

HQ USAMEDCOM

RESERVE DIETITIANS SUMMER 2002 UPDATE

COL Sarah K. Helms, IMA to Chief, Dietitian Section

July 26, 2002

Special points of interest:

- Send current e-mail address to helmsb@aol.com or sarah.helms@us.army.mil
- Return update and AKO e-mail address to me **NLT 30 Aug**
- Licensure is mandatory!
- ADA Military Symposium, 18-19 Oct 02, Philadelphia
- AMSUS, 10-15 Nov 02, Louisville, KY

HIGHLIGHTS

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ADA MILITARY SYMPOSIUM, OCT 18-19, 2002

Last year the Military Symposium was held on Saturday prior to the ADA's Food & Nutrition Conference & Exhibition (FNCE) in St. Louis, and it was well attended by dietitians from all services. However, we always feel rushed and since ADA's FNCE was cut down to 3 days and reserves are funded for 5 days of Continuing Health Education (CHE), the Military Symposium will be extended to 1½ days. The symposium will be held all day Friday, 18 Oct and Saturday, 19 Oct until noon. This will give everyone time to register for ADA's FNCE, possibly attend a workshop, and get to the evening opening session. These are also "free" CHE hours. Last year we got 6 hours for one day, so we should get more for 1½ days. The Army Breakfast will be held on Tuesday, 22 Oct 0700-0930 at the Union League of Philadelphia. This meeting is always enjoyable because we have an opportunity to get Army updates and visit with Army friends again. I want to thank LTC's Barbara Bloom and Suzanne Kasenic for finding a place and handling the registration. We did not schedule the Tri-Service dinner due to high cost in Philadelphia. Registration materials are included with this letter. For more information on the Symposium and breakfast see page 2. **Please return your registrations by the required dates and we'll see you in Philadelphia!**

Licensure for all Army dietitians is mandatory. Army Regulation (AR) 40-68, "Clinical Quality Management", has been updated to reflect this requirement. Because the AR and several Department of Defense Instructions on licensure pertain to active duty and reserve dietitians alike, failure to comply with the licensure requirement may preclude reservists from obtaining clinical privileges for their periods of annual training. In other words, if you don't have a license you will not obtain clinical privileges at any Army Medical Facility and you cannot do Annual Training (AT) at any Army Medical Facility. Please feel free to contact me by e-mail if you would like more information.

THE MILITARY SYMPOSIUM AND ARMY BREAKFAST

The Military Symposium will be held at the Loews Philadelphia Hotel, 1200 Market Street. For more information, go to www.loewshotels.com/default.asp. The Symposium is shaping up with great speakers and topics. Many in our profession have been deployed (including reservists) and will have a chance to tell their experience. Some others are in roles of Homeland Security and will give us information on some of the Army's role. Dietary supplements, a hot topic, also will be discussed. The registration flyer and program draft are enclosed with this letter.

The Army Breakfast will be held at the Union League. "Love of Country Leads" is the motto of the Union League of Philadelphia. The League was founded in 1862 as a patriotic society, and has loyally supported the U.S. military in each conflict since the Civil War. The League House occupies an entire city block near City Hall in the heart of Philadelphia, and is listed on the National Historic Register. It is within easy walking distance of Philadelphia's Convention Center. For more information, visit their web site at www.unionleague.org. See the enclosed flyer for information and registration.

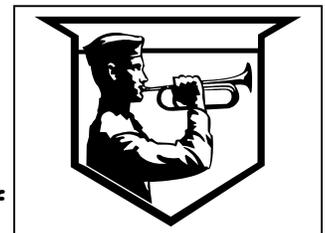
KNOWLEDGE EXCHANGE (KE) HAS COME TO THE SP CORPS

We now have a method of exchanging information within the Corps via the Internet. Go to <https://ke.army.mil/sp/> and sign on as a new user. Use your AKO e-mail address, so that the administrator of the website knows you are an Army Dietitian. Then, you can access the dietitian's library, conferences and discussions that may be of interest to you. We might even want to start a Reserve Dietitian's discussion group, if I someone will volunteer to manage it. The entire "Weigh to Stay" Program collection is now available to 65Cs and 91Ms on the SP Knowledge Network. The documents can be found either in the Dietetics Library (Keyword: Weigh to Stay) or in a new "Topics" area (found just under the Library section) on the main SP Knowledge Network page.

Users are advised that download times are slow, particularly for the session presentations which are PowerPoint slide shows ranging from 600K to 3.6MB. It is advised that you download these straight to your computer by RIGHT clicking on the appropriate links and selecting "Save Target As."

NATIONAL GUARD AND RESERVE MOBILIZED

The total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 34,916; Naval Reserve, 7,328; Air National Guard and Air Force Reserve, 35,075; Marine Corps Reserve, 3,869; and the Coast Guard Reserve 1,327. This brings the total Reserve and National Guard on active duty to 82,515 including both units and individual augmentees. **See page 4 for details of a medical unit's deployment.**

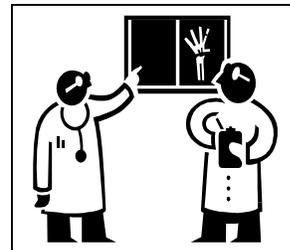


AKO ACCOUNT IS MANDATORY NOW!

