

FORT SAM HOUSTON News Leader

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"HOME OF ARMY MEDICINE"

Row, row, row



Photo by Staff Sgt. Nick Lutton

Special Forces soldiers from Peru hurry across Canyon Lake June 23 as part of a timed event during Fuerzas Comando 2008. Seventeen countries participated in the Special Forces team skill competition, which was held June 19 to 26 at Camp Bullis. See related story and more photos, Page 14.

BAMC works to ease patient parking

Staff asked to park in satellite lots

By Jen Rodriguez
Brooke Army Medical Center

Starting in August, significant changes will occur at Brooke Army Medical Center due to the Base Realignment and Closure construction projects.

During the period of construction, BAMC parking lots will be designated for patients only.

This will ensure adequate parking for patients within close proximity to the hospital during the construction period, which is expected to last from August through October 2011.

The majority of BAMC's staff will be required to park in on-post satellite parking areas in an effort to provide adequate parking for patients at BAMC during the construction period.

According to BAMC's Provost Marshal Office, staff parking on the BAMC Campus will be restricted to handicapped personnel, a very limited number of carpoolers, motorcycle riders and bicycle riders beginning no earlier than Aug. 1.

BAMC PMO James Hobson said staff members participating in carpooling must have a minimum of two passengers per vehicle to meet the carpool criteria.

"They are also required to get a carpool sticker from the BAMC PMO," he said.

Carpool stickers will be issued on a first-come, first-served basis to BAMC staff who meet the carpool criteria.

Hobson said due to the very

See PARKING P9

INSIDE

CAR CARE



New Firestone officially opens for business

PAGE 4

NEW COMMANDER



Recruiting Battalion welcomes new commander

PAGE 5

FIREWORKS BAN



Fireworks-related fires, injuries can put damper on festivities

PAGE 7

Fourth of July festivities at Fort Sam Houston

'Salute to the Union'

A display of the 50 state flags will grace the main post flagpole as Fort Sam Houston salutes the 232nd anniversary of

the Declaration of Independence Friday at 11:30 a.m. at the main post flagpole on Stanley Road.

The traditional ceremony will feature a cannon salute to the Union fired in succession for each of the 50 states starting with Delaware. Members of the "Sons of the American Revolution" dressed in period

uniforms will ring a commemorative bell 13 times to commemorate the original 13 colonies which first formed the United States of America.

The U.S. Army Medical Command Band will perform patriotic music before and after the ceremony.

The public is invited to enter Fort Sam Houston from the Walters exit off of Interstate Highway 35 or at the Harry Wurzbach Road entrance.

Independence Day Patriotic Ceremony

The public is invited to attend the 24th Annual Independence Day Patriotic Ceremony, sponsored by

The Granaderos & Damas de Galvez, Friday from 10 to 11 a.m. at the Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road. The program

includes readings from the Declaration of Independence, a roll call of the 13 colonies, and a keynote speech by Lt. Gen. Thomas Turner, commanding general, U.S. Army North. Civic and patriotic organizations that would like to participate in the procession and wreath-laying can call Joel Escamilla at 679-9214 or e-mail escamilla@satx.rr.com.

For more information on other Fourth of July events around San Antonio, see Page 20.

VISIT NEWS LEADER ONLINE: WWW.SAMHOUSTON.ARMY.MIL/PAO/DEFAULT.HTML

Have safe, enjoyable holiday weekend

By Maj. Gen. Russell J. Czerw
Commanding General, Fort Sam
Houston and AMEDDC&S

This holiday we will enjoy many activities with friends and Family while celebrating our nation's 232nd birthday. Along with the variety of summer activities and additional motor vehicles on our highways, our Soldiers and Family members face an increased potential for accidents and injuries. We have already experienced high temperatures, which has increased the potential for heat-injury exposure to a critical level.

Leaders at all levels must play a major role in preparing our Soldiers, civilian employees and Family members to deal with the additional risks during the 101 Critical Days of the summer season. As always, while preparing your units for this holiday, it is very important that leaders remind personnel to use proper composite risk management. The composite risk management process exists for each of us to think about all aspects of the activities we participate in and how to mitigate any risk.

Before you leave in search of the perfect Family trip or outing, take time to plan your activity. Prepare your car, boat, camper or bike for travel and be sure to consider the

driving distance, travel time and weather forecast. Speeding, driving distractions, fatigue and alcohol-impaired driving are directly responsible for most mishaps. Through June 19, 86 Soldiers have been killed in privately owned vehicle accidents. The alarming statistic is that 34 of these were motorcycle fatalities. Preplanning, using risk management, good equipment and common sense are essential to ensure safe and fun activities.

Fireworks are a traditional part of the Independence Day celebration and should be included in holiday briefs, as well as the inherent risks associated with swimming, boating, alcohol use, POV and motorcycle operations. Additionally, leaders must emphasize sexual assault risks, prevention and response in their holiday safety briefings; guidance is available at www.sexualassault.army.mil. While enjoying your recreational activities, remember to properly use your safety restraints and safety equipment at all times. Avoid overexposure to the heat and sun, and leave the fireworks to the professionals. Even if fireworks are legal, they are still very dangerous. Always think safety!

For more information on fireworks safety and safe shooting sites, see Page 7.



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News Briefs

Museum closed for holiday

The Fort Sam Houston Museum will be closed Friday to celebrate Independence Day. The museum will reopen Saturday. For more information, call 221-1886.

Pneumococcal Vaccine Week

Pneumococcal Vaccine Week will be held July 28 to Aug. 1. Brooke Army Medical Center beneficiaries should plan to attend and receive this life-saving vaccine. The disease can lead to serious infections of the lungs, blood and brain, and kills more people in the United States each year than all other preventable diseases combined. The vaccine is recommended for people age 65 and older. A second dose is recommended for people age 65 and older who got their first dose when they were under 65, and as recommended by a primary care manager. For beneficiaries who have already received the vaccine, call Harold Little at 916-9418 to update records.

Sewer testing

The Fort Sam Houston Directorate of Public Works is working with a private contractor to test the post sewer system. The contractor is using smoke to detect leaks. DPW advises all personnel who work or reside on Fort Sam Houston that smoke may come out of quarters and government buildings through venting systems. The project is slated to run for about six to eight weeks.

Changes of Command

Defense Medical Readiness Training Institute

Air Force Col. Scott Courtney will relinquish command of the Defense Medical Readiness Training Institute to incoming commander Air Force Col. John Mitchell at a change of command ceremony today at 9 a.m. at the Fort Sam Houston Quadrangle.

Veterinary Command

The Great Plains Regional Veterinary Command will hold a change of command ceremony Tuesday at 3 p.m. at Army Community Service, Building 2797.

U.S. Army Dental Command

Col. Larry Hanson will relinquish command of the U.S. Army Dental Command to Col. M. Ted Wong July 10 at 8 a.m. at the main post flagpole.

U.S. Army Garrison

Col. Wendy Martinson will relinquish command of the U.S. Army Garrison to Col. Mary Garr July 29 at 9 a.m. at the post flagpole on Stanley Road.

Change of Responsibility

U.S. Army Dental Command

Sgt. Maj. Richard Orona will relinquish responsibility of the U.S. Army Dental Command to Sgt. Maj. Exerline Drumm Wednesday at 8 a.m. at the main post flagpole.

San Antonio Reserve unit provides invaluable expertise

Story and photos by Staff Sgt. Jason Hudson
91st Division Public Affairs

FORT HUNTER LIGGETT, Calif. — It may not be the most glorious job in the Army but it is a necessary and much-appreciated one.

The job is to provide clean clothing and shower service to deployed Soldiers. One of the units that fills this need is the 340th Quartermaster Company based out of San Antonio.

Their most recent mission was to make sure that Soldiers participating in Pacific Warrior Exercise 2008 had an opportunity to shower and get their clothing laundered on a regular basis.

