

# FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

## Binz-Engleman Gate to move to Schofield

Gate to close Aug. 8 to 11 during relocation

By Elaine Wilson  
Fort Sam Houston Public Information Office

In an effort to decrease the impact of construction-related traffic, the Binz-Engleman Gate, located by the railroad tracks on Binz-Engleman Road, will be relocated onto Schofield Road in early August.

The new access control point will be located past Salado Creek and just before the fire station.

Early preparations for the gate relocation will not impact the public; however, the Binz-Engleman Gate will close on the evening of Aug. 8 through the

See GATE, P8

## Fort Sam assists with recovery of freed hostages

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

Years of preparation by United States Army South, Brooke Army Medical Center, Northrop Grumman Corp. and family members finally came to fruition on the night of July 2 when three American civilian contractors stepped foot in San Antonio.

Marc Gonsalves, Thomas Howes and Keith Stansell, who were held captive for five and half years in a Colombian jungle, were escorted to Brooke Army Medical Center to begin their recovery through a process known as reintegration.

"The purpose (of reintegration) is to provide a transition



Thomas Howes, with wife Marianna and son Tommie, look on as his older son Santiago speaks to the audience during a Yellow Ribbon Ceremony at Brooke Army Medical Center's auditorium. Howes compared his experience to falling off the edge of the earth. He went on to thank the team of "caring professionals at BAMC for guiding us through the reintegration process, and my heartfelt thanks to all those people."

back to normal life after the Department of Defense's des- strains of captivity. U.S. Army South is honored to be the

See FREEDOM, P4

## Post celebrates 232 years of independence

Story and photo by Esther Garcia  
Fort Sam Houston Public Affairs Office

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

— From the Declaration of Independence

Independence Day is a national holiday celebrated across the nation with fireworks displays, barbecues and patriotic ceremonies, and commemorates the Declaration of Independence approved by Congress in 1776.

Fort Sam Houston celebrates the Fourth of July with a simple but patriotic ceremony

See FOURTH, P14



(Right) Retired Navy Capt. Joel Escamilla, governor, Granaderos y Damas de Galvez Founding Chapter, dressed in period uniform, presents Lt. Gen. Thomas Turner, commanding general, U.S. Army North, with a certificate proclaiming him an honorary Granadero de Galvez at a patriotic ceremony July 4 at the Fort Sam Houston National Cemetery. For more Fourth of July coverage, see Pages 14 -15.

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## UPCOMING

### Change of command

#### 32nd Medical Brigade

Col. John Cook will relinquish command of the 32nd Medical Brigade to Col. Randall Anderson July 11 at 8 a.m. at MacArthur Field.

VISIT NEWS LEADER ONLINE: [WWW.SAMHOUSTON.ARMY.MIL/PAO/DEFAULT.HTML](http://WWW.SAMHOUSTON.ARMY.MIL/PAO/DEFAULT.HTML)

# New Army tool helps identify, control risk

By Chris Frazier  
U.S. Army Combat Readiness/Safety Center

The newest tool in the Army's arsenal of safety products is the Ground Risk Assessment Tool. It facilitates the process of identifying accident hazards and controls for a variety of ground operations and off-duty activities.

GRAT was designed to aid in mitigating risk by reinforcing the five-step composite risk management process, known as CRM, said Brig. Gen. Bill Forrester, director of Army safety and commanding general of the U.S. Army Combat Readiness Center. He said the new tool, coupled with CRM, is critical to making sound risk decisions at all levels of leadership.

"Using GRAT in concert

with the military decision-making process will help Army leaders achieve success in their missions and make safety an integral part of their planning processes," Forrester said.

GRAT, replaces the Army Management Information System- or ASMIS-1 Ground Tool. It consists of five parts and includes:

- Daily accident statistics.
- Accident vignettes.
- Current accident summaries.
- Resources such as Army regulations, training circulars, field manuals and other guidance related to the mission or task.

An automated interactive CRM worksheet that is based on user input and selection of existing hazards and controls. Its easy-to-use information

**"Using this tool allows leaders to save time, learn from others' mistakes, and incorporate risk management throughout the military decision-making process."**

— USACRC Command Sgt. Maj. Tod Glidewell

allows the user to save, e-mail or print a CRM worksheet (DA Form 7566).

USACRC Command Sgt. Maj. Tod Glidewell said GRAT is unique because it will continuously be updated with current, relevant information from units throughout the world.

"Using this tool allows leaders to save time, learn from others' mistakes, and incorporate risk management throughout the military decision-making process," Glidewell said.

Glidewell believes GRAT

will prove a valuable asset for leaders and Soldiers.

"The Army's mission is complex and the current operating environment challenges Soldiers with unique risks daily," Glidewell said. "Empowering Soldiers and leaders to reduce accidental loss and injury by incorporating CRM into mission planning through the use of this tool is a practice that can significantly increase combat power."

For more information about the Ground Risk Assessment Tool, visit <https://crc.army.mil/grat/>.



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## News Briefs

### METC groundbreaking

A groundbreaking ceremony for the Medical Education and Training Campus will be held July 10 at 10:30 a.m. at Garden and W.W. White Roads, across from the Hacienda Recreation Center. The keynote speaker will be Maj. Gen. Melissa Rank, chair, METC Flag Officer Steering Committee.

### Giant Voice testing

The Directorate of Plans, Training, Mobilization, and Security will conduct speaker testing using the Giant Voice System July 11, 14 and 15. Fort Sam Houston residents may hear both sirens and public address messages during this time. Each test message will be preceded by the words "EXERCISE, EXERCISE, EXERCISE." There is no cause for alarm as this is only a test.

### 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. Smoke testing will start July 14 for the following areas north of Schofield Road and east of Scott Road: the 1300 area, Harris Heights housing area, Patch and Chaffee housing area (north of Schofield only), 1200 area, to include troop dental and medical building, blood bank and Elementary School. For more information, call Service Call at 221-3144.

### Child safety seat inspection

Statistics show only one out of every four child safety seats are installed correctly. Are your children safely restrained in their car seats? The Fort Sam Houston Fire Department will host a free child safety seat inspection and installation July 15 from 9 a.m. to 12 p.m. at the Central Fire Station at the intersection of Schofield and Stanley roads. Inspection and installation will be performed by certified child passenger safety seat technicians. People should bring their vehicle owners manual and the owners manual for their child safety seat to the inspection.

### AMEDD Leader Training

Col. Jeffrey Haun, chief, leader training, Army Medical Department Center and School, will present a program on AMEDD Department Leader Training July 29 at 5 p.m. at the AMEDD Museum. The program will include details on training for new officers and training for current officers in the AMEDD and the Army today. Refreshments will be served. For more information, call 226-0265.

