



Fort Sam Houston

News Leader®



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Fort Sam Houston — Home of Army Medicine

August 12, 2004

Briefs

Back to School Program for FSH kids, Aug 14

A back to school program for the children who reside on Fort Sam Houston will be held at the Dodd Field Chapel Aug. 14 from 10 a.m. to noon. Attractions will include Mr. McGruff, the Safety mascot, safety information, door prizes and much more.

For more information, call Master Sgt. Pauline Perry at 221-7804.

AMEDD Museum announces guest speaker, Aug. 17

As part of its on-going series of programs and exhibits on the Army's contributions to public health, the AMEDD Museum will feature Col. Bruno Petrucci as a guest speaker on Tuesday, Aug. 17 at 5 p.m.

For more information, call Thomas McMasters at 221-6358.

Operations Battalion 470th MI Bde. Change of Command Ceremony, Aug. 20

Lt. Col. Jose A. Marquez will relinquish command of Operations Branch, 470th Military Intelligence Brigade, to Lt. Col. Tomas E. Monel at a ceremony on Aug. 20, 8:30 a.m. at MacArthur Parade Field, corner of Harry Wurzbach and Stanley Road. Inclement weather site is the Roadrunner Community Center, Bldg. 2797 on Stanley Road.

Sergeant Audie Murphy Club Induction Ceremony, Aug. 24

A Sergeant Audie Murphy Club Induction Ceremony will be held Aug. 24, 2 p.m., at Blesse Auditorium.

A-76 Town Hall Meetings, Aug. 25, 26

The next A-76 Town Hall meetings will be held Aug. 25, 1:30 to 3 p.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road and Aug. 26, 1:30 to 3 p.m. at Headquarters Bldg. Conference Room, Camp Bullis.

MEDCOM Change of Responsibility Ceremony, Aug. 27

Command Sgt. Maj. Sandra Townsend, U. S. Army Medical Command, will relinquish responsibilities to Command Sgt. Maj. David Eddy at a ceremony on Aug. 27 at MacArthur Parade Field, corner of Harry Wurzbach and Stanley Road.

Summer Gazebo Concert, Aug. 29

Brig. Gen. Daniel F. Perugini, commander, Army Medical Department Center and School and Fort Sam Houston, will host a Summer Gazebo Concert featuring the Medical Command Band Aug. 29, 7 p.m., on Staff Post Road. The public is invited. Vehicles without DoD decals must enter at the Walters Street gate.



Photo by Phil Reidinger

From left Sparky, mascot for the Fort Sam Houston Fire Department and McGruff, the Crime Fighting Dog join Col. Garry F. Atkins, commander, U.S. Army Garrison, Sgt. 1st Class Larry Ramos, Command Sgt. Maj. Johnny C. Gray, fire fighters John Sanchez, Brian Davila, Randy Johnson; kneeling, Spc. Carson Lang, Staff Sgt. Stephanie Cole, Spc. Jeremy Bryant, Spc. Eric Alvarado and Armando Chavez at the Garrison's National Night Out luncheon held Aug. 3. Atkins thanked the residents and command staff for making the Fort Sam Houston National Night Out a success.

National Night Out a big success!

Story by Linda Furlow
Special to the News Leader

On Tuesday many Fort Sam Houston residents participated in the 21st anniversary of National Night Out. The nationwide program is designed to heighten crime prevention awareness, to strengthen neighborhood camaraderie and to improve police-community relationships.

In 2003, Fort Sam Houston received awards from the National Night Out Committee and from the Texas Crime Prevention Association for placing in the top three for participation Department of Defense wide. This year, along with neighborhood parties, several directorates hosted office parties during the lunch hour.

Nationally, about 33 million people were expected to participate in National

Night Out, including the astronauts in the International Space Station.

A big thanks goes out to the Youth Center Staff, Human Resources Business Center, Readiness and Logistics Business Center, U.S. Army Garrison headquarters, the Army Medical Department Center and School Force Sustainment Section in building 44.

Congratulations to the following families who hosted NNO events at their quarters: Lt. Col. Terry Lantz and his wife, Laura; Capt Edward Schupbach and his wife, Kate; Senior Officer Candidate Alvin Johnson and his wife, Maria; and Sgt. 1st Class Harold Larvins and his wife, Miki.

Col. Richard Agee, representing the installation Commander, Brig. Gen. Daniel Perugini, took time out to visit every party and spoke with those in attendance. He stressed the importance of residents' partic-

ipating in crime prevention events such as National Night Out. Agee also thanked those that hosted the parties and presented them with a Certificate of Appreciation on behalf of the commanding general. Agee also visited several office NNO events during the day and presented certificates to the sponsoring staffs.

U.S. Army Garrison Commander, Col. Garry Atkins, attended NNO events hosted by the Government Hill and Westfort Alliance neighborhood associations. Atkins met with residents, city police officials, State Representative Ruth McClendon, and members of the respective neighborhood association boards to discuss community relationships.

Next year, National Night Out will be observed on Tuesday, August 2, 2005, so mark your calendars! Expect next year's event to be even bigger!

U.S. Surgeon General awards Purple Heart to combat medic

By Maj. Gregg Tooley
BAMC Public Affairs

The United States Surgeon General awarded the Purple Heart to a combat medic Monday during a ceremony at the Brooke Army Medical Center Auditorium.

Vice Admiral Richard Carmona, the Surgeon General of the United States Public Health Service presented the Purple Heart to Staff Sgt. Michele Mitchell for wounds she received in combat during Operation Iraqi Freedom.

Carmona, a former combat medic who attended advanced Special Forces medical training at Fort Sam Houston said, "I am a better man today for having been in the Army and a combat medic, I understand the sacrifice and professionalism that people like Staff Sgt.

Mitchell bring humbly everyday to this country to make it a better and safer place to live. It is a sacrifice that is too often overlooked."

Mitchell, a ten-year veteran from Hempstead, N.Y. was

See **PURPLE HEART** on Page 4

Army offers bigger enlistment bonuses

Story by Sgt. Lorie Jewell
Army News Service

The Army is beefing up cash bonus programs for new recruits and allowing them to collect from a combination of programs they qualify for.

Meeting the right criteria could net a recruit as much as \$15,000 for a three-year

enlistment and \$20,000 for signing up for four years in some high-priority jobs, said Douglas Smith, public affairs officer for the U.S. Army Recruiting Command. The maximum available for qualifying recruits going into non-priority military occupational specialties for three years is \$10,000.

Three-year enlistment bonuses were previously capped at \$6,000.

"The fastest way to reach the maximum is to ship quickly, have some college, and pick the right MOS," Smith said.

Recruiting and retention rates are holding steady despite concerns about current operations straining the force, Army Chief of Staff Gen. Peter Schoomaker told reporters

See **BONUSES** on Page 6

ITBC to eliminate unauthorized Peer to Peer File-Sharing applications

By **Ralph Coogan**
ITBC Security Division

Illegal Peer-to-Peer activity on Army networks is increasing at an alarming rate, and presenting a clear and present danger to Army and Joint Operations that is in violation of AR 25-2. For these reasons, the use of P2P software will not be permitted on the FSH enterprise network.

What is P2P technology? P2P technology refers to any software or system that allows individual users of the Internet to connect directly, through the Internet to each other so as to transfer or exchange computer files. P2P connections allow users to swap copyrighted material including songs, videos, and software. Kazaa, Napster, ICQ and Yahoo Messenger are examples of P2P software. Not only can these

practices be illegal, but they can also degrade our Information Assurance and Network Defensive posture, opening back doors and bypassing security configurations. Additionally, P2P usage accounts for more than 20 percent of the NIPRNET bandwidth, further reducing our mission readiness.

In a January 8, 2004 Army message, Subject: Use of Unauthorized Software

Applications on Government Computers, the Headquarters, Department of the Army G3 directs all Army organizations to take immediate actions to determine the presence and source of this type of activity and to eliminate this unauthorized P2P activity. Despite this unequivocal statement from the G3, the Army continues to be DoD's number one offender regarding unauthorized P2P connections. In fact,

the Army had 1,518 improper connections compared to the next closest service, the USN, at 130.

While detection of P2P software installed on Army systems is largely a technical matter, enforcement of federal laws and the Army regulations is a leadership issue. Your personal support and involvement in improving the Information Assurance and Computer Network Defense posture for LANDWAR-NET is essential.

Fort Sam Houston News Leader

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Soldier awarded a quilt of valor

By Chaplain Bill Killough
Brooke Army Medical Center

A unique first-time award for valor was presented Aug. 6 to a Soldier of Brooke Army Medical Center's Medical Holding Company. At the company's promotion and award ceremony, Pvt. James Carrington was presented a quilt of valor. Wounded in Iraq when an improvised explosive device damaged the vehicle he was in, Carrington was flown to BAMC for medical care.

As news of his injury passed among his unit, a Soldier called home to inform his mother of Carrington's injury. The Soldier's mother happened to be Catherine Roberts, founder of "Quilts For Soldiers," a group of volunteer quilters, piecers and long-armers who make homemade quilts for Soldiers wounded in war.

Immediately, a call-to-arms was initiated among the patriotic crew of volunteers from

Delaware to California. In the span of two months and after being shipped over 3,500 miles among four different quilters and piecers, Carrington's quilt for valor was presented. Carrington did not know he was receiving the honor of being the first Soldier at BAMC to receive the organization's quilt.

"The ideal plan is to give this quilt of valor to every Soldier wounded in action if they want one," Roberts said. "Presently, we are giving the majority of the quilts of valor to Soldiers who are inpatients at some Armed Forces medical centers. She added that the group is dedicated to making the lap quilts, or quilts of valor for wounded Soldiers.

Roberts, a mother of four children, attended San Francisco State University in the late 1960s.

"All I knew about war was Vietnam and protests," she said. "As an adult, I can see how much I did not see nor understand as a

young impressionable and basically stupid college student.

Roberts said that the members of the armed services are her heroes.

"Basically, these kids are keeping my America free and defending my way of life," she said. "I feel like their mama bear and am I ever ready to defend my cubs. I can't join them at the front, so I will stay here at home and sew."

She said she never wanted any military member to feel like their sacrifice and service was not worth it.

"Too many of our Vietnam vets came home unacknowledged and disparaged," Roberts said. "I am now standing tall and starting to say thank you for a job well done."

Soldiers recovering from injuries or illness who want a quilt of valor or know someone who does, should contact the Medical Holding Company



Courtesy photo

Pfc. James Carrington (middle) receives the first quilt of valor presented at Brooke Army Medical Center. Chaplains Ken Hurst (left) and Bill Killough (right) are coordinating with the group who makes the quilts for injured Soldiers.

Chaplain (Capt.) Ken Hurst at 916-4175 or Staff Chaplain (Capt.) Bill Killough at 916-1159.

For more information on the program visit the Web site: www.quiltsforsoldiers.com.

Army burn teams travel globe to treat critically injured

By Karen Fleming-Michael
Fort Detrick Public Affairs

An Air Force cargo plane doesn't seem to be the best place to run an intensive care unit, but a team of pros regularly transports critically ill burn patients out of necessity from any point on the globe.

"We do everything that would have been done in an intensive care unit. Everything that's done in there, we do in the air," said Staff Sgt. Michael Bruder, the noncommissioned officer in charge of the Burn Flight Team that's based out of the Army's Institute of Surgical Research's Burn Center here. "A person who is burned on a high percentage of his body has a lot better chance of getting treated correctly and living if you have a burn team there."

During a normal evacuation on C-17s or C-141s, the Army's Burn Flight Team withstands hot, noisy and uncomfortable working conditions to make sure a burn patient

gets the best care available. A team gets no rest during the flights because its members have to constantly monitor the patient's condition—without the benefit of hearing the alarms that sound on most ICUs.

"If you have two patients, like we did on the last flight, you have to be able to see all your equipment and all your alarms," Bruder said. "If a pump stops, if you don't see that alarm go off for 10 minutes, you're going to have problems."

No matter how many times the team flies, every flight is different because every patient is different. "It's always something, but we've got it down pretty good," Bruder said.

The team's stats speak for themselves. Since the beginning of Operation Iraqi Freedom, the team has provided care for 53 service members during 21 flights, with everyone making it to San Antonio alive. From 1980 to 1995, they flew 850,000 miles to evacuate 1,196 patients

whose burns, on average, covered more than 35 percent of their bodies and, again, they had no in-flight deaths.

"There are people who come close. That's part of the deal," said Maj. Lisa Johnson, a registered nurse and the administrative officer for the team that's been around since 1951. "But that's part of the reason we send specialized, trained people in managing burn patients and know how to treat them."

The burn center has two evacuation teams, each of which has a general surgeon, a registered nurse, a licensed practical nurse, a respiratory therapist and an operations noncommissioned officer.