The 91st Division-directed Pacific Warrior Exercise was conducted June 7 to 27 at Fort Hunter Liggett, Calif. Almost 4,000 Army Reserve Soldiers from across the country converged on the post for this training, which is designed to prepare them for the rigors of deployment in the ongoing Global War on Terror.

The training exercise gave participating units an opportunity to rehearse military maneuvers and tactics such as base security, convoy operations and quick reaction drills during simulated enemy attacks. More than 100 unique combat support and combat service support units participated. The challenging training on key warrior skills included improvised explosive device-defeat, combat life-



Command Sgt. Maj. Janell Word turns laundry in for cleaning to Soldiers from the 340th Quartermaster Company. The 340th provided laundry service to forward operating bases supporting Pacific Warrior 2008 at Fort Hunter Liggett, Calif.

saver, convoy operations, forward operating base operations, land navigation and map reading, military communication systems, and media and civilians on the battlefield.

The 340th QM Co. arrived June 5 and had facilities on

See RESERVE UNIT P12

Fort Sam battalion contributes to medical exercise

Story and photo by Spc. Daniel Schneider
366th Mobile Public Affairs Detachment

FORT HUNTER LIGGETT, Calif. – The village ground was littered with injured earthquake victims as the convoy approached.

Military police vehicles set up security with gunners scanning the area. Engineers rushed ahead to ensure the area was clear of explosives before the medics dismounted with their medical equipment.

The military police, engineers, and medical personnel were a cohesive unit during the medical civil action program exercise June 17, said Lt. Col. Kevin R. Villalobos, medical operation officer for the 7304th Medical Training Support Battalion from Fort Sam Houston.

The exercise was part of the 91st Division-directed Pacific Warrior Exercise conducted June 7 to 27 at Fort Hunter Liggett, Calif. Almost 4,000 Army Reserve Soldiers from across the country converged on the post for this training, which is designed to prepare them for the rigors of deployment in the ongoing Global War on Terror.

The medical civil action program exercise "gave the medical troops an opportunity to perform in a tactical environment," Villalobos said. "They had to adapt how to preserve their own life in order to save someone else."

The convoy consisted of the 88th Military Police Company from Fort Eustis, Va.; the 352nd Military Police



Maj. Israel Santiago and Spc. Jose L. Alvarado, both with the 369th Combat Support Hospital from San Juan, Puerto Rico, assess an injured civilian during a medical civic action program exercise June 23 during Pacific Warrior 2008 at Fort Hunter Liggett, Calif.

Company from Rockville, Md.; the 443rd Military Police Company from Sparks, Md.; the 863rd Engineer Battalion from Darien, Ill.; and the 369th Combat Support Hospital from San Juan, Puerto Rico.

See MEDICAL EXERCISE P9

New Firestone officially opens for business

By Lori Newman
Special to the News Leader

Post leadership and guests attended the grand-opening ceremony for the new Firestone Complete Auto Care store on Fort Sam Houston Friday.

Racing legend Mario Andretti, whose partnership with Firestone spans four decades, was on hand to greet Soldiers and Family members and sign autographs.

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, and Col. Wendy Martinson, commander, U.S. Army Garrison, also were in attendance.

Martinson addressed the crowd saying, "We are very excited about the negotiations that AAFES (Army and Air Force Exchange Service) has had with Firestone, that have been ongoing since 2005, to bring Firestone services to Fort Sam Houston. Firestone is name-brand recognition with products and services that our customers want and need. It is corporate-owned and operated and provides a nationwide warranty for all on and off-post services."

AAFES spent \$200,000 to see the project completed. The contract was awarded Nov. 8,

and the store opened for business Feb. 8. It has been achieving booming success, said Martinson.

During the ceremony, representatives from Firestone Complete Auto Care presented a check in the amount of \$10,000 to the Returning Heroes Home Foundation. Car Quest also presented a check for \$1,000.

The Returning Heroes Home Foundation, a grass-roots organization, was set up to raise money to build a new Warrior and Family Support Center building. The WFSC supports Warriors in Transition and their Families staying at Fort Sam Houston during their medical treatment.

Martinson thanked the Returning Heroes Home Foundation for its efforts to raise money. The new facility will be built near Brooke Army Medical Center.

"Fort Sam Houston has a unique responsibility and the honor of welcoming our Soldiers back from Iraq and Afghanistan and other places for the unfortunate reason that they have been injured in some type of hostile activity. They come here and this becomes their home," said Martinson.

"These Soldiers weren't originally assigned to Fort Sam Houston; they come from post camps and stations



Photos by Olivia Mendoza

Col. Wendy Martinson, commander, U.S. Army Garrison; Mario Andretti, legendary race car driver; Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School; and Pfc. Lawrence Guerro, Warrior in Transition, officially open the Firestone Complete Auto Care Friday with a ribbon-cutting ceremony.

throughout the United States. But they come here for very specialized treatment, whether they have suffered significant burns or amputations as a result of hostilities. Their stay here is very lengthy, often times it can be for a year, two years, perhaps even three years. By that time we have become their community, their home and we embrace that and are very honored to have become the home to 750 Warriors in Transition," said the colonel.

Martinson also thanked Andretti for coming to the ceremony and the Firestone team for bringing their services to the Soldiers and Family members of the Fort Sam Houston community.

Andretti also addressed the crowd, thanking Firestone and post leadership for inviting him to visit the post and attend the grand-opening ceremony.

"Who knows, the general may even draft me, I think I'm still young enough," Andretti joked.

After the ceremony, Andretti signed autographs



Mario Andretti, legendary race car driver, signs an autographed picture and hat for Sgt. 1st Class Brett Long, 187th Medical Battalion, Friday after the Firestone grand-opening ceremony.

Recruiting Battalion welcomes new commander

Story and photo by Minnie Jones
Fort Sam Houston Public Information Office

Lt. Col. Thomas Ellis (foreground) incoming commander and Lt. Col. Rene' Brown, outgoing commander, San Antonio Recruiting Battalion, stand at attention during the change of command ceremony Friday across from the historic Old Brooke Army Medical Center.



In a change of command ceremony Friday in front of the historic Old Brooke Army Medical Center, Lt. Col. Rene' Brown passed the colors to incoming commander Lt. Col. Thomas Ellis, signifying a change of authority of the United States San Antonio Recruiting Battalion.

Brown, who has led the San Antonio Recruiting Battalion for two years, is retiring after 26 years of military service. He and his wife Carolyn and their children, Matthew, Brianna and Travis will relocate to Kentucky to begin his ministry.

Col. Francis Caponio, commander of the 5th Recruiting Brigade, presiding officer for the ceremony, commended

Brown and the battalion with doing more than its share of ensuring that the Army is resourced adequately with well-qualified Soldiers. He also applauded them for being the top battalion in both volume and quality achievement for the past three years, a first in the United States Army Recruiting Command.

Caponio praised Brown as a great leader. "Rene's dedication, hard work, and strength as a leader and motivator are truly second to none. He has built a team that is also second to none," said Caponio. "Many would credit the command climate created under the superb leadership of Lt. Col. Brown as a big factor in their success. He exemplifies the motto: 'Mission first - people always.'"

Brown, thanking the battalion for its support, said, "Over

the past two years this mighty battalion has indeed set a high mark in recruiting excellence that cannot be erased; everything from increasing enlisting of more high school seniors, to increasing awareness in recruiting to your communities, becoming the number one battalion in USAREC for three years in row. Wow!"

Incoming commander Lt. Col. Thomas Ellis accepted the unit's colors signifying his acceptance of authority for the San Antonio Recruiting Battalion.

Caponio welcomed Ellis to the Recruiting Battalion. "We are looking forward to working with you in your new capacity as commander of the Tiger Battalion. A command is one of the greatest privileges

See RECRUITING P12



(From left) Ottif Lewis, regional vice president for Firestone, presents a \$10,000 check to the Returning Heroes Home Foundation. There to receive the donation was Mario Andretti, legendary race car driver; Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School; and Sonya McDonald, member of the Returning Heroes Home board of directors.

for the racing fans in attendance. He also made a stop at BAMC to visit with injured Soldiers and their Families.