### 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.

### Change of Command

#### Institute of Surgical Research

The Institute of Surgical Research will hold a change of command July 23 at 11:30 a.m. in front of the Center for the Intrepid.

# Salvadorian general visits Fort Sam Houston

Story and photos by Olivia Mendoza  
Fort Sam Houston Public Information Office

Maj. Gen. Keith Huber, commander, U.S. Army South, escorted Brig. Gen. Ruben Rubio, chief of staff, army of El Salvador, to the United States and El Salvador 2nd Bilateral Army Staff Talks at the Department of Combat Medic Training July 2.

The staff talks allow both countries to meet and collaborate over medical treatments and share new information and innovative ideas to help better train their Soldiers for combat.

"This is a great opportunity for the Army Medical Department to work with one of our Global War on Terrorism partners," said Col. John Luciano, dean, Academy of Health Sciences.

One of their stops was the Department of Combat Medic Training. The visitors were greeted by Col. John Cook, commander, 32nd Medical Brigade, and Luciano.

The group met to discuss the Combat Medic Training 68W Program. Rubio and his staff were briefed on the seven-week course that includes National Registry of Emergency Medical Technicians-Basic certification.

Following the brief, combat medic personnel gave a tour of the Combat Training Patient Simulation and provided a Soldier medic training demonstration for Rubio and staff on how training is conducted in a combat village scenario.

They also visited the trauma lane where Soldiers practice assisting a wounded Soldier. Students are timed for their response to aid and have the patient moved out of harm's way.

The combat medic staff explained why there were three Soldiers to assist the wounded. One Soldier stands on guard for security, the second gives medical treatment and the third helps insert an IV.

"A Salvadorian went through a difficult experience not too long ago and we are grateful that the life of a Soldier was saved by combat medics and the medical treatment at Brooke Army



Brig. Gen. Ruben Rubio, chief of staff, army of El Salvador, takes a moment to shake the hand of each medic trainee for their excellent combat medic simulation July 2 at the Department of Combat Medic Training.



U.S. Army South Commander Maj. Gen. Keith Huber introduces Brig. Gen. Ruben Rubio, chief of staff, army of El Salvador, to a group of Soldiers and commends them for their work as medics on today's battlefield.

Medical Center," said Rubio. "Now that we are here, we are able to see the new training techniques that Soldiers go through and the necessity to continue with the training for combat."

Rubio said he is grateful for the opportunity and is fascinated by how well U.S. Soldiers are trained for combat.

He said, "We are living in a critical moment and based on how Soldiers

are trained it is very important that they can save lives and that is great.

"I want to thank the U.S. Army for the excellent care and support they gave in saving my Soldier's life in Iraq. I was very impressed to hear that it took 10 minutes for a helicopter to arrive to get my Soldier out of harm's way and that the Soldier medics continued to provide medical aid," said Rubio. "Thank God no one died."

**FREEDOM, from P1**

igned agent on behalf of the U.S. Southern command to conduct this process – a process that we have trained, that we have rehearsed, and prepared to perform,” said Maj. Gen. Keith Huber, commander, U.S. Army South.

Gonsalves, Howes and Stansell worked as government contractors for Northrop Grumman, and while conducting a counternarcotic mission over a southern Colombian jungle, their drug surveillance aircraft crashed February 2003. The Revolutionary Armed Forces of Colombia, a guerrilla group also known as FARC, captured the crew, killing two of the five and taking the three contractors as hostages.

In a bold and courageous rescue mission by the Colombian military, the three men, along with 12 other captives, including Colombian politician Ingrid Betancourt and 11 Colombian national police and military members, were rescued and flown to safety.

In a written public message sent out on Thursday by the three contractors, they specifically thanked “Fort Sam Houston, General Huber of United States Army South, General Gilman of the Brooke Army Medical Center, Colonel Martinson of Garrison, Fort Sam Houston and staffs, for the warm hospitality that were provided to them and their families.”

The contractors went on to affirm that the reintegration process that Army South and BAMC are conducting on their behalf is “worthwhile and important.”

Reintegration has been around since the Vietnam era and is designed to help returnees resume normal, professional, family and community activities with minimal physical and emotional complications. At BAMC, the former hostages will be treated in much the same way as returned prisoners of war.

The process is broken down into three phases. Phase one, the Initial Recovery, begins when personnel are returned to U.S. control and individuals are given a medical examination and a psychological assessment.

Phase two, Transition Location, took place at BAMC where individuals received a more thorough medical examination. They took part in formal debriefings and psychological decompression depending on their particular circumstances.

A Yellow Ribbon Ceremony in BAMC’s auditorium Monday marked



Photos by Minnie Jones

Col. Jackie Hayes (left), physician, Brooke Army Medical Center; Maj. Gen. Keith Huber, U. S. Army South (center); and Col. Carl Dickens, psychologist, BAMC, address the media Thursday at Fort Sam Houston on the health of the freed hostages and the reintegration process. “They’ve shown themselves to be strong and adaptive,” said Hayes.

the beginning of phase three, Home Base, the last step of the reintegration process. During this step, the returnees meet with their families and address significant closure issues that may have arisen from their captivity.

“In the process of reintegration, our job is to try to facilitate that transition back to their previous situation in terms of family, work, and etc. The way we go about doing that is by helping them gradually re-establish some predictability and control over their experience. We help them identify some potential challenges that they may encounter as they make that transition, and then finally give them some action plans that they can use to help them as they go through that transition process,” said Col. Carl Dickens, psychologist, BAMC.

Monday was the first time the returnees spoke publicly since their rescue. This occasion marked the returnees’ success in the reintegration process and provided a way to help them prepare for an “attempt at a normal life,” said Huber.

The three returnees, along with their families, entered the auditorium filled with cheers and a standing ovation from Army officials, well-wishers, Soldiers and the media.

Howes, the first contractor to speak, compared his experience to falling off the edge of the earth. He went on to thank Northrop Grumman, which took “extraordinary” care of his family while he was away.

“I thank my companions who helped me cope with difficult conditions during these years ..., the team

of caring professionals at Brooke Army Medical Center for guiding us through the reintegration process, and my heartfelt thanks to all those people. We are doing well but we can’t forget those we left behind in captivity,” said Howes.

Gonsalves was the next to speak, and out of the three was the most vocal. He opened his statement by saying, “I’m grateful for the opportunity to speak out to the world, there was a time that when I slept, that I would dream that I was free – that time was only a few days ago. It feels so good to be free, to be here now, with all you.

“To the American people, thank you for remembering us there in the jungle, and I want to ask you to never forget that there are others still there,” said Gonsalves.