As one of the Army Medical Department's Special Medical Augmentation Response Teams, the team can also deploy anywhere it's

asked to help health professionals who need extra hands in treating burn patients.

"Everyone on the team must be flight ready and have the clinical knowledge to excel in the air," Bruder said. "You have to prove yourself in the burn center before you even think about coming on the flight team," he said. "If you don't meet the height or weight standards or you fail your PT test, for example, you're grounded."

Because a burn team can make the difference between life and death for a burn patient, no one wants to be grounded from the all-volunteer team.

Most of the time, the team's patients are heavily sedated because they're in so much pain. Often they are breathing on ventilators because lung damage is common with serious burns. And on top of all that, they may have combat injuries that need care as well.

If the burn team is called, it means treating the burn will come first.

"We've had multiple injuries with blast injuries and gun shots and fractures that are mixed in with a 30 or 40 percent burn. That's very common," Johnson said. "Once you provide initial trauma and surgical stabilization ... you have to focus on the burn because if they don't survive, we won't be able to treat the other injury." It's precisely this reason, the major said, that the burn team can be key to a patient's survival.

"There's a lot of clinical signs and symptoms on a burn patient that might be expected, so the burn flight team members are highly trained to recognize and treat the problems associated with severe burn injuries and associated trauma—because failure to recognize and treat these problems can result in poor patient outcomes," Johnson said.

In addition to the team's expertise, they attend a course given by the Air Force's Critical Care Air Transport Team at Brooks City Base in San Antonio. The team's patch sports the motto "Anytime, Anywhere," and its members have been known to go on short notice to travel to destinations across the United States as well as Argentina, Peru, Japan, Guam, Russia and Germany, to name just a few.

Typically the team receives some notice that they may be flying out because doctors overseas consult with the burn center physicians to see if a patient needs

a burn flight team-accompanied evacuation. The baseline criteria are 20 percent or more of the patient's body has third-degree burns and the patient is not able to breathe without a ventilator.

"A lot of time, most of the burn patients that we have transported are so sick they have an endotracheal tube and they're on a ventilator, so they're sedated and medicated for pain," Johnson said.

The team carries its own portable ICU in two cases and three backpacks.

"We haul with one team enough stuff to take care of a patient for 72 hours," Bruder said.

Once the team lands in San Antonio, its work is far from finished. The patient moves from the aerial ICU to the burn center's ICU that's staffed by some of the same burn team members.

"We transport them one day and the next day we start taking care of them," said Johnson, who has flown on the team for a year and a half. The eight beds at the burn center's ICU and the burn ward have stayed full in recent months.

The patient's stay in the ICU varies with the severity of the burn and its size, but both Bruder and Johnson agree they can't wait for the patients to get out of the ICU and into the burn wards. It's not because they want to get rid of the patient, but because a move to the ward is a sign the patient is getting better.

"After they get through the initial burn—the first 72 hours—burn patients mainly die of infection because the skin protects us from infection," Johnson said. "The patient will have a good day where they're talking to you and then an overwhelming infection (can) come out of nowhere and infect them the next day."

"In the intensive care environment, you become so close with the family and help them through this whole process," Johnson said. "You sometimes ride that roller coaster with the patient and their family and support them because there's a lot of highs and lows."

Highs abound when a former patient comes back to the ICU to visit the staff.

"To see how great they're doing and to hear from them, they're an inspiration," Johnson said. "Those Soldiers are truly heroes."



Courtesy photo

Army Burn Team members Maj. Lisa Johnson and Staff Sgt. Mark Weber tend to a patient inside an Air Force cargo plane.

Brooke Army Medical Center sends burn team to Paraguay



From left the three member burn team including Lt. Col. Lee Cancio, Sgt. 1st Class Darik Forrest and Maj. Lisa Johnson visit with Col. John Holcomb, commander of the Institute of Surgical Research before deploying to Paraguay to assist burn victims.

Story and photo by Nelia Schrum
BAMC Public Affairs

Brooke Army Medical Center sent a special augmentation Burn Team Aug. 5 to Asuncion, Paraguay, to assist with the burn victims from an Aug. 1 deadly grocery store fire.

The three-member military team included a flight surgeon, flight nurse and a license practical nurse. The assistance request came to BAMC from the U.S. State Department, after the president of Paraguay asked for help in responding to the tragedy.

Paraguay officials said almost 400 people lost their lives when shoppers and supermarket employees were trapped in the store as the fire raged because exit doors were locked.

A judge has jailed the supermarket owner and three security guards on manslaughter charges, pending a probe into reports that the building's exits were locked.

A gas explosion caused the blaze in the packed supermarket located in a working-class neighborhood according to officials.

The BAMC burn team will assess what assistance can be provided.

"There are a range of things that might be needed both for immediate care and long-term care," said Lt. Col. Lee Cancio, the flight surgeon heading the team.

Other BAMC team members include Maj. Lisa Johnson, a registered nurse; and Sgt. 1st Class Darik Forrest, a licensed practical nurse.

Texas Guardsman receives promotion to brigadier general

By Master Sgt. Gregory Ripps
Texas National Guard

Brig. Gen. John T. Furlow received the insignia of his new rank during a ceremony on Camp Mabry in Austin, Texas July 31.

The promotion coincides with Furlow becoming Deputy Commanding General for Support, U.S. Army South, the U.S. Army component of U.S. Southern Command, whose area of responsibility includes South America, Central America and the Caribbean Sea. USARSO headquarters is located here.

As Deputy Commander for Support for USARSO, Furlow will coordinate fiscal and logistical support for all reserve component support for the area. He will also stand in for the commander on all operational and administrative matters.

Furlow began his military career in 1977 when he entered the U.S. Army. More recently he has served in the Texas Army National

Guard as chief of staff for the 49th Armored Division (now the 36th Infantry Division), headquartered on Camp Mabry. His move to USARSO correlates with an expanded role for the Army National Guard.

"Texas Army National Guard involvement in U.S. Army South operations will be to assist in operations and contingencies in our neighboring countries," Furlow explained. "USARSO will integrate Texas Guardsmen with the active component and exchange information."

Furlow's assignments have included a number of command and staff positions. He believes his background in both the active Army and the National Guard will benefit him in his newest position.

"The world has changed since 9/11, and we all have to do our part using our skills and talents," Furlow said. "This is one of the areas I am well suited for and incorporates the involvement of the Texas Army National Guard."



Photo by Sgt. Jose Zapata
Adjutant General of Texas Lt. Gen. Wayne D. Marty and Tracey Furlow pin stars on newly promoted Brig. Gen. John T. Furlow's collar during a ceremony held July 31 in Camp Mabry in Austin, Texas.

Purple Heart

Continued from Page 1



Photo by Nelia Schrum
The Surgeon General of the United States Vice Admiral Richard Carmona shares a laugh Monday with Staff Sgt. Michele Mitchell after awarding her the Purple Heart. Mitchell, an Army combat medic, was wounded in Iraq in April when an improvised explosive device detonated under the Humvee she was riding in.

assigned as a combat medic to I Corps' 571st Military Police Company in Baghdad when an improvised explosive device wounded her April 25 during a routine medical support mission in Baghdad.

"We were assigned a mission to convoy to Camp Mule Skinner, which has been renamed Camp Cuervo in honor of a female MP killed in action there, to pick up some of our Soldiers," Mitchell said. "The convoy had five vehicles in it – a 5-ton truck and four HUMMWW, or Humvees."

The M998 High Mobility Multipurpose Wheeled Vehicle (HUMMWW, pronounced "Humvee" or sometimes dubbed "Hummer" is a larger, more versatile replacement for the old Jeep.

"There were four people in my Humvee – the driver, the TC (vehicle commander), the gunner, and myself," she said. "We had driven through several checkpoints that day when we struck an IED. It exploded behind my seat. I can remember everything. I remember I was on fire ... my legs were on fire. After they pulled me out, the vehicle

went up in flames. You could hear the ammunition going off in the vehicle and I remember the TC saying 'Michele, you're going to be alright.' I knew something was wrong."

She suffered nerve damage and trauma to her left arm and shrapnel and third degree burns to both legs, but is expected to recover over time. She is unsure if she will be able to continue her career with the military. If not, she is planning on attending college somewhere in the south and pursuing a career in veterinary medicine.

Mitchell credits the Army's new Up-Armored Humvee with saving her life. Unlike the original Humvee, the Up-Armored Humvee uses steel plating and ballistic-resistant windows around the cab of the vehicle, which offers improved protection against small arms fire and shrapnel. The steel plating underneath the chassis is designed to survive up to eight pounds of explosive beneath the engine and up to four pounds in the cargo area.

"I wouldn't be here now if we were in regular Humvee," she said.

232nd Medical Battalion honors its Junior Leader and Soldier of the Week



Courtesy photo

Spc. Dawn Boyer, Soldier of the Week, is a native of Porter, Texas. When asked what was the most valuable lesson learned while assigned to the 232nd Medical Battalion, she said, "It was about myself. I always wanted to join the Army." When asked why it was important to be a medic, she said, "I wanted to show my children that I could do something for other people, it's about selfless service." Boyer currently has a 91 overall GPA and scored a 265-combined score on her physical fitness test.



Courtesy photo

Pfc. Jonathan Lu, Junior Leader of the Week is a native of Waynesville, Ohio. When asked what was the most valuable lesson he learned while assigned to the 232nd Medical Battalion, he stated, "I learned a lot about healthcare and how to save someone's life in a time of crisis." Lu currently has a 90 overall GPA and scored a 289-combined score on his physical fitness test.

Ethics Training 2004

Listed below is the schedule for the remaining ethics training for Army Medical Department Center and School and Fort Sam Houston military and civilian personnel. There will be a sign language interpreter available at the Sept. 1 training. This training is mandatory and attendance will be reported to the Acting Secretary of the Army.

Commanders and supervisors may contact Mario Rendon by e-mail at the Administrative and Civil Law Division, Office of the Staff Judge Advocate, AMEDDC&S and Fort Sam Houston, for an electronic copy of the sign-in sheets to verify their employees' attendance.

All training will be held in Evans Theater, Bldg. 1396, on Garden Avenue. No reservations are required and seating is on a first come basis. Questions may be directed to the Ethics Counselor, AMEDDC&S and Fort Sam Houston, at 221-2373 or 221-0485.

Ethics Training Schedule

Date	Time
Aug. 18	1:30 - 2:30 p.m.
Sept. 1	9:30 - 10:30 a.m.
Sept. 15	9:30 - 10:30 a.m.
Oct. 5	9:30 - 10:30 a.m.
Oct. 20	9:30 - 10:30 a.m.
Nov. 3	1:30 - 2:30 p.m.
Nov. 17	9:30 - 10:30 a.m.
Dec. 1	9:30 - 10:30 a.m.
Dec. 15	1:30 - 2:30 p.m.

Recovering Soldiers enjoy Astros game

Story and photos by Buddy Ferguson
Fifth U.S. Army Public Affairs

Fifth Army Civilian Aide to the Secretary of the Army for Texas North Mike Hood, Brooke Army Medical Center and Fifth U.S. Army recently teamed up to send 31 Soldiers recovering from injuries sustained in Operation Iraqi Freedom and Operation Enduring Freedom to a baseball game.

The Soldiers traveled to Houston on a chartered bus July 26, to watch the Houston Astros play the Arizona Razorbacks. In spite of the Astros one point loss to the Razorbacks, the convalescing troops enjoyed the break and change of scene.

Hood flew from Dallas to Houston to greet the Soldiers as they stepped off the bus at the arena in Houston, escorted them through the gates, and guided



Sgt. 1st Class Edward Reynolds

them to their seating area. Hood visited with the troops inside the arena until he felt they were comfortable and ready to watch the game. He then left and flew back to Dallas to resume his busy schedule.

Spc. Melinda Rivera from Orange, Texas, said the day was "wonderful" and about Hood she said, "he's the best! He's awe-

some! It's nice that he supports the troops like this."

Sgt. 1st Class Edward Reynolds, San Bernardino, Calif., said the trip was great except the wrong team lost. He said he's a strong advocate of trips like this. "A lot of these people get into a depression — and they just kind of like stay to themselves. Then after a period of time, it just goes downhill from there." Reynolds said that the people recovering from injuries need to get out as much as possible and this trip is just another good example. "Even if you can't participate because of your physical condition, you still need to get out, see other things other than just four walls and a TV."

On the return trip to BAMC, some of the Soldiers on the bus enjoyed talking to each other about the game, watching the countryside, while others slept.

Spc. Daniel Erickson, Eagle Bend, Minn., who fractured his left elbow when he drove over a land mine in Iraq said if he could speak with Hood, he would say, "Thanks a lot, we really appreciate it. We really enjoyed the day."

