Fort Gordon Commanding General Brig. Gen. Jan Hicks led the way by donating a pint of her blood to help the cause.

YCA is a 22-week program in which potentially-troubled or "at risk" teenagers throughout Georgia live in a quasi-military environment to obtain their GED, high school diploma and become CPR certified. The cadets also get the opportunity to job-shadow soldiers and civilians and take college courses.

This program is another chance



Photo by Spc. Zoe Morris

A donor squeezes a foam heart to help pump out a pint of blood. More than 50 units of blood were donated at the drive.



Photo by Spc. Zoe Morris

United States Army Signal Center and Fort Gordon Commanding General, Brig. Gen Jan Hicks, has her blood pressure read in preparation to donate blood during the Signal Tower blood drive hosted by Company A, 551st Signal Battalion Jan. 16. January is National Blood Donor month. Hicks led the way by donating one of the first pints of the drive.



Photos by Youth Challenge Academy Cadet Josh Pieczynski

Among the 73 donors signed in to donate blood were these two cadets from the Youth Challenge Academy - Allecia Williams (left) and Troy Coker (right.) YCA pitched in by donating a total of five pints of blood to the drive.