When it was his turn to speak, Stansell walked up on stage carrying his twin 5-year-old sons, who were born while he was in captivity. “It is my privilege to stand here before you with my family,” he said, while looking at his family members on stage. “My family, whose love and support sustained me thorough my most difficult ordeal of my life, they are the reason I am alive and standing with all of you today; their enthusiasm, dedication and unwavering love kept me alive.”

All three contractors thanked the Colombian government for the part they played in their dramatic rescue, Northrop Grumman for taking care of their families while they were held in captivity, and Fort Sam Houston and BAMC for the help they are providing as they adjust to their lives as free



Keith Stansell walks on stage carrying his twin sons Keith and Nicolas, who were born while he was in captivity. “My family, whose love and support sustained me through my most difficult ordeal of my life, they are the reason I am alive and standing with all of you today; their enthusiasm, dedication and unwavering love, kept me alive.”



Marc Gonsalves hugs his daughter Destiny during Monday’s Yellow Ribbon Ceremony held in the Brooke Army Medical Center auditorium. Gonsalves was the second of the three contractors to speak at the press conference.

men.

It was unclear when the men would be leaving the medical center; BAMC officials said that the men are healthy and are in good shape.

“Although their time in captivity has been extremely difficult and at times traumatic, they have in general fared very well,” Col. Jackie Hayes, physician, Brooke Army Medical Center, said. “They’ve shown themselves to be strong and adaptive.”

# Wounded warriors take to the sky at Randolph AFB

By Sean Bowlin  
Wingspread staff writer

**RANDOLPH AIR FORCE BASE, Texas** — A training accident that caused the loss of his left leg, multiple burns and resulted in 15 surgeries still couldn’t keep Marine Corps Capt. Ryan Voltin, an AH-Cobra pilot, out of the cockpit June 27.

“It’s been a while since I’ve sat in the seat,” Voltin said after taking a computer-simulated flight around San Antonio and Randolph Air

Force Base. “And it’s a great confidence boost.”

Voltin, from Lyons, Ore., was flying a T-6 simulator after hoisting himself into an actual T-6A Texan II on the flightline. A Team Randolph squadron commander and a senior noncommissioned officer decided to honor Voltin and 12 other warfighters recovering from serious injuries at Brooke Army Medical Center.

Called “Wings for Wounded Warriors,” the program was conceived by Lt. Col. Jimmy



Photo by Rich McFadden

Marine Capt. Ryan Voltin thanks Lt. Col. Jimmy Donohue, 559th Flying Training Squadron commander, for hosting a tour of the 559th FTS during a trip to Randolph Air Force Base, Texas, June 27. Thirteen wounded warriors recovering from serious injuries at Brooke Army Medical Center toured Randolph Air Force Base.

Donohue, 559th Flying Training Squadron commander, and Chief Master Sgt.

Stephen Page, 12th Flying Training Wing commander, chief, said Maj. Craig Jasper,

the 559th FTS Wings for

See **WOUNDED, P9**

# Eat Smart

## Nutrition care specialists help Soldiers stay fit, healthy

Story and photos by Olivia Mendoza  
Fort Sam Houston Public Information Office

Many people are on a quest to get healthier or fitter and start with changing their eating habits. As they seek out healthier food and drinks, they may run into a roadblock — nutritional labels. Almost all are filled with letters of the alphabet, like A, B and D, and strange ingredients that sound far from natural, let alone nutritional.

Fortunately, there are Soldiers, many at Fort Sam Houston, trained to decipher the nutritional label code, just one of the many skills required of

nutrition care specialists.

The Soldiers learn their skills during the U.S. Army Nutrition Care Specialist Course, a hands-on, seven-week course at the Army Medical Department Center and School, Department of Medical Sciences at the Nutrition Education and Training Branch. The mission of the course is to train enlisted Soldiers as entry-level nutrition care specialists to support the U.S. Medical Department's mission of providing health care for America's Army during peacetime and war.

"Our Soldiers of 68M, D Company, 187th Medical Battalion must complete their nine-week training at Fort



Staff Sgt. Kevin Lindsey, instructor/writer, explains the food pyramid, which includes suggested servings of vegetables, meats and drinks, to Pvt. Destiny Finch and Ian Middleton at the Department of Medical Sciences' Nutrition Education and Training Branch.

Lee, Va., as a food service specialist before coming here to be a nutrition care specialist," said Sgt. 1st Class Michael Morrill, chief enlisted instructor, Nutrition Education and Training Branch.

The food specialist course provides the basics of cooking, kitchen familiarity and sanitation. The nutrition care specialist instructors build on this

See NUTRITION, P12

# Contract awarded for primary health clinic at Fort Sam

**FORT WORTH, Texas** — The U.S. Army Corps of Engineers, Fort Worth District, has awarded a \$33.4 million contract to build a primary health clinic on Fort Sam Houston that eventually will take on the outpatient care services currently provided at Brooke Army Medical Center.

Satterfield & Pontikes Construction, Inc. received the contract for the project, which is part of the San Antonio Base Realignment and Closure Program. The company has a district office in San Antonio and is based in Houston.

Construction of the clinic is necessary due to the BRAC-related changes coming to BAMC. BRAC mandates that military inpatient care and related specialty care currently performed at Wilford Hall Medical Center to be consoli-

dated at BAMC. In order to create space at BAMC for these additional functions, a separate facility is needed to absorb its existing outpatient care services and to accommodate the additional personnel who will come to Fort Sam Houston as part of other BRAC actions. The primary health clinic will be approximately 132,000 square feet in size.

The planned changes to BAMC will expand the hospital by as much as 50 percent. A

multi-story addition will house emergency facilities, operating rooms, clinical and administrative space, and an extension of The Institute of Surgical Research's internationally acclaimed burn rehabilitation center. A 5,000 space parking garage will also be built, as well as a central energy plant. Approximately 288,000 square feet of the existing BAMC facilities will be renovated. Meanwhile, Wilford Hall Medical Center

will be converted into an ambulatory care clinic focused primarily on outpatient care.

BRAC construction and renovation work is scheduled to take place across San Antonio at Fort Sam Houston, Camp Bullis and Lackland and Randolph Air Force Bases through September 2011. In all, the San Antonio BRAC Program will involve building and renovating 78 major facilities that amount to more than 6 million square feet of space.

The total cost of BRAC and related military construction projects is projected to exceed \$2 billion.

Representatives from the Army Corps of Engineers are working on the San Antonio BRAC Program as members of the Joint Program Management Office, which is overseeing the design and construction efforts.

(Source: U.S. Army Corps of Engineers-Fort Worth District news release)

**GATE, from P1**

morning of Aug. 10 while the existing gate is disassembled and reassembled at its new, temporary site.