Sgt. Matthew Norman, Cocoa Beach, Fla., a nurse at BAMC, said he was deployed in support of Operation Iraqi Freedom, but is now stationed at BAMC. He traveled with the group to the game and said this is the first trip he's been on since he's been in the medical field.

He stated his appreciation for the efforts of Hood, BAMC and Fifth U.S. Army joining forces to make the trip so successful.

About Hood, he said, "I thank him, because it's a morale booster. Most of these Soldiers are hurt or incapacitated and they really need a break from what they went through. They need a morale booster."

It was indeed a morale booster for the group. Even after the long bus trip they were still in high spirits.



Spc. Melinda Rivera

Bonuses

Continued from Page 1

in a Pentagon briefing last month. The active Army is projected to reach 101 percent of its recruiting goal for the current fiscal year, Schoemaker said.

But with recruiting being a key tool in the Army's effort to grow the force by 30,000 Soldiers, Schoemaker said officials would continue looking at ways to keep the rates on target — including bonuses.

Enlisting for at least three years in a critical-need job — infantryman (11X) or cannon crewmember (13B), for instance — and reporting to basic training by Sept. 27 brings a \$6,000 bonus to quali-

fying recruits, Smith said. The bonus is \$9,000 for high-priority jobs like fire support specialist (13F), petroleum supply specialist (92F) or food service operations (92G), with the same report date.

"That's a limited time bonus that could roll over or change, depending on the needs of the Army," Smith said.

College education can earn a qualified recruit even more money. A bachelor's degree could net an \$8,000 bonus; associate or two-year degrees, a \$7,000 bonus; \$6,000 for high school graduates with 60 or more semester hours; and \$3,000 for 30 to 59 semester hours.

The Army previously offered bonuses of \$3,000 and \$6,000 for college-level education, Smith said.

Under the Civilian Acquired Skill program, having certain civilian job skills can bring a qualified recruit a \$3,000 bonus.

Additional information about the bonus programs is available from a local Army recruiter or at the recruiting command's web site: www.goarmy.com.

"If Soldiers know of anyone who is interested in joining, this is a good time to enlist," Smith said.

U.S. Army Health Clinic at Camp Bullis now open!

To all TRICARE Prime Beneficiaries (ages 64 and below)

Location: North Loop 1604 to Military Highway/Shavano Park exit. Clinic is 3.5 miles down and next to the Fire Station.

ENROLL NOW!

Contact: TRICARE Service Center at BAMC, Wilford Hall or the Randolph Clinic. Visit the CARES Desk to enroll (located in front of the Main Pharmacy at BAMC). Or call 1-800-406 2832

HEALTH FAIR

Aug. 27, 10 a.m. to 3 p.m.
Glucose, cholesterol, and blood pressure screening
TRICARE enrollment information

**Comprehensive Health Care Services • Family Healthcare • Radiology
• Laboratory • Immunizations • Pharmacy (for enrolled patients)**

Baxter, Assistant Surgeon General, visits Landstuhl patients and staff members



Photo by Spc. Todd Goodman

U.S. Army Brig. Gen. Sheila R. Baxter, Assistant Surgeon General/Deputy Chief of Staff for Force Sustainment, U.S. Army Medical Command, visits Pfc. Adam Timperle, a patient on Ward 8D at Landstuhl Regional Medical Center in Germany on July 19.

Brig. Gen. Sheila Baxter, Assistant Surgeon General and Chief of the Medical Service Corps, recently visited patients and staff at Landstuhl Regional Medical Center. The three-hour visit was meaning-

ful for all parties involved – from the many patients she visited in the Intensive Care Unit and the medical/surgical wards, to the numerous hospital staff members.

Baxter visited patient wards and

received a current medical operations briefing by LRMC Commander, Col. Rhonda Cornum. She then observed a demonstration of the LRMC-developed Deployed Warrior Medical Management Center Patient Information Application, and toured the DWMMC.

During the tour, she met with several senior MSC officers to discuss their needs and concerns. Her visit to the DWMMC left a positive impression on all those who were present. "I think her visit really gave us confidence. The interest she showed in what we were doing really made me realize how important we are to this organization," said Pfc. Byron Wells who is assigned to the DWMMC. While visiting with

patients and staff, Baxter recognized the wounded warriors for their selfless service and thanked the staff for their support of the Global War on Terrorism.

Source: Landstuhl Regional Medical Center, Public Affairs Office.



Photo by Spc. Todd Goodman

U.S. Army Brig. Gen. Sheila R. Baxter, Assistant Surgeon General/Deputy Chief of Staff for Force Sustainment, U.S. Army Medical Command, receives a briefing at Landstuhl Regional Medical Center's Deployed Warrior Medical Management Center from Sgt. Jose Avila and Senior Airman Diane Tichenor on July 19.

Flea prevention requires control of their environment

1st Lt. Joshua Bast
BAMC/FSH Entomologist

Fleas are tiny wingless insects that annoy pets and disgust owners. When an adult flea bites an animal, a variety of irritating and or allergy-causing substances from its saliva are injected into the skin, causing an itchy area. After a blood meal, the fleas drop off the host to lay eggs.

After the immature stages develop into adults, they wait for another host to come along. Humans can serve as incidental hosts, but fleas cannot survive solely on human blood. Fleas enjoy temperatures in the 70s, and like 70 to 80 percent humidity. Depending on whether your pet resides indoors or outdoors, this can make fleas a year-round problem in San Antonio.

Individuals who don't even own a pet are often aggravated by flea bites. The bites are usually from fleas carried by feral cats

roaming the neighborhood or entering spaces under the house. Adult fleas may enter the first floors of the buildings through small cracks or other openings and subsequently bite people inside. This is one reason the feeding of stray dogs and cats intentional or otherwise is not permitted on the installation. Personnel must place rotten or decaying materials in sealed garbage bags and close lids to refuse containers to minimize attracting flea-infested animals.

Flea allergy is an extremely itchy condition that can be triggered by only a couple of flea bites. In dogs, the abdomen and rump are the most commonly affected areas. These itchy areas may develop oozing scabs. Cats, on the other hand, typically over groom; they may have hair loss but not develop skin lesions.

Many times residents returning home from vacation will find their house infested with fleas

soon after their return. This is because the developing immature fleas can go into a form of hibernation when no hosts are present. When the pet or residents return, the vibrations cause all the fleas to mature into ravenous adults all at the same time.

In heavily infested areas, flea control treatment must include all pets and the pet's indoor and outdoor environments. Skipping any of these areas may mean treatment won't be successful. If there's not a heavy infestation, treating the pet may be all that's necessary. Extensive vacuuming and washing of your pet's bedding is also important to prevent adults from developing.

Flea preventatives are the simplest way to treat animals. If your pet has flea allergies, a topical adult flea preventative is better than an oral product. The goal is to

kill adults before they bite so the animal is not exposed to saliva. Many products require monthly application. Preventive flea treatments will neither harm you or your pets due to mild toxicity and targeted modes of action.

Getting rid of fleas will make both pet and owner happy. For more information on specific flea

control products or questions about diagnosing and treating flea allergies in your pet, contact the Fort Sam Houston Veterinary Treatment Facility at 295-4260. If your home is infested with fleas despite treating your pet, you can request a service order for PWBC Pest Control by calling 221-3144/4895.

Vaccination Clinic for dogs and cats, Aug. 14



Veterinary Services announces a Saturday Vaccination Clinic for pet dogs and cats on Saturday, Aug. 14 from 8 a.m. to noon, by appointment only.

Note: In accordance with Army Regulation 40-905, Legal Owners must be present with a valid DEERS Identification Card to receive services for their pets, or agent must present power of attorney and copy of owner's ID card.

For more information, call 295-4260

Combat casualty medicine sets stage for U.S. trauma centers

Story by Nelia Schrum
BAMC Public Affairs

The Surgeon General of the United States Vice Admiral Richard Carmona said Monday that trauma centers in civilian communities are not as prepared as military hospitals to deal with nuclear or biological attacks.

Delivering the keynote address at the 10th Annual Brooke Army Medical Center Trauma Symposium at San Antonio's Henry B. Gonzalez Convention Center, Carmona said that lessons learned from combat casualty care were instrumental in teaching the nation's trauma centers appropriate responses.

Saying that the nation's health and national defense are more closely intertwined than ever before, he said lessons learned from both the Korean Conflict and the Vietnam War set the stage for building the emergency medicine system in the early 1970s.

"A civilian medic is as good as he or she is because of military medicine," Carmona said.

The Surgeon General said that the trauma field was built on the shoulders of great men and women who performed heroic deeds, and made tremendous sacrifices over the years. He cited the example of retired Col. Basil Pruitt, who commanded the Institute of Surgical Research and directed the Burn Center. Pruitt is also a past president of the American Trauma Society.

Carmona, who trained as a Special Forces combat medic at Fort Sam Houston 36 years ago, said that the military gave him a platform for success including a high school equivalency diploma and the values of accountability, responsibility and loyalty.

He said his Vietnam experience as a combat medic, followed by training as a paramedic, registered nurse, a subsequent medical degree and practice as a general



Photo by Nelia Schrum

Col. Toney Baskin, Trauma Symposium coordinator and Brig. Gen. C. William Fox Jr., visit Monday with the United States Surgeon General Vice Admiral Richard Carmona prior to the start of the symposium. The two-day event that attracted both military and civilian trauma specialists examined trauma experiences in Iraq.

surgeon provided life-long preparation for his job as the nation's top doc.

"I have been training for this job (as the Surgeon General) my whole life."

He said his vision as the Surgeon General was shaped by having been "a Soldier and a grunt."

Carmona said that although the nation was better prepared today, than it was three years ago on September 11, there was still "a long way to go."

"The military has potential to lead the way, as it has done for the last five decades," Carmona said. "The goal is to create a seamless system."

Stating that the response is the same for a terrorist event as it is for a trauma event, he said that the military understands the consequence of a terrorist event.

"We all have to learn to play in the sandbox and share our toys," he said.

Carmona said he had three areas of concern including: the economics of health care; the closure of civilian trauma centers due to the loss of "precious resources at a time we need to be ramping up;" and the lack of trauma centers in half of the country.

As he examined the country's trauma system, Carmona said he would work for adequate funding; achieving true integration and joint operative-ability among centers; maintaining core competencies for trauma care; and achieving joint operations between the military and civilian trauma centers.

Antiterrorism Awareness

Consider using these practices to enhance office security:

- A clean desk policy facilitates security by making it difficult to hide intelligence collection or explosive devices in offices.
- Avoid leaving papers, correspondence, communications materials, and other documents in plain view or unattended overnight.
- Lock office doors when vacant for any lengthy period, at night and on weekends.
- Keep offices not in use locked to prohibit unauthorized or undetected access.
- Arrange office interiors so that strange and unfamiliar objects left in the room will be immediately noticed.

Point of contact is Terri Stover at 295-0535, Fort Sam Houston Antiterrorism Office.

Attn: Common Access Card users

Additional locations are available for Common Access Card Personal Identification Number (PIN) resets for personnel who must use CAC's to do their jobs. Each location has only one machine available for this task, so waiting time for service is possible.

The following locations are open as indicated:

Bldg. 1290 - Monday - Friday, 6:15 a.m. to 3:30 p.m. walk-in only
Bldg. 367 - Monday - Friday, 7:15 to 11 a.m. walk-in and 12:45 to 3:15 p.m. Appointments have priority; call 291-0415/2278 for an appointment.

BAMC - Monday - Friday, 7:30 to 11 a.m. and 12:30 to 3:15 p.m. by appointment. Call 916-0838 for appointment.

Bldg. 2840 - Tuesday - Friday, 8:30 a.m. to noon and 1 to 2 p.m.

217th Transportation Company receives city commendation, adds another chapter to proud history



Photo by 1st Sgt. Robert Ireland

At left, Capt. James Mendoza, commander 217th Transportation Company, accompanied by representatives of the 90th Regional Support Group and 363rd Quarter Master Battalion pose with District 1 Councilman Roger O. Flores (center) following the presentation of a Certificate of Commendation on behalf of the city of San Antonio July 29. The unit was recognized for their support of Operation Iraqi Freedom.

Story by Capt. James Mendoza
Special to the News Leader

It is a widely held belief that the best thing one can take away from their service in the Army is the stories. Soldiers are world champion storytellers. The military is mostly responsible for providing them with material needed to impart a compelling chronicle of their military service.

After all, who can compete with one-year deployments into Iraq, blinding sand storms and 145-degree heat, and sleeping with bugs, snakes and scorpions? It helps us to savor to the fullest possible extent, our homecoming and reunion with family and friends and with our community.

On July 29, the 217th Transportation Company, an Army Reserve unit at Fort Sam Houston, accompanied by representa-

tives from the 90th Regional Readiness Group and the 363rd Quarter Master Battalion, received a Certificate of Commendation from the City of San Antonio.