Getting an AKO account and e-mail address is a must for all military members. You can gather information relevant to you into a single source, communicate directly with other members of the Army community, cull news and headlines from multiple sources, and various other things. Travel voucher settlements and Leave and Earning Statements are now sent through your AKO account. You can forward the e-mail sent to your AKO address to your e-mail address that you use most often, so you don't have another e-mail account to check. **Go to <https://www.us.army.mil> to get your AKO account and send me your address NLT 30 Aug 02.** Best of all, I can communicate with all of you through your AKO e-mail address. When you change your primary e-mail address, then I can continue to use your AKO account and it will be forwarded to your new e-mail address.

PERIODIC PHYSICALS (5-YEAR)

Title 10, United States Code, Chapter 1007, Section 10206 requires all Ready Reservists to have a physical at least once every five (5) years.



IRR/IMA/ARE (formerly JRU) Soldiers

The United States Army Reserve has established a Federal Strategic Health Alliance (FEDS_HEAL) with military and civilian providers to further the medical/dental readiness issue. This program provides over 8,000 facilities at which periodic physical examinations may be scheduled.

AR-PERSCOM has implemented the FEDS_HEAL program for IRR/IMA/ARE (formerly JRU) soldiers. Six months prior to the expiration of your current physical, you should receive a letter advising you to request a physical examination. You **MUST** [contact your Regional Support Team \(RST\)](#) representative to initiate the process. You can obtain the number for your RST by going to <https://www.2xcitizen.usar.army.mil/contact/supportteams.asp>. **PLEASE DO NOT SCHEDULE YOUR PHYSICAL EXAMINATION THROUGH YOUR PMO.**

The memorandum dated 30 Nov 00, issued by the Assistant Surgeon General, updates the Medical Exam Requirements. "[Requirements For Army Medical Examinations](#)" supersedes [Paragraph 8-12, AR 40-501](#). The [Cardiovascular Screening Program \(CVSP\)](#), paragraph 8-25 is updated. The memorandum also provides the authority to use the Report of Medical Examination (DD Form 2808) in place of the SF 88 and Report of Medical History (DD Form 2807-1) in place of the SF 93.

Procedures for scheduling your Periodic Physical Examination

- [Call your RST representative](#), requesting a five-year periodic physical examination.
- Your representative will request a voucher from the Program Office that will locate the facility nearest your home of record to schedule the examination.

- Upon approval/receipt of the voucher, an order will be generated and both documents will be mailed to you with an information packet.
- It will take approximately 4 to 6 weeks from the date of your request before you will receive your voucher and orders.
- You will have sixty (60) days to complete your physical. NO EXCEPTIONS.

Active Guard Reserve (AGR) and Troop Program Unit (TPU) Soldiers

Contact your unit administrator.

ARMY RESERVE HOSPITAL UNIT DEPLOYS TO AFGHANISTAN by David Moore, Ft. Dix

The first Army Reserve hospital unit to deploy with the latest in field hospital technology in the Army left Fort Dix for Afghanistan as part of Operation Enduring Freedom. The 339th Combat Support Hospital soldiers began their trek from Fort Dix recently, after more than 30 days of training and honing their job and soldier skills. In order for the troops to fly with their equipment, five C5 Galaxy cargo aircraft were drafted for the mission.

"We truly work around the clock with these operations to make sure everyone and their equipment is good to go," said MSGT Jose Torres, of the Fort Dix Logistics Control Center.

When soldiers first arrived at the terminal, they appeared excited about getting on with the mission. Family members snapped pictures of the troops unpacking the bus and checking in. Excitement leveled off as they settled into seats or peered into the darkness from the terminal looking for the aircraft that would take them across the "pond" to their destination.

Several soldiers in the unit such as 1LT John Hoover worked outside the terminal for last minute palletizing of unit rucksacks and smaller pieces of equipment. "I never thought I'd see this day, but I'm ready to get this show on the road," Hoover said. Soldiers of the organization accepted the hospital in crates at Ft. Dix, inventoried, and constructed the site, as well as conducted a mission rehearsal exercise. The hospital also provides the latest in surgical and telemedicine technology.

"We've been training long enough and we're ready to get this show on the road," LTC Christopher Post, hospital commander, said.

The soldiers who entered the terminal as a group soon broke up to spend their last minutes with their respective husbands, wives, parents, and children. But when the time came to register at the terminal gate, Post was the first in line verifying his seat for the first flight.

Further back in the line, SSGT Marlene Samuel waited her turn for ticket validation. "I'm glad we're going to do this job. The sooner we get there and do our work, the sooner we'll be back at home," she said.

Unit leadership also believes it is the first time in Army Reserve history, that Army Reserve medical personnel picked up and will later handoff to the active duty the hospital and its contents for the follow-on Enduring Freedom mission.

As the clock reached 11 pm, the soldiers were ordered to move to another room for a briefing. As the order was given, family members eyes filled with tears and there were last minute hugs.

"You get tired of waiting for this day, but now that it's here I'm glad I was able to see him off," said one of the family members.

U.S. TROOPS BUILD FIELD HOSPITAL IN AFGHANISTAN

Fri Jun 28,12:16 AM ET

BAGRAM, Afghanistan - Wounded or sick U.S. troops in Afghanistan ([news](#) - [web sites](#)) will soon be treated at a field hospital being built at their base, soldiers said. Previously, injured or ill soldiers have been evacuated from Afghanistan.

Troops from the 339th combat support unit based in Pittsburgh, Pennsylvania, were pitching hospital tents Friday in a cleared mine field at the Bagram air base, a former Soviet base now being used as U.S. military headquarters in Afghanistan. The hospital was expected to be finished within a week.