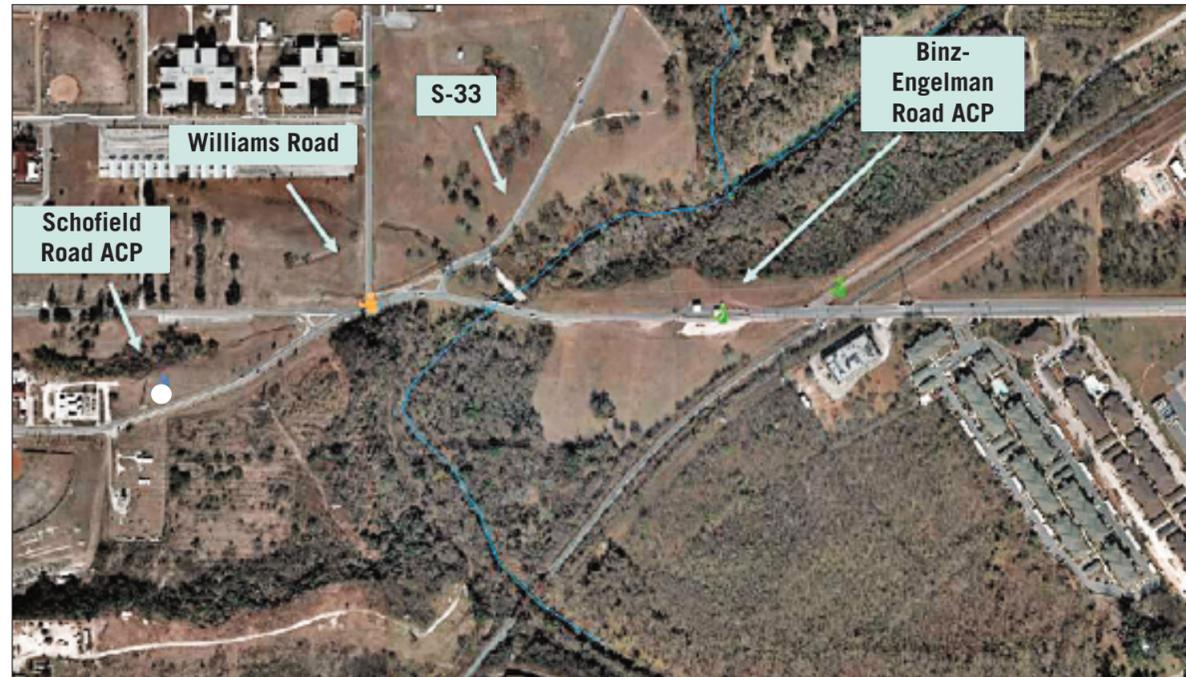
Once open, the post gate will resume its normal 24-hour operations and continue to serve as an entry point for military and civilian personnel and visitors.

The gate relocation will also affect access onto S-33 Road, which leads to Salado Creek, the golf course, elementary school and military training areas. People will no longer be able to access S-33 from Schofield Road starting Aug. 11, in conjunction with the opening of the new gate.

Williams Road, which runs parallel to S-33, is already closed at the intersection of Schofield Road.

The gate relocation is a necessary measure to accommodate Base Realignment and Closure-related construction along Schofield Road, said Hank Hayes, civil engineer, Directorate of Public Works.

"By moving the gate, we can funnel contractors, subcontractors and suppliers into



The Binz-Engelman Access Control Point will be relocated temporarily to Schofield Road in August to ease construction traffic in the area. To allow for the relocation, the Binz-Engelman ACP will close Aug. 8 and reopen early Aug. 11 in its new location.

construction 'bubbles' without having to pass through security gates," he said.

Fort Sam Houston is currently home to several construction "bubbles," which are

designated areas of construction that enable contractors to enter work sites without having to pass through security. The bubbles temporarily shift post boundaries so security

can be maintained and contractors can efficiently carry out their projects with minimal impact on post personnel and residents.

The Schofield "bubble" is

the largest, with construction under way on the future Medical Education and Training Campus, which will house 9,000 students daily and 3,600 staff members. The campus will include five new instructional buildings; six existing Army Medical Department Center and School buildings; six new dormitories; a new Air Force/Navy headquarters building; dining facility; gym; and lighted troop walks. The METC project is slated for completion in September 2011.

**WOUNDED, from P5**

Wounded Warriors project officer.

"Chief Page and Lt. Col. Donahue were talking about wanting to do something for the wounded Soldiers at BAMC," Jasper said. "They wanted to thank those people for their dedication to our country."

That showing of thanks started in the afternoon of June 27 when a bus bearing wounded warriors arrived at the squadron's headquarters.

Both instructor and student pilots from the 559th FTS lined the main hallway and clapped and cheered as their fellow warriors entered the building. After a briefing and

welcome by wing and squadron leaders, the 13 warriors made their way to the flightline, where they took turns touring the cockpits of T-6A Texan II's set up in a static display. They also had their pictures taken standing alongside the aircraft.

Those photographs were displayed later that afternoon in frames with names of the warriors labeled on them on the "Warrior Wall," which was dedicated in the squadron headquarters hallway.

From the flightline encounter with real T-6s, it was on to the simulator building, where the warriors were split into three groups for computer-based "rides."

While waiting to take her flight, Sgt. Lelina Benning, from III Corps at Fort Hood, Texas, said the visit to the base's simulators was an unexpected and special treat.

Benning, wounded by rocket shrapnel in an arm and a

foot in Iraq, added that every Friday she and fellow wounded warriors usually leave the Center for the Intrepid on outings as part of their occupational therapy.

"But when I heard we were coming to the flight simulator, I said, 'Oh, yeah!'" said Benning, who spent nine months in the hospital.

That enthusiasm for the flight simulator was echoed by Airman 1st Class Kevin Krogh, an amputee from the 27th Aircraft Maintenance Unit at Langley AFB, Va.

Krogh, a Medford, Minn., native injured in an auto accident in March, said he had a great time in the flight simulator.

"Here we all are together,



Photos by Rich McFadden

Nate Hunt, a wounded war veteran, along with 12 other wounded warriors, enters the 559th Flying Training Squadron at Randolph Air Force Base, Texas.

doing something fun," Krogh said. "For me, this means the Air Force is keeping up with their brotherhood."

Another part of the brotherhood shown by the air warriors of Team Randolph's 559th FTS to the wounded warriors included a commemorative coin with a set of pilot's wings superimposed on an image of a Purple Heart Medal and a commemorative T-shirt.

"We can't give them back their arms and legs," Donahue said of the warriors, the first of several groups that the squadron hopes to host, "but we can honor them for their service and their sacrifices."

# Global Medic prepares medical units for war

The U.S. Army Reserve Command conducted Global Medic June 7 to 20 to exercise assigned medical units in a joint and coalition training environment.

The Medical Readiness and Training Command, headquartered at Fort Sam Houston, served as the exercise directorate.