Firestone Complete Auto Care is located on the corner of Schofield and Wilson roads.

Firestone is open Mondays through Fridays from 7 a.m. to 7 p.m., Saturdays from 7 a.m. to 6 p.m. and Sundays from 9 a.m. to 5 p.m. For more information on the services available, call 224-0209.

Summer sounds



Photo by Phil Reidinger

The Army Medical Command Band, led by Chief Warrant Officer 5 Douglas Paarmann, started the summer gazebo concert performance series Sunday with a concert hosted by Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School. He joined the band twice during the concert to "America the Beautiful" and "God Bless America." The band performed a variety of music styles including traditional John Philip Souza marches such as "Signs of Liberty" and a circus march titled the "Melody Shop." Mixing musical styles, the band also performed "Espana Cani" and a paso doble titled "Slava." A Gene Cooper swing-era piece "Sing, Sing, Sing" had everyone clapping to the energetic beat. Demonstrating their combined talents the band also performed a medley from Phantom of the Opera. A stirring rendition of "Stars and Stripes Forever" concluded the concert.

BAMC TRICARE Service Center to relocate

By Bill Prevo
BAMC TRICARE Contract Liaison

Beginning July 18, Brooke Army Medical Center's TRICARE Service Center will temporarily relocate to Building 2535 on Garden Avenue, about 1-mile east of the McWethy Troop Medical Clinic.

The center's hours will be Monday through Friday 7:30 a.m. to 4:30 p.m. for walk-ins, except for federal holidays.

Beneficiaries are encouraged to call TRICARE toll free at 1-800-444-5445 for issues that can be handled by phone.

"This move will provide BAMC with critical space required to construct the Traumatic Brain Injury Clinic to provide care to our wounded service members," said Maj. Eric Schmacker, chief of health-care operations at BAMC.

Brooke Army Medical Center's TRICARE Service Center will temporarily relocate to Building 2535 on Garden Avenue.

Schmacker said the move was necessitated by an increasing mission and operational workload at BAMC due to the implementation of the Army Medical Action Plan.

Additionally, the move is a part of the 2005 Base Realignment and Closure process.

In 2010, the TRICARE Service Center will permanently relocate to the planned

See TRICARE P7

Stay safe on Fourth of July

Fireworks-related fires, injuries can put damper on festivities



The use of fireworks on Fort Sam Houston and Bexar County is strictly prohibited. Bexar County has set up 10 safe shooting sites.

By Assistant Chief Terry Davis
Fort Sam Houston Fire and
Emergency Services

Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks – devastating burns, other injuries, fires and even death.

The use of fireworks on Fort Sam Houston and Bexar County is strictly prohibited. Bexar County has set up 10 safe shooting sites. The 10 safe areas are:

- U.S. 281 South, just inside Loop 1604 (two locations)
- U.S. 90 West at Montgomery Road
- I-10 West at Old Fredericksburg Road (two locations)
- Talley Road at FM 471
- FM 1346 and East Houston

Street, inside Loop 1604

- Highway 16, one mile south of Loop 1604
- Interstate Highway-35 South at Kinney Road
- Loop 1604 between Applewhite and Jett roads

People should be aware that they can be fined up to \$1,000 and spend 180 days in jail for the illegal use of fireworks.

The following statistics show how dangerous fireworks can be:

- In 2005, fireworks caused an estimated 1,800 total structure fires and 700 vehicle fires. These 2,500 fires resulted in an estimated 60 injuries and \$39 million in direct property damage.
- In 2006, U. S. hospital emergency rooms treated an estimated 9,200 people for fireworks-related injuries – 49 percent of the injuries were to the extremities and 46 percent were to the head; and 55

percent of the 2006 fireworks injuries were burns, while 30 percent were contusions and lacerations.

The risk of fireworks injury was two-and-a-half times as high for children ages 10 to 14 as for the general population.

On Independence Day in a typical year, more U. S. fires are reported than on any other day; fireworks account for half of those fires, more than any other cause of fire.

Sparklers, fountains, and novelties alone accounted for 28 percent of the emergency room fireworks injuries in 2006.

Here are a few tips for people who decide to purchase fireworks and set them off at one of the safe shooting areas:

- Only buy from reliable sellers, read and follow all the warnings and instructions.
- Do not let children under age 14 use fireworks and

supervise older children.

Use fireworks outdoors only; keep away from houses and flammable material.

Do not try to re-light or handle malfunctioning fireworks (duds).

Be sure other people are a safe distance away before lighting fireworks.

Never ignite fireworks in a container, especially glass or metal.

Store fireworks in a cool, dry place according to their specific storing instructions.

Never experiment or attempt to make fireworks.

Sparklers need to be handled carefully; they burn at more than 1,000 degrees

Fahrenheit. Light them one at a time at arm's length. Always wear gloves while holding a sparkler and never give one to a child under age 5.

Educate children of all ages about the dangers of fireworks and teach them to practice safety at all times.

To report illegal use of fireworks on Fort Sam Houston, call 221-2222, and off post in San Antonio, call 207-7963.

For more information about fireworks safety, call the Fire Prevention Branch at 221-5452 or 221-2727 or visit the office in B-131 on Stanley Road.

(Source: National Fire Protection Association)

TRICARE from P6

Soldier Family Medical Clinic facility on post.

Schmacker said the move will also reduce some parking congestion on the BAMC campus, and will position the TRICARE Service Center very close to its permanent location "to better serve its expanding mission there," he said.

BAMC's health benefits advisers, beneficiary counseling and assistance coordinators, and debt collection assis-

tance officers will also relocate with the TRICARE Service Center. These TRICARE professionals provide a full range of information and assistance with all government health programs and help to resolve any claims issues.

New phone numbers will be published before the relocation to the new building.

For information about medical BRAC issues, access the San Antonio Military Medical Center Web site at www.sammc.amedd.army.mil/.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

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

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



PARKING from P1

limited number of carpool spaces that will be available, "the carpool lot will be closely monitored by BAMC security officers to ensure that only authorized carpoolers are parking there."

"This satellite parking initiative will affect over 2,000 staff members, but will maximize patients' parking on the BAMC Campus during the BRAC construction period," said Master Sgt. Joseph McCullom of Security, Plans and Operations at BAMC.

The satellite parking areas for BAMC staff members are located on post and include the Archery Range, Privatization of Army Lodging (Staybridge) Parking Site, Stanley Road Parking Site, Old PX Parking Site and South Beach Parking Site.

Available overflow sites are the Post Office Parking Site and the Scout

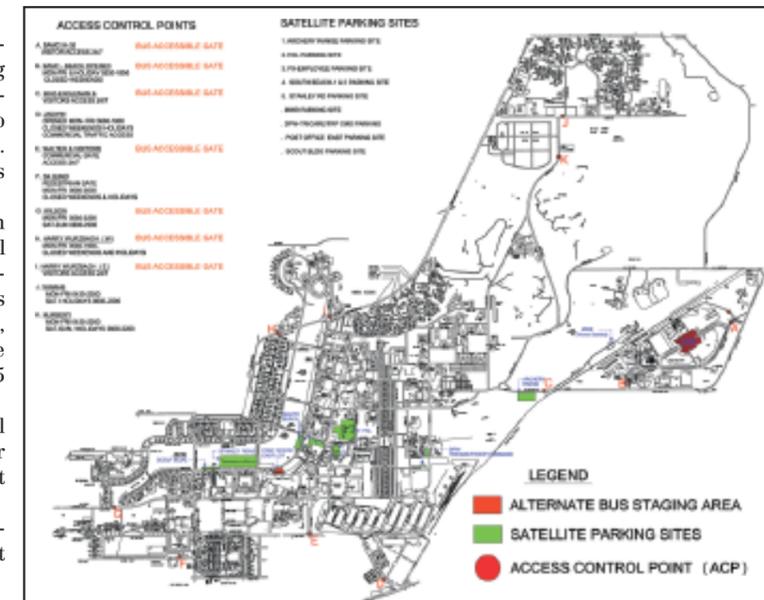
Building Parking Site.