The unit recently served 14 months in support of Operation Iraqi Freedom and has been back for approximately 60 days now. Company Commander, Capt. James Mendoza, and the unit's combat first sergeant Sgt. 1st Class Luis Garcia, Jr. accepted the commendation on behalf of their Soldiers and families.

The 217th accomplished many extraordinary tasks while deployed to Iraq. They supported the combat effort directly by moving vital heavy armored equipment across the battlefield, and into every major town and city in Iraq while accumulating more than 2.3 million miles, the most miles driven by a transportation company during the first year of the war. The unit survived numerous enemy attacks, yet returned home with all the Soldiers.

These Soldiers believe very strongly in what they do. They put their lives on the line for this country, and for those less fortunate. They perform their job under harsh conditions, which often frustrates and scares them, but they remain committed to the mission.

Their families and friends worry and pray for their safe return, yet they continue their day-to-day lives. Citizens hang ribbons and flags and stand proud in the belief that they are protected by America's bravest. Employers pass vacant desks, and redistribute work and projects for absent

reservists, yet they know that this too is service to ones country. And leaders struggle with decisions and the knowledge that one life lost in battle may save thousands at home and around the world.

The story of the 217th Transportation Company has been told and retold for years. Sometimes the stories are accurate and fair, other times not. This time, America will write them into the pages of history as the unit that kept the war moving and the Soldiers will do what they do best; Lead the way towards re-writing and telling the story of the mighty 217th Transportation Company HET.

The 217th TC HET is an Army Reserve unit that falls under the 90th Regional Readiness Group, on Fort Sam Houston, Texas.

**Want to reduce
your credit debt?**



If your answer is yes, we have good news for you. The Army Community Service Financial Readiness Program provides a service that can help. For more information, call 221-1612.

Health Promotion Center

August Class Schedule

Class	Date	Time
Self Care & Health	12	9-11 a.m.
Breastfeeding Support Group	13	1-2:30 p.m.
Diabetes Education	16	12:45-4:30 p.m.
Breast Health	17	9-10 a.m.
Arthritis	17	9:30-11 a.m.
Office Yoga	17	Noon-1 p.m.
Diabetes Education	17	12:45-4:30 p.m.
High Blood Pressure	18	9 a.m.-Noon
Back Pain	19	2-3:30 p.m.
Body Fat Testing	20	8-11 a.m.
Introduction to Weight Reduction	20	Noon-1:30 p.m.
Breastfeeding Support Group	20	1-2:30 p.m.
Diabetes Education	23	12:45-4:30 p.m.
Office Yoga	24	Noon-1 p.m.
Diabetes Education	24	12:45-4:30 p.m.
Tobacco Cessation "Readiness to Change"	24	5-7 p.m.
Breast & GYN Cancer Support Group	24	5:30-7 p.m.
Active Duty Self Care	26	8-10 a.m.
Tobacco Cessation "Readiness to Change"	26	2-3:30 p.m.
Breastfeeding Support Group	27	1-2:30 p.m.
Diabetes Education	30	12:45-4:30 p.m.
Office Yoga	31	Noon-1 p.m.
Diabetes Education	31	12:45-4:30 p.m.

For information, call Health Promotions at 916-3352. Health classes are open to all DOD civilians and military beneficiaries.

TRICARE's Clinical Preventive Services Help Keep You and Your Family Healthy

Preventing illness is always easier than treating illness. That's why preventive medicine has always been a priority at TRICARE. To help ensure the health and well being of our beneficiaries and their families, TRICARE's Clinical Preventive Services benefit offer a wide range of screening and prevention services designed with good health in mind.

TRICARE Prime

The following clinical preventive services are available to TRICARE Prime Members and their families. There is no copayment required and enrollees may receive Clinical Preventive Services from any network provider without a referral or authorization. However, to ensure continuity of care, it is recommended that your Primary Care Manager (PCM) coordinate all clinical preventive services.

- Well baby and well child exams including immunizations, eye exams and hearing tests.
- Adult immunizations for flu, pneumonia and tetanus.
- Blood pressure and cholesterol screenings.
- Cancer screenings for breast, pelvic, testicular, colon, prostate, skin, thyroid and oral cancer.
- Pap smears for sexually active females over age 18, or at onset of sexual activity.
- Clinical breast exams.
- Eye exams every two years, ages 3 - 64.
- Infectious disease screenings for tuberculosis and Rubella antibodies.
- Lead Blood Level Screenings.

TRICARE Standard and Extra

For TRICARE Standard beneficiaries, active duty family members pay 20% cost-share and retirees and other beneficiaries pay 25% cost-share of maximum allowable charge after deductible. For TRICARE Extra beneficiaries, active duty family members pay 15% cost-share and retirees and other beneficiaries pay 20% cost-share of maximum allowable charge after deductible.

The following examinations, cancer screenings and immunizations may be scheduled with any TRICARE-certified doctor:

- Well baby and well child exams, including hearing tests and eye exams.
- Childhood immunizations.
- Cancer screenings, including Pap smear; Mammogram; Sigmoidoscopy; and pelvic, prostate, testicular, skin, oral and thyroid exams.
- Adult immunizations for flu, pneumonia and tetanus.

In addition to the services listed above, the following clinical preventive services are available, at the appropriate cost-share, during a visit for one of the cancer screenings or immunizations listed above:

- Blood pressure and cholesterol screenings.
- Infectious disease screenings for tuberculosis and Rubella antibodies.
- If these services are provided during an office visit other than for a cancer screening or immunization, the beneficiary will be required to pay the entire cost of service.

For more information about TRICARE's Clinical Preventive Services program, please contact your nearest TRICARE Service Center, or call (800) 406-2832.

Women take home the Gold at 2004 NATO competition

Story and photos by Master Sgt. D. Keith Johnson
U.S. Military Pentathlon Team
Public Affairs Officer

It was a good week for the U.S. team. It was a great week for the women's team.

The U.S. Military Pentathlon Women's Team, comprised of U.S. Navy Reserve Capt. Robin Graf and U.S. Air Force Captains Maiye Kraus and Cilla Peterek, won first place at the NATO Military Skills Competition held in Weiner Neustadt, Austria recently.

"We had trained hard for the past year," said Graf, from Yorktown, Va. "We competed hard for three days and had given our best."

This year, there were 168 competitors, making up 56 teams from 17 countries. Some countries brought plenty of competitors, like Great Britain's seven full teams plus competitors for three international teams.

Countries like Austria, Switzerland, Latvia and Finland, had just one team each. The U.S. fielded three men's teams, one female team, and alternates for three international teams.

"Competing in critical military skills at the international level not only allows Soldiers to learn

about our allies, it also requires them to elevate their skills well beyond the advanced level," said Lt. Col. Bob Thompson, the coach for the 2004 U.S. team.

The NATO Military Pentathlon consists of five events: rifle and pistol marksmanship, land and water obstacle courses, and a 10 to 15-kilometer orienteering course. The women's team won first place in four out of the five events and the overall competition.

This year's rugged orienteering course included challenges along the way, such as rappelling down a 100-foot cliff, canoeing across a 300-yard lake and throwing hand grenades. The course ended in a remote park designed to resemble an old west town.

"It was kind of different, being in a made-up western town in Europe," said Peterek, from Austin, Texas. "It was an interesting ending to a long day."

This is Kraus' second Gold Medal. She and her 2002 teammates won at the NATO competition in France.

"In 2002, we were behind but caught up on the last day," said Kraus, from Bremerton, Wash. "I prefer to be behind, to be the underdog, and then take the lead. This time we were ahead for the

first four events, so that put a lot of pressure on us. But we had a strong team, and it all worked out."

The men's veteran team placed third in their category. U.S. Navy Reserve Lt. Cmdr. Grant Staats, from Rensselaer, N.Y., U.S. Air Force Maj. Jim Tanner, from Mountain Home, Idaho, and U.S. Army Reserve Capt. Scott Christie, from Flagstaff, Ariz., have a combined 23 years of pentathlon competition.

Each country is allowed to bring alternates to the competition as replacements in case of injuries. The alternates are placed on three-person international teams, with each team consisting of teammates from three different countries. U.S. Air Force Capt. Brian Chandler and his British and German teammates finished in first place in the International category.

"This has been one of the most unique, most rewarding, most enlightening experiences I've ever done on active duty," said Chandler, from San Ramon, Calif. "I got the most out of a four-day period that anybody could have."

There were also several individual accomplishments at the competition.

U.S. Marine Corps Reserve



U.S. Air Force Capt. Maiye Kraus receives the team trophy with her teammates, U.S. Air Force Capt. Cilla Peterek, left, and U.S. Navy Reserve Capt. Robin Graf, after receiving their Gold Medals at the awards ceremony at the end of the NATO Military Skills Competition held in Weiner Neustadt, Austria recently. The women's team finished in first place in four out of the five events at the competition.

Maj. Joe Gallagher, from Laguna Beach, Calif., took first place in the rifle competition against 167 other shooters. Tanner, from the Men's Veteran Team, was in third place. Gallagher's international team with teammates from Italy and Denmark finished third in the International category.

In addition to the Pentathlon, the teams also participated in competition involving Combat First-Aid, and NATO Laws of War. The men's veteran team with Staats, Tanner and Christie finished second overall in the first-aid competition, and the women's team with Graf, Kraus and Peterek finished third overall. Each country's team Combat First-Aid scores were averaged and the U.S. took first place for that, also.

Although it's an added benefit, getting to compete interna-

tionally is not the main purpose of the CIOR program.

"Our three-week predeployment training camp back at Fort Sam Houston is tough, with the objective of not only doing well in the competition, but to send back to the units resident experts in marksmanship, land navigation, physical fitness, combat first aid and the Laws of War," said Thompson. "This is relevant training amid the global war on terrorism, and it makes for a better prepared Soldier."

Most of the competitors agreed with Thompson, and feel they have learned from it.

"This is a great program. CIOR has taught me a lot of valuable skills," said Peterek. "I think it'll make me a better officer, and a better person."

See more **PHOTOS** on Page 13



Georgia Army National Guard Chief Warrant Officer 2 Joanna Williamson leaps over the 3-meter wall during the Land Obstacle course at the NATO Military Skills Competition. Williamson, a UH-1 Iroquois helicopter pilot, is competing on one of the International Teams.



U.S. Air Force Maj. Jim Tanner dresses a wound on a 'victim' during the Combat First Aid evaluation at the NATO Military Skills Competition. Tanner and his teammates earned a second place spot out of 56 teams in the Combat First Aid competition.



From the left: U. S. Marine Corps Reserve Capt. Craig Ullman, U.S. Army Reserve Captains Scott Klawon and Larry Gnewuch leap over the 'elephant stepper' during the Land Obstacle course at the NATO Military Skills Competition. This is the first year competing for all three.



From the left: U.S. Air Force Maj. Jim Tanner, U.S. Army Reserve Capt. Scott Christie and U.S. Navy Reserve Lt. Cmdr. Grant Staats go up and over the first obstacle in the Water Obstacle course as part of the NATO Military Skills Competition. The veteran team, with 23 years of combined experience, earned a third-place medal at the competition.

232nd Medical Battalion hosts family organization day

Story by Spc. Roman Kubyzcevsy
Special to the Newsleader

The 232nd Medical Battalion recently hosted their first annual "Summer Jamboree" at Canyon Lake recreational facility on Aug. 7.

The Summer Jamboree was attended by more than 500 battalion cadre and their family members. The festivities included a catered Texas-style barbecue, ski boats, pontoon and paddle boats, and recreational games. Activities for children and adults featured moon bounces, face painting, ice cream, piñata's, a dunk-

ing booth, and even Sumo wrestling with the battalion commander.

Battalion cadre led by Sgt. 1st Class Sherry Omarrow, Drill Sgt. Johnnie Bryant, Chaplain (Capt.) Luis Lopez and Capt. Alex Gonzales spearheaded all facets of the event.

A special thanks to the battalion Family Readiness Group, who assisted in raising funds bagging groceries at the post commissary, the installation Chaplain's Office, First Command, and Chaney Financial for their support of Soldier and family programs.



Sgt. 1st Class Dustin Cunningham and other members of the 232d Medical Battalion enjoy a brisket and chicken meal catered by Texas Pride Catering during the first annual Summer Jamboree held Aug. 7 at Canyon Lake.



Command Sgt. Maj. Keith Seidler serves the ball during the 232d Medical Battalion's volleyball tournament.



Sgt. 1st Class Gerome Davis and Lt. Col. Bruce W. McVeigh, commander, 232nd Medical Battalion, suit up for the first round of Sumo wrestling during first annual Summer Jamboree at Canyon Lake.