The field is surrounded by uncleared mine fields and a number of decaying Soviet MiG-29 fighters and other aircraft damaged or abandoned during more than 20 years of fighting, dating back to the Soviet invasion in the 1980s.

American soldiers injured in Afghanistan - including some wounded in battles with al-Qaida fighters - have previously been flown to a military hospital in Germany, a flight of up to eight hours.

"Before they were sending people to Germany even for a simple eye injury," Sgt. Darren Hall said, as his unit erected the tents. "Now we can patch them up here."

While the new hospital is primarily for U.S. troops, it will also be used to treat British, U.S.-allied Afghan and other troops from the international force in Afghanistan in the event of emergency.

"We're not here for the humanitarian aspect, we're here for the war," said Hall, who is from Meadville, Pennsylvania.

JOIN RESERVE OFFICERS ASSOCIATION (ROA)

The ROA is a great organization for voicing reserve issues on Capital Hill and increased membership numbers helps boost their recognition. Electronic membership option has pioneered the next level in association memberships. The fee for a lifetime e-Membership is \$100.

The e-Member has access to:

1. The ROA web site, including member only sections.
2. An electronic version of *The Officer* magazine.
3. Weekly e-mail updates.
4. All member benefits, with the exception of the hard copy version of *The Officer*.

Additionally, **e-Members** are able to attend meetings, conventions, and Joint Officers Leadership and Professional Development Seminars.

An **e-Member** is a non-voting, member at large, who is not eligible to run for office or serve on a committee. However **e-Members** have the opportunity to convert his/her memberships if they decide they would like to hold office, serve on a committee or vote. Money paid for an **e-Membership** would also count towards the conversion to a traditional life membership.

e-Members can elect to subscribe to the paper version of *The Officer* magazine for an additional cost of \$12.00 per year.

ARMY RESERVISTS ELIGIBLE TO UTILIZE ARMED FORCES RECREATION CENTERS

AFRC resorts are affordable Joint Service facilities operated by the U.S. Army Community and Family Support Center at ideal vacation destinations. Authorized users include active-duty military, retirees, Reservists, and family members. **Now the Army is building a new Bavarian hotel and expanding the Disney site.**

ALEXANDRIA, Va. (Army News Service, Feb. 5, 2002) -- The Army is adding more rooms to its "Shades of Green" hotel at Walt Disney World Resort in Florida and building a brand new hotel in the heart of Bavaria, Germany.

The \$132 million projects - approved by Congress and the Defense Department - won't cost taxpayers a dime. Construction will be funded through a commercial loan, which will be repaid by nonappropriated funds generated by the four Armed Forces Recreation Centers. (The two other AFRCs are the Dragon Hill Lodge in Yongsan, Korea, and the Hale Koa Hotel in Honolulu, Hawaii, operated by the Army as DoD's executive agent.)

The new 330-room hotel in Garmisch, an hour south of Munich, Germany, at the foot of the Bavarian Alps, will replace four older hotels currently operating in Chiemsee and Garmisch. The 65-year-old facilities are built to European specifications and are costly to operate, officials said. The Army closed AFRC Berchtesgaden in 1996.

"It's cheaper to build a new hotel than to renovate the existing properties, said Peter F. Isaacs, Chief Operating Officer of the U.S. Army Community and Family Support Center in Alexandria, Va. "Operating four separate hotels in different locations is also very inefficient from a business standpoint."

Hotel amenities will include a swimming pool, spa facilities, conference and meeting rooms, a restaurant and lounge, all scheduled to open in 2004. Then the original properties will be returned to the host nation.

Across the Atlantic in Orlando, Fla., the Army is adding 299 guest rooms to Shades of Green at Walt Disney World Resort. The Army leased the 287-room Disney Inn in 1993 and bought it in 1996.

"We've been turning away as many customers as we take," said Isaacs. "Ever since we opened in 1994, our occupancy rate has been consistently at over 95 percent and lately as

high as 99 percent. We just don't have enough rooms to satisfy the demand. That's why we're adding on."

During the 18 months of construction slated to begin in April, the hotel will close. Isaacs said trying to keep the hotel open during expansion would have a negative impact on guests and would make physical security too difficult to maintain.

"By closing the hotel completely, we'll reduce construction time by six months and the cost of the project by \$6 million," said Isaacs. Plans call for the newly expanded hotel to reopen in September 2003.

While the hotel is closed, military members can still visit the area and stay at affordable rates. "We will continue to offer guests accommodations at quality hotels, including some on the Disney Resort, at affordable rates," said Isaacs. "Travelers can still make their reservations online at the Shades of Green web site."

Room rates will remain the same as they were for Shades of Green, but guests will have to pay the 11 percent state and local taxes during this period. Customers will be informed about the taxes when they make their reservations. Staff will continue to operate the reservation system and the attraction ticket sales office.

Also, a new hotel for service members opened Nov. 5 in Keystone, Colo. "Rocky Mountain Blue" is a partnership between the Air Force and Keystone Resorts, a 1,749-acre facility with 22 ski lifts. Defense officials said Rocky Mountain Blue is the first step in determining if there is a market for a government-owned resort in the Colorado area.

"Just a personal note on this article, which I read with tears in my eyes: I spent my honeymoon at the Chiemsee Lake Hotel."

Military, Civilian Feds Can Buy New Long-Term Care Insurance

A new program offers long-term care insurance to military and civilian federal employees and their families.

The federal Office of Personnel Management has contracted with John Hancock and MetLife insurance companies to provide this additional benefit for all federal employees and retirees.