Formerly called Golden Medic, Global Medic is the Reserve Command's premier medical exercise and incorporates joint assets, which provides units with an opportunity to plan, prepare, and execute medical training as part of a deployed task force.

Global Medic 2008 took place across four exercise locations. About 3,000 Airmen, Sailors and Soldiers were task organized across four locations to include the Regional Training Sites (Medical) at Camp Parks, Calif., Fort McCoy, Wis., Fort Gordon, Ga., and the USNS Comfort off the South Carolina coast.

The exercise partnered the Air Force and Air Force Reserve, Navy and Navy Reserve, U.S. Transportation Command, Medical Command, the National Guard Bureau and the Multinational Coalition Forces with medical representatives from Kazakhstan, Kyrgyzstan, Germany and Great Britain.

"We are exercising the continued expansion of joint and coalition medical capabilities and are creating casualties and scenarios that challenge the system," said Brig. Gen. Richard Stone, commander, Medical Readiness and Training Command, and deputy commander, 3rd Medical Command at Fort Gillem, Atlanta.

The exercise provided training opportunities on patient movement, battle trauma, disease non-battle injuries, and combat stress casualties using strategic and tactical airlift capabilities for medical evacuation missions.



Photos by Sgt. Kamelia Basir

Above, Spc. Jared Burnett, surgeon, 691st Forward Surgical Team, cuts open Mohammad's (enemy prisoner) clothes and prepares him for surgery at a triage tent in Camp Parks, Calif. Inset, Soldiers wait alongside a wounded enemy prisoner of war for a UH-1 to land and transport the prisoner to the 691st Forward Surgical Team June 17.

Global Medic replicated current medical operations, where the efforts and expertise of medical personnel have resulted in a survivability rate of more than 90 percent – the highest in the history of warfare.

The exercise was made more realistic through "moulage" artists, who created realistic blood, bruises and other combat-injury-related appearances through mannequins and live role players.

"The more realistic we are in providing this training, the more the combat support hospitals are going to get out of it," said Staff Sgt. Robert Mossbrooks, training non-commissioned officer of the 3rd Medical Training Brigade, San Antonio. "The harder you train the better you fight."

Stone said, "This exercise incorporates scenarios that employ the full range of medical warfighting functions and requires leaders to make timely decisions. All echelons of health service support are exercised in this event and we are able to come together in this annual training exercise with joint and international services."

*(Source: Medical Readiness and Training Command)*

**NUTRITION, from P6**

learning and add knowledge about clinical dietetic concepts and functions, therapeutic and regular patient diet preparation, patient tray assembly service, Army medical field feeding concepts, and operations in a mobile or fixed environment.

The class consists of 18 to 25 students with 10 noncommissioned officers and four officer dietitian instructors.

The course is very hands-on with students putting their knowledge to the test by preparing two meal orders for a diabetic or special need diet.

Before interacting with patients, students are given a tour of Brooke Army Medical Center to familiarize them with all aspects of patient feeding and food service layout.

Later, they are allowed to interact with patients at the hospital by interviewing them for their dietary needs, conducting nutrition risk screening, reviewing clinical documents, conducting sanitation inspection and preparing modified diets for inpatients.



Photo by Olivia Mendoza

Pvt. Brandon Osazuwa prepares a roasted turkey while Pvt. Christopher King figures out how much rice he needs to make during the students' second day of therapeutic diet preparation at the Department of Medical Sciences' Nutrition Education and Training Branch.

In addition, students go out to the community and perform health promotion activities and explain healthy meals, portions and servings using a kiosk to educate the public. Toward the completion of the course they are tasked to prepare a specialty meal where

they show off their skills to 50 to 75 invited guests.

Pvt. Brandon Osazuwa, 68M student, did not know how to cook before entering the military except for popping a "Hot Pocket" into the microwave. He did not know much about spices, how much

to measure, what temperature to bake or what was healthy and what was not until he began training as a nutrition care specialist.

"The first time I prepared something and cooked it and tasted it, I was really amazed at myself that I actually made it and it turned out to be good," said Osazuwa.

Pvt. Ian Middleton, 68M student, joined the service because he needed money to go to school and had a friend, an Army nutritionist, who suggested that he go into the nutrition field. Today, Middleton is confident that he made a good decision and is fascinated about the field.

"The most challenging part of the course is to teach back to the class what you have learned. For some of us it is hard to speak in front of a group so really the challenge is within ourselves, but overall the class is not too bad," said Pvt. Ian Middleton, 68M student.

Since he started the course, Middleton said he is more conscientious and educated about foods and the nutritional facts on the food boxes.

The nutrition care specialist duties are operational nutrition and readiness preparation for deployment, humanitarian missions in both field and host nation fixed facilities, health promotion and wellness, and nutritional screening and assessment of all hospital patients through the lifecycle.

The course helps equip students for their Army careers. Once at their installation, their assignments may entail working with a Combat Support Hospital, U.S. Army Medical Department Activity, or as nutritional instructors.

Morrill said there is no certification at the end of the nutrition care specialist course, but there is an opportunity to earn one when students return back to their units.

They have the option to pursue a certification — ServSafe by the National Restaurant Association — that will help them in later civilian careers, or when they reach sergeant rank, they can request their unit pay for the certified dietitian manager's exam.

Pvt. Destiny Finch, 68M student, said she plans to pursue a future career in nutrition. "I chose the nutritional field because I'm interested and I'm going learn as much as I can. My future plans are to leave the military and open up a women's nutrition center back home in California in order to help women learn about nutrition and exercise."

## Cover up

### Some duties may expose Soldiers to skin cancer risk

By Mary Katherine Murphy  
U.S. Army Center for Health Promotion  
and Preventive Medicine



and UVB rays as possible.

• Rub on sunscreen with a sun protective factor of 15 or higher, and both UVA and UVB protection. Apply at least every two hours.

• Never use tanning beds.

Soldiers should be particularly vigilant in protecting themselves from the sun if they have any of the following risk factors:

• Family or personal history of skin cancer

• Lighter natural skin color

• Getting sunburned as a child

• Blue or green eyes

• Blond or red hair

• Skin that burns or freckles in the sun

• Having a large number of moles

• Spending large amounts of time in the sun

#### Checking your skin

Soldiers should check their entire body once a year for suspicious moles. If moles, freckles, lesions or spots on the skin have any of the following signs, they should be checked by a physician:

• **Asymmetry:** If you draw a

line through a mole, and the two halves do not match.

• **Border:** If a mole or other mark has a jagged or blended border.

• **Color:** If a mole is made up of multiple colors or changes colors.

• **Diameter:** If a mole is greater than 5 millimeters in diameter (bigger than the end of a pencil eraser).

• **Evolving:** If a mole changes in size, shape, color or elevation, or if it becomes cracked or infected and does not heal within a month.