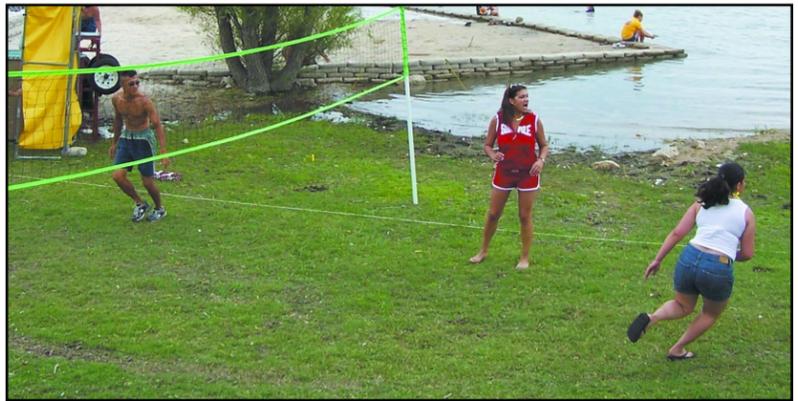
Sgt. 1st Class Sherry Omarrow provides a lunch ticket to Capt. Sean Del Grego.



First Command provided the moon bouncers that kept the children entertained all day.



The dunk tank was a favorite among the children.



The two on two volleyball tournament paired 30 teams and ran throughout the day.



Capt. Alejandro Gonzales, Sgt. 1st Class Gerome Davis, LaRonda Davis, Sgt. 1st Class Eric Cooper and Brandon Cooper enjoy a cruise around Canyon Lake during the first annual Summer Jamboree.

Courtesy photos



Children of the 232nd Medical Battalion participate in a sack race during the Summer Jamboree. The winner was given a voucher for two free rounds of bowling at the Fort Sam Houston Bowling Center.

Family Readiness Group Leadership Team Workshop Aug. 13

The Family Readiness Group Leadership Team Workshop will be held Friday, Aug. 13 from 8 a.m. to 4 p.m. at the Roadrunner Community Center, Bldg 2797 on Stanley Road.

This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG leaders, and any other unit representative with an interest in family readiness. The material presented in the workshop is from the Operation READY program developed by The Texas Cooperation Extension of Texas A&M University under contract with Headquarters, Department of the Army, Community & Family Support Center, and Army Community Service.

Agenda:

8 – 8:15 a.m.	Registration
8:15 – 9:30 a.m.	Introduction/FRG Overview/Getting Started
9:30 – 9:45 a.m.	Break
9:45 – 10:45 a.m.	Running the FRG – Money Matters - JAG
10:45 – 11:30 a.m.	Leadership for Effective FRGs
11:30a.m. – 12:15 p.m.	Lunch
12:15 – 1:15 p.m.	Building Your FRG – Volunteers – Making Contact
1:15 – 2 p.m.	Running the FRG – Communications
2 – 2:15 p.m.	Break
2:15 – 2:45 p.m.	Running the FRG –Special Events
2:45 – 3:30 p.m.	The FRG – Bringing it All Together
3:30 – 3:50 p.m.	Workshop Wrap-up
3:50 – 4 p.m.	Certificates

Note: Pre-registration is required and class size is limited. For reservations and more information, contact the Mobilization and Deployment Office in ACS at 221-2705.

The next scheduled workshop will be Sept. 17.

Army Community Service

Family Advocacy Program Class August Schedule

Class Title	Date	Time
Anger Management Awareness	18	11 a.m. – 12:30 p.m.
Basics of Breastfeeding	18	10:30 a.m. – Noon.
Beyond Your First Baby	26	8 a.m. – Noon
Building Effective Anger Management Skills (1-2)	19, 26	11 a.m. – 12:30 p.m.
Commanders Training	26	8 – 9:30 a.m.
Conflict Management	16	11 a.m. – 12:30 p.m.
Getting Ready for Childbirth (Series 1-3)	12, 19	9 a.m. – Noon
Saturday Marathon	21	9 a.m. – 5 p.m.
Healthy Pregnancy	23	1 – 4 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	17, 24	9 – 11 a.m.
P.A.I.R.S. (Couples Course) (Four-part series)	24, 31	
P.A.I.R.S. (Couples Course) (Four-part series)	25	6 – 7:30 p.m.
Parenting with Love and Logic (ages 0-12)	12, 19	9 – 11:30 a.m.
S.T.E.P. Program for Parents of Teens	17	11a.m. – 12:30 p.m.
Stress Management I and II	17	1 – 2 p.m.
Truth or Consequences? (Three-part series)	17, 24, 31	4:30 – 5:30 p.m.
You and Your Baby	25	8 a.m. – Noon

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

Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



TRICARE Briefing at BAMC Aug. 17

A TRICARE Briefing will be held at Brooke Army Medical Center Auditorium, 4th Floor on Aug. 17 from 5 to 7 p.m.

Enrollment in TRICARE Prime (under age 65) is available with Brooke Army Medical Center*, Brooks Air Force Base Clinic, Randolph Air Force Base Clinic, Wilford Hall Medical Center* and Kelly Family Medicine Clinic* and with Network Civilian Primary Care Providers*.

For additional questions regarding the briefings, call 1-800-406-2832 or visit the Web site at www.hnfs.net.

*Please check with the Service Centers for these facilities, as enrollment is limited in some clinics.

MWR Recreation and Fitness



3-D Archery at Camp Bullis – The next 3D shot will be held Aug. 28-29, check-in time is from 8-10 a.m.

This exciting competitive shoot includes 30 3D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards will be presented to the top three in each class. Saturday's shoot is \$15, all competitive and Sunday's shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult and a playground is available. Open to the public. For information, call 295-7577.

Archery Lessons at the Equipment Center – Individual and group archery lessons are now available through the Outdoor Equipment Center. Instructions are provided at individual's level of experience, from novice to expert. Children are welcome, however, a parent must accompany any dependents under the age of 18. For safety reasons, patrons must wear full shoes and no oversized shirts or shorts/trousers. For information, call Skip Dawson at 221-5225.

Trail Rides – The Equestrian Center offers one-hour trail rides every Saturday and Sunday all year long. Children ages 7 and up are welcome, however, an adult must accompany them. Cost is \$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. Riding times are as follows: 8:30-9:30 a.m.; 10-11 a.m.; 12:30-1:30

p.m.; 2-3 p.m. The center is located in Bldg 3550, Hawkins Rd., off Binz-Engleman and is open Monday- Friday: 7 a.m.- 6 p.m.; Saturday-Sunday: 7 a.m.- 5 p.m. The phone number is 224-7207.

Equipment Rentals –The Outdoor Equipment Center offers a wide variety of recreational equipment for rent ranging from fishing boats to travel trailers and other camping equipment. Other items available for rental include; large BBQ/Smoker pits on trailers, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered), which are useful when moving, are also available. The center is located in Bldg. 1111, Forage Road and is open Monday-Friday, 8 a.m.-5 p.m. Phone number is 221-5224.

Summer Fun at Canyon Lake - The Fort Sam Houston Recreation Area at Canyon Lake offers a variety of recreation activities including camping, fishing, boating and swimming. Have a family reunion or unit gathering in one of the covered picnic areas or pavilions. Enjoy the overnight accommodations including RV rentals, screened cabanas and tent camping sights. From Fort Sam Houston take I35 North to exit 191 (Farm road 306), continue 17 miles until you see the sign to Fort Sam Houston Recreation Area. Turn left onto Jacob Creek Park Road and the center is 1/2 mile down on the right. Hours are Sunday-Thursday: 8 a.m.-6 p.m. Friday-Saturday: 8 a.m.-8 p.m. Phone numbers: from the 210 area code: 830-226-5357 (no fee) outside the 210 area code: 1-888-882-9878.

60 Days of Fitness – A motivating fitness and weight loss program designed to help lose 15 pounds in 60 days using a point system. This self-paced program requires a workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will also attend two 30-minute weight loss classes. Cost is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.

Post Soccer Team - Players wanted. Tryouts will be held Aug. 16-20 at 6 p.m. at Hacienda Field. For information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Post Men's Basketball Team - Players wanted. Tryouts will be held Aug. 30 – Sept. 2 at 6:30 p.m. at the Jimmy Brought Fitness Center. For information, call Earl Young at 221-



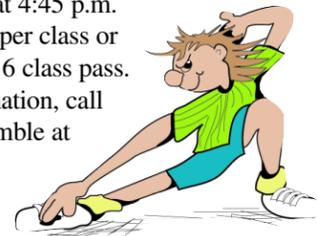
1180 or e-mail earl.young@samhouston.army.mil.

Keep Your Heart Healthy – A free 5K fun run/walk will be held Saturday, Aug. 28 starting at 10 a.m. outside the Jimmy Brought Fitness Center. Participants will receive a free T-shirt. For information, call 221-2020.

Health and Wellness Fair – Stop by the Jimmy Brought Fitness Center for the

Health and Wellness Fair on Tuesday, Aug. 31 from 10 a.m. to 2 p.m. Event highlights include cholesterol screening, diabetes screening, proper weight training, raffles, nutrition information and much more. Free food, raffles and prize giveaways.

New Pilates Class - A new Pilates class is now offered at the Jimmy Brought Fitness Center every Tuesday and Thursday at 4:45 p.m. Cost is \$2 per class or \$24 for a 16 class pass. For information, call Lucian Kimble at 221-2020.



X-tramural Basketball League Standings

Aug. 9			
Team		W	L
Dependents		6	0
The Fellas		6	0
CKTH		5	2
Lakers		3	3
G.A.M.E		2	4
Warriors		1	4
Rough Riders		1	5
Ramrods		0	6
Aug. 7			
CKTH	58	Warriors	48
G.A.M.E	2	Rough Riders	0
		(Forfeit)	
CKTH	62	Lakers	41
The Fellas	86	Ramrods	69

187th Medical Battalion Soldiers build ramps for wheelchair bound residents



no prior experience had the opportunity to learn a new lingo and gain new skills, such as “rip” a one by six for a kick-rail, or drill a pilot hole for your securing screws. These Soldiers dug holes by hand, hammered, drilled and sawed their way into the hearts of the community. Ruth Posten, a seven-year veteran of supervising these volunteer groups, said that she would gladly take these Soldiers anywhere and build with them. “They worked together better than many experienced groups, and they were a joy to work with,” she noted.

I believe it is important for the community to see our Soldiers doing good things. The Soldiers of the 187th are very willing to contribute to make a difference and make life better. This weekend one team gave freedom and safety to a 93-year-old San Antonio resident. Another team allowed a resident to safely enjoy her backyard and freedom to access transportation. We are already booked for a September RAMP day and looking forward for other opportunities throughout the year. One Soldier put it this way. “We believe in selfless-service, as I give it makes me proud of who and what I am.”

Thank you 187th Soldiers. The following members of the battalion participated in community projects. Pvt. Miguel Acosta, Pvt. Maria Zavala, Spc. Martin Strandberg, Pvt.2 Jeffery Wilson, Spc. Sylvania Harrod, Spc. Sinh Nguyen, Sgt. Octan Bannis, Pfc. Roderick Houston, Spc. Deshannon Austin, Pfc. Deborah Belk, Pvt. Chasity Locklear, Pvt.2 Jacqueline Leighton, Pvt. David Miller, Pfc. Lodrick Lawrence, Pvt.2 Esperansa Lockett, Pfc. Ocyia Reed, Pvt. Isaac Dallager, Pvt.2 Nicole Purtimean, Pvt.2 Marcus Shiffler, Pvt.2 Robert Wagner, Drill Sergeant Richard Maltby and Sgt. 1st Class Natasha Johnson.

Story and photos by Chaplain (Capt.) David Schlichter
Special to the News Leader

On Saturday, Soldiers of the 187th Medical Battalion gave their time, energy and talent to impact the lives of two long-time San Antonio residents. Working

in cooperation with the Repair and Modification Program or RAMP, a department of the San Antonio Alternative Housing Corporation, the battalion sent two teams of 10 Soldiers to build two wheelchair ramps that will provide mobility and independence to the wheelchair bound.

For these Soldiers abilities or lack thereof were not an issue. Each residence had a project supervisor responsible for volunteer training and management of the individual wheelchair ramp projects. Those who had



Lightning kills

By Lisa Young
U.S. Army Center for Health Promotion and Preventive Medicine

In the United States, lightning hits the ground about 40 million times a year, and for the last 40 years has been the second-largest storm killer. According to the National Weather Service Publication, approximately 100 people are killed and another 300 are injured by lightning each year. Lightning kills farmers, golfers, and fishermen most frequently.

Lightning occurs with all thunderstorms, although it is not always visible, and is most common in the summer months and in warm moist climates. Lightning is created as a discharge of built-up energy when the difference between the positive ground charges and negative charges in the cloud overcomes the resistance effects of the air. Thunder is the sound of the shock wave produced by the rapidly expanding hot gases that surround the lightning bolt.