The insurance program is designed to cover expenses associated with long-term medical care in a nursing home or in the patient's home. Federal employees will be able to purchase the insurance for themselves or their families, including parents. Federal retirees are entitled to enroll only themselves and their spouses in the program, according to information on the program's [Internet home page](http://www.opm.gov/insure/ltc), www.opm.gov/insure/ltc.

Those officials recommended individuals who want more information on issues surrounding long-term care and on the federal program to sign up for an e-mail newsletter, "[Get Smart About Your Future](http://www.ltcfeds.com/pre_reg.html)," at https://ltcfeds.com/pre_reg.html, or to visit www.ltcfeds.com.

NEW ONLINE VA BENEFITS GUIDE AVAILABLE Federal Benefits for Veterans and Dependents is a 100-page handbook describing benefits provided by the VA and an overview of programs and services for veterans provided by other federal agencies. http://www.defenselink.mil/news/May2002/n05142002_200205149.html

ARMY FIELDING SECOND BLACK BERET

by Staff Sgt. Marcia Triggs

WASHINGTON (Army News Service, April 12, 2002) - Active-duty and mobilized reserve-component soldiers will soon be getting their second black berets.

By the end of April, installation-level central issue facilities, including those in Korea and Europe, will be equipped to field soldiers with their second berets, said Dave Geringer, assistant product manager for Product Manager Soldier Equipment.

"Berets will be at the installation level by April 30, but not necessarily in the hands of the soldier," Geringer said. "Each installation is responsible for (its) own beret distribution."

The fielding of initial berets was completed in Jan. 25, 2002 with distribution to soldiers in 88th Regional Support Command, Fort Snelling, Minn.,

The fielding of second berets to reserve-component units that are not mobilized will be complete by September 2003, Geringer said.

A date, however, when Army and Air Force Exchange Services will be stocking the berets is still unknown, he said.

"The priority is to provide a sufficient stock to all units, including Reserve and National Guard, and establish a sustained supply," said Martin Fadden, a logistics management specialist for G-4, Department of the Army.

AAFES is being given the option to purchase berets directly from the manufacturer instead of having to request a supply from Defense Logistics Agency's Defense Supply Center Philadelphia. That option could put berets on AAFES' shelves sooner than expected, Fadden said. The details are still being worked out, he added.

Unlike the first beret-fielding schedule that lasted eight months, the majority of the second shipment of berets will be completed in April, Fadden said. Berets are in stock, he said, which is why fielding is going so well.

Last May when berets were scheduled to reach the troops in time for Army's 226th birthday, delivery was delayed when three contracts were cancelled with U.S. companies that had beret factories in Romania, South Africa and India due to quality issues and an inability to meet delivery schedules.

In addition to the contract cancellations, Army Chief of Staff Gen. Eric Shinseki announced that U.S. troops would not wear berets made in China or berets made with Chinese content.

An order for about 618,000 black berets had been contracted to Kangol Limited, a British firm that subcontracted to produce the berets at a Chinese factory in China.

Currently Bancroft Cap Company in Cabot, Ark., and Dorothea Knitting, Canada, are the only beret manufacturers, according to officials at DLA. Small businesses have been solicited to compete for beret contracts, and two contracts will possibly be awarded in May to domestic small business firms, officials said.

LEGISLATIVE HIGHLIGHTS

HOUSE APPROVES FY03 NDAA - The House approved HR 4546, the FY03 National Defense Authorization Act by a vote of 359 to 58. The bill authorizes \$383 billion in budget authority for FY03. Among the bill's provisions is language directing a major review of "the terms and elements of reserve compensation, benefits, and personnel support programs, including the retirement system...to determine if the reserve programs are fair and equitable given the increased contributions by reserve forces to the defense of the nation." To view the entire provision, click on:
http://www.roa.org/legislative_affairs/section_highlight.asp?id=132

SENATE PROPOSAL WOULD INCREASE RESERVE GI BILL - Sen. Susan Collins, R-Maine, introduced a bill this week that would raise the monthly Reserve Component Montgomery GI Bill stipend from \$272 a month to \$428, bringing it in line with what the active duty component receives. Click here to see Sen. Collins' statement and ROA's letter to the senator http://www.roa.org/legislative_affairs/legislative_affairs_ov.asp

WILSON INTRODUCES RESERVE RETIREMENT BILL - Congressman Joe Wilson (R-SC) has introduced a bill (HR 4676) that would authorize members of the Reserve components who have served 20 or more years to receive their retired pay immediately upon retirement rather than having to wait until they reach age 60. ROA is pleased to see this legislation, which recognizes the contributions of our Reserve forces to the Total Force. The current Reserve retirement system was instituted more than 50 years ago and has served the nation very well. We must, however, recognize that terms of service in the Reserve components of the Armed Forces have changed radically since the end of the Cold War. Reservists now provide nearly 13,000,000 mandays per year in support of active duty contingency missions. That does not include the more than 80,000 Reservists currently on duty in support of Operation Enduring Freedom. HR 4676 reflects a growing awareness of Reservists' sacrifices and contributions in the service of their country. The House Armed Services Committee has recommended a comprehensive study of Reserve compensation and benefits. HR 4676 clearly outlines one major option that must be fully considered in that analysis and is an important step in the process.

Note: We would hope that all of these bills would be passed, but only time will tell.