For more information, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site at <http://chppm-www.apgea.army.mil/documents/FACT/25-019-1205FSSunlightandSkinCancerRisks.pdf>, or the American Cancer Society at [http://www.cancer.org/docroot/PED/content/ped\\_7\\_1\\_What\\_You\\_Need\\_To\\_Know\\_About\\_Skin\\_Cancer.asp](http://www.cancer.org/docroot/PED/content/ped_7_1_What_You_Need_To_Know_About_Skin_Cancer.asp).

#### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:earl.t.young@us.army.mil).

Right, (From left) Arthur Nasis with his grandchildren, Blake, Maverick and Mason Keilman, salute as the national anthem is played following the 50 cannon salute July 4 at the post flagpole. Nasis, who has attended the cannon salute before, said his father was in the Bataan Death March in World War II, in the Korean Conflict, and was a Filipino Scout.



Below, Gus Martinez and Peter Baron, dressed in period uniform, and members of the Granaderos Firing Party, fire their muskets commemorating the original 13 colonies which first formed the United States of America during the Independence Day ceremony held at the Fort Sam Houston National Cemetery.



# Celebrating the Fourth at the Fort

**FOURTH from P1**

at the post flagpole. A 50 cannon salute, one for each of the 50 states, pays tribute to the union.

"Today, July 4, 2008, we celebrate the 232nd year of our independence as a nation. It is a time to reflect upon this great land — a land full of rich soil, upon which we built and cherish our freedom, and within lay those who have worn our nation's cloth and have given of themselves so that our freedom may endure. We are truly a blessed nation," said Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, who sang "America the Beautiful."

More than 300 guests attended the annual cannon salute that began with patriotic musical selections performed by the U.S. Army Medical Command Band.

Members of the Sons of the American Revolution, dressed



Capt. Tracy Coffin, command suite, Army Medical Department Center and School, with her parents Edward and Judy Bilak, who are visiting from Richmond Va., take time to view their state flag following the salute to the union ceremony at the post flagpole.

in period uniform, rang a commemorative bell 13 times as they read the names of the first 13 colonies that joined the union.

The highlight of the event

was the 50 cannon salute. Members of the U.S. Army Garrison Battery Salute fired one shot as the names of the states were read in the order they joined the union begin-

ning with Delaware.

At another location, rather than cannons, the sound of muskets being fired was in the air as members of the Order of Granaderos & Damas de Galvez, dressed in period uniform, held a patriotic ceremony.

The ceremony was in honor of Spain's and Spanish Governor of Louisiana Gen. Bernardo de Galvez's contributions to the American Revolution. During the first two years of the American Revolution, Spain sent clothing, muskets, ammunition, medicine and large sums of money to the Americans. When Spain declared war on England, Galvez fought successfully against Britain, capturing Fort Charlotte in Mobile. In 1781, Galvez captured Fort George at the Battle of Pensacola.

Keynote speaker Lt. Gen. Thomas Turner, commanding general, Army North, said, "In February 1776, John Adams had written two tasks in his

march to freedom, to form alliances with France and Spain, and the Declaration of Independence.

"It is right that we highlight the contributions of our Spanish allies today on this sacred ground where the Soldiers, Sailors, Airmen and Marines rest, those who served to preserve the freedoms we all hold so dear," Turner said. "Today, let us not forget that the story of the birth of our nation is the story of many individuals and nations. We owe a debt of gratitude we can never repay to those who sacrificed for the freedom we celebrate today. May God continue to bless our great nation and to all those who continue to serve and sacrifice so that our freedom may be preserved."

The Fort Sam Houston Military Services Detachment fired three volleys saluting the nation, founding patriots, and all fallen military men and women who sacrificed their lives for this nation.



(Far left) Command Sgts. Maj. George Nieves, Army North, and Howard Riles, Fort Sam Houston and Army Medical Department Center and School, with Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and AMEDDC&S, join the San Antonio community at the Fort Sam Houston National Cemetery celebrating Spain's contributions to the American Revolution during a patriotic ceremony sponsored by the Order of Granaderos y Damas de Galvez.



The Army Medical Command Band, led by Chief Warrant Officer Douglas Paarmann, entertains a crowd of more than 300 with patriotic music prior to the cannon salute at the post flagpole.



Members of the U.S. Army Garrison Salute Battery fire a cannon salute as the names of the 50 states are called out in the order in which they joined the union celebrating 232 years of independence.



The Granaderos Fife and Drum Corps lead a solemn march to the national cemetery flag circle for a wreath presentation by civic, veterans and military organizations honoring the military men and women who died defending the nation's freedom.



(Left) Spc. Michael Barta and Spc. Ian Combs, U.S. Army Garrison Salute Battery, demonstrate for Alyssa Rhodes how a cannon fires as Aunt Carla Rhodes looks on. "It scared me when the cannons went off, but then I got used to it," said Alyssa.

Photos by Esther Garcia



### Garage Sale

The next Post Garage Sale will be held Aug. 2 from 7 a.m. to 1 p.m. Participation is free, but sellers must pre-register. A valid Department of Defense ID card is required to participate. Participants may bring their own tables or rent them on-site from the Outdoor Equipment Center. Table rentals will be on a first-come, first-served basis as supplies last. The selling of firearms, animals, arts and crafts, or food and beverage items is not permissible. Location of the garage sale is yet to be determined. For more information or to register, call 221-5224 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

### Dining and Entertainment

#### Latin Night cancellation

The Latin Night advertised in the July Sam Houston Club flyer has been cancelled due to a scheduling conflict.

For more information, call 224-2721.

### Coushatta Casino Resort Trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club Aug. 5 at 7 a.m. and return Aug. 6 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. To attend, patrons must be at least 21 years old and have a valid photo ID on hand at all times. Make reservations at the ticket office by Aug. 1. For more information, call 226-1663 or 224-2721.

### Hebrew National Fan-tastic 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](http://www.mlb.com) online shop. Visit [www.mwrpromotions.com](http://www.mwrpromotions.com) for official rules and regulations. For more information, call 221-2606.

### MWR Ticket Office

The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. and closed Saturday through Monday. The ticket office offers tickets for local and national attractions. Stop by or call for more information on these great discounts. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 226-1663 or 224-2721.

### Sam Houston Club 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 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.

### Recreation and Leisure

#### 2008 Military Long Drive Championship

The 2008 Military Long Drive Competition will be held at the Fort Sam Houston Golf Club Aug. 17. For more information, visit the Fort Sam Houston MWR Web site at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) later this month or call 222-9386.