Lightning can strike five to 10 miles away from the center of the storm. Many victims are struck as the current moves in and along the ground. To determine the location of the thunderstorm, count the number of seconds between the flash and the rumble of a clap of thunder, and then divide the number by five. This is approximately the number of miles away the thunderstorm is centered. A person that can hear thunder is in the lightning-strike zone and precautions should be taken immediately.

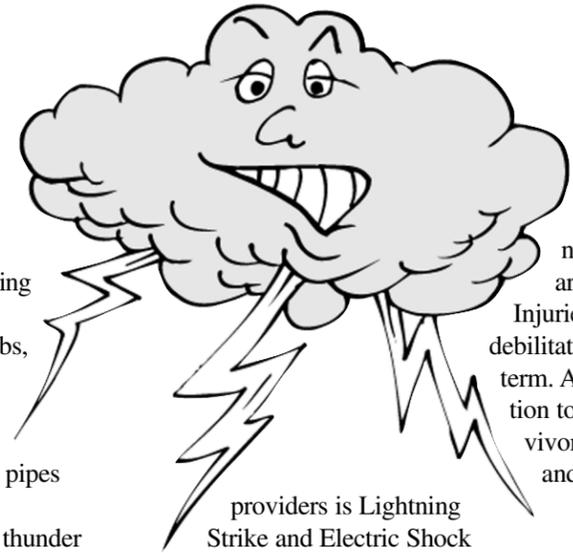
Many injuries can be prevented with proper education, lightning protection systems, appropriate shelters for safety, and lightning safety plans for coaches, parents, and referees at sporting events. Adults are always responsible for the safety and injury prevention of children in their care.

Lightning Safety Tips:

- Find shelter, with the best place being a building. A car is not safer than a building.
- If outside, get into a low-lying area without water.

- Have the least contact with the ground as possible. Squat low to the ground with head between the knees and hands on knees.
- Don't crouch next to anything tall, since lightning hits objects that rise up from the ground.
- Stay away from anything metal, like golf clubs, bats, fishing rods, or umbrellas.
- If indoors, stay away from windows and doors; do not use telephones, shower or bathe, or wash dishes. Water, electrical wires, and metal pipes conduct electricity!
- Wait at least 30 minutes after the last clap of thunder before leaving shelter.

If a person is struck by lightning, medical care may be needed immediately, including CPR. Cardiac arrest and



irregularities, burns, and nerve damage are common. Injuries can also be debilitating and long-term. An organization to help survivors, families, and health-care

providers is Lightning Strike and Electric Shock Survivors International (LSEESI). LSEESI can be reached at <http://www.lightnin-strike.org/index.html>

Fort Sam Houston celebrates National Night Out



Photo by Linda Furlow
 (Left) Col. Richard Agee, Army Medical Department Center and School chief of staff, accompanied by Command Sgt. Maj. Michael Kelley, 32nd Med. Bde. visits with the family of Capt. Edward Shupbach and his wife Kate. The Shupbach family hosted a Nation Night Out picnic for neighbors in the Patch-Chaffee residential area. Agee presented each of the families he visited with a National Night Out certificate in appreciation of their efforts to support the post campaign sponsored by the Provost Marshal Office to improve safety and crime awareness in post neighborhoods.



Photo by Phil Reidinger
 Col. Garry Atkins discusses neighborhood issues such as gate operations and cars speeding through the neighborhood with residents of the Westfort Alliance Neighborhood Association during the National Night Out Aug. 3.

Photo by Phil Reidinger
 Col. Garry Atkins, U.S. Army Garrison commander, presents the Westfort Alliance Neighborhood Association board of directors with a Fort Sam Houston National Night Out certificate of appreciation. The Westfort neighborhood is immediately outside the post gates along Cunningham and Pine Streets.



Photo by Linda Furlow
 Spc. Carson Lang visits with Terry Rodriguez, Joan Carroll and Sara Spurlin at the AMEDD Center and School Combat and Doctrine Development office with McGruff, the Provost Marshal Office crime fighting mascot, during the National Night Out activities.



Photo by Linda Furlow
 The U.S. Army Garrison Readiness and Logistics Business Center celebrated their National Night Out staff activities with an ice cream party during the lunch hour.



Photo by Phil Reidinger

Col. Garry Atkins meets with neighborhood residents and San Antonio police officers assigned to the Eastside substation at the Government Hill Neighborhood Association National Night Out gathering.



Photo by Phil Reidinger

Government Hill Neighborhood Association members Florence Alcoser, Richard Hendersen, and Maureen Hawkins accept the Fort Sam Houston National Night Out certificate of appreciation from Col. Garry Atkins, U.S. Army Garrison commander. Atkins presented the neighborhood association the certificate while visiting with association members to discuss local neighborhood initiatives related to post operations.



Photo by Phil Reidinger

Ron Kennedy, Spc. Andrew Mehalshick and Sgt. 1st Class Willie Adams make sure there is plenty to eat during the Provost Marshal Office National Night Out observance.



Photo by Phil Reidinger

Military Police join McGruff, the Provost Marshal Office crime-fighting mascot, for a buffet luncheon that included staff favorites brought from home as well as plenty of chicken, hot dogs and hamburgers.



Photo by Phil Reidinger

Spc. Carson Lang and McGruff visit with Lt. Col. John Sebastian during the Human Resource Business Center National Night Out function. Col Richard Agee, AMEDD Center and School chief of staff presented Sebastian and the staff with a Fort Sam Houston certificate of appreciation for supporting the Provost Marshal Office safety and crime prevention initiative.



Photo by Phil Reidinger

U.S. Army Garrison Command Sgt. Maj. Johnny C. Gray and Sgt. 1st Class Larry Ramos check out the food grilling prior to the U.S. Army Garrison Headquarters National Night Out picnic.

FSH Independent School District Weekly Campus Activities August 16 - 21, 2004

Fort Sam Houston Elementary School

Monday, Aug. 16 - First Day of School

Thursday, Aug. 19 - Open House for Grades 1, 2 and 3 – 6 p.m.

Friday, Aug. 20 - Spirit Day

Robert G. Cole Jr./Sr. High School

Monday, Aug. 16

- First Day of School
- First 9 Weeks

Tuesday, Aug. 17

- Junior Varsity / Varsity Volleyball at Kennedy – 5, 6, p.m.

Friday, Aug. 20

- Varsity Football vs West Campus Scrimmage at South San Stadium
5 and 6 p.m.
- Volleyball Tournament at Lytle - TBA

Saturday, Aug. 21 - SAC Varsity Volleyball Tourney, TBA

Army medic is proud of service and racquetball 2nd place



Courtesy photo

David Lowe receives a second place award from Annie Muniz, president of the Texas Amateur Racquetball Association and National Tournament director. Lowe, an Army medic currently stationed in Arcent, Qatar, competed in the Men's "D" division at the 37th annual U.S. National Racquetball championship finals held in Houston, Texas.

Story by Martin McDermott
Special to the News Leader

One of Fort Sam Houston's recent graduates, Pvt. David Lowe excelled at his favorite pastime and hobby, racquetball.

Lowe participated in the 37th annual U.S. National Racquetball Championship finals held in Houston, Texas, May 26-31. More than 600 players competed in different age and skill divisions. This event serves as the U.S. National Team qualifier and is the last chance for open players to qualify for the XII International Racquetball Federation World Championships to be held in Seoul, Korea.

Lowe, who is from Dallas, Texas, began playing racquetball at the age of 17 and has received local and state recognition as an "up and coming amateur to watch."

He was excited to compete in his first national tournament, especially since he had not been able to play while attending basic training at Fort Benning, Ga., followed by Advance Initial Training with C Company, 187th Medical Battalion at Fort Sam Houston. It was at Fort Sam Houston he was able to play a few times before graduating on May 12.

Lowe competed in the Men's "D" Division and after five days of fierce competition, often playing two or three matches per day, he played in the finals on Memorial Day and took 2nd place. Lowe is very proud of his 2nd place, but no more so than of the training and confidence he received from the Army.

Following graduation, Lowe was initially assigned to a Reserve Unit in Seagoville, Texas and after only 30 days at home was ordered on active duty and is now stationed in Arcent, Qatar.

MWR Youth Happenings

Free After School Program for Middle School Students - Youth Services offers an After School program for Middle School youth grades 6-9 on Monday through Friday after school until 6 p.m. YS will pick up your child from the Elementary or the Jr./Sr. High School and take your child to the Youth Center. After a snack the student will work on homework, participate in clubs and other fun innovative projects. Students can join the 4-H Club, Photography Club, Computer Tech Club and a variety of other clubs. The best feature of this program is that this is a free program. However, students must register with Child and Youth Services for an annual fee of \$18. For information, call 221-3502.

Football and Cheerleading Registration - Football and cheerleading registration is ongoing at the Youth Center Monday through Friday from 10 a.m. to 7 p.m. The cost for football is \$55 for the 1st child, \$50 for the 2nd and \$45 for the 3rd child. Cheerleading is \$50 for the 1st child, \$45 for the 2nd and \$40 for the 3rd. A birth certificate, current physical, shot records and current CYSD registration are required.

Soccer Registration - Alamo Heights Fort Sam Houston Soccer League registration will be held at the Youth Center on Saturday, Aug. 21 and 28 from 9 a.m. to 3 p.m. The cost is \$50 for youth ages 10 and under and \$50 plus \$15 for uniforms for 11 and up. Birth certificate and physical are needed and youth must be CYSD registered. For more information call 221-3502/5513.

Middle School and Teen Pool Party - Youth Services will hold a Pool Party at the Fort Sam Houston Pool for youth in 6th grade through 12th grade on Friday, Aug. 13 from 8 to 11 p.m. The cost will be \$3 per person. All youth must be a CYSD member to attend this pool party. There will be food, music, and lots of water fun! The Youth Center will close that night at 8 p.m. There will be a van shuttle leaving from the pool at 10:30 p.m. for all ages. For more information, call 221-3502.

Youth Service Volunteers - YS is looking for volunteers to assist with youth programs. We need coaches, computer skilled people, crafty

people and those who care about kids. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

Saturday Open Recreation - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours for youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

Parents Wanted - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or to cheer and enjoy refreshments.

Tae-Bo - Join the youth services staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m.



Saturday Shuttle - YS offers a Saturday shuttle to and from the Youth Center. There is no cost for this service but parents of children 9 and under must wait for the van and sign them in and out of the van with the YS staff member. The Shuttle schedule is as follows:

- 3 p.m. - Leave the Youth Center
- 3:07 p.m. - Gorgas Circle (picnic tables)
- 3:10 p.m. - Schofield/Dickman on Schofield
- 3:15 p.m. - Reynolds and Dickman on Reynolds
- 3:20 p.m. - Officer's Club tennis Courts
- 3:25 p.m. - Artillery Post Road at Bus Stop
- 3:30 p.m. - Easley/Infantry Post Bus Stop 660
- 3:42 p.m. - Patch Road (playground)
- 3:46 p.m. - Patch Road Shoppette Parking lot
- 3:50 p.m. - Foulois/Scott Road Harris Heights
- 3:54 p.m. - Forage/Foulois
- 4 p.m. - Powless Guest House

The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below; at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

Cash and Carry Sale of NAF Property, Aug. 25

A Cash and Carry sale of Non-appropriated Funds property will be held Aug. 25 from 8 a.m. to 3 p.m. in Bldg. 4205 Bay "B." Cash and checks with picture identification will be accepted forms of payment. All sales are final. Property is sold "As is." Used items available for sale include microwave ovens, bed spreads, blankets, carpet tile, desk chairs, lounge easy chairs, sleeper sofas, recliners, wingback chairs, love seats, tables, desks, wall art, assorted billeting furniture, monitors, filing cabinets. New items include TV armoires, cocktail tables, end tables, and more.

In addition, MWR will accept sealed bids on a 1987 Dodge Pick-up. There is no prior viewing of sale property. All property listed is subject to issue to NAF activities for continued use prior to date of sale.

For more information or directions, call the MWR Warehouse at 221-4449 or 221-4950.

AAFES values your feedback

The Army and Air Force Exchange Service want to know how well they are serving you, the customer. If you have a suggestion on how AAFES can serve you even better, we want to hear it. Log on to www.aafes.com for easy access to our on-line customer comments. Click on "Contact Us" at the bottom page and you'll be directed to our on-line form. Your comment will receive prompt attention and a quick reply.

In addition, you can fill out a manual customer comment form — they're located in all of our retail and food facilities, along with a drop box that is checked daily.

AAFES is your "Company store." We work hard to provide the best possible service to our customers, but we appreciate your feedback to make us even better. We value having you as our customer, and we depend on your continued support.

Need an ID Card?