ARMY WEIGHT CONTROL PROGRAM

The "Weigh to Stay" Weight Control Program has been implemented at most Army installations and by some of you in the reserve units. The program is designed to use Performance Power Module #7 (Misc Pub 40-18) as a handout to the participant. The Performance Power modules can be ordered from US Army Publication Distribution Center, St. Louis, MO or from their website, www.usapa.army.mil. The Performance Power materials are free to military units. I appreciate those of you who have initiated the program in their units. The program will be presented at ADA's FNCE, so if you have any data, please put it on the web site for the data collection. Again, all of the materials for "Weigh to Stay" are available on the KE web site. See page 2 for details. If money becomes available, the goal is to do the "Weigh to Stay" professionally on CD-rom with voice.

HEALTH AND HUMAN SERVICES (HHS) ANNOUNCES PLANS TO STUDY EPHEDRA

HHS Secretary Tommy G. Thompson announced 14 Jun 02 new efforts to expand scientific research on the safety of ephedrine alkaloids and to aggressively pursue the illegal marketing of non-herbal synthetic ephedrine alkaloid products.

"It is crucial that we have a full understanding of these dietary supplements," Secretary Thompson said. "By increasing our breadth of knowledge about these supplements, we can give consumers the information they need to make informed decisions about these products."

HHS recently funded the RAND Corporation to conduct a comprehensive review of the existing science on ephedrine alkaloids, particularly those in dietary supplements. The review is projected to be finished by early fall and, once complete, will clarify the existing state of the science on ephedrine alkaloids. The National Institutes of Health (NIH) will use this information to guide an expanded research effort to better understand the safety of ephedrine alkaloids.

Herbal ephedrine alkaloids, which are commonly referred to as ephedra, are marketed in the United States as weight loss, energy and sports supplements. **Note: These products are sold at some Post Exchanges (PX) and at "Juice Bars" inside military fitness facilities.** Ephedrine alkaloids are active chemicals found naturally in a number of plants, including the Ephedra species, but can also be produced synthetically (i.e. non-herbal).

Adverse event reports regarding the use of dietary supplements containing ephedrine alkaloids have been received by the Food and Drug Administration (FDA) and have raised questions regarding the safety of these products. However, the FDA has advised that adverse event reports alone regarding dietary supplements containing ephedrine alkaloids do not provide a scientific basis for assessing the safety of these products and that there is need for further scientific research.

The FDA has begun a major effort to strengthen its adverse event monitoring system by incorporating existing reporting systems into a new, unified reporting system to track and analyze adverse event reports. The new system will improve FDA's ability to conduct market surveillance and better monitor the safety of all dietary supplements, including ephedrine alkaloids.

Secretary Thompson encouraged industry to work with the FDA in this endeavor and to develop labeling that best protects consumer health. "I urge manufacturers to include FDA's 1-800-MEDWATCH telephone number on their product labels. Consumers can use the Medwatch number to report adverse events," he said.

"These products are not for everyone," said Dr. Lester M. Crawford, Deputy Commissioner of FDA. "Consumers should read the labels carefully to ensure their proper use." Consistent with industry standards and warnings that already appear on many products, consumers under the age of 18 or pregnant or nursing women should not use these products. As the warnings further state, adult consumers should consult a health care provider prior to using such products if they have current or previous history of high blood pressure, heart or thyroid disease, a seizure disorder, depression, diabetes, difficulty urinating, prostate enlargement, glaucoma, or are using any prescription drug.

Consumers should consult with a physician prior to using dietary supplements containing ephedrine alkaloids if they are using a monoamine oxidase (MAO) inhibitor (MAO inhibitors are drugs used in the treatment of selected atypical depressions) or any allergy, asthma, or cold medications containing ephedrine, pseudoephedrine or phenylpropanolamine. Consumers should discontinue use if any of the following symptoms are experienced: rapid or irregular heartbeat, chest pain, severe headache, shortness of breath, dizziness, loss of consciousness, sleeplessness or nausea.

EDUCATION OPPORTUNITIES

The ABC's of the Dietary Guidelines for Americans: Science and Application

The online, self-study training course that delivers an understanding of the Dietary Guidelines, 2000, plus offers continuing professional education credits is available again. The same great course from USDA Center for Nutrition Policy and Promotion originally co-produced with East Carolina University in 2001 now has a new look and URL. It is fully automated, updated, and issues a Certificate of Completion and **it is free!**

The course continues to target nutrition educators and researchers, dietitians, food service workers, physicians, and other health care professionals who provide food and nutrition education or counseling to the public, as well as for students. It provides an understanding of the science and rationale of the Dietary Guidelines for Americans as national nutrition policy.

The course presents the science supporting the recommendations found in the Dietary Guidelines for Americans, 2000 and application information; the rationale for each of the 10 guidelines; the ABC framework in which they were grouped carrying the three basic messages of Aim, Build, and Choose for better health; changes from the 1995 version and additional resources.

It offers continuing education credits from the Commission on Dietetic Registration (5 CPEs), the American School Food Service Association (16 CEUs), and the American Association of Family and Consumer Sciences (5 PDUs).

To access the course go to: <<http://www.dga2000training.usda.gov>> or visit the CNPP Web site at: <<http://www.cnpp.usda.gov/>>

Now's your chance to enhance your career...

Eligible officers can apply for Additional Professional Development Education (PDE) Courses. All eligible officers are encouraged to apply for the following Additional PDE courses.