Shuttle services will provide transportation from the satellite parking areas to the hospital for staff members. The buses are scheduled to operate from 5 a.m. to 1 a.m. Monday to Friday excluding holidays and training holidays.

During peak hours, transportation to and from the parking spaces will be by 44-passenger buses for transport approximately every 5 minutes during peak hours. At off-peak hours, 44-passenger buses will be available to transport approximately every 15 minutes throughout the day.

Additionally, government vans will be available on an on-call basis for the transition between buildings not located on bus routes.

A shuttle bus schedule will be published in the News Leader early next month.



MEDICAL EXERCISE from P3

During the exercise, which followed a simulated earthquake, Army Reserve personnel visited affected villages and dealt with numerous injuries, ranging from lacerations to back pains.

Men and women in native

dress came out to meet the Soldiers and ask for aid. In one case, villagers initially became vocal and angry when they didn't feel a man with a broken wrist was being treated quickly enough.

Col. Dawn A. Vuicich, medical operations officer for the 7303rd Medical Training Support Battalion from Fort

Gordon, Ga., said the Soldiers adapted very well, improving each time they stopped.

The exercise was designed to be 80 percent tactical and 20 percent medical, she said.

Master Sgt. Robert Dawley, 479th Engineer Battalion from Watertown, N.Y., said they faced some unplanned, real-life obstacles to their mission.

"As we pulled out, the first site was blocked by a downed tree, but the (military police) found an alternate route," said Dawley, noting that the

Soldiers pressed on despite the hardships. "As soon as we set up on the second site it just clicked. All the units performed outstandingly."

Are you ready for the summer?

Prevent heat injuries with safety measures

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips can help you avoid heat injuries:

Drink Plenty of Fluid

Increase fluid intake — regardless of activity level. During hot weather, you will need to drink more liquid than your thirst indicates. This is especially true for people age 65 and older who often have a decreased ability to respond to external temperature changes. Ensure that infants and children drink adequate amounts of liquids. However, avoid very cold beverages because they can cause stomach cramps. In addition, avoid drinks containing alcohol because they will actually cause you to lose more fluid.

Drinking plenty of liquids

during exercise is especially important. During heavy exercise in a hot environment, drink two to four glasses (16 to 32 ounces) of cool fluids each hour. However, people on a fluid-restricted diet or who take diuretics should ask their doctor much they should drink.

Replace salt, minerals

Heavy sweating removes salt and minerals from the body. These are necessary for the body and must be replaced. The easiest and safest way to replace salt and minerals is through diet. Drink fruit juice or a sports beverage during exercise or any work in the heat. Do not take salt tablets unless directed by a doctor. People who are on a low-salt diet should ask their doctor before changing

what they eat or drink — especially before drinking a sports beverage.

Wear appropriate clothing, sunscreen

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool. Dress infants and young children in cool, loose clothing and shade their heads and faces with hats or an umbrella.

Limit sun exposure during the mid-day hours and in places of potential severe exposure such as beaches. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. A variety of sunscreens are available to reduce the risk of sunburn. The protection they offer against sunburn varies. Check

the sun protection factor number on the label of the sunscreen container. Select SPF 15 or higher for adequate protection. Apply sunscreen 30 minutes before going outdoors and reapply according to package directions.

Adjust to the environment

Any sudden change in temperature will be stressful to your body. You will have a greater tolerance if you limit your physical activity until you become accustomed to the heat. When traveling to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, stop all activity, get into a cool area, or at

least in the shade, and rest, especially if you become lightheaded, confused, weak or faint.

Monitor those at high risk

Monitor the condition of your travel partners and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

Certain travelers are at greater risk of heat-related illness. Infants and children up to 4 years old rely on others to regulate their environments and provide adequate liquids. People age 65 and older may not compensate for heat stress efficiently. Overweight people may be prone to heat sickness because of their tendency to retain more body heat.

Any health condition that causes dehydration makes the body more susceptible to heat sickness. If you or someone you're traveling with is at higher risk it is important to drink plenty of fluids, avoid overexertion, and get your doctor or pharmacist's advice about medications taken for high blood pressure, depression,

See HEAT INJURY P11

Wet Bulb Globe Temperature kit can help prevent heat injuries

By Elaine Wilson
Fort Sam Houston Public Information Office

With an already scorching summer under way, post safety officials recommend units purchase a Wet Bulb Globe Temperature kit to help determine work-rest cycles and water consumption.

The kit is particularly important for Soldiers in training, both on post and at Camp Bullis, since it can help prevent heat injuries, said Mary Lloyd, Army Medical Department Center and School safety specialist at Camp Bullis.

"A Wet Bulb Globe Temperature allows Soldiers to train and work safely within weather of that day," she said.

The WBGT is derived from a combination of temperatures from three thermometers — wet globe for humidity,

black globe for solar factor, and dry bulb for the ambient temperature.

The kit contains all three thermometers as well as a calculator for determining the WBGT, which is used to calculate the heat category. The heat category determines the recommended water consumption and work-rest cycle.

Unlike the heat index on television, which is based only on temperature and humidity, the WBGT also accounts for strength of the wind and sun. As a result, the WBGT may read much lower than the heat index, Lloyd said.

"You should put the kit as close as possible to where you're training," Lloyd said.

"If you're in the shade, move the kit in the shade. That way you'll get the most accurate reading for the training involved and won't limit train-

ing unnecessarily."

Along with the kit, post personnel can also access a general WBGT reading for Fort Sam Houston, which is posted on the Environmental Health link of the Preventive Medicine Web page at http://www.gprmc.amedd.army.mil/pmo/pm_index.htm. Environmental Health uses an automated WBGT system so the readings are updated continually.

While accurate, "The WBGT is in full sun most of the day, so the reading may not be applicable to your specific training area. That's why it is so important to take independent readings," said Capt. Naomi Skinner, chief of Environmental Health, Brooke Army Medical Center.

"It's important to keep in mind that WBGT readings vary depending on location and environment," Lloyd said, adding that amount of shade, wind,

direct sunlight and presence of water factor into a reading.

Lloyd recommends people use the readings from the Web site as a general guideline and use a unit WBGT device to determine the index in their specific location.

"If you use someone else's temperature, you may be taking more time for rest than needed or not drink enough water," Lloyd said. "So it's important to derive a local reading."

Lloyd recommends unit personnel take a WBGT reading every hour and keep a written record.

"The WBGT is an excellent tool to help ensure the safety of Soldiers during the heat of summer," she said.

For more information on hot-weather training or WBGTs, call the Environmental Health section of Preventive Medicine at 295-2609.

HEAT INJURY from P10

nervousness, mental illness, insomnia or poor circulation.

Schedule activities carefully

If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area. Resting periodically will give your body's thermostat a chance to recover. The most efficient way to beat the heat is to stay in a cooled area. Consider a visit to an air-conditioned or fan-cooled public place for a few hours during the hottest part of the day. Avoid hot foods and heavy meals — they add heat to your body. Finally, never leave infants, children or pets in a parked car.

For more information, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site at <http://chppm-www.apgea.army.mil>.

(Source: U.S. Army Center for Health Promotion and Preventive Medicine — Europe)

USACHPPM
Sun Protection
Questions and Facts for Soldiers

Why should I protect myself from the sun?
Sunburn is the most common injury. In snow-covered areas, soldiers may experience sunburn and "snow blindness," a painful swelling of the eye. High altitude sun exposure increases the risk for skin cancer and cataract blindness. One American dies every hour from skin cancer.

How do I protect my skin?
Seek shade, and use your uniform to cover your arms and legs. Wide-brimmed hats can protect the head and neck, or use sunscreens with high Sun Protection Factors (SPFs) and ideally reapply every couple of hours.

How do I protect my eyes?
Sunglasses with wraparound design work well, protecting at the front and side. Wide-brimmed hats can also be used. Use goggles in snow-covered areas.