#### 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](http://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

#### Youth Sports Football Clinic

The Youth Sports Program is hosting a Football Clinic July 19 from 9 a.m. to 1 p.m. at the Youth Center, Building 1630. This clinic is for youth ages 7 to 14. The cost is \$20 per participant; a T-shirt and lunch will be provided. Registration will continue through July 18 from 8:30 a.m. to 4 p.m. at Central Registration in Building 2797. For more information,

See MWR, P17

### MWR, from P16

call 221-5513 or 221-4871.

### Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide a current shot record for students in kindergarten through fifth grade, two local emergency designees with addresses and telephone numbers, a health assessment/sport physical within the last year that is valid for entire season, required Social Security numbers from all family members, sponsor's Leave and Earnings Statement, spouse's W2 form, and activity fee. For more information, call 221-1723 or 221-4871.

### 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.

### 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](http://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](http://www.fortsamhoustonmwr.com).

### Army Community Service

#### 'Sesame Street Experience'

Can you tell me how to get to Sesame Street? Stop by Army

See MWR, P20

## First woman PBA Tour qualifier holds bowling clinic

Story and photo by Cheryl Harrison  
Army Community Service  
Marketing Specialist



Professional bowler Kelly Kulick demonstrates a pendulum swing using a bowling ball in a buffer bag during the Dick Ritger Bowling Camp held June 26 to 29 at the Fort Sam Houston Bowling Center.

Twelve students received lessons from a professional bowler during the Dick Ritger Bowling Clinic held June 26 to 29 at the Fort Sam Houston Bowling Center.

The intensive, four-day clinic featured lessons from world-renowned bowler Kelly Kulick.

Kulick made history June 4, 2006, when she became the first female professional bowler to earn her way onto the Professional Bowlers Association tour full time. She qualified by finishing sixth in the PBA Tour Trials that year. On the final day Kulick bowled a perfect 300. She averaged 224 over 45 games.

Two years after qualifying Kulick said, "My main profession is rolling the ball down the lane, then I teach and I also speak professionally."

While at the Fort Sam Houston Bowling Center, Kulick led the students using a series of skills drills.

"I observe the students dur-

Nick Shaw, a 13-year-old member of the clinic, said, "I've learned kneeling drills, balance and timing. I've been bowling for about three years. This has helped me learn where to balance and where to throw my ball. I think it has helped a lot already."

The clinic is named after Dick Ritger, a dominating right-handed, 10-pin bowler in the PBA from 1964 to 1979, when he won his 20th and final regular PBA Tour title. Dick Ritger bowling camps were founded 30 years ago. The camps have used the "Ritger Method" to provide thousands of students with professional bowling instruction that has resulted in dramatic improvement of their bowling performance. The clinics cover the physical, scientific and mental phases of bowling.

ing the hands-on clinic. We have skill drills that we teach using very scientific and mathematical systems," said Kulick.

The clinic was held for students ranging in age from 12 to "infinity," according to John Fryman, Fort Sam Houston Bowling Center manager.

"The students are somewhat experienced bowlers with levels from beginner to an average of 190," said Fryman.

Following the four-day clinic, the students graduated and received group photos as well as bowling accessories and enough skills, knowledge and know-how to go for the perfect 300 score.



# Community

## Events

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

### Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association meeting will be held July 21 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Road (near Loop 410). All active duty, retired, reserve, National Guard

warrant officers and family members are invited. For more information, call Juan Gomez at 295-6596, e-mail juan.gomez@us.army.mil, or Jim Gonzales 666-9818, e-mail rgonza-les879@sabx.rr.com.

### Freedom Alliance Scholarship

The Freedom Alliance Scholarship Fund is extending application submissions deadline through Aug. 1. To be eligible, applicants must be the dependent son or daughter of a U.S. Soldier, Sailor, Airman, Marine or Guardsman who has been killed or permanently disabled as a result of an operational mission or training accident, or who is currently classified as a Prisoner of War or Missing in Action. Students must be a high school senior, high school graduate or registered as a

full-time undergraduate student and under age 26. For more information, call 1-800-475-6620 or visit [www.fascholarship.com](http://www.fascholarship.com) for application.

### 'Back To School' Essay Contest

The Army and Air Force Exchange Service is offering aspiring young writers an opportunity to win great prizes. The Back-To-School Essay Contest will give students in grades first through 12th the opportunity to submit an essay of 200 words or less on "What AAFES means to me and my family." The essay contest will run from June 27 to Aug. 31. First place winners in each category will receive a computer; second place winners will be awarded a \$500 savings bond; and third place winners a \$200 savings bond. For more information, visit [www.aafes.com](http://www.aafes.com) under the Patriot Family Connection link.

### MOAA luncheon

The Military Officers Association of America-Alamo Chapter luncheon will be held Aug. 21 at 7400 Crestway Drive, San Antonio. Guest speaker,

retired Navy Rear Adm. Donald Bullard, will speak on "Navy Reorganization of Assets into Navy Expeditionary Command, The Riverine Standup and Operational Experience Afloat and in the Air." The cost of the luncheon is \$16 with a menu selection. Social hour will start at 11 a.m. For more information or to reserve by 12 p.m. Aug. 18, call 666-3286 or e-mail moaa-ac@sbcglobal.net.

### VFW Judson Post 2059

The Veterans Foreign War Judson Post 2059 in Kirby is sponsoring an Open Pool Tournament July 12 at 7 p.m. at 3202 Ackerman Road, Kirby, Texas. There is a \$5 entry fee and all money generated will be paid out as prizes to the first, second and third place winners. Karaoke night is held every first and third Saturday evening of the month beginning at 9 p.m. and Bar Bingo every Sunday from 3 to 4:30 p.m. For more information, call 661-4072.

### 'Hunters Extravaganza'

Texas Trophy Hunters Association will hold its annual "Hunters Extravaganza" show Friday to Sunday

at the Alamodome; Aug. 1 to 3 at Reliant Center, Houston; and Aug. 15 to 17 at Will Rogers Center, Fort Worth. The show will feature the latest in hunting, fishing and outdoor activities. Admission is \$10; active military with ID get in free. For more information, call 771-4554.

### Military wives spa day

The United Services Organization invites all military wives of deployed servicemembers for a spa day the third Sunday of each month at 1 p.m. at the USO San Antonio Downtown Community Center, 420 E. Commerce Street. Treat yourself to an afternoon of pampering and relaxation. Enjoy complimentary mini-facials and chair massages. Volunteers will care for children during the visit. For more information, call Julie Dahlberg at 227-9373, ext. 12 or e-mail JDahlberg@AlamoUSO.org.

### SOAR

Student Online Achievement Resources is a program for military

See **COMMUNITY, P19**

## COMMUNITY, from P18

Families and the school districts that serve them, along with the civilian students in the same classroom. SOAR aims to address the unique challenges facing military children in school. Parents can register for this free service at [www.SoarAtHome.org](http://www.SoarAtHome.org). For more information, call 221-2214 or 295-4806.