- * Reserve Component National Security Course (RCNSC).
- * Reserve Component National Security Issues Seminar (RCNSIS).
- * Defense Strategy Course (DSC)
- * Postgraduate Intelligence Program for Reservists (PGIP-R):
- * National Security Studies Seminar (NSSS) (Canadian sponsored course)
- * Joint Reserve Command and Staff Course (JSCSC) (Canadian sponsored course)

For more information on these courses contact Ms. Tina Zucol or SFC Mary Fuselier, commercial (314) 592-0000, ext 5424 or DSN 892-0000, ext. 5424. Or visit the 2xcitizen website at, www.2xcitizen.usar.army.mil

RESERVE COMPONENT FOOD SERVICE TRAINING WORKSHOP

This is your opportunity for learning all about Army Food Service and every effort should be made for you to attend if you are responsible for your unit's food service operation.

A reserve component food service training workshop is scheduled for 18-22 November 2002 at John Ascuaga's Hotel Resort and Convention Center, 1100 Nugget Avenue, Sparks, Nevada.

The purpose of this workshop will be subject matter as follows: discussion and training of the new Army Food Service Regulation, AR 30-22, with accompanying procedures, DA Pamphlet 30-22; training on the modern burner unit; training on the proper methods of conducting an installation food management /menu board; training on the new TB Med 530; proper methods of conducting annual reviews of dining facilities accounts, both IDT and AT; and basic accountability. Attendees should review the new regulation and pamphlet prior to arriving at the workshop. Hard copies will not be available. MACOM food advisors, technicians and supervisors will be provided copies of the regulation and pamphlet with the website upon publication of these documents. This policy also applies to TB med 530.

A registration fee of \$10.00 will be assessed, payable at the workshop desk upon arrival, to assist in defraying costs associated with this workshop. No meals or snacks are included. Payment in cash or check is required since the hosts of this workshop do not have credit card machines nor access to such.

All attendees will be billeted in the hotel, which will assist in defraying meeting room charges, and all orders will state "government meals and billets are not available" (room rates are within per diem rate of \$85.00). Reservations will be controlled by the ACES POCs. All attendees will submit the following information via U.S. Mail, e-mail to odayr@lee.army.mil or dewitzr@lee.army.mil or fax NLT 28 October 2002. (telephonic reservations will not be accepted): name, grade, duty assignment, unit, duty/work phone, home phone, and valid home address. Control numbers will be assigned upon requests received on first come basis. Each registrant will receive a confirmation number prior to 5 November 2002.

Funding for attendees is the responsibility of each individual command. Attendees should plan to arrive on 18 November prior to 2000 but not earlier than 1500 (rooms will not be available prior to 1500). A hotel shuttle is available for transportation from the airport to the hotel. Attendees should not schedule return transportation prior to 1200, 22 November 2002.

Uniform for the workshop will be Class B and appropriate business attire for civilians. All attendees will be required to register on the second floor of the hotel between 0800 and 2000, 18 November. Information packets, including the agenda will be provided at registration. Presently, plans are being formulated to have a banquet on Tuesday, 20 November to honor all of the food service personnel in attendance that will retire in the next year or two. Cost of this meal will be between \$25.00 and \$30.00. There are special programs being considered for the attendees and spouses. Also, there are commercial tours available during the week and can be booked with the concierge. Points of contact for this training workshop are Cw5 Roger Dewitz or Mr. Robert O'Day, phone numbers are commercial (804) 734-4282/4285, DSN687-4282/4285. Fax number is commercial (804) 734-3690 or DSN 687-3690.

Academy of Health Sciences Courses

The Department of Health Education and Training, Academy of Health Sciences offers two great courses for military dietitian. They are as follows:

1. Advanced Nutrition Support in Force Health Protection

LOCATION: Fort Sam Houston, Texas

27-31 Jan 03

PROJECT OFFICER: MAJ (P) Laurie Sweet

DSN: 471-3376 Commercial: (210) 221-3376

SCOPE: This course is designed to enhance the overall readiness of military dietitians for worldwide military operations. The course provides training on current doctrine, concepts and advanced nutritional support skills required to support the treatment of the combat casualty. The course will focus on the complex nutritional support skills required to treat the trauma, burn and the critically injured soldier. Subject matter experts from a variety of backgrounds and experience will provide this advanced clinical training.

PREREQUISITES: Attendees must be active or reserve Army dietitians with at least 3 years of clinical practice post internship. Priority will be given to dietitians occupying PROFIS positions or those assigned OCONUS. For more information contact Roderick Kuwamoto, LTC, Army Medical Specialist Corps at roderick.kuwamoto@cen.amedd.army.mil
DSN: 421-9428 COM: (210) 295-9428.

2. Joint Field Nutrition Operations Course

LOCATION: Camp Bullis, TX

10-18 April 03 (9 days)

PROJECT OFFICER: MAJ Debra Hernandez

Phone: DSN: 471-6344 Commercial: (210) 221- 6344

SCOPE: This course is designed to provide U. S. Army, U. S. Army Reserve, Army National Guard, U. S. Air Force, and U. S. Navy dietitians and senior Hospital food Service Specialists with information and hands on training in order to provide optimum nutrition care in the field environment. This course teaches current concepts/doctrine along with providing practical experience in Army medical field feeding and nutrition support. An emphasis is placed on familiarization and utilization of field equipment, preparation of modified diets in the field environment, transportation and service of meals to patients, sanitation and safety of equipment, resource procurement and management in the field environment, and the need/responsibilities of the dietitian in support of domestic and foreign missions.