When should I protect myself?
Roughly midday, from 10 am to 4 pm. Use the rule "Short Shadow? Seek Shade!" Soldiers should not be outdoors for a long sunburn in about 90 minutes when their shadow is as long as their height, but need over 90 minutes when their shadow is twice as long.

The Shadow Rule for UV Protection: Don't be outdoors for long periods when your shadow is shorter than you are tall.

See medical personnel if you have questions about sun injuries.

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RECRUITING from P5

bestowed upon an officer, said Caponio. I charge you to lead from the front, and always take care of your Soldiers and their Families. They will amaze and astound you with their collective talent and dedication."

Ellis, a native of Houston, comes to Fort Sam Houston from the U.S. Army Human Resources Command in Alexandria, Va. where he served as the Transportation, lieutenant colonel assignment officer. Ellis said to his wife Christy and his daughter Paige as he took the lectern, "Our Family just got a little bigger.

"I recognized the significant honor and responsibility that I accept by assuming this position and I want to thank Col. Caponio for allowing me this opportunity to lead these great Soldiers," said Ellis.

Then Ellis addressed the audience that included distinguished visitors, all six USREC's companies, friends and guests on the battalion's mission of frequently working in an ever-challenging operating environment.

"The importance of our recruiting mission cannot be overstated in this current environment where our nation finds itself in a period of protracted conflict. We have a challenging road ahead of us. However, Ellis said to the battalion, "based on your past, accomplishments, professionalism and expertise, I know we will continue to excel in our recruiting mission. I look forward to serving with you and sharing in all that the future holds."



Photo by Minnie Jones

Lt. Col. Rene' Brown speaks to members of the San Antonio Recruiting Battalion, Family and distinguished visitors immediately after turning over authority to Lt. Col. Thomas Ellis during a change of command ceremony Friday. Brown, who has commanded the SARB since June 2006, will retire from the U.S. Army after 26 years of service.



Pvt. Eva Shearer, from the 340th Quartermaster Company, hands Spc. Edward Gully his freshly cleaned laundry.

Photo by Staff Sgt. Jason Hudson

RESERVE UNIT from P3

two of the three forward operating bases being used for Pacific Warrior. By the time they arrived at FOB 8J on June 7, Soldiers were ready and waiting.

"As soon as they saw us pulling up they wanted to know when we would be in service," said Sgt. 1st Class Eduardo Amesquita, acting first sergeant of the 340th.

Although Amesquita's unit was one of the first to arrive at 8J, some units arrived before them; some units went days without the ability to wash laundry or shower. Another Soldier at 8J compared the sight of the laundry and shower unit pulling in to that of kids when they see an ice cream truck.

The 340th also supported FOB Schoonover. Some Soldiers at Schoonover went seven days without services. "We weren't even setup and they were in line waiting," said Capt. Joseph Drozd, commander of the QM Co.

"They're just glad to have us here," Amesquita said. "Nobody wants to be in the field for three weeks without clean clothes or a shower."

The number of Soldiers who stayed on FOB 8J fluctuated between 650 and 900; FOB Schoonover's numbers were around 1,400.

"It takes a Laundry Advance System to keep up with the needs of this many Soldiers," Amesquita said.

The Laundry Advance System is trailer mounted with

its own power system, storage connex for accessories and a 400 gallon fuel tank. Up to 200 pounds can be washed in one drum per load. With two drums per trailer, up to 400 pounds of laundry can be washed per hour. The 340th has been using it for about two years.

These Quartermaster Soldiers didn't only provide a valuable service to other units; they benefitted as well.

"We had a lot of new Soldiers fresh out of AIT (Advanced Individual Training) that never actually worked their job specialty; they've gained a lot of experience," Amesquita said. "I'm especially proud of my noncommissioned officers for training new Soldiers, lifting morale and providing excellent service."

The hands-on training they received goes beyond their chosen job specialty and into other necessary warrior skills that every Soldier, no matter what their assigned specialty, needs to have in today's Army.

"Our first job is to be riflemen; we have to be proficient in warrior skills in addition to laundry and shower operations," Amesquita said.

His Soldiers participated in convoy, IED-defeat, and Humvee rollover training. In addition, they performed duties such as entry control point and traffic control points.

"We're just glad to be part of a big exercise like this (Pacific Warrior). It's valuable training and helped to prepare our Soldiers for any future deployments," Amesquita said.

264TH Med. Bn. 10K Team wins 1/2 marathon relay

By Staff Sgt. Erin L. Trudden
Special to the News Leader

The 264th Medical Battalion 10K Team won the 1/2 marathon relay race June 21 in an impressive 1:24:42 with a 6:38 minute per mile pace.

The race, sponsored by Carabba's Italian Grill, San Antonio Road Runners, Asics and Soler Sports, was held at McAllister Park with about 2,000 runners competing.

The 264th Medical Battalion 10K team competed in the Mixed Military Division of the 1/2 marathon relay race, which was divided into four legs.

The first leg of the race, 3.88 miles, was run by Pfc. Zi Quang Jiang, of C Company. The second and third legs, 3.1 miles each, were

run by Spc. Vanessa Santiago and Pvt. Nathaniel Redden, both from B Co.; and the last leg was run by the team captain, Pvt. Brian Murphy.

Spc. Tsegi Tesfamicael, of B Co., completed the 1/2 marathon in the Individual Male Age 1-39 Category, finishing in 1:35:21, which put him 9th overall and in his category. Sgt. James Glowacki, of B Co., competed in the same age group and finished in 1:47:41, putting him 22nd in his division and 36th overall. Sgt. 1st Class Joeli Moran, C Co., also competed and placed 29th in his division and 48th overall in 1:52:14.

The Soldiers on the 10K Team must maintain a grade point average of 80 percent or better, score a 260 or better on their Record Army Physical Fitness Test, and be in good standing with both their companies and schools.



Courtesy photo

The members of the 264th Medical Battalion 10K Team include (from left) Sgt. James Glowacki, B Company; Sgt. 1st Class Joeli Moran, C Co.; Pvt. Nathaniel Redden, B Co.; Spc. Vanessa Santiago, B Co.; Pvt. Brian Murphy, B Co.; Pfc. Zi Quang, C Co.; Staff Sgt. Erin Trudden, B Co.; and Spc. Tsegi Tesfamicael, B Co.

**Post flag football**

Coaches and players are needed for the Fort Sam Houston post flag football team. Tryouts will be held July 28 through Aug. 1 at 6 p.m. at Leadership Field. Coaches should send resumes by July 25 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil

Fall flag football

Letters of intent are due Aug. 1 and a coaches meeting will be held Aug. 1 at 1 p.m. at the Brigade Gym. Mail letters of intent to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil

Fall softball

Letters of intent are due Aug. 1 and a coaches meeting will be held Aug. 4 at 1 p.m. at the Brigade Gym. Mail letters of intent to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam

Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Post soccer team

Coaches and players are needed for the Fort Sam Houston post soccer team. Tryouts will be held Aug. 18 through 23 at 6 p.m. at Leadership Field. Coaches should send resumes by Aug. 15 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Men's basketball team

Coaches and players are needed for the Fort Sam Houston post men's basketball team. Tryouts will be held Aug. 25 through 29 at 6:30 p.m. at the Jimmy Brought Fitness Center. Coaches should send resumes by Aug. 22 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234, or drop off at the Brigade Gym. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Multinational test

Special Forces competition draws competitors from 17 nations

By Spc. Thaddeus Harrington
29th MPAD, Maryland Army National Guard

Special Operations Forces from 17 nations were put to a tough physical test during Fuerzas Comando 2008, held June 19 to 26 at Camp Bullis.

After a series of skills competitions, the Columbia team finished on top, with Uruguay in second place and Panama in third. The United States finished seventh.

Fuerzas Comando tested the participants' physical and psychological endurance through many obstacles both on land and in water. Each nation's team comprised elite special operations soldiers.