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



Inspiring Hope & Possibilities

2004 Federal Women's Program Training Day

Kelly Field Club - Thursday, Aug. 26

Schedule of Events:

Registration - 7-8 a.m.

Basics of Starting a Business - Mr. Fernando Guerra, Contracting Specialist, SBA

Assertive Women in Federal Government - Maximize Your Potential - Ms. Angela Swain, ACS Family

Keynote Speaker - Ms. Dora Alcalá, Mayor, City of Del Rio

Women & Investing - Ms. Sheila Willits, Sr. Regional Sales Director, Mass Mutual Financial Group

Fundamentals of Leadership - Mr. Michael A. Tavitas, Jr., Resource Management Director, CPSG

Keys to Personal & Professional Success - Joann Robertson, Chief, Civilian Personnel, Ft Sam Houston

Registration deadline Aug. 20. Call today to reserve your spot (210) 534-8875, ext 241 or reserve via email to gloria_gonzales@nps.gov. For additional information or if you have special needs (arrangements will be made) contact: Ms. Gloria Gonzales (210) 534-8875 ext 241, e-mail gloria_gonzales@nps.gov or Ms. Rosie Prieto (210) 977-3170 ext 403, email rosemary.prieto@lackland.af.mil

Cost \$40

ACAP Center sponsors Mini Job Fair, Aug. 26

Northrop Grumman/Vinnell are looking for ex-military personnel to fill numerous positions in Saudi Arabia. The position descriptions are available on MS Outlook Admin-Info or at the ACAP Center, Bldg. 2264 on the corner of Stanley Road and Connell Road. Most positions will be filled with prior service officers or senior NCOs.

Recruiters will be available Aug. 26 from 10 a.m. to 3 p.m. in Room B099 in the basement of bldg 2263 on Stanley Road.

For additional information, call the ACAP Center at 221-1213.

Army changes official photo policy

Effective immediately, all enlisted personnel Official Military Photos will be sent electronically to the Enlisted Soldier Promotion Selection Board; hard copy prints of these photos will no longer be available. This does not include Officers at this time, who are still required to submit hard copy photos for selection board consideration. For more information on Official Military Photos, please visit this web site <http://doim.army.mil/viweb/>, or call 221-5453 for inquires and/or appointments.

PWOC Fall Kickoff, Aug. 25



Courtesy photo

Angela Robison, hospitality chairperson, states she is involved with PWOC because, "It not only meets a spiritual need in my life, but it also puts me in touch with other women who share the same situations and difficulties that life in the military creates. The support system I have at PWOC is unlike any other in the military. These women really care about you and the friendships I have established through PWOC have meant the most to me."

The Protestant Women of the Chapel will hold the Fall Kickoff on Aug. 25 from 9:30 to 11:30 a.m. at Dodd Field Chapel. The new year's theme is, "Delight Yourself in the Lord." Three bible studies will be offered, "Celebration of Discipline," "Experiencing God" and "Five Love Languages."

Protestant Women of the Chapel is a God empowered, Christ centered and spirit led group, that encourages women to grow spiritually within the body of Christ through prayer, the study of God's Word, worship and service.

Free watchcare is available. For information, call Carolyn Wafford at 223-3856 or Lois Griffith at 226-1295.

'Rainbow Kids' to hold open auditions

Fort Sam Houston's Youth Services announce open auditions for a performing arts group on Saturday, Aug. 21. The group is known as the "Rainbow Kids," and is open for boys and girls ages six through 13 years who like to sing, dance, and perform comedy or special acts. Auditions will begin at noon at the Fort Sam Houston School Age Services Bldg. 1705, located off Winans and Dodd Roads across from the Dodd Field chapel.

Children who have special talents should have a routine prepared. The audition will consist of talking to the kids, hearing their voices, learning a simple dance step and answering questions. Visit the Rainbow Kids Web site at: www.geocities.com/azrainbowkids.

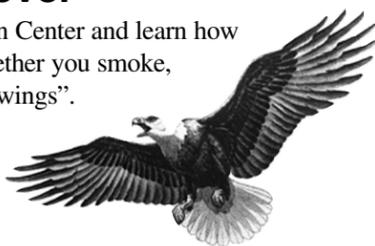
The touring performing arts group is dedicated to presenting professional quality, family style entertainment in a variety of settings. The music includes routines from the 1920s, 30s, 40s, 50s, 60s, Broadway, some modern and country and western. The non-profit group presents free programs ranging from 30 minutes to more than an hour at schools, churches, community and military events, youth and senior centers, shopping malls, and at patriotic events. This group performs year round with auditions twice a year.

For more information, call the Fort Sam Houston Youth Center at (210) 221-3502 or (210) 221-4882. You may also contact the School Aged Services at (210) 221-4466. Ron Joy can be reached at (830) 980-7786 or (210) 295-2093 or via e-mail at: rj96707@yahoo.com.

Smoke-free and courageous forever

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

Health Promotion Center
Ward 3 West, BAMC
916-3352 or 916-5538



Post Worship Schedule

Main Post Chapel, Bldg. 2200, phone number: (210) 221-2754.

Catholic Services:

- 4:45-5:15 p.m. - Confessions - Saturdays
- 5:30 p.m. - Mass - Saturdays
- 9:30 a.m. - Mass - Sundays
- 11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

- 8 a.m. - Traditional Protestant
- 11 a.m. - Traditional Protestant

Jewish Services: phone numbers: (210) 379-8666 or 493-6660.

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



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

Catholic Services - Sundays: 12:30 p.m. - Bilingual Mass

Protestant Services:

- 5:30 p.m. - Contemporary Protestant - Sundays
- 10:30 a.m. - Collective Gospel Protestant - Sundays

9:30-11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided

AMEDD Regimental Chapel, Bldg. 1398, phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Gospel Services:

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Medical Bde. Soldiers



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

1:30 p.m. - Jumma - Fridays

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

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

Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

Catholic Services:

- 8:30 a.m. - Mass - Sundays
- 11:15 a.m. - Mass - Sundays
- 11 a.m. - Mass - Weekdays

Protestant Services:

- 10 a.m. - Worship Service - Sundays
- Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain

August is voter registration month

During the month of August, commanders and their unit's Voting Assistance Officers or VAOs are requested to ensure that all Soldiers under their command are given the opportunity to register and request a ballot from their state election officials. If the Soldier desires to register,

they must do so in person or by using a Federal Post Card Application. Assistance and information for executing the FPCA, in all states and territories or possessions of the U.S. may be obtained from your unit VAO and is in the Voting Assistance Guide 2004-2005.



Do you know who your Unit Voting Assistance Officer is? If not, contact your commander or first sergeant to obtain the name and phone number.

Remember, you have the right to vote - exercise it! Post Voting Assistance Officer is Capt. Elliott Gomez at 221-1431.

Child & Youth Services news

3-Day Part Day Preschool Program will start Sept. 8. Orientation for 3-Day Part Day Preschool will be Aug. 31 at 9 a.m. in the PCI, Bldg. 1720. Central Registration staff will contact individuals who are not registered with CYS. Currently, CYS is surveying interest for a 2-day Part Day Preschool Program. Call Central Registration to put your child's name on the list. Fees will be based on Total Family Income.

Family Child Care (FCC) offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-cost start up plan. For more information, call 221-3820 or 221-3828. The next FCC orientation will be held the week of Aug. 23.

CYS Parent Advisory Council (PAC) meeting will be held Tues., Aug. 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents opportunity to learn of upcoming events, meet staff and address concerns.

CDC Categories Effective Oct. 1, fee structure at the CDC will be as follows: Category I- \$196 from \$181; Category II- \$295 from \$290; Category III- \$349 from \$346; Category IV- \$404 from \$393; Category V- \$462 from \$454 and Category VI- \$522 (no change). Hourly care will be \$2.50 an hour for patrons in Category I and \$3.50 an hour for Category II through VI. CDC's fee structure is based on Department of Defense policy and must be implemented consistently within and across Installation Management Agency Regions. This ensures consistency and predictability of CYS fee structure and procedures for Army patrons as they move from installation to installation and Region to Region.

The Child Development Center has full day immediate openings for ages 3 to 5 years. To register please call Central Registration at 221-4871 or 221-1723.

Before and After School Care All patrons interested in Before and After School care will have to register, even if they are currently utilizing School Age Summer Camp. To register contact CYS Central Registration at 221-4871 or 221-1723. Parents need to provide proof of income and updated shots.

Child Development Center Waiting List - If your child's name is on the Wait List for full day care at the Child Development Center, check your status on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check your status, call Central Registration at 221-4871 or 221-1723.

Instructional Classes - If you are interested in instructional classes such as Tae Kwon Do, piano, quarterly babysitter training or gymnastics, call 221-4882 or 221-4871/1723. For babysitter training or information, call 221-4871 or 221-1723.

School Age Services (Kindergarten - 5th grade) offers After School and Weekend Open Recreation (Open recreation available to children in 1st - 5th grade) opportunities and After School Hourly Care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

Youth in 6th - 12th grade seeking summer recreational opportunities may contact Youth Services at 221-4882.



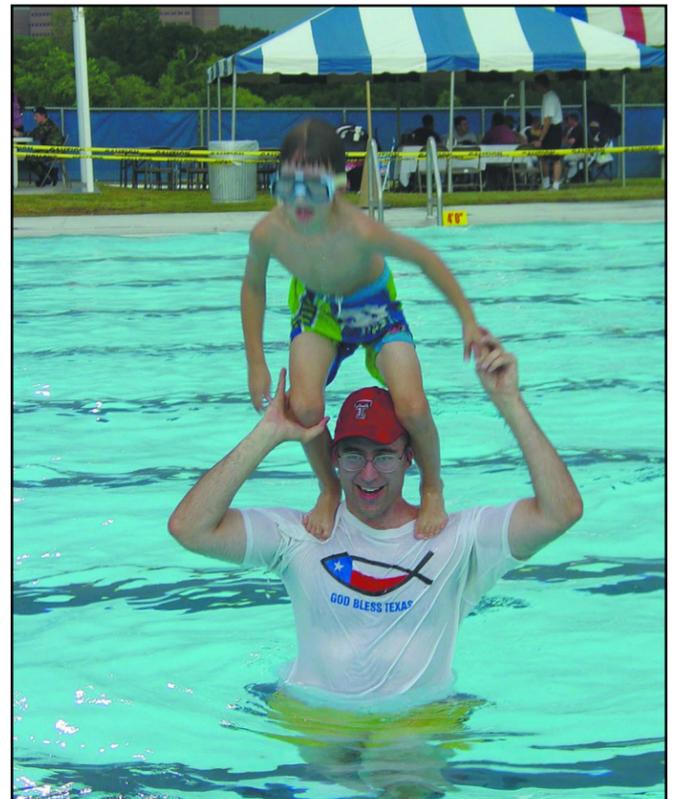
Courtesy Photo

Participants in the Bench Press Contest held Aug. 7 at the Jimmy Brought Fitness Center pose for group photo. From left, front row: Rhonda Rowell, Conrad Dalton, Blake Dalton, Robert Hines, Matt Wright, Jorge Rodriguez and Andre Gholson; middle: Janice Smith, Shawn Arredondo, Tyrone Wilson, Casey Adkisson, Bruce Leno, Hobart Perry; and back row Willie Jett. The Bench Press Contest is held quarterly by MWR and the Fitness For Your Health Office. For information, call Lucian Kimble at 221-2020.

San Antonio Chamber welcomes healthcare professionals to the community



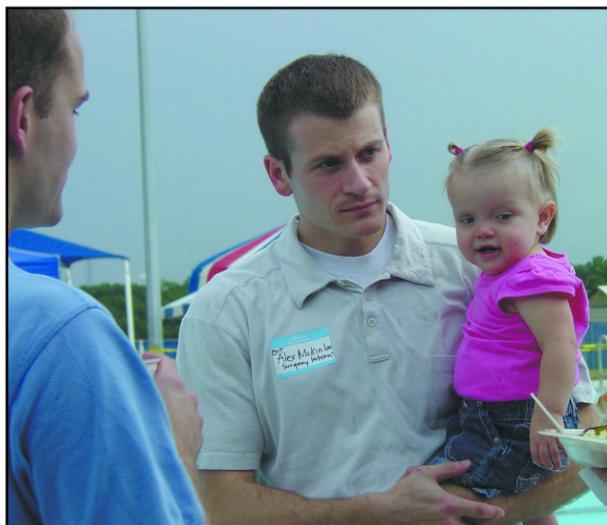
The San Antonio Chamber of Commerce welcomed new interns, residents and fellows Friday evening at a pool party. Chamber members joined Brig. Gen. C. William Fox, Jr., commander of Brooke Army Medical Center and Brig. Gen. Charles Green, commander of Wilford Hall Medical Center to welcome the healthcare professionals training through the San Antonio Uniformed Services Health Education Consortium.