PREREQUISITES: Attendees must be Dietitians from the active or reserve components, Senior Hospital Food Service enlisted personnel, or other DA and other service dietetic

personnel. Dietetic Interns and Dietitians who are PROFIS designees are strongly encouraged to attend. For more information contact Roderick Kuwamoto, LTC, Army Medical Specialist Corps at roderick.kuwamoto@cen.amedd.army.mil DSN: 421-9428 COM: (210) 295-9428. **Note: This is a 9 day course and should be attended by all dietitians who are in a TO& E unit. This can be done in lieu of AT and the Nutrition Care Branch at the Academy will give you training for the other 3 days of AT. If you are not in a TO& E, then please don't apply as these monies need to be used for those who may be deployed.**

ADA ADULT WEIGHT MANAGEMENT PROGRAMS

The Commission on Dietetic Registration will be offering Certificate of Training in Adult Weight Management Programs in Philadelphia, Nashville, Denver, Kansas City, Chicago, Riverside, San Antonio, and Ft. Lauderdale.

November 20-22, 2003

Wyndham Bonaventure Resort
October 22-24, 2002
Pennsylvania Convention Center
Philadelphia, Pennsylvania

December 5-7, 2002

Gaylord Opryland Resort
Nashville, Tennessee

February 6-8, 2003

Hyatt Regency Denver
Denver, Colorado

October 28-30, 2003

Marriott River Center Hotel
San Antonio, Texas
Ft. Lauderdale, Florida

March 9-11, 2003

Hyatt Regency Crown Center
Kansas City, Missouri

April 3-5, 2003

Swissotel Chicago
Chicago, Illinois

June 29 - July 1, 2003

Mission Inn Resort
Riverside, California

Space is limited so please register by the appropriate registration deadline as specified on the registration form. The registration fee is \$345. Registration includes the home study module, 2 1/2 day onsite workshop - including beverage breaks and post-test. You will receive the self-study module and pre-test six weeks prior to the program you register to attend. This program is approved for 27 CPE hours - Level II. Please click on the following link to obtain a registration form and to view the certificate requirements, timeline and agenda: <http://www.cdrnet.org/PDFs/WTMGMTBROCrev4.pdf>. To register by telephone, please call CDR at 1/800-877-1600, extension 5500. Commission on Dietetic Registration

Tuition Assistance for Independent Study (Help With Master's Degree!)

Independent study is any learning that a student achieves outside of the classroom.

Learning activities considered to be independent study include:

- A regular course taken on an individual basis
- A correspondence course
- A project initiated and developed by a student and guided by a faculty member
- A directed reading or study by a faculty member for an individual student

The learning may be based on written material, augmented with radio, television or video instruction, or computer-enhanced. Technology now enables web-based delivery of materials, assignments submitted via e-mail, or instructional software used to provide students with an interactive learning experience.

Experience shows successful students are those who are taking a course for a specific purpose in their college degree plans, have at least two years of college experience, and have solid academic goals.

Tuition Assistance Policies for TPU Soldiers

- The soldier must be a drilling reservist in good standing.
- The soldier must not be using Montgomery GI Bill benefits for the course.
- The soldier must declare an educational goal leading to a credential higher than current degree level.
- Enlisted soldiers and warrant officers must have sufficient time remaining on their term of service to complete the course before separation.
- Commissioned officers must have at least four years of Selected Reserve service remaining from the date of completion of the course for which tuition assistance is provided.
- The soldier must enroll for the independent study course following Army Reserve procedures.
- The soldier must pay all tuition costs up front.
- Upon successful completion of the course, DANTES reimburses the soldier in accordance with the Army's tuition assistance policy.

Army Reserve Tuition Assistance Policy (FY-00)

Reimbursement is limited up to 75 percent of tuition costs, not to exceed \$187.50 per semester hour. Maximum reimbursement for the fiscal year is \$3,500.

Traditional Tuition Assistance

The Army Reserve has tuition assistance available for attendance at local colleges and universities. Contact your Education Services Specialist or visit the AR-PERSCOM website for further details.

THERE ARE 6 IMA 65C VACANCIES!

MAJ Fesl, our Reserve Liaison at HQ MEDCOM, has just informed me that there are 6 IMA vacancies. If anyone is interested in getting in one of these, please call him at 210-221-8630. They are as follows:

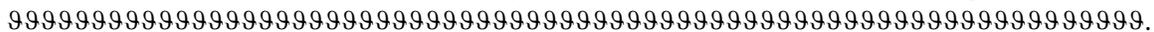
- | | | |
|-------------------|---------------|-----------------|
| Womack(NC), CPT | Hood(TX), CPT | CHPPM(MD), LTC |
| Campbell(KY), LTC | Hood(TX), MAJ | WRAMC (DC), MAJ |

TIDBITS

RESERVES NOW GET EQUAL ACCESS TO BILLETING - Dr. David S. C. Chu, the Under Secretary of Defense for Personnel and Readiness, has signed DoD Instruction No. 1225.9 that ensures RC members have equal access to housing facilities as AC members when performing active duty or inactive duty training more than 50 miles from their residence. If you feel that you have not been given billeting on post while on AT or IDT because you are a reservist, then bring the matter up with the housing supervisor, reminding them of the DoD Instruction.



DO YOU WANT INFORMATION ABOUT FOOD SAFETY? You can keep in touch with food safety education information by subscribing to a free quarterly newsletter "The Food Safety Educator" or downloading it from the web site at <http://www.fsis.usda.gov/oa/educator/educator.htm>. To subscribe: provide your full name, organization name, & mailing address and send to USDA/FSIS/Food Safety Education, Rm 2944-South Building, 1400 Independence Ave., SW Washington, DC 20250-3700, fax the information to 202-720-9063, or e-mail your request to: fsis.outreach@usda.gov.