Many of the participants have traveled, worked with, and fought alongside one another in the deserts and jungles.

"The Fuerzas Comando competition is about building the brotherhood of the Special Operations Forces within the hemisphere and giving them a chance to demonstrate their capabilities in a friendly atmosphere," said Lt. Col. Carlos Blanchard, chief of the Training Readiness and Exercise Division, Special Operations Command South.

Blanchard has been involved with the competition for two years. This is his first year commanding the entire event. The first competi-

tion took place in 2004 with 13 nations from the Western Hemisphere.

Each team competed in 11 different events to include weapons qualifications, obstacle courses, water events, a road march and a combined assault.

The multinational panel comprised judges who have each experienced every event prior to the competition. This experience allowed the judges to assess the physical and psychological efforts every competitor put forth.

The 17 participating teams are from the nations of Argentina, Belize, Brazil, Chile, Columbia, Costa Rica, Dominican Republic, El

Salvador, Honduras, Guatemala, Jamaica, Nicaragua, Panama, Paraguay, Peru, United States and Uruguay, with two countries observing. As observers, Barbados and Mexico gathered information to assist them in building a team for possible future Fuerzas Comando competitions. Many nations start out observing the competition, then return home to organize a team to compete the following year.

The U.S. Southern Command hosted Fuerzas Comando, with Special Operations Command South serving as the lead U.S. military organization for coordination of the exercise.



A Special Operations team from Columbia sprints to the finish line of a race held at Canyon Lake during Fuerzas Comando 2008. The Columbian team won the overall competition.



A Peruvian soldier climbs one of the many hills at Canyon Lake June 23 during a timed race.

Photos by Staff Sgt. Nick Lutton



U.S. Navy Chief Riportella talks to KSAT 12 News of San Antonio at the finish line of a race held during Fuerzas Comando 2008. Fuerzas Comando is held every year at different locations across Central and South America as part of an effort to better join militaries on the western hemisphere in a friendly competition.



Special Operations soldiers from team Peru carry a litter basket during a timed event.



A soldier from Guatemala lands on the drop zone June 25 at Camp Bullis as part of an airborne operation during Fuerzas Comando 2008. Fuerzas Comando is a competition held every year to see who has the best Special Forces unit in Central and South America.



A Guatemalan soldier picks up his parachute after landing on the drop zone June 25 at Camp Bullis.



Generous donation supports center

Mike Waldrop (far left), deputy to the commander, U.S. Army Garrison; Judith Markelz, program manager, Warrior and Family Support Center; injured warriors Spc. Christopher Brooks (sitting), Spc. Daniel Callen and Sgt. Edward Bryant; Paul Kotchman (second from right), Morale Welfare and Recreation; and Command Sgt. Maj. Pedro Class (far right) were on hand at the center June 26 to accept a donation of \$7,000 from Rudy's Bar-B-Q for the Warrior and Family Support Center. Following the check presentation, Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, presented a certificate of appreciation to Diann Holiday, Patty Holland, Stacy Haywood and Shannon Walsh, Rudy's Bar-B-Q, for their generous and continuous support of the injured warriors and their families. The donation allows the center to continue to provide valuable support services and activities for military men and women and their families while undergoing treatment at Brooke Army Medical Center. This is the fourth year Rudy's Bar-B-Q has donated to the center.



Photo by Esther Garcia

Army Family Team Building focuses on life, leadership skills

Story and photos by Cheryl Harrison
Army Community Service

Army Family Team Building Level II and III focus on life and leadership skills that are applicable to all aspects of life.

Level II is centered around professional development, covering topics such as communication, problem solving, time management, conflict management and stress management to name a few.

Level III consists of leadership skills, covering topics to include leadership styles, delegation, building cohesive teams, coaching and mentoring, and meeting management.

Students expand their knowledge and skills in the

professional development and leadership areas through classroom discussion, self-assessment, and identifying areas of applicability.

Level II and III courses are excellent for those wanting to better themselves and their performance, whether in a paid job, volunteer role or personal relationship. Both levels are great refreshers for people who may have already received this information in another forum.

Army Family Team Building Level I through IV classes are offered at Army Community Service, Building 2797, throughout the month. For more information about AFTB classes, call Emmy Elliott, program manager, at 221-2705.



Recent graduates of the Army Family Team Building Level II course, held in June at Army Community Service, include (front row, from left) Camilla Weeks, Erica Smith and Damarie Rivera; (back row, from left) Marques Scipio; Emmy Elliott, Army Family Team Building Program manager; Kerri Cook; Kathreyn Harris; and Cheryl Kennedy, AFTB instructor.

Recent graduates of the Army Family Team Building Level III course, held in June at Army Community Service, include (from left) Robb Wood, instructor; Damarie Rivera; Brian Dougherty, instructor; Emmy Elliott, Army Family Team Building Program manager; Shelley Calhoun; and Kerri Cook.



Honorable service



Photo by Cheryl Harrison

MWR Employees of the Quarter

MWR recognized its quarterly award winners at an employee recognition ceremony held June 26. The employees of the quarter are (from left) Joanna Martinez-Vasquez, Soldier and Family Assistance Center information and referral specialist; Lucian Kimble, Jimmy Brought Fitness Center supervisory sports specialist; Jewel Terrell, recreation assistant at the Hacienda Recreation Center; and Ralph Riojas, Auto Care Center manager.



Photo by Ed Dixon

Col. Karl Kerchief, Maj. Sandra Washington, Sgt. 1st Class Kenneth Whited, 1st Sgt. Rita Reeves, Sgt. 1st Class David Bulgarino and Sgt. 1st Class Pierre Pion retired after more than 140 collective years of service to their nation June 26 during a retirement ceremony at the post flagpole.

School

Be part of Cole history

Be one of the first to have your name etched forever in front of the new Cole Gymnasium by purchasing a personalized brick paver. You can even immortalize your achievements by specifying a graduation year, sport, academic or extracurricular activity. The cost for the first brick is \$25 and each additional brick is \$20. Each brick can contain two lines of text with 14 letters per line, including spaces. Additional lines can be purchased for \$3 per brick. By purchasing a commemorative brick, you will be supporting the school's

Cougar Pride Club and securing your place in Cole history. The order form is available at Cole High School, 1900 Winans Road, Fort Sam Houston, TX 78234; or call 368-8733.

Parent volunteers needed

Parent volunteers are needed to help at Robert G. Cole Middle and High School for the 2008-2009 school year. People will have the opportunity to volunteer in their area of interest and help support the school. For more information, call Amy Newcomer at 379-5576 or Laura Lamoureux at 314-6586.



Dining and Entertainment

Hebrew National Fantastic Promotion

Fort Sam Houston MWR and Hebrew National are offering the Fan-tastic Summer promotion at Mulligan's at the Fort Sam Houston Golf Course and the Strike Zone at the Fort Sam Houston Bowling Center. Buy six Hebrew National hot dogs and get one free during the Fan-tastic Summer promotion now through July 31. Submit a completed frequency card at Mulligan's or Strike Zone for the Army-wide sweepstakes drawing to win a trip to watch the New York Yankees play in one of the last games in the old Yankees stadium. The trip includes four tickets behind home plate, airfare, lodging and spending cash. Other great prizes include his and

her DreamSeat recliners, a 36-inch flat screen television, digital sports camcorder with 10x zoom, Xbox 360 with ESPN baseball game, and a \$150 gift card from the www.mlb.com online shop. Visit www.mwrpromotions.com for official rules and regulations. For more information, call 221-2606.

Sam Houston Club

Big Bang Bingo

Stop by the Sam Houston Club Saturday for Big Bang Bingo. Doors open at 10 a.m.; bingo begins at 12 p.m. There will be 12 games, each worth \$1,000, and four Early Bird games worth \$250 each. A free buffet will be available for all bingo players. For more information, call 224-2721.