Chaplain Bill Killough and his son enjoy a playful moment in the Fort Sam Houston pool.



Mark and Rebecca Morris get a hug from Sparky. Their dad, Lt. Col. Michael Morris, is Brooke Army Medical Center's director of graduate medical education.



Capt. Alex McKinlay, a surgery intern, and his daughter, Isabel, visit with other residents at the Friday evening pool party.



Brig. Gen. C. William Fox Jr. and Brig. Gen. Charles Green share a laugh at the San Antonio Uniformed Services Health Education Consortium pool party.



Photos by Nelia Schrum

(Left) The children of Maj. Steve Gill – Geoffrey, 2, Nathan, 4, and Kate, 6, enjoy the Texas-style barbecue dinner.

(Right) Capt. Rosemarie Rodriguez, a pathology resident and her husband Capt. Laudino Sustillo, an Internal Medicine resident, their daughter Camilia, 18 months, and Lt. Col. Maureen Koop, the director of the Internal Medicine Program visit at the pool party.



Sparky helps Col. John Roscelli, the dean of the San Antonio Uniformed Services Health Education Consortium, welcome the training healthcare professionals and their families Friday. The SAUSHEC program is a Department of Defense graduate medical education program that includes the Air Force's Wilford Hall Medical Center and Brooke Army Medical Center. The program coordinates joint military efforts for teaching, patient care, research and military readiness.

Que Pasa?



Community events

Austin Sertoma Club's Pease Park Walk, Aug. 14

The Austin Sertoma Club will sponsor the annual Pease Park volkswarm in Austin, Texas on Saturday, Aug. 14. The 10KM (6.2 mile) and optional 5KM walks will start at the south entrance of Pease Park on the corner of Parkway and Kingsbury.

The start time for the walk is between 7:30 and 11:30 a.m., finish by 2:30 p.m. To reach the walk from Lamar Blvd., take Enfield Road and turn right onto Parkway. Registration will be at the corner of Parkway and Kingsbury. For information, contact Daphne Hamilton at (512) 266-8341 or e-mail her at daphne.hamilton@att.net.

SAMMACCP Meeting, Aug. 17

The San Antonio Area Members of the American College of Contingency Planners will meet on Aug. 17, 11 a.m. in the Wainright Room at the Fort Sam Houston Officers Club. The meeting will be from 11:30 a.m. to 12:30 p.m. and is open to civilians and military involved in or interested in contingency planning, disaster preparedness, and/or homeland security. The speaker will be Capt. Dennis Fivecoat, Army Physician Assistant, Joint Regional Medical Plans & Ops, U.S. Northern Command. The topic is the National Incident Management System (NIMS). The buffet lunch is \$5.95. Point of contact is Lt. Shawna Maley at (210) 221-2028. No RSVP is necessary.

SAROA Luncheon, Aug. 19

The San Antonio Chapter of the Military Officers Association of America will hold a luncheon Aug. 19, 11 a.m. at the Randolph Air Force Base Officers Club.

Social hour is at 11 AM, with the luncheon served at noon. The cost is \$13. A speaker will discuss various little-known facts concerning the history of San Antonio. For reservations, call 228-9955.

Rummage Sale Aug. 21

A rummage sale will be held on Saturday, Aug. 21 from 9 a.m. to 1 p.m. at the Texas National Guard Armory located next to BAMC 4255, IH 35 North. The Alpha Battery 2/131 Family Readiness Group will sponsor this event to benefit the homecoming of their Soldiers in Iraq. For information, call Spc. Horne (210) 226-3424 extension 1607. Traveling IH 35 South take the BAMC/Binz-Engleman exit.

Volunteer

ASMC Luncheon, Aug. 23

The Alamo Chapter of the American Society of Military Comptrollers invite all members and non-members to attend the

August luncheon hosted by Headquarters, AFCEE on Aug. 23 from 11 a.m. to 1 p.m. at the Brooks Consolidated Club, Brooks Air Force Base. Guest speaker is Ian Smith, chief, Housing Directorate, AFCEE, who will speak about privatization. RSVP to your respective ASMC representative no later than Aug. 16. For information, call Wayne Wanner at (210) 221-7029.

OCSC Welcome Coffee at historic Stilwell House, Aug. 24

The Officer & Civilian Spouses' Club will host a Welcome Coffee at the historic Stilwell House on Tuesday, Aug. 24 at 10 a.m. Plan now to attend and to greet the newcomers. We will kick off the year with information about our programs and organizations at Fort Sam Houston. Our friendly, enthusiastic, members will make you feel right at home. OCSC membership is open to all active duty and retired officers' spouses, civilians and spouses GS-7 and above, and to active or retired female officers. For more information, call Ann Swiderski at 212-7913. We hope to see you there!

BAMC Auxiliary to host Welcome Brunch, Aug. 19

The Brooke Army Medical Center Auxiliary will host a Welcome Brunch Aug. 19 at 11 a.m. in the historic Stilwell House on Fort Sam Houston. The Auxiliary is a fun social and services organization that helps support BAMC, the military community, Soldiers and family members.

There are fun events planned throughout the year for those who want to have fun, but for those that want to meet a service need, we have many community projects during the years. Membership is open to adults age 18 or older, with military or DoD affiliation, active duty or retired. For information or to R.S.V.P. for the brunch, call Kim Taylor at (210) 566-6526.

Botanical Center Children's Fall Garden Program begins Aug. 28

It is time for the fall session of the children's Garden at the Botanical Gardens to begin. This is a great opportunity for children 8-13 to learn about basic vegetable gardening from experienced gardeners. Each child has their own garden plot in which to grow and harvest vegetables to take home. The program is located at the Botanical Garden Center at 555 Funston and is sponsored by the Men's Garden Club and the San Antonio Botanical Society.

The Fall session starts on Aug. 28 and meets every Saturday from 9 to 11 a.m. until early November. Participants must come every week. The registration fee is \$5. Registration is at the Botanical Center. For more information, call 207-3255.

Auditions for "Grace and Glorie" at the Harlequin, Aug. 30-31

The Harlequin Dinner Theatre will hold open auditions Aug. 30 and 31 from 7 to 8:30 p.m. both nights for the Neil Simon comedy "Grace and Glorie," with Bruce E. Shirky directing. Those who come to auditions should enter Fort Sam Houston through the Walters Street gate.

There are roles for two women; other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew.

Performances will be held Wednesday through Saturday evenings from Oct. 13 through Nov. 6. For information, call the Harlequin Dinner Theatre at (210) 222-9694.

SHARE seeks host families for international students

SHARE is looking for host families for international exchange students for the upcoming school year. The students speak English; are covered by medical insurance and have spending money for their personal expenses. Host families provide a bed, meals, as well as friendship, understanding, and a genuine desire to share the American way of life.

Traditional two-parent families (with or without children), single parents or adults, and retired couples have enjoyed hosting one of our bright students. For information, call Yvette Coffman at 1-800-941-ERDT (3738) or visit www.share-southwest.org.

Cultural Homestay International seeks host families

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit www.chinet.org.

Education

Digital Battle Command Information Systems Training, Aug. 23 - 26

Force XXI Battle Command Brigade and Below (FBCB2) is part of Army Battle Command Systems. It is a digital, battle command information system that provides on the move, real time and near real time C2 tactical combats. This is the same system that Soldiers are using in Kuwait, Afghanistan, and Iraq. This training is open to all AMEDD Soldiers to include AMEDDCS instructors. Training for this course will start Aug. 23 - 26 at Willis Hall, Bldg. 2841, room 2105C. If you are interested in attending, contact Marvin Danzy at 221-4361 or e-mail at marvin.danzy@amedd.army.mil. The FBCB2 Web site is <http://fbc2.monmouth.army.mil>.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in

any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

Direct commissioning program

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

Meetings

SACAA seeks new members

The San Antonio Caribbean American Association was formed in April, and the goal is to promote a working knowledge of the diverse and common elements of culture, the fostering of cultural awareness, the understanding, and appreciation of cultural heritage and the provision of a social atmosphere of togetherness. For information call Mater Sgt. Perry at 310-0123, Cassandra Reefer at 659-9150 or Pauline Coleman 659-7258.

USAWOA - Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, contact CW2 Matthew Watterson at 295-8773 or at matthew.watterson@us.army.mil

Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

BOSS seeks single Soldiers

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

Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.



For Sale: Six-drawer antique white with gold trim dresser, \$80 obo; computer desk, \$25; Oriental rug, \$125 obo. Call (210) 224-6361.

For Sale: 2002 Ford Tuscany Van fully loaded, 11,570 miles, handicap equipped, raised roofs and doors, UVL lift (under van), extra driving hand controls, transfer drivers seat, TV, CD Player and VCR, \$32,000. Call 967-5321 or 653-8461.

For Sale: RCA Stereo cassette, AM/FM Remote, \$50; starter golf set 8-piece, \$15; Green Machine Steam Cleaner, \$50; 19" Magnavox Color TV, \$65; Compaq IJ300 Printer, \$20. Call 661-9769.

For Sale: Marcy multi-station weight machine with bench, \$90; Amana refrigerator, 21 cubic ft., \$50; chair bed, \$20.00; new play pen, \$25; new baby mattress, \$10. Call (210) 494-6490.

For Sale: 16 ft. shell off a Ford Ranger, maroon in color in great shape, \$75. Call 590-2126.

For Sale: Broyhill dining table with leaf and custom-made top protector pad, 6 chairs, \$400; china cabinet/hutch beveled glass, \$350; curio cabinet beveled glass, \$250; computer desk/hutch, \$250. Call 299-4152.

For Sale: 2001 17' Casita travel trailer, sleeps 3, microwave, refrigerator/freezer, gray and black tanks, awning, cable ready, 2-burner cooktop; roof A/C with heat strip, bathroom with shower, hitch weight approximately 300lbs, \$11,500 obo. Call 655-5016.

For Sale: Hand crafted solid oak dining room table with 5 chairs and 1 bench, \$425 obo. Call 226-9568.

For Sale: Cardio-glide, \$30; Leg Master-Nordic Track, \$30; two European chandeliers, \$50 each. Call 653-4669.

For Sale: twin, queen, and king size metal frames, \$25. Call 832-0061 or 394-7274 ask for Jeana or Anthony.

For Sale: Graco stroller with umbrella and underside basket, \$10; Evenflo highchair 3-in-1 can be booster, high-chair, table and chair, \$50; 1 boys 12" bike, 1 girls 12" bike, \$10 each; Cosco toilet training seat/step, \$5. Call (210) 220-1928.

For Sale: Yamaha tenor saxophone, \$2,000; 10-in-1 complete home woodworking shop with accessories, \$2,000; Sony 400 CD changer, \$150. Call 355-4330.

For Sale: One decorative, patriotic soldier statue/center-piece, \$45; one brand-new Maxell CD laser lens cleaner, \$10; Milton Bradley 1000-piece jigsaw puzzle, \$10; new synthetic gut tennis racket string, \$10; handy aluminum foil dispenser, \$10. Call (210) 656-0569.

For Sale: Dining room table and 8 chairs, extends to seat 12, \$400; single bed set frame, box spring, mattress and headboard, \$100; metal desk, \$35; wood bookshelf, \$35;

Whirlpool washing machine, \$75. Call Sandy at (210) 241-1291 or 887-7322.

For Sale: Graco dual glider travel system with two snug rides infant carriers/car seats, \$95; Graco infant swing, \$40. Call 662-0558.

For Rent: Four bedrooms, 2-bath, enclosed garage, NE San Antonio, details at: <http://www.geocities.com/rent4838> \$750 per month, \$750 deposit required. Call (210) 655-4271 and leave message. Rental application required.

For Rent: Three bedroom, 2-bath, 2-car garage, in ground pool, Vista subdivision at 1604 and Judson. \$975.00 per month, \$900 deposit required. Call 651-9588 or 383-7900.

For Sale: Three-year old house in desirable Oakwell Farms, gated community with pool, tennis, and walking trail, 2,600 sq. ft., 3-2.5 with study, covered patio, two-story, and more, close to Fort Sam Houston. Call (210) 824-4770

Career Clips



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

Human Resource Manager - San Antonio. Direct the human resources activities within the center including training and updating center staff on company personnel policies, procedures, and regulations and monitoring and evaluating human resources systems.

Patient Services Technicians - San Antonio. Exhibit proficiency in all of the following: Blood collection by veni-puncture and capillary technique from patients of all age groups, urine drug screen collections. Maintain logs/records, organizational skills, proficiency with numbers, research information, time management.

Assistant Manager - San Antonio. Responsible for overseeing and executing all client services, administrative and technical services, ensuring rapid response and high satisfaction levels. Assists manager with all aspects of day-to-day operations, sales, marketing, and profitability of the center.