DO YOU NEED AN ARMY FORM OR REGULATION? The U.S. Army Publishing Agency has just about any DA or DD Form or Publication you could want on their web site at <http://www.usapa.army.mil/>.



COMPLEMENTARY AND ALTERNATIVE MEDICINE INTERNET RESOURCES

There are several organizations that offer good information on herbals and following are their websites: National Center for Complementary and Alternative Medicine (NCCAM) -

<http://nccam.nih.gov/>

American Botanical Council - <http://www.herbalgram.org/>

Consumer Lab - www.consumerlab.com This is a commercial testing company that has begun to assess the quality of dietary supplements.



GRAB YOUR SCHOLARSHIP AND GO!

Dependent children of active duty, Reserve/Guard and retired U.S. military personnel are eligible to apply for \$1,500 scholarships.

The program was initiated last fall to award scholarships to graduating high school seniors or college-enrolled students representing over 280 commissaries worldwide. Nearly 400 college and high school students received the \$1,500 award. Initially, one \$1,500 award per commissary was planned, but eager students turned in more than 5,000 applications! And sponsor donations amounted to well over \$500,000. That was last year. This year, we're doing it again and we expect even greater "college spirit."

Two great military traditions are working with industry to bring you the Scholarships for Military Children Program: Defense Commissary Agency and The Fisher House Foundation. Commissaries are a vital part of the Quality of Life offered to service members and their families. The Fisher House Foundation provides "A Home Away from Home" for families experiencing a personal medical crisis and is one of the premiere quality of life organizations supporting military families. The Fisher House Foundation administers the Scholarships for Military Children Program.

The program was created to recognize the contributions and sacrifices military families make to ensure the readiness of the fighting force and to celebrate the role of the commissary in the military community. It's the intent of the program that a "Defense Commissary Agency/ Fisher House Foundation Scholars" scholarship funded through contributions will be awarded for each commissary operated by the Defense Commissary Agency.

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WWW.HUH?: FirstGov OPENS DIGITAL PORTAL TO FEDERAL

AGENCIES - The federal government's redesigned Web portal provides countless links that any Internet surfer might find useful. Access is easy. The site is named FirstGov, but the Web address is a noncase-sensitive "firstgov.gov."

http://www.defenselink.mil/news/Mar2002/n03062002_200203067.html

EE

SCAMS TARGET VETERANS FOR INDENTITY THIFT

by Staff Sgt. Marcia Triggs

WASHINGTON (Army News Service, Jan. 22, 2002) - An e-mail circulating about a retiree who had his identity stolen after filing separation papers at a county courthouse is no urban legend, according to Transition Center officials. Soldiers separating from the military are now being advised to ignore the old recommendation to file their Department of Defense Form 214 (Military Discharge) with their local county courthouse. Instead, transition counselors are advising soldiers to safeguard their personal information to guard against credit fraud, said Deborah Snider, Transition Center personnel analyst at the U.S. Total Army Personnel Command.



TSP participants will gain the ability to make changes daily, "but this isn't meant to make you a day trader," Emswiler said. "Think about your long-term investment needs and don't move your accounts simply based on short-term market fluctuations."

He noted the Thrift Savings Plan is intended to be a retirement investment plan. "That means it's a long-term investment, you don't want to just jump around based on short-term needs," he said. "You want to develop your investment strategy based on what level of risk you're willing to accept, whether your needs are long-term or short-term, and then stick with that plan."

For more information on the [Thrift Savings Plan](#), visit www.tsp.gov. A [chart outlining the upcoming changes](#) is available online at www.tsp.gov/forms/tsplf11.pdf.

AR-PERSCOM's My2xCitizen Portal Is Great!

My2xCitizen is AR-PERSCOM's next step in taking e-care of soldiers. A self-service portal for Reserve soldiers to include: Individual Ready Reserve, Active Guard Reserve, Individual Mobilization Augmentee, Troop Program Unit, Standby Reserve and Retired Reservists. Additionally, Active Army, National Guard soldiers and retirees who have served in the Army Reserve will find historical information. My2xCitizen enables you to:

View and update personal contact data (phone numbers and address)

- Be alerted on events or actions associated with maintaining retention and readiness status (for example, security clearance, physical and re-enlistment)
- Display your personal career information such as retirement points and evaluation history
- View selected soldier documents
- See What's New "[AR-PERSCOM Enhances Self-Service Web Portal](#)"

You must have an [Army Knowledge Online \(AKO\) account](#) to use its features. If you do not have an account, go to the AR-PERSCOM web site, www.2xcitizen.usar.army.mil/ for instructions. If you have problems signing on with your AKO account, directly contact the AKO Help Desk at 877-AKO-USER or help@us.army.mil.

NEW UNIFORM REG GOES ONLINE

WASHINGTON (Army News Service, June 26, 2002) - The most current uniform policy regulation went online June 25, and clarification of the Army's tattoo policy is only one of two dozen changes or updates that will take effect Aug. 1. Several other items are addressed in the new regulation such as:

Tattoos, hair, (style and colors) nails, cell phones, pagers, headgear, camelbacks, colored contacts, mess uniform, etc. The updated policy can be found on the following Web site: http://www.usapa.army.mil/pdf/files/r670_1.pdf.



ENJOY THE REST OF THE SUMMER!