Karaoke Fridays

The Sam Houston Club will offer free karaoke every Friday at 7 p.m. Practice vocals or just have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

Harlequin Dinner Theatre

'A Month of Sundays'

The Harlequin Dinner Theatre presents the comedy "A Month of Sundays" by Bob Larbey Wednesday through Aug. 9. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. The doors

open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

Auditions for 'The Sunshine Boys'

The Harlequin Dinner Theatre will hold open auditions July 28 and 29 from 7 to 8:30 p.m. for "The Sunshine Boys," a comedy by Neil Simon. William Champlin will be the director. There are roles for three men and two women, as well as other volunteers such as assistant director, stage manager, light and sound technicians, and props and stage crew. Performances will be held Wednesday through Saturday evenings Sept. 10 through Oct. 18. For more information or directions, call 222-9694.

MWR Ticket Office

Stop by the MWR Ticket Office for discounts on summer fun. The ticket office summer hours are Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m., and closed Sunday and Monday. The summer hours will be in effect through Aug. 30. For more information, call 226-1663 or 224-2721 or visit www.fortsamhoustonmwr.com.

Recreation and Leisure

Summer Reading Club

Sea World San Antonio has teamed up with the Keith A. Campbell Memorial Library for the library's Summer Reading Club. Join the summer reading club between now and Aug. 3 for the chance to win prizes. Read for an hour and earn one prize; the more you read the more prizes you earn. The Sea World prize drawing will be held Aug. 3. For more information, call 221-4702 or 221-4387 or visit the Fort Sam Houston MWR Web site at www.fortsamhoustonmwr.com.

Aquatic Center is open

The Aquatic Center is open daily from 12 to 8 p.m. Admission is free. For more information, call 221-4887 or 221-1234.

Red Cross swimming lessons

Learn to swim this summer at the Fort Sam Houston Aquatic Center. MWR is offering Red Cross swimming lessons throughout the summer to youth 16 years old and under. For \$40, each child will be able to participate in an eight-day session that includes swimming lessons, class picture, swim lesson T-shirt and a certificate of completion.

Lessons are conducted in two-week sessions held Monday through Friday from 9 to 9:45 a.m. and 11 to 11:45 a.m. Register from 11 a.m. to 7 p.m. at the Aquatic Center, Building 3300. For more information, call 221-1234 or 221-4887.

Child and Youth Services

Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held July 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871 or 221-1723.

CYS football, cheerleading registration

The Child and Youth Services Division of MWR is conducting registration for football and cheerleading July 21 to Aug. 8 at Central Registration. To enroll, patrons must have current immunizations and a sports physical that is valid the entire sport season. Activity fees are \$45 for flag football, \$60 for tackle football and \$50 for cheerleading. Enrollment is open to youth ages 5 to 14 (age as of Aug. 1). Central Registration is located in Building 2797 on Stanley Road and is open Monday through Friday from 8 a.m. to 4 p.m. For more information, call 221-4871 or 221-1723.

See MWR P19

MWR from P18

Helpful information

The Garrison School Liaison Services Office is available to help make transitions for youth in school as trouble-free as possible. Visit www.fortsamhoustonmwr.com and check out the School Liaison Services page for a list of Web sites that contain helpful information for transitioning military Families. For more information, call 295-4806 or 221-2214.

Army Child Care in Your Neighborhood

Army Child Care in Your Neighborhood provides parents and guardians the same peace of mind as childcare offered through Family Child Care and the Child Development Center. Participants in the ACCYN program must meet standards comparable to those required in on-post care, which includes ongoing training for various national accreditations and credentials. For more information on ACCYN, call Central Registration at 221-4871 or

221-1723 or visit the Child and Youth Services page at www.fortsamhoustonmwr.com.

Army Community Service

Helping Us Grow Securely playgroup

Join the weekly fun and interactive playgroup "H.U.G.S." for parents with children 5 years old and younger Tuesdays from 9 to 11 a.m. at Dodd Field Chapel. For more information, call 221-2705.

Deployment, related parenting challenges

Family members of deployed Soldiers encounter many challenges. Army Community Service will hold a class for military spouses left behind today from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. The class will focus on ways to maintain a normal routine, provide children reassurance, and improve parenting skills during Family separation. For more information

or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.com.

Unit Family Readiness Training

The Army Community Service Mobility and Deployment program will hold a Unit Family Readiness Training Tuesday from 9 to 10 a.m. at ACS, Building 2797. This training defines the phases of the deployment cycle, identifies stresses, and Soldier and Family issues related to deployment. The class will also review the Family readiness tasks of the battalion rear detachment commander in each phase of the deployment cycle. Register no later than 4 p.m. today. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Truth or Consequences

A Truth or Consequences class will be held Wednesday, July 16 and 23 from 4:30 to 6 p.m. at Army Community Service, Building 2797. This class is for teens, focusing on developing life skills such as anger and conflict management, decision

making and self-esteem building. In addition to these topics, effective communication is incorporated into the program to assist teens with learning appropriate methods of expressing feelings and thoughts. For more information or to register, call the Family Advocacy Program at 221-0349.

Army Family Team Building

Army Family Team Building classes are offered in levels I, II and III on a quarterly basis. The classes are open to active and Reserve Soldiers, Family members, and civilian employees and their Family members. A student spouse orientation is also offered each month. AFTB encourages the Army Family to learn about Army life. The AFTB summer schedule is as follows: AFTB Level I class - July 22 and 23 from 9 a.m. to 2 p.m. and Aug. 4 and 5 from 9 a.m. to 2 p.m.; Level II - Tuesday, July 10 and 11 from 9:30 a.m. to 3:30 p.m.; and Level III - Sept 8 to 11 from 3:30 to 9 p.m. An AFTB instructor training will be held Aug. 18 to 20 from 9:30 a.m. to 3 p.m. Classes are held at Army

Community Service, Building 2797. For more information or to register, call the AFTB Program at 221-2705.

FRG Leader Forum

A Family Readiness Group Leader Forum will be held July 14 from 11:30 a.m. to 1 p.m. at Army Community Service, Building 2797. The training will provide FRG leaders the opportunity to discuss unit FRG leader issues and share lessons learned in an open forum. Registration is needed by July 10 at 4 p.m. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Blended Families

A class for blended Families will be held Tuesday and July 15 from 9 to 11 a.m. at Red Cross, Building 2650. Discussion topics will include discipline, financial responsibilities, and co-parenting issues and concerns. Learn tips on how to avoid the pitfalls blended Families may experience and how to improve on existing relationships. To register or for more information, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Soldier Show comes to town

The 2008 U.S. Army Soldier Show will be coming to our community July 8 at 7 p.m. at the Scottish Rite Auditorium, 308 Avenue E, San Antonio. The Soldier Show is a musical production featuring contemporary music including country, rap and rock. The show theme for this year is "For the Soldier, By the Soldier." The show's songs represent the highs and lows of today's warfighter, and all of the cast members and crew are U.S. Army Soldiers. The show is an entertaining Morale, Welfare and Recreation event.

The new co-sponsor of this year's show is Freedom Team Salute. This outstanding program - initiated by the secretary of the Army and the Army chief of staff - offers all currently serving Soldiers a sincere, heartfelt way to say "thank you" to their parents and spouses for their support

of the Army mission. Guard and Reserve Soldiers can also recognize the support shown, and sacrifices made, by employers during these trying times. Additionally, anyone can honor the millions of discharged U.S. Army veterans who served with distinction, and who remain steadfast champions of the Army.

Freedom Team Salute informational materials will be distributed at the Soldier Show. However, everyone can take the opportunity to visit www.FreedomTeamSalute.com/SoldierShow and honor those who support Soldiers and their Families. Those honored will receive a personalized letter of thanks and certificate of appreciation signed by the secretary and chief of staff of the Army, an official U.S. Army lapel pin and U.S. Army decals. The entire commendation package is prepared and mailed at no cost.