### Operation Reunion

Operation Reunion is offering free educational sessions to help adults and children cope with new Family dynamics following a visible or non-visible war-related injury suffered from Operations Iraqi and Enduring Freedom. Funded through the Texas Resources for Iraq-Afghanistan Deployment by the San Antonio Area Foundation, spouses, ex-spouses, caregivers and children of U.S. military members ages 8 to 13 are invited to attend three, two-hour sessions. Summer sessions are held at Cole Middle School Tuesdays from 11 a.m. to 1 p.m. and 4:30 to 6:30 p.m. and Thursdays from 11 a.m. to 1 p.m. and

4 to 6 p.m. For more information or to register, call Elizabeth Anderson at 299-8139, ext. 318 or e-mail eanderson@chcsbc.org, or call DeVane Williams at 299-8139, ext. 261 or e-mail dwilliams@chcsbc.org.

### Here's to the Heroes

Anheuser-Busch is honored to salute the men and women of our armed forces and their Families. Throughout 2008, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. For more information or to register, visit <http://www.herosalute.com>.

### 2008 Annual SAMM Conference

The Sexual Assault Medical Management Conference will be held Aug. 17 to 21 at the Doubletree Hotel in San Antonio. The conference is designed for designated military treatment facility sexual assault care coordinators and sexual assault clinical providers who support Soldier readi-

ness through the multidisciplinary approach to sexual assault care and medico-legal process. For registration forms, e-mail Jennie.A.Johnson@amedd.army.mil. For more information, call Wanda Hubert at 221-7103.

### 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](http://www.TexasMilitaryForcesMuseum.org).

## Training

### Enterprise Web Training

Enterprise Web-AMEDD Electronic Forms Support System training will be conducted on the following days:

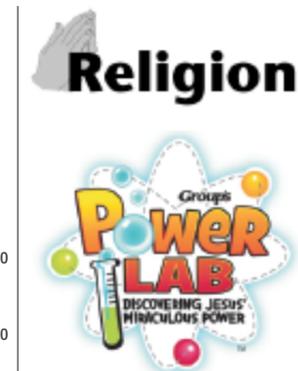
- July 16, from 8 to 11 a.m. and 1 to 4 p.m. at Brooke Army Medical Center Information Management Division lower level Classroom #2.
- July 22 from 8 to 11 a.m. and 1 to 4 p.m. at BAMC IMD lower level Classroom #2.
- July 29 from 8 to 11 a.m. and 1 to 4 p.m. at BAMC IMD lower level Classroom #2.
- July 31 from 1 to 4 p.m. at BAMC IMD 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.

## Volunteer

### Volunteers needed

The Red Cross is seeking volunteers to help with filing, mail outs, caremobile drivers and other areas. For more information, call 221-3355 or stop by Building 2650.



### Vacation Bible School

The Fort Sam Houston Chapel community will hold its annual Vacation Bible School Aug. 4 to 8. Power Lab! Discovering Jesus' Miraculous Power, will be held every evening from 5:30 to 8:30 p.m. at Dodd Field Chapel. This amazing, incredible, wacky adventure is for children pre-K through fifth grade. Online registration will begin July 16 at [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain). For more information, call Brian Merry at 221-5006.

**MWR, from P17**

Community Service, Building 2797, Aug. 10 and 11 for the "Sesame Street Experience!" The event will include a mini-show with special songs and dance for military Families. More information will be available later this month. For questions, call 221-2705.

**Couple's Enrichment**

The Family Advocacy Program will hold a three-part couple's enrichment class July 18, 25 and Aug. 1 from 5:30 to 7 p.m. The class will center on reconnecting with your partner, understanding gender differences, and commitment and intimacy. Talking with other married couples can help improve anyone's relationship. For more information or to register, call 221-0349 or 221-2055.

**Pre-, Post-deployment Planning Training**

Pre- and Post-deployment Planning Training will be held July 15 from 8:30 to 10:30 a.m. at Army Community Service, Building 2797. This training is designed to increase the spouse's ability to face deployments with resilience and

strength, allowing easier separations and smoother reunions. Registration is required no later than 4 p.m. July 11. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**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.

**Care Team Training**

A Care Team Training will be held July 16 from 1:30 to 3 p.m. at Army Community Service, Building 2797. The training will focus on the Care Team's responsibilities and provide guidance on how to handle issues volunteers will face such as dealing with Family reactions. The training is recommended for casualty assistance officers, casualty notification officers and Battalion Care Team volunteers. Registration is required no later than 4 p.m. July 14. For more information or to register, call 221-

2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Battlemind Training for Families**

Battlemind Training for Families will be held July 23 from 6 to 8 p.m. at Army Community Service, Building 2797. This training is part of the Battlemind Training System and will focus on helping Soldiers and Families prepare for deployment. Registration is needed by July 21 at 4 p.m. For more information or to register, call 221-2705 or e-mail samh.acs.mob.depy@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 theлма.т.kegley@us.army.mil.

# 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:** Dog kennel with door, 10 feet long by 5 feet wide by 6 feet high, \$150; Sure Step wheel chair, electrical, new, \$ 1,500. Call 290-8472 or 337-353-9592.

**For Sale:** 2004 Ford Mustang convertible coupe, V6, two door, loaded, 46K miles, new tires with extended warranty, \$12,000; rowing exerciser, \$50. Call 666-0502 after 6 p.m.

**For Sale:** 1999 Mercury Tracer sedan, four doors, 156K miles, new tires, all services up-to-date, \$2,700. Call 682-7972 after 6 p.m.

**For Sale:** Maytag, white double oven, smooth top, ceramic-glass stove top with warming burner and double burner, bottom oven has optional convection cooking, \$500 obo. Call 885-4406.

**For Sale:** Three-drawer dresser with mirror, \$75; queen comforter with

matching drapes, \$2; kitchen items, canister set, dinner ware and measuring cups, \$1 to \$25; General Electric cordless phone, 2.4 GHZ, \$5; ladies semi-formals and two-piece suits, \$25. Call 826-0882 or 542-3283.

**For Sale:** Kodak EasyShare Z760, 6.1mp, digital camera with camera dock, carrying case, transfer cable and extra rechargeable battery, \$150. Call 653-7769 or e-mail AnArmyFamily2000@yahoo.com.

**For Sale:** Black leather couch, sits three to four, good condition, \$600 obo. Call 286-1703.

**For Sale:** Fellowes power shred, PS 30 paper shredder, \$10; Maytag, refrigerator-freezer, side-by-side, white, model #RSW 2400, 35.7 inches wide by 68 inches high by 32 inches deep, 23.6 cubic feet, \$100. Call 653-5302.

**WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT? IT CAN HAPPEN.**


The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.