Community

Events

Kendall County's 'Salute to Valor'

The American Valor Outdoors and the Kendall County Fair Association presents a day to honor American courage and spirit. "Salute to Valor" will be held Friday from 12 p.m. to 12 a.m. at the Kendall County Fair Grounds, 1307 River Road, Boerne, Texas. The event will feature live entertainment, kids' games, food booths and family fun. The cost is \$5 per person and parking is \$5. Free admission and parking to military ID cardholders and their Families. For more information, call 830-249-2839 or visit www.kcfa.org.

Star Spangled Festival

Join the Lackland Air Force Base community in celebrating Independence Day in style. The 30th Annual Star Spangled Festival will be held Friday at the Lackland Amphitheater Grounds, located next to the Gateway Club on Kenly Avenue. Entrance to the festival is limited to the Gateway East Gate only. The fes-

tival is open to the public at 2 p.m. Enjoy live entertainment all day long. The Wilburn Brothers & the Liberty Band perform live at the amphitheater at 7 p.m.; fireworks are at dusk. Backpacks, coolers, weapons, video cameras or pets are not allowed on the event grounds. For more information, call 671-3906.

Military Night at the Silver Stars

The San Antonio Silver Stars will host Military Night at the Silver Stars WNBA game July 11 at the AT&T Center. The Stars play the Atlanta Dream at 7 p.m. Military personnel and their Families may pick up ticket vouchers beginning July 7 from the MWR Marketing Department, 1212 Stanley Road, Building 124, Ste 20. Tickets are on a first-come, first-served basis. Department of Defense ID card and signature are required for pick up. For more details, call 221-2606. For more information about the San Antonio Silver Stars and their schedule, visit www.wnba.com/silverstars.

Adoption Seminar

The Randolph Airman and Family Readiness Center and First Baptist Church of Universal City will host an informative adoption seminar July 10 at 6 p.m. at the First Baptist Church, Universal City, 1401 Pat Booker Blvd. The free seminar is open to military and civilians. The seminar will cover every aspect of adoption. For more information or to sign-up by Tuesday, call Tech. Sgt. Mark Reuss at 565-4363 or e-mail mark.reuss@randolph.af.mil.

Homebuyer class

Operation Homefront will hold a homebuyer protection class July 12 from 2 to 4 p.m. at Operation Homefront Village, at the Republic Woodlake apartments, 7027 FM 78. The free two-hour session will teach people how to become responsible homeowners with an affordable loan, how to prepare and repair credit, how to figure out what to spend, where to find financial help, how to get the most out of a realtor, information about cash rebates and what to expect from a lender. For more information or to register, call Gracie Boll at 201-451-5588 or e-mail gracie@operationhomefront.net.

Texas Military Forces Museum

The Texas Military Forces Museum is proud to recount incredible acts of heroism by presenting "The Lost Battalion, A Study in Courage" July 18 and 19 at the Texas Military Forces Museum at Camp Mabry. Opening ceremonies for the event will commence July 18 at 11 a.m. followed by the unveiling of the battlefield artifacts from the Vosges. Admission is free to the public. On July 19, the symposium will begin at 9 a.m. in Building 8 on Camp Mabry and will feature noted authors, pilots and Soldiers from the famous battle. Ticket cost is \$10. For more information, call 512-782-5050 or visit www.TexasMilitaryForcesMuseum.org.

Technology Expo

The Fort Sam Houston Technology Expo, hosted by the Directorate of Information Management, will be held July 16 from 10 a.m. to 2 p.m. at the Sam Houston Club. Thirty-five exhibitors will demonstrate the latest in communication technologies, video, multimedia, wireless, mobile, electronic devices, components and more. For more information, call Jennifer

See COMMUNITY P21

COMMUNITY from P20

Presswood at 301-596-8899, ext. 216.

Project GT

The Fort Sam Houston Education Center is able to assist Soldiers with their General Technical scores. Project GT provides free on-duty testing and on-duty tutoring to prepare for the Armed Forces Classification Test. The GT score is considered when re-classing into a new Military Occupational Specialty, enrolling in Army-sponsored college courses, applying for career advancing programs, Officer Candidate School, Green to Gold, ROTC training and others. In fact, many Army programs require Soldiers to have a GT score of 110 or better. For more information, visit an education counselor Monday to Friday from 7 a.m. to 12 p.m. and 1 to 3 p.m. in Building 2248, 2408 N. New Braunfels Ave. For more information, call 221-1738.

Training

AKO training

There will be a hands-on training on Army Knowledge Online July 15 from 8 to 11:30 a.m. and July 21 from 12:30 to 4:30 p.m. at Willis Hall, Building 2841, Room 2105C. Seats are limited. People should bring their common access card to

training. For more information or to register, call 221-6203 or e-mail Julie.Gueffler@amedd.army.mil.

MyForms Training

Hands-on training for MyForms will be offered July 15 from 12:30 to 4 p.m. and July 21 from 8 to 11:30 a.m. at Building 2841, Willis Hall, Room 2105C. MyForms Forms Management Content Program training will include the following: Army Knowledge Online hands-on training pre-requisite, create a leave form template, upload and rename local forms, digital signatures, tracking a form with a suspense date, and locating computer-based training within AKO. Seating is limited and attendees must bring their common access card to training. For more information or reservations, call Julie at 221-6203.

Force tracking system training

The Information Management Training Branch will provide training for all active military services. The Force XXI Battle Command Brigade and Below /Blue Force Tracking System is a digital, battle command information system that provides near-real-time battle command information to tactical combat, combat support, and combat service support leaders and Soldiers. To register for a course, visit the Army Training Requirements and Resources

System at <https://www.atrrs.army.mil> and enter course number 5K-F21/012-F46. Courses are available July 28 to 30 and Sept. 22 to 24. For more information, call Marvin Danzy at 221-0640 or e-mail marvin.danzy@amedd.army.mil, or Hartense Green at 221-2216 or e-mail hartense.green@amedd.army.mil.

Enterprise Web Training

Enterprise Web-AMEDD Electronic Forms Support System training will be conducted on July 16 from 8 to 11 a.m. and 1 to 4 p.m. at Brooke Army Medical Center Information Management Division lower level Classroom #2. Seating is limited and attendees must bring their common access card to training. For more information or reservations, call Julie at 221-6203.

Meetings

MOAA luncheon

The Military Officers of America Association-Alamo Chapter will host a luncheon July 24 at the Sam Houston Club. Social hour will start at 11 a.m. Guest speaker, retired Col. Ken Allard, military analyst and columnist, will discuss national security. The cost is \$16. Reservations and menu selection are due by July 21. For more information, call 228-9955 or e-mail moaa-ac@sbcglobel.net.

For Sale Fort Freebies

Submission guidelines:

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

For Sale: Wii Guitar Hero, still boxed, \$70 obo; PlayStation 2 games and X-Box games, \$10 each obo. Call 954-3636.

For Sale: Performance tire and rim package, 20 inch, four chromes, fits 2007 Scion, \$2,000. Call Dean at 710-8937.

For Sale: Programmable Honeywell digistat thermostat, home A/C, \$30. Call 221-3549.

For Sale: Twin stroller, \$60; oak desk, \$40; L-shape computer desk, \$50; poodle-mix dog, \$100; patio door blinds, \$60. Call 633-2247.

For Sale: Maternity clothes, sizes XL to 2XL, \$2 and up each; half shitzu and Boston terrier, male

puppy, six weeks, \$175; Boston terrier, male, \$275; playpen, \$40; bookcase, 5 inches long by 3 inches wide, \$95. Call 633-3859.

For Sale: Maytag refrigerator-freezer, side-by-side, white, model # RSW 2400E.35, 7 inches wide, 68 inches high, 32 inches deep, 23.6 cubic feet, \$200. Call 653-5302.

For Sale: Three-drawer dresser with side door, shelves and mirror/cork-board, \$75; queen comforter with matching drapes, blue/maroon, \$25; kitchen items, \$1 to \$20; General Electric, cordless phone, 2.4 GHZ, \$5; ladies semi-formals, suits and kids clothes, \$1 to \$25. Call 826-0882 or 542-3283, no calls after 9 